



## **PROCLAMATION**

### **Designation of July as Park and Recreation Month**

WHEREAS Parks and Recreation is an integral part of communities throughout this country, including the City of Smithville; and

WHEREAS Parks and Recreation promotes health and wellness, improving the physical and mental health of people who live near parks; and

WHEREAS Parks and Recreation promotes time spent in nature, which positively impacts mental health by increasing cognitive performance and well-being, and alleviating illnesses such as depression, attention deficit disorders, and Alzheimers; and

WHEREAS Parks and Recreation encourage physical activities by providing space for popular sports, hiking trails, and many other activities designed to promote active lifestyles; and

WHEREAS Parks and Recreation is a leading provider of healthy meals, nutrition services, and education; and

WHEREAS Park and Recreation programming and education activities, such as out-of-school time programming, youth sports, and environmental education, are critical to childhood development; and

WHEREAS Parks and Recreation increases a community's economic prosperity through increased property values, expansion of the local tax base, increased tourism, the attraction and retention of businesses, and crime reduction; and

WHEREAS Parks and Recreation is fundamental to the environmental well-being of our community; and

WHEREAS Parks and Recreation is essential and adaptable infrastructure that makes our communities resilient in the face of natural disasters and climate change; and

WHEREAS our parks and natural recreation areas ensure the ecological beauty of our community and provide a place for children and adults to connect with nature and recreate outdoors; and

WHEREAS the U.S. House of Representatives has designated July as Parks and Recreation Month; and

WHEREAS the City of Smithville recognizes the benefits derived from Parks and Recreation resources.

NOW THEREFORE, BE IT RESOLVED I, Damien Boley, Mayor of the City of Smithville and, the Board of Aldermen recognize July as Park and Recreation Month in the City of Smithville, MO.

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Damien Boley, Mayor

# PARKS & RECREATION MONTH 2023

**Mondays in July**  
**SCIENCE IN THE PARK**

Helvey Park Shelter | 10AM | FREE  
Starting July 10  
REGISTRATION REQUIRED

 Extension  
University of Missouri

 Where Community Grows

**SNACKS & STORIES IN THE PARK**

STARTING JULY 11  
TUESDAYS IN JULY

 Where Community Grows



**FREE!**  
BRING A BLANKET OR CHAIR

**HERITAGE PARK 9:30AM**

 MID-CONTINENT PUBLIC LIBRARY  
mymcpl.org

**Art in the Park**  
Wednesdays in July  
Heritage Park at 10AM  
FREE - Registration Required

 Where Community Grows

**popsicles in the PARK**

**THURSDAYS IN JULY**  
3-4PM | HERITAGE PARK | FREE

 SMITHVILLE POLICE

 Where Community Grows




**Coloring Contest**  
FRIDAYS IN JULY

- Download our custom Heritage Playground coloring page at [www.smithvilleparkrec.com](http://www.smithvilleparkrec.com)
- Complete coloring page • include Name, Age, & Email
- Return to Smithville City Hall by Thursdays to be entered into a drawing for weekly prizes!
- Winner will be announced on Fridays

 Where Community Grows

**FULL BODY FIT**  
With michelle

Starting July 8  
Free fitness classes each Saturday morning in July!  
Heritage Park | 9AM

 Where Community Grows



