

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 HEART MONTH REC CENTER PROMO BEGINS	3	4 Brain Boost 1PM - Rec Center	5	6	7 Tiny Connections 11:45AM - Rec Center
8	9 Discovery 4:30PM - Rec Center	10	11	12	13	14 VALENTINE'S DAY
15	16	17	18	19 Heart Health Workshop 1PM - Rec Center	20	21 Tiny Connections 11:45AM - Rec Center
22	23 Discovery 4:30PM - Rec Center	24	25	26 Family Fun Night - 6:45PM @ Rec Center (Retro Trivia)	27 Sunset Yoga 5:30PM Fisherman's Park	28 HEART MONTH REC CENTER PROMO ENDS



FREE COMMUNITY EVENTS



FREE YOUTH & FAMILY PROGRAMS



FREE ADULT PROGRAMS



FEE-BASED PROGRAMS



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SCAN TO REGISTER





About Our Programs & Events

Brain Boost – Join us each month for Brain Boost, a fun, social program designed to keep your mind active and engaged! Every session features a new brain-stimulating activity like trivia, word games, memory challenges, puzzles, creative projects, and more. Perfect for seniors looking to challenge their minds and connect with others.

Discovery – Program that gives the opportunity to seek, explore, and DISCOVER! Activities may include movement, art, science, and more! Explore, learn, and make new friends. Sign up today for fun-filled art, stem, and nature activities, team challenges, and ultimate exploration! Feb 9th: Heart of the Matter. Feb 23rd: Strategy Stations. Ages 6–12 years.

Family Fun Night – Every 2nd & 4th Thursday from 6:45PM–8:15 PM. Come spending quality time together! Each night features a different theme with fun games, challenges, activities, and chances to gather and connect. Perfect for families looking for a relaxed, playful evening out together.

Heart Health Workshop – Join us for an informative workshop covering heart health basics, simple lifestyle habits that support prevention, heart-healthy nutrition tips, the benefits of staying active, and how sleep and stress impact your heart.

Heart Month Rec Center Promo – February is Heart Health Month! Attend the Rec Center 14 different days throughout the month of February, and become a Heart Hero Winner!! All winners get a prize! Offer valid for classes, programs, and open gym. See staff for punch cards. Turn your card into the office by Monday, March 2nd!

Sunset Yoga – Join us for an evening of yoga as the sun sets over Fisherman's Park. This all-levels class is designed to help you relax, stretch, and unwind while enjoying the beauty of our local park. Breathe in the fresh air, move mindfully, and end your day feeling refreshed and centered. Bring a mat, water, and a friend, come experience yoga in one of Bastrop's most scenic settings.

Tiny Connections – Tiny Connections is a caregiver-and-child class series designed to foster connection, movement, and fun! This month we will be showcasing Little Yogis. A yoga class where children explore movement, mindfulness, and imagination. Through breathing games, gentle stretches, and creative activities, kids build self-awareness and focus.