

June 30, 2020
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Celebrate recreation professionals and places to play during July is Parks and Recreation Month

OAKLAND COUNTY – Every day in communities across the country, the people of parks and recreation are providing essential services and making their communities better places to live, work and play. Because of their critical work, the National Recreation and Park Association (NRPA) has chosen the theme “WE ARE Parks and Recreation” to highlight the important contributions that parks and recreation professionals make on a daily basis to enhance everyone’s quality of life.

During this time of pandemic, people have discovered that parks and places to recreate are more important than ever. For nearly 55 years, Oakland County Parks, trails and open spaces have served as places where people can find respite and seek peace and restoration.

This year, the 13 Oakland County Parks have made necessary operational changes that ensure safe access to recreational opportunities. Whether it’s a walk on a trail or a virtual recreation activity, Oakland County Parks’ recreation professionals continue to innovate and offer activities for people of all ages and abilities.

Celebrate July is Parks and Recreation month:

- Hike, bike, stroll or ride horseback on more than 80 miles of paved and natural trails
- Golf five golf courses or practice your swing at Lyon Oaks’ driving range

- Camp out under the stars at Addison Oaks or Groveland Oaks campgrounds
- Support local farmers by shopping for produce and plants at the Oakland County Farmers Market
- Treat your canine friend to a romp at Lyon Oaks, Orion Oaks or Red Oaks dog parks
- Try the sport of disc golf at Addison Oaks, or play a round of mini-golf at Groveland Oaks county parks
- Pack a picnic lunch and enjoy the fresh air while the kids enjoy the many playgrounds throughout the parks system
- Ride the Bicycle Motocross track at Waterford Oaks
- Dig your toes in the sand and splash away at Groveland Oaks and Independence Oaks beaches
- Drop a line from shoreline or docks and see who catches the biggest fish
- Follow Oakland County Parks and Recreation online and share your adventures via [Facebook](#), [Instagram](#) and [Twitter](#).
- Subscribe online at OaklandCountyParks.com to receive email notices of special videos and activities that families can do at home or in the parks

“Parks provide a connection to the outdoors and green space as well as opportunities for physical activity which studies demonstrate reduces stress and improves mental health. While this summer’s activities may look a little different than they have in the past with Covid-19-related precautions in place, guests can be sure that Oakland County Parks and Recreation’s professional staff will continue to provide quality recreation experiences not just during July is Parks and Recreation Month, but all year long,” Executive Officer Dan Stencil said.

For more information on Oakland County Parks and Recreation, visit OaklandCountyParks.com. Join the conversation on [Facebook](#), [Instagram](#) and [Twitter](#).