



About Our Programs & Events

4 Pillars of Vibrant Health Workshop – An interactive workshop that explores how daily habits can help you feel stronger, calmer, and more energized. Together we'll focus on four key areas—nutrition, movement, stress management, and sleep—through practical tips, gentle activities, and group discussions.

City Scouts – Adventures that empower youth to explore, learn, and grow while discovering the heart of our community! Tour various City facilities, meet local officials, and experience the behind the scenes of the vital role each department plays in the community!

Cooking for Change – Let's stir things up—literally! Join us for Cooking for a Change, where we mix up fun, flavor, and fresh ideas. In each session, you'll cook up tasty recipes and dive into real conversations about topics that matter. Led by the Family Crisis Center, this experience is about more than just food—it's about finding your voice, connecting with others, and making a difference in your community. Come hungry for change! Ages 11-14.

Discovery – Program that gives the opportunity to seek, explore, and DISCOVER! Activities may include movement, art, science, and more! Ages 6-12.

Explore, learn, and make new friends at youth Discovery! Sign up today for fun-filled art, stem, and nature activities, team challenges, and ultimate exploration!

Enerjoy Workshop – A dance-based class designed to keep you flexible, limber, and moving with ease. It's also great for boosting memory and balance!

Junior Master Naturalist – Learn about Texas birds, insects, reptiles, mammals, plants, water and rocks. Each session will include activities and games! Ages 5-14.

Movies in the Park – Enjoy family-friendly films under the stars! Bring a blanket, lawn chairs, and snacks for a cozy night out. Theme: Halloween – Vendors, games, concessions, bounce houses, Ms. Poppy the Clown, and a free movie! Movie: The Addams Family (2019).

Tiny Connections – A caregiver-and-child class series designed to foster connection, movement, and fun! Ages 2-7.

Step by Step 5K Prep – A free 8-week walking/running program supporting YOU on your journey to health and the Run This Town 5K on Dec. 6th. Grab your friends and family and come on out! All ages and levels welcome.

Children must be accompanied by an adult.