



Baca Buzz

Volume 7, Issue 4

July/August 2016

Baca Team

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Wine & Cheese Art Gallery



The Baca Center Art Club will once again host their annual Wine & Cheese Art Gallery. Larry Prellop, resident of Round Rock and nationally recognized artist will be their special guest. He owns a gallery in historic Salado and his work is in collections throughout the world. The club will display a selection of fine art produced by the members for viewing enjoyment

and purchase. Refreshments, wine, music and art will be provided for our guests. There will also be a silent auction with items of interest and value for bidding. Numerous door prizes will be awarded throughout the evening. This event is FREE and open to the public.

Saturday, June 25

Grand Room

6:00-8:30 pm

Health & Information Fair

The Baca Center will host our annual Health & Information Fair with over 30 vendors. There will be informational booths in the grand room and flu shots provided by HEB. If you have Medicare Part B, the flu shots are FREE. For all others the cost for a flu shot will be \$25 payable by cash or check. This event is open to the public and some of the proposed booths will have information pertinent to seniors; blood pressure checks; demos, door prizes and more.

Friday, September 2

Grand Room

9:00-11:45 am

Summer of the Olympics



It is the "Summer of the Olympics" and let's say that Rio has nothing on the Baca Center when you get the Party Animals involved. That's right, it's time for another Party Animals blow out and we're going for the gold! This time we celebrate the Olympics, culminating with a wild and crazy dance party themed around the ancient Greek Olympics. And you know what that means...toga, toga, toga! You got it! We are having a Toga Party so mark your calendars now for Saturday, August 20th. Watch for flyers and e-mails with information and details including other Olympic related surprises and an "Olympic Day" featuring guest Olympians sharing their Olympic experiences and displaying authentic Olympic memorabilia.

Round Rock Parks and Recreation

Mission: People dedicated & empowered to create a positive and memorable experience in people's lives.

Vision: An active, vibrant & beautiful city with a diversified and quality parks and recreation system that produces economic, health, & social benefits for the entire community.

WEEKLY ACTIVITIES

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p>10:10-11:10 am Beg. Line Dancing*</p> <p>10:30-11:00 am Sittercize</p> <p>12:30-4:30 pm American Mah Jong Club</p> <p>12:45-3:30 pm Dominoes "42"</p> <p>12:45-5:00pm Canasta</p> <p>1:00-2:30 pm Writing Club</p> <p>1:00-3:00 pm Pickleball</p> <p>1:00-4:30 pm Duplicate Bridge ADVANCED PLAY & MUST have partner</p>	<p>9:00-11:00am Wood Carvers</p> <p>10:00 am-2:00 pm Crafty Critters</p> <p>10:00am-12:00pm Klub Karaoke</p> <p>10:30-11:00 am Sittercize</p> <p>12:30-4:00 pm Pinochle ADVANCED PLAY</p> <p>12:30-4:00 pm Texas Canasta</p> <p>6:30-9:00 pm Evening Bridge— ADVANCED PLAY & MUST have partner</p>	<p>9:00-11:00 am Pickleball</p> <p>10:00-11:30am Chicken Foot Mexican Train</p> <p>10:30-11:00am Sittercize</p> <p>12:30-3:30pm Dominoes "42"</p> <p>1:00-3:00 pm Latin Dancing</p> <p>1:00-4:00 pm Spades/Hearts</p>	<p>10:00-11:30 am Writing Club</p> <p>10:30-11:00 am Sittercize</p> <p>12:30-4:00 pm Bridge for Fun</p> <p>12:45-4:00 pm Canasta Club OR Hand/Foot</p> <p>1:00-2:30 pm Spanish Class</p> <p>1:00-3:00 pm Tejano Time</p> <p>2:00-3:00 pm Performance Group Practice</p>	<p>9:00-10:00 am Intro to Tai Chi*</p> <p>10:00-11:30 am Tai Chi for Seniors*</p> <p>10:00-11:30 am Bingo*</p> <p>12:30-3:30 pm Mexican Train</p> <p>1:00-2:30 pm Sing-A-Long</p>	<p>9:30-11 am Computer Support* Baca members ONLY MUST register 2 days in advance</p>
<p>*Requires registration, may cost a fee and non-members pay \$1 walk-in fee.</p>					

WEEKLY FITNESS CLASSES

<p>8:30-9:15 am Strength</p> <p>9:20-9:35 am Flex & Stretch</p> <p>9:40-10:25 am Strength</p> <p>10:30-10:45 am Flex & Stretch</p>	<p>9:00-10:00 am Cardio Combo— Level I</p> <p>9:30-10:00 am Balanced Life</p> <p>10:15-11:15 Cardio Combo— Level II</p>	<p>8:30-9:15 am Strength</p> <p>9:20-9:35 am Flex & Stretch</p> <p>9:40-10:25 am Strength</p> <p>10:30-10:45 am Flex & Stretch</p> <p>10:10-11:00 am Zumba</p>	<p>9:00-10:00 am Cardio Combo— Level I</p> <p>10:15-11:15am Cardio Combo— Level II</p>	<p>9:00-10:00 am Belly Dance Fitness</p> <p>9:00-10:00 am Strength Plus+ COST \$3 regardless of membership</p>	<p>10:30-11:30 am Zumba</p>
<p>Fitness classes REQUIRE membership with weight room OR cost \$3/class</p>					

OFFICE HOURS

Monday-Thursday—8 am-6 pm
 Friday—8 am-4 pm
 Saturday & Sunday—CLOSED
*Monetary transactions close
 30 minutes prior to closing.*

WEIGHT ROOM HOURS

Monday & Wednesday—8 am-7:15 pm
 Tuesday & Thursday—8 am-8:45 pm
 Friday—8 am-3:45 pm
 Saturday & Sunday—9 am-11:45 am
Orientation: 1st & 3rd Wed. at 11:00 am

MONTHLY ACTIVITIES

<u>Activity</u>	<u>Dates</u>	<u>Times</u>
Art Club	1st & 3rd Wednesday	1:00-3:00 pm
AARP —general meeting	2nd Wednesday	1:15-3:15 pm
AARP —board meeting	3rd Wednesday	1:15-2:15 pm
Baca Players Group (Drama)	2nd & 4th Wednesday	1:00-3:00 pm
Baca Center Volunteer Team Mtg.	2nd Wednesday	9:00-10:00 am
Benefits Counseling—one-on-one	1st Wednesday	9:00-11:00 am
Book Discussion	2nd Tuesday	1:00-2:00 pm
Bunco	1st & 3rd Tuesday	6:30-8:30 pm
Cinema Movie	3rd Wednesday	1:00-3:00 pm
Daffodil Dolls	1st Wednesday	10:30-11:30 am
Enhanced Writing Session	2nd Monday & Thursday	During writing club
Garden Club	1st Monday	9:00 am-11:00 am
Performance Group Entertainment	July 28 & Aug. 25	1:00 pm
Mah Jongg (American)—Experienced	3rd & 4th Wednesday	9:15 am-12:30 pm
Round Rock New Neighbors Cards	3rd Wednesday	9:30 am-12:30 pm
Scrabble	2nd & 4th Wednesday	1:00-4:00 pm
Spanish Karaoke	1st Thursday	10:00-11:30 am

Williamson Burnet County Opportunities (WBCO)

WBCO offers a well-balanced lunch Mon-Fri at 11:45 am for Williamson & Burnet County residents. WBCO members pay \$3 for meals. Meals are \$7 for non-WBCO members. Menu is available online or at the Baca Center & subject to change:

http://www.wbco.net/services_meals.html

512-255-4970

***ALL registration for programs
will begin on Tuesday, August 30***

To view our trips and event photos, please copy this link into your browser:

<https://www.flickr.com/photos/95453830@N03/>

ORGANIZATIONS & CLUBS

BENEFITS COUNSELING—1st Wednesday, 9:00-11:00 am

July 6 & August 3 in the Baca Center Lobby—“The National Council on Aging” has created a comprehensive Benefits Check Up Questionnaire for Texas which will help older adults identify programs that may improve their quality of life. This one-on-one meeting will help individuals identify countless federal, state, local and private programs for which they may be eligible. Visit with Nancy Kind, Volunteer Benefits Counselor or call her at 512-246-8455.

AARP—2nd Wednesday, 1:15 pm **July & August—NO regular meetings**

ART CLUB—1st & 3rd Wednesday, 1:00 pm business & demo at 1:30 pm

July 6—After Party
July 20—Presentation to be determined
August 3—Show and Tell
August 17—Presentation to be determined

BACA PLAYERS (DRAMA CLUB)—2nd Wednesday, 1:00 pm

July 13—Private showing of past performance
August 10—Reading and performing practice for fun

BOOK DISCUSSIONS GROUP—2nd Tuesday, 1:00 pm

July 12—“Julius Ceasar” by William Shakespeare
August 9—“Longing,” by Amos Oz

GARDEN CLUB—1st Monday, 9:00 am

July 11—Presentation on “Growing House Plants”, by Amanda Moon, Trinity Gardens
August 1—Presentation on “Adapted Perennials,” by Brenda McIdoo, Wilco Master Gardener

WRITING CLUB—The club is NOT taking time off for the summer! They plan to publish their 6th book prior to the end of year. Join now!! Help select the name of the next book and get your stories or poems published. This club is what you make it: read your own stories, the work of others or come to listen.

For more information contact bacawritingclub@gmail.com.

AARP Driver Safety Course

Monday, July 11, 8:30 am-12:30 pm

Tuesday, August 16, 5:00-9:00 pm

The course enables drivers to get a 10% discount for 3 years on *most insurance plans*. Please check with your insurance provider. You **MUST** pre-register at the Baca front desk. Course does **NOT** dismiss traffic violations. \$15 for AARP members & \$20 for non-members payable by **CHECK ONLY** to AARP.



PROGRAMS & CLASSES

American Mah Jongg Experienced Player Groups

Experienced players meet on the **3rd Wednesday, 9:15 am-12:30 pm**. Contact Pam at mahjrrtx@gmail.com to be added to the players list. There is another experienced group that meets on the **4th Wednesday, 9:15 am-12:30 pm**. Contact Cheryl at clw25703@gmail.com.

Ultra Beginner Line Dancing

Beginners—Join Barbara Langham as she teaches the very basic steps to line dancing. Participants will learn the grapevine, kick-step and more. This program does not require any previous dancing experience and will help you move up to the beginning/intermediate line dance class.

Tuesdays, Aug. 2-16, 2:00-3:00 pm

Cost is \$9/for 3 classes

Course #27763

MUST register in advance!!

NO July Classes

Chair Yoga for Seniors

This class is perfect for persons who may have difficulty getting to the floor and back up. The chair provides support and stability in standing and seated positions, allowing the student to experience a yoga class where gentle backbends, forward bends, lateral stretches and twisting postures are easily accessible. Participants will benefit by improving flexibility, strength, circulation, range of motion, balance, posture and breathing. Suitable for people with limitations.

Wednesdays, July 6-27—9:00-10:00 am

\$38/4 classes

Course #27775

Wednesdays, Aug. 3-24—9:00-10:00 am

\$38/4 classes

Course #27776

Computer Support

Is your data backed up, your warranty over, want to fix your computer yourself? Join Scott Wheeler for “how to” classes which will cover cleaning up your Windows operating system, install/uninstall applications/drivers, troubleshoot diagnostics, manage viruses, and more. Bring your laptop to the class. If you have a PC do a print screen of your issue. **MUST** register a minimum of 2 days in advance and if no registrations, instructor will NOT show up.

Saturdays in July & Aug., 9:30 am-11:00 am

\$5/Saturday for Baca members

Beginning & Intermediate Hula

All Kupuna Hula will meet at 1:45 for basic instruction, technique, Hawaiian language and history, a new dance; intermediate will continue in the next class to learn more advanced techniques and dances. Dancers will wear black T-shirts and a pa'u skirt or wrap. Bring a three-ring binder. You cannot join the program after July 22 due to missing critical information in the first 2 classes. Instructor approval is needed for the Advanced class.

Fridays, July 15-Sept. 1, 1:45 pm (all participants)

FREE for Baca members

Beginning—1:45-2:30 pm

Advanced—2:45-3:30 pm

PROGRAMS & CLASSES

Yoga Hoop Fitness Fusion

This class combines the benefits of both yoga and hula-hooping which builds core strength, provides a good cardiovascular workout, helps to burn calories, strengthens & tones the entire body, reduces stress, increases vitality, and improves rhythm & coordination. Hoops provided. Clothing should be flexible but not too loose. Instructor: Angela Richter-Gronross, RYT/ Hoopnotica Fit® Certified Instructor. Cost is \$45.

July 7-28, 6:15-7:15 pm—Course #27779

Aug. 4-25, 6:15-7:15 pm—Course #27780

Performance Group Entertainment

This program allows members to showcase their talent to an audience. Performances are the last Thursday of every month at 1:00 pm in the Grand Room or Lobby depending on availability. The talent can be singing, a reading, dancing, instrument or comedy. Each participant or group will have up to five minutes and one performance. Each person (or group) is responsible for putting their name on the sign-up sheet posted on the west face of the kiosk in the middle of the lobby. The sign-up sheet will be posted within two hours of completion of the current performance, and will be taken down **TWELVE** days prior to the next performance. No names can be added after the sign-up sheet is taken down and we are unable to take phone calls to add your name to the list. There will be a MANDATORY dress rehearsal before the Thursday performance, please check with the leader for exact time. If you do not attend the rehearsal you will NOT be permitted to perform at the entertainment show. If you need music, you must submit your song/artist to Ken Wood 1 week prior to the rehearsal. Performances cannot contain profanity or vulgarity. An audience is important to each performer so come support this group and enjoy the entertainment. See guidelines posted in the music room for more information.

July 28, 1:00 pm—Sky Rockets & Sparklers
Performers Deadline: July 15

August 25, 1:00 pm—Hollywood
Performers Deadline: August 12

B-I-N-G-O for Grandparents & Grandchildren

The Baca Center would like to welcome grandparents and grandchildren **ages 7 and up** to play bingo on Fridays in June, July & August. Cost will be \$5 for members and \$6 for non-members. Each Friday in June, July and August. Only 1 child per grandparent will be permitted and registration will take place the day of the bingo game.

Spades for FUN

Join this group on Wednesdays for some fun times playing Spades whether you haven't played in years or are a beginner. Snacks are provided by rotating members and coffee is 25 cents. Singles or pairs are invited.

Wednesdays, 1:00-4:00 pm

FREE for members

PROGRAMS & CLASSES

Tap Time Thursdays

Tap Time - Tapping Practice Thursdays will take place this summer June-August without an official instructor OR group leader. The FREE practice is *open to anyone* interested in tapping and will take place each Thursday 12-1:15 pm in the music room. The practice will be FREE for Baca members and \$1 walk-in for non-members. In September, the official Toe Tapping classes will resume with an instructor and the regular fee of \$4/members will apply.

Thursdays, 12-1:15 pm

June 9-August 29

FREE for members

Baca Players Group

The Players Group is looking for people interested in all aspects of theatre: performing, reading, helping with props or lighting. After recently performing in a reader's theatre and original skits, the group will be less active during the summer. In September, they will return to meeting twice a month on the second and fourth Wednesdays. For more information, e-mail bacaplayers@gmail.com.

Strength Plus+

If you are looking for a little more of a personal experience and more in-depth opportunity to improve your strength then Strength Plus+ is for you. This ***Specialty Class*** is a small group which allows for better routines and more results. Participants will track their results from week to week, this will allow you to visually see your improvements and gains. This is one opportunity you will not want to miss!

Fridays, 9:00-10:00 am

June-September 2

\$3/class for members

SPECIAL EVENTS

Let's Dance Events

Do you want a fun way to exercise and socialize at the same time? Join your Baca friends one Friday a month for a social dance. Lemonade and coffee will be provided. Bring your own refreshments, snacks and BYOB. The July theme will be Patriotic and the August theme will be ???. No guests, under age 50. **Please register in advance.** Join the group for free line dance lessons at 6:30 pm.

Friday, July 8—#27444, 7:00-9:30 pm

Friday, August 5—#27445, 7:00-9:30 pm

Generational Tea—Great Success

Thank you to all the lovely ladies that participated in the Generational Tea Fundraiser for WBCO. The event raised \$483 for the WBCO program. Thank you to our generous sponsors: Target; Way Off Broadway; Sheryl Davie; Nancy Hobbs; Myrl Watt; Writing Club; Serena Guin; Baca Ceramics; Mary Knapp; Soapbox and ALL the wonderful volunteers. Pictures can be seen on our flickr account:

<https://www.flickr.com/photos/95453830@N03/>

CINEMA MOVIES

Join the Baca Center for our monthly cinema day. Popcorn and lemonade will be provided. Movies are always FREE. Movies shown in June-August are open to adults and children ages 7+. Children must be accompanied by an adult.

Zootopia

Wednesday, July 20, 1-3 pm



In a city of anthropomorphic animals, a rookie bunny cop and a cynical con artist fox must work together to uncover a conspiracy. Determined to prove herself, Office Judy Hopps, the first bunny on Zootopia's police force, jumps at the chance to crack her first case. This hilarious adventure is full of action and heart.

Turbo

Wednesday, August 17, 1-3 pm



After a freak accident infuses him with the power of super-speed, Turbo kicks into over-drive and embarks on an extraordinary journey to achieve competing in the world's fastest race, the Indianapolis 500. With the help of his tricked out snail crew, the ultimate underdog puts his heart and shell on the line to prove that no dream is too big, and no dreamer too small.

WORKSHOP

Planning Is About Love, Not Death

Join Regina Schauer, Attorney at Law for a FREE estate planning seminar to learn... how to defend your assets; have you legally and accurately designated your IRA beneficiaries; how to ensure your assets go to your children; how to protect young children and/or special needs children; why putting your child's name on your property may be a mistake; how to leave inheritance to a relative with drug or alcohol abuse issues.

Thursday, July 14 12:30-1:30 pm

**Call 512-258-9455 to reserve a seat
OR www.austinestateplan.com**

ONLINE REGISTRATION INSTRUCTION CLASS

The City of Round Rock will be switching to a NEW registration program beginning in August. If you register online for trips or programs, you will want to attend this class to learn how to use the new system. We will provide computers and display the instructions on a large screen. We will be limited on the number of participants due to the number of computers, so register early. Registration for September-December trips will be August 30 so get training NOW.

Tues., August 16, 9-10 am—Course #28238

Thurs., August 18, 9-10 am—Course #28234

Thurs., August 18, 1-2 pm—Course #28235

FREE for Members

\$5 for non-members



Williamson County CAREGIVER CONFERENCE

Saturday, September 17th

Williamson Conference Center at the Wingate by Wyndham Hotel

FREE
for Family
Caregivers!

- Nationally-renown keynote speaker
- Special sessions on topics vital to caregivers
- Access to regional resources and non-profit organizations serving Williamson County

Online Registration Opens Aug. 1st: www.AGEofCentralTX.org

JAZZERCISE

This 60 minute class held in the [Baca Center](#) Aerobics Room offers a blend of jazz dance and exercise set to favorite music – Top 40, jazz, country, funk and classics. Easy-to-follow, fun choreography includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights and a stretch finale. Classes are held continuously and you can start anytime! Contact Kathie Elkins at rrjazzercise@gmail.com or (512) 244-2534 to register for classes.

Fees:

\$40 – monthly auto-draft

\$30 – Joining fee

\$15 – Walk-in fee for single class

Schedule:

9:00-10:00 am Mon., Wed., Fri., Sat.

5:15-6:15 pm Mon., Tues., Wed., Thurs.

6:15-7:15 pm Mon., Tues., Thurs.



TURN UP THE INTENSITY AND TAKE YOUR WORKOUT TO THE NEXT LEVEL

**SEPTEMBER-DECEMBER
BACA CENTER TRIPS
WILL BE PUBLISHED IN A
SPECIAL EDITION OF THE
“BACA BUZZ”
IN EARLY AUGUST
TRIP REGISTRATION
WILL BEGIN ON
TUESDAY, AUGUST 30**

HERE ARE A FEW PROPOSED TRIPS ON THE SCHEDULE:

AUSTIN AQUARIUM

ESTER’S FOLLIES

PAINTED CHURCHES

HIKES IN CENTRAL TEXAS & MORE

VARIOUS THEATER PERFORMANCES

FISHING ON LAKE TRAVIS

TOP GOLF

AND MANY MANY MORE...

NEW VIRTUAL PROGRAMMING

The Baca Center is home away from home for many of our members. In fact, some whom wish to participate in our activities may have certain barriers. This could be a number of things such as a visual impairment that doesn't allow them to drive, doctor visits and general activities of daily living (ADL). The virtual program is designed to help these homebound members gain access to a social and constructive atmosphere for overall benefits to their health and wellness.

This innovative concept of virtual programs is beneficial to our members. So while homebound, they can still participate in their favorite activities. If you are a homebound member, contact the Baca Center for more information on this NEW program. You MUST be a Baca member with a computer, internet and access to an e-mail account in order to participate.

512-218-5499



Be Smart About Your Safety

Thanks to the Round Rock Police Department, you can sign up for Smart911 and create a Safety Profile for your household to give 9-1-1 valuable information about yourself, family members, your home, pets and even vehicles that will automatically display on the 9-1-1 call taker's screen when you make an emergency call.

Smart911 is free, private and secure and you control what information is in your profile at www.smart911.com. The only time the information you enter into your Safety Profile is seen is when you call 9-1-1. Your Safety Profile immediately displays to 9-1-1 call takers, which allows first responders to assist you faster and more effectively.

In an emergency, when a citizen dials 9-1-1:

- **If there is a weather-related disaster**, a Safety Profile can provide an exact address which will allow first responders to navigate the home even if the path and roads signs are covered or damaged.
- **If there is a fire in the home**, a Safety Profile can immediately provide details on how to gain access into the home and a floor plan detailing the location of bedrooms and the number of residents and pets inside.
- **If there is a medical emergency**, a Safety Profile can deliver critical information to first responders ranging from potential allergies to treatment details.
- **If they were in a car accident**, the Safety Profile can include car information, the citizen's medical treatment restrictions and emergency contact details.

Seconds save lives. Sign up today at www.smart911.com

www.bacacenter.com

Allen R. Baca Center
301 W. Bagdad, Bldg. 2
Round Rock, TX 78664
512-218-5499
512-218-3231 fax

Center Holiday Closures:
July 4th—Independence Day
September 5—Labor Day

WBCO Lunch Reservation:
512-255-4970
Star Shuttle Service
512-244-7433

