



City of Bastrop

**PARKS &  
RECREATION**

# FEBRUARY 2026

# Programs & Events

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



FREE-BASED PROGRAMS



512-332-8805



PARKS.REC@CITYOFBASTROP.ORG



CITYOFBASTROP.ORG/RECREATION



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 9<sup>th</sup>: Heart of the Matter. Feb 23<sup>rd</sup>: 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 2<sup>nd</sup>!

**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.