

# PARKS PRESCRIPTION

An Austin Parks and Recreation Health Promotions Program



June is Alzheimer's and Brain Awareness Month. Nature can benefit our brains in so many ways.

- Focus
- General well being
- Stress reduction
- Improves Sleep

Many studies have been done regarding time in nature benefits on brain diseases like dementia and Alzheimer's. Not only can it help patient's that are currently living with Alzheimer's, it might actually help lower your risk for developing dementia.

- [Time spent in outdoor light is associated with risk of dementia: a study 362,094 participants over 9 years.](#)

"Sunlight exposure had a J-shaped association with dementia risk. Giving detailed guidance on sunlight exposure can effectively prevent dementia."

[Check out this study done during the Covid Pandemic on the effects of taking walks in nature and how they helped with general focus and well being.](#)

"Results show that our brain structure and mood improve when we spend time outdoors. This most likely also affects concentration, working memory, and the psyche as a whole. We are investigating this in an ongoing study. The subjects are asked to also solve cognitively challenging tasks and wear numerous sensors that measure the amount of light they are exposed to during the day, among other environmental indicators," says Simone Kühn, head of the Lise Meitner Group for Environmental Neuroscience at the Max Planck Institute for Human Development and lead author of the study."

-Max Planck Institute for Human Development: "Spending time outdoors has positive effect on our brains." ScienceDaily. ScienceDaily, 15 July 2021.

## June Highlighted Outdoor Events

[Calendar](#)

Start the summer with Outdoor Films!



### Community Cinema

FREE

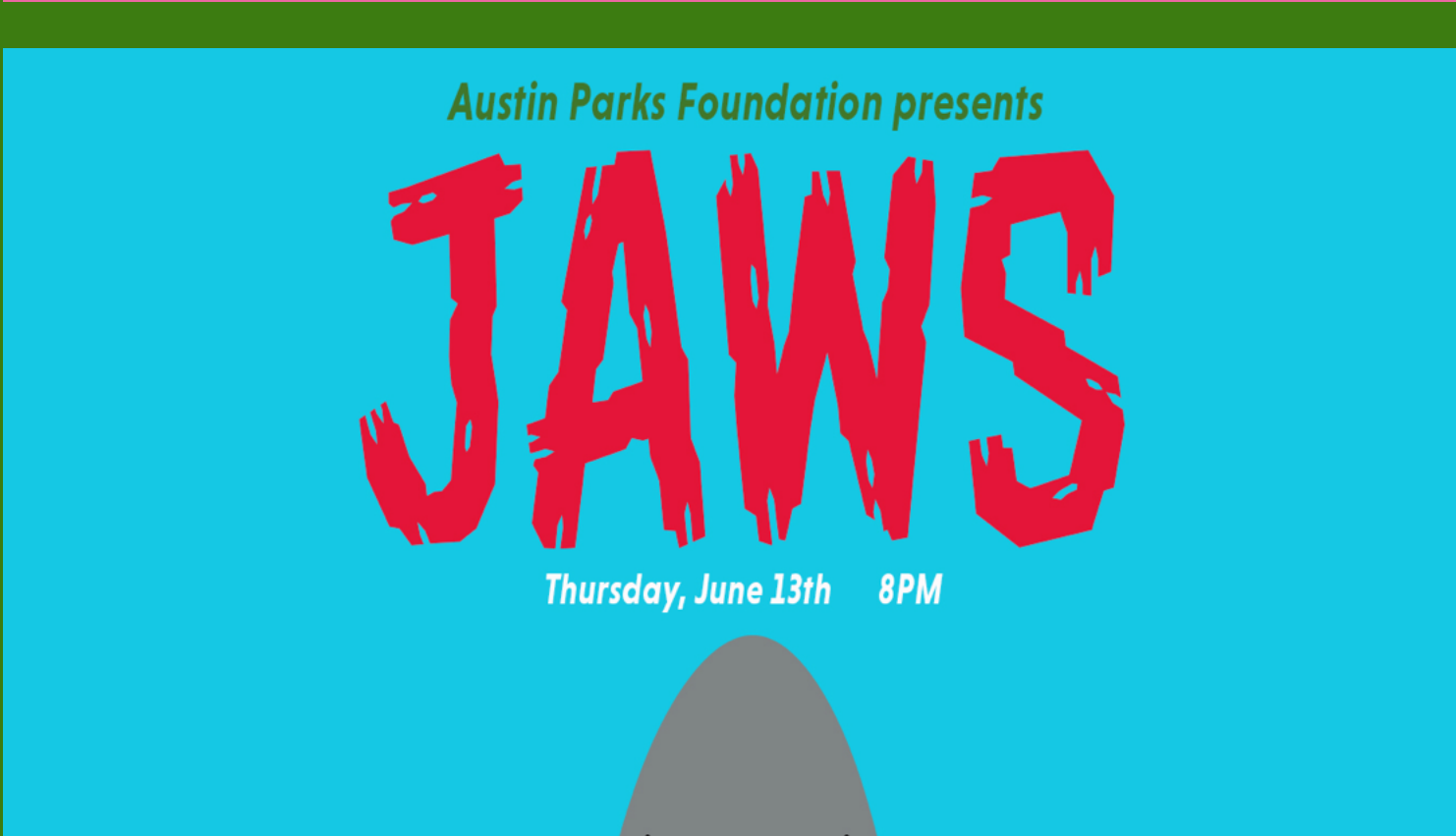
<https://mlf.org/community-cinema/>

Friday, June 21st & 28th  
8:00 PM - 11 PM

Community First! Village  
9301 Hog Eye Road Austin, TX 78724

The Community Cinema & Amphitheater is a place where film, family and fun come together at Austin's coolest outdoor venue. Nestled into the Community First! Village countryside, the outdoor cinema and amphitheater has room for hundreds to catch a show.

Mobile Loaves & Fishes is partnered with Alamo Drafthouse to present the most exciting movie experience in town. The Community Cinema presents **screenings** throughout the year – and you're always invited!



AUSTIN PARKS FOUNDATION presents

### Movies in the Park

FREE

<https://austinparks.org/events/movie-in-the-park-jaws/>

Thursday, June 13th  
8:00 PM - 10:30 PM

Deep Eddy Municipal Pool  
401 Deep Eddy Ave. Austin, TX 78703

When a killer shark unleashes chaos on a beach community off Cape Cod, it's up to a local sheriff, a marine biologist, and an old seafarer to hunt the beast down.

Join us for a special showing of Jaws...on the water!  
Movie starts at dusk.

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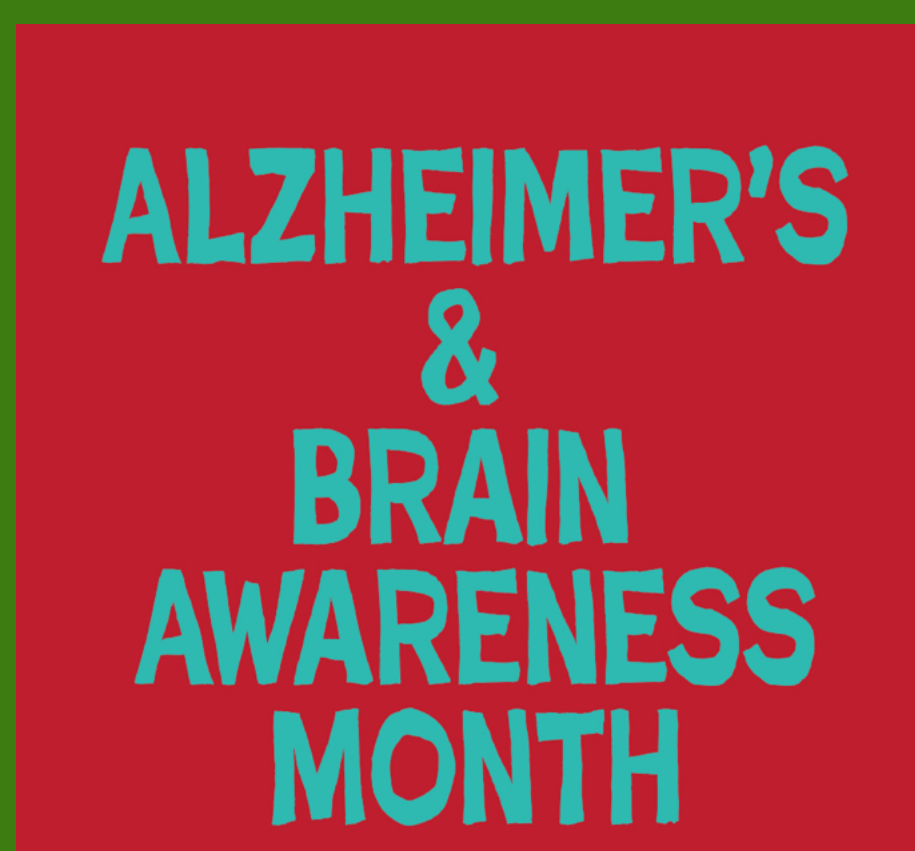
2024 Movies in the Park season! Movies in the Park is a series of FREE films brought to you by Austin Parks Foundation. Thank you to our 2024 Sponsor, DePelchin Children's Center for helping make this season's movies possible.

Join APF and The Museum of Ice Cream for a special screening of Jaws on the water at Deep Eddy Pool. 100 free bags of popcorn are available to attendees courtesy of Cornucopia Popcorn!

Residents and visitors bring their blankets or lawn chairs for a fun and relaxing evening under the beautiful Austin night sky. Dogs, picnics and lawn chairs are welcome. Alcoholic beverages, glass and styrofoam are NOT permitted in the park. We do provide recycling bins, but ask that you help us out by packing out all of your own trash. Smoking is also prohibited in the park, per city law.

More info and full schedule at [austinparks.org/movies](https://austinparks.org/movies)

## June is...



### Get into Nature with the Austin Parks and Recreation Department.

- Lamar Senior Activity Center
- Conley-Guerrero Senior Activity Center
- South Austin Senior Activity Center
- Tennis
- Golfing at Golf ATX
- Softball, flag football, Basketball leagues
- Disc Golf
- Pickleball
- Trail Directory
- Skate Parks
- Zilker Botanical Garden
- Pools
- Playgrounds
- Picnic Sites
- Austin Nature Science Center

### Other Organizations Around Austin with Upcoming Outdoor Events:

- Texas Farmers Market at Lakeline
- SFC Farmer's Market Downtown
- Mueller Farmer's Market
- Boggy Creek Farm
- Lady Bird Johnson Wildflower Center  
*gardening, yoga, etc.*
- Nature Rocks Austin  
*Find Activities in Green Spaces & Parks in Your Community*
- Austin Parks Foundation  
*Movies in the Park*
- Texas State Parks  
*Volunteer & Calendar of events*
- Peace Park Conservancy
- Waterloo Greenway
- Austin Public Library  
*Outdoor Storytime*

Keep a look out for our monthly newsletter highlighting outdoor events around Austin and fun facts on how nature can benefit your health.

Click the logo for more information on our website.



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