



Baca Buzz

Volume 6, Issue 5

September/October 2015

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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.

LUAU ON THE LAKE IS BACK!!

Join the Baca Center for a great time on the lake. We will travel to Lake Travis and hop on a party barge for swimming, sunning and dancing. We will serve sandwiches, chips, watermelon and lemonade. Leis and goodie bags will also be provided. Please make sure you dress appropriately and bring your swim suit if you wish to swim. Cost will be \$35/member. No wheelchairs.

Cost \$35/members

Course #25970

Sunday, September 20, 2015, 4:00-10:30 pm



HEALTH AND INFORMATION FAIR

Join the Baca Center for our annual Health and Information Fair on Friday, September 25, 9:00-11:30 am. HEB will be providing flu shots and there will be 28-30 vendors with pertinent health information. Here are a few things that may be available at the Health Fair: blood pressure checks, massage, hearing screening, spine screening and more. If you have Medicare Part B, your flu shot will be free, for all others the fee will be \$25 payable by check or cash ONLY. This event is FREE and open to anyone 50+ so bring your friends.

Friday, September 25, 2015, 9 am-11:30 am

HEE HAW VARIETY SHOW

Join the Baca Center for a spectacular Hee Haw Style Variety Show that highlights our many talented members. There will be dancing, comedy, drama and singing. The event is FREE and open to all ages. We will have cookies and punch available at the event.

Thursday, October 8, 2015, 1:00-3:00 pm

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 Chinese 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>8:30-9:30 am Ultra Beg. Tap*</p> <p>9:00-11:00am Wood Carvers</p> <p>10:00 am-2:00 pm Crafty Critters</p> <p>10:15am-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 Baca Players Group will NOT meet July & August</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>12:30-1:30 pm Adv. Tap*</p> <p>12:30-4:00 pm Bridge for Fun</p> <p>12:45-4:00 pm Canasta Club OR Hand/Foot</p> <p>1-2:30 pm Spanish Class</p> <p>1:00-3:00 pm Tejano Time</p> <p>2:30-4:00 pm Open Mic Practice</p>	<p>9:00-10:00 am Intro to Tai Chi*</p> <p>10:00-11:30 am Tai Chi Advanced*</p> <p>10:00-11:30 am Bingo*</p> <p>1:00-2:30 pm Sing-A-Long</p> <p>1:45-2:30 pm Beg. Hula</p> <p>2:30-3:30 pm Adv. Hula Inst. Approval</p>	<p>9:30-11 am Computer Support* Baca members ONLY</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>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>9:00-9:30 am Balanced Life</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	1:00-3:00 pm
AARP —board meeting	3rd Wednesday	1:00-2:00 pm
Baca Center Volunteer Team	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—Evening	1st & 3rd Tuesday	6:30-8:30 pm
Bunco—Daytime—begins Sept. 10	2nd & 4th Thursday	1:00-3:00 pm
Cinema Movie	3rd Wednesday	1:00-3:00 pm
Daffodil Dolls	1st Wednesday	10:30-11:30 am
Garden Club	1st Monday	9:00 am-11:00 am
Gospel Hour Sing-A-Long	1st & 3rd Friday	2:45-3:45 pm
Group Performance	Sept. 24 & Oct. 27	1:00 pm
Mah Jongg (American)—Experienced	3rd Wednesday	9:15 am-12:30 pm
Mah Jongg (American)—Beginners	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	1:00-3:00 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. Please notify WBCO if you are unable to attend lunch. Menu is available online & subject to change:

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

512-255-4970

***ALL registration for programs
and trips
will begin on Tuesday, August 25***

ORGANIZATIONS & CLUBS

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

Sept. 2 & Oct. 7 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, 1:00 pm

Sept. 9—Trivia Games
Oct. 14—Officer Nominations

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

Sept. 2—General Business Meeting
Sept. 16—Presentation on String Art by Rob Monroe
Oct. 7—General Business Meeting
Oct. 21—Presentation by Britta Herzog

BACA PLAYERS DRAMA CLUB—Wednesdays, 1:00 pm

September Meetings—Rehearsing for the upcoming Variety Show
October Meetings—Holiday show preparations

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

Sept. 8—“After the Ball,” by Leo Tolstoy
Oct. 13—“On Evil, Guilt, and Power,” by Friedrich Nietzsche
*The group is full; however, if you wish to be put on a waiting list,
E-mail helensmith204@gmail.com*

GARDEN CLUB—1st Monday, 9:00 am

Sept. 14—Presentation on “Beneficial Insects,” with Wizzie Brown, Extension Program Spec.
Oct. 5—Semi-Annual Plant Exchange. Bring your surplus house and garden plants to exchange



AARP Driver Safety Course

Monday, Sept. 21, 8:30 am-12:30 pm—Course #25327

Tuesday, Oct. 20, 5:00-9:00 pm—Course #25448

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 players meet on the **3rd Wednesday, 9:15 am-12:30 pm**. For more information, contact Pam at icdafs@gmail.com to be added to the players list. Beginning players meet on the **4th Wednesday, 9:15 am-12:30 pm**. Contact clw25703@gmail.com for more information for beginners.

Better Backs Yoga & More—NEW

Motion is lotion! This on-going yoga class teaches students how to maintain a happy, healthy spine and body. Stretch, strengthen, move through your range of motion, gain flexibility, and learn proper techniques for breathing, sitting, standing, lifting, sleeping and more.

Thursdays, Sept. 3-24, 5:00-6:00 pm **Cost is \$45/4 classes** **Course #26776**
Thursdays, Oct. 8-29, 5:00-6:00 pm **Cost is \$45/4 classes** **Course #26801**

A Matter of Balance

This award-winning program consists of eight 2-hour classes designed to help adults age 60+ reduce their fear of falling. The classes consist of group discussions, problem-solving strategies and physical activity.

Mondays, Sept. 28-Nov. 16, 2:00-3:00 pm **FREE for members** **Course #26876**

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, Sept. 1-15, 2:00-3:00 pm **Cost is \$9/for 3 classes** **Course #25347**
Tuesdays, Oct. 6-20, 2:00-3:00 pm **MUST register in advance!!** **Course #26801**

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, Sept. 9-20—9:00-10:00 am **Course #26231** **\$38/4 classes**
Wednesdays, Oct. 7-28—9:00-10:00 am **Course #26232** **\$38/4 classes**

Beginning & Advanced Tap Dancing begins in September

See the weekly activities schedule for details.

PROGRAMS & CLASSES

Chair & Table Massage



In Your Home
Senior Massage

Do you have sore, achy muscles, stress, anxiety, low back pain, sciatica, or poor circulation? Massage can help get rid of muscle knots and tension that can cause mobility issues, pain, and trouble sleeping. Give *In Your Home Senior Massage*, PLLC a chance to work out those knots and tension areas either in a 15 minute chair massage or a table massage. Prices are as follows: Chair Massage—\$15 (15 min.) OR Table Massage—\$30 or \$55 for members; non-members add \$5. Call **512-736-9131** for an appointment on the 4th Friday of the month between 11:30 am & 3:30 pm.

Legacy Recording Session

Record producer Matt Smith will record your song or recitation set to music. Participants will be given a CD and an MP3 file of their recording. Participants are limited to ONE recording and 10 minutes. You **MUST** bring your song or provide the artist and song 1 week prior to the recording session. This is only open to those that have not registered for the September date.

To get on the schedule, please contact the Baca Center front desk.

Friday, Nov. 20, 1-4 pm

Course #27180

Music Room—FREE for members

Computer Basics

This class will teach the very basics of Microsoft 7 including Windows and basics for using the internet and e-mail. The class will be taught by Tim Garza, Manager at Discount Electronics.

You **MUST** register in advance and be a current Baca member.

Sept. 9-Oct. 14, 9:30-11:30 am—Course #26693

\$5/Baca members ONLY

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 at least 2 days in advance.** If no registrations, instructor will NOT show up.

Saturdays in Sept. & Oct., 9:30 am-11:00 am

\$5/Saturday for Baca members

Enhanced Writing Sessions

The enhanced writing seminars are opportunities when writing skills can be increased through interactive learning. They will be presented twice a month on the second Monday and Thursday of each month. The seminars take place during the regularly scheduled writing club. No experience necessary but please bring paper, pen and your creativity. The seminars will be facilitated by Sheryl Davie and/or Paul Fronczek.

PROGRAMS & CLASSES

Diabetes Management Class

Diabetes affects all races and ages. This disease can be hereditary and there are over 20 million people in the United States alone with Diabetes. There is good news that the Baca Center will be offering classes that will include: Learning how to take charge of your health and beat diabetes; find out how diabetes affects your body; make sense of your blood sugar numbers; meet others who have diabetes; have fun learning in a small group through games, activities and support conversations. Call **Michael Ross at 512-541-4341** to register.

Thursday, Sept. 3-Oct. 8, 1:30-3:00 pm

Dining Room—FREE

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 and classes are on Thursdays.

Sept. 3-24, 6:15-7:15 pm—Course #26221

Oct. 8-29, 6:15-7:15 pm—Course #26222

Beginning Painting Classes—NEW

Cordovan Art School will be offering a beginning painting class for those wishing to paint with watercolor, acrylics or oil paints. While painting, you will get hands-on with color theory, composition and design, shading tricks and lots more. Ages 18+ and supplies included.

Thursday, Oct. 1-Nov. 5, 5:30-7:30 pm

Course #26739

Cost: \$119/6 classes

Adult Karate Classes—NEW

Austin Society of Karate will teach American Karate with an emphasis on self-defense, self-esteem and self-confidence. Instructor can modify movements for those with physical issues. Black uniform is required after the first class and can be purchased through instructor.

Monday, Sept. 14-Nov. 16, 7:30-9:00 pm

Course #26725

Cost: \$70/10 classes

Wine Glass Painting—NEW



Want to drink wine in your own wine glass creation? This class is going to be fun and informative. Wine glass and various colors of paint will be provided so each participant can paint and decorate their own wine glass. **MUST** register by September 28. Class has limited space so register early. Wine glasses will need to be taken home and cured for 21 days or heated in an oven. Directions will be provided.

Thursday, Oct. 1, 9:30-11:30 am

Course #27151

Cost: \$10/members

WORKSHOPS

Medication Workshop

Thursday, Sept. 3, 11-11:45 am

Grand Meeting Room—FREE

The Area Agency on Aging (AAA) staff works with a pharmacist to review consumer medications including over the counter medications to identify harmful interactions, reactions and related issues. To participate, consumers must be at least 60 years of age and take at least 5 medications. **Bring your medications** to the workshop to receive a written report from the pharmacist and you may also choose to have a telephone conversation with the reviewing pharmacist. This group will also have a booth at our Health Fair.

Probate is Voluntary Workshop

Thursday, Sept. 17, 11-11:45 am

Grand Meeting Room—FREE

Attorney John Levy will present on how probate is voluntary. John will also have a booth at our Health Fair so stop by and pick up some great information.

Dignity Memorial Workshop

Thursday, Sept. 24, 11-11:45 am

Grand Meeting Room—FREE

“Your Life Your Legacy”—Cook-Walden Funeral Homes & Cemeteries will be conducting a fast-paced lunch and learn program which educates people on the benefits of pre-planning. Come discover four simple steps to planning your final arrangements, as well as bringing peace of mind to yourself and your family. There will be details on everything from cremation and memorial services to travel protection and transferability within Dignity Memorial. The objective of the workshop is to increase awareness about protecting your family now before it turns into a more stressful situation. There will be door prizes and a complimentary lunch. *MUST RSVP with Sarah at (512) 971-2449 by Wednesday, Sept. 16.*

Personal Safety & Awareness Workshop

Thursday, Oct. 22, 11-11:45 am

Grand Meeting Room—FREE

Safety awareness is like almost everything else we do...it is learned, not instinctive. Being aware of both our surroundings and potential dangers can help us take proactive steps to ensure that we are safe and secure. The workshop will be presented by Round Rock PD.

SPECIAL EVENTS

Let's Dance Events

Let's Dance takes place one Friday every month where participants 50+ enjoy dancing to a variety of recorded music. Our goal is to offer participants throughout the community an opportunity to exercise and socialize, thus promoting physical and mental health. Refreshments, snacks and BYOB are permitted. The September dance theme will be Beach so wear your Hawaiian shirt and October's theme will be Racing. FREE for current Baca members and \$5 for non-members age 50+. Sorry but no young ones at this event.

Friday, Sept. 4—#25340, 7:00-9:30 pm

Friday, Oct. 2—#26382, 7:00-9:30 pm

www.bacacenter.com

SPECIAL EVENTS

End of Summer Party

Tuesday, Sept. 15, 10:30-11:30 am

Grand Meeting Room—FREE

Hey folks, it has been another fun summer here in the town that never stops Rockin, so let's send the summer off with a blast and an afternoon of playtime and games. On Tues., Sept. 15th, beginning at 1 pm, plan to spend a couple of hours releasing all your heat of summer energy. We will set up the ping pong table and other various games as well as our parachute game that is guaranteed to bring lots of laughter and invigorating amusement. We will serve popcorn and lemonade to keep you hydrated and refreshed. The event is free so come play with us.

Upcoming—Meet the Olympians

As some of you may know, Round Rock celebrated its first ever Olympic Day with about 300 kids back in June. Four area Olympians came out and spoke to the kids about the "Olympic Experience" and brought memorabilia including official Olympic torches and a gold medal to show. The kids then engaged in a variety of Olympic style sports. At the conclusion of the program, the Olympians promised a day at Baca. At this time we are working on coordinating schedules. Keep watch for more information regarding "Olympic Day" at Baca.



Thursday, October 30, 1:00-2:00 pm

Grand Meeting Room—FREE

Join the Baca Center for our annual Trunk or Treat on Thursday, October 30, 1-2 pm. This year, we have invited businesses to bring their decorated trunks and are encouraging our groups and leaders to decorate trunks or old time suit-cases for the event. To register your group with a decorated trunk, please call the center at 512-218-5499 to get a registration form. Members are welcome to dress up and participate in the Trunk or Treat. Participants will vote on their favorite trunks for the most creative trunk; scariest trunk and best themed trunk.

8-Ball Pool Tournament

Monday, Nov. 9, 11:00 am-3:00 pm

Course #26299

Fast Eddies

The pool tournament last year was a huge success and great fun so we are hosting one again this year at Fast Eddie's Billiards, 100 Parker Dr. This event is sponsored by Trinity Care Center and the Baca Center. **MUST** register by noon on November 2, 2015. There will be prizes for 1st-3rd place. This will be a double elimination tournament that is open to adults 50+ and **FREE**.



60's Party

Friday, Nov. 13, 1:00 pm

Grand Meeting Room—FREE



Baca and the Party Animals are at it again and it is time for another blow out. This time, the animals are going to help us remember the 60's with a wild & wacky dance party and who knows what other kinds of surprises. Watch for more information.

CINEMA MOVIES

Join the Baca Center for our monthly cinema day. Popcorn and lemonade will be provided. Movies are always FREE.

THE SECOND BEST MARIGOLD EXOTIC HOTEL

Wednesday, September 16, 1-3 pm



As the best exotic marigold hotel has a single remaining vacancy which poses a room predicament for two fresh arrivals. Sonny pursues his expansionist dream of opening a second hotel. We enjoyed the first movie so hopefully this one will be just as good.

AMERICAN SNIPER

Wednesday, October 21, 1-3 pm



This is a true story about Legendary Navy SEAL Chris Kyle from Texas. His pinpoint accuracy saved countless lives during his 4 tours in Iraq and has confirmed 160 deaths. After returning home to his wife and children, he realizes he can't leave the war behind. This movie received an Oscar for Best Achievement in Sound Editing and AFI Movie of the Year. Chris was killed by a former Marine in February 2013 but his legacy lives on.

**Sail to the Caribbean
on the
Norwegian Jade
January 23-30, 2016**

Details at the front desk



WBC
OPPORTUNITIES
Providing Hope • Supporting People

Round Rock Meals on Wheels Volunteers NEEDED!!

1. Deliver meals one or more days per week
2. Routes vary in time up to 1 hour or less
3. Deliveries begin at 10:30 am

If you or your company has time just once per week, you can deliver hot meals which helps enable the homebound to live independently as long as possible and helps to relieve the isolation and loneliness of the homebound.

To become a volunteer, call:

512-255-4970

DAY TRIPS & TIPS



If you like to see new places, museums, plays, movies, restaurants, concerts, then you'll want to travel with the Baca Center.

Members may register one additional person per trip at time of registration. Non-members please add \$5 for the cost of each trip. Only those riding the Baca transportation can participate in trip activities. **Times and events are subject to change.** Return time is an estimated time of return, it

depends on traffic, event wrap up, and any travel delays. Please arrive 15 minutes early. Check in with the bus driver for exact departure and arrival times. If a member has a medical condition and must pre-board on the bus, a *current* doctor's note must be on file with the staff. The building may not be open when returning from a trip so those that have parked in the Baca garage will have to walk down the ramp.

Participating persons with a disability or a physical condition requiring them to use a wheelchair must be accompa-

nied by a companion to provide them with needed assistance in accessibility situations (restrooms) during the trip. The companion must be a relative or personal care taker specifically for the participant. Due to the bus configuration, we can only accept 1 wheelchair per trip. For proper arrangements, please inform the Baca Center team at registration.

Cost for meals will vary by type of restaurant, participants are responsible for checking meal costs ahead of time through website. An 8-20% gratuity may be charged.

POLICY & PROCEDURES FOR TRIPS

Please check in with the driver before each trip. Payment is required at time of registration. Please do NOT show up more than 15 minutes prior to departure, the building may not be open. Participants are only allowed to save ONE seat on the bus for their travel companion.

TRIP CANCELLATION POLICY

In the event of a cancellation, a CREDIT for the amount of the trip will be added to your account **ONLY IF**:

- 1) The Allen R. Baca Center cancels the trip.
- 2) A substitution has been made from the waiting list to fill your spot.
 - A) If no substitution can be made and the request is made 14 calendar days or less from the start date of the trip, all fees are forfeited.
 - B) If no substitution can be made and the request is made 15 calendar days or more from the start date of the trip, a credit for the amount of the trip will be applied to your account or you will be assessed a \$25 processing fee for a refund. **There will be NO substitutions allowed the day of a trip AND no last minute show-ups.**

ONLINE REGISTRATION—WWW.ROUNDROCKRECREATION.COM

Online registration is a great way to sign up for trips without the hassle of waiting in line!

TRIPS, TRIPS, TRIPS

**ALL REGISTRATION FOR THE LISTED TRIPS
WILL BEGIN AUGUST 25, 2015 @ 8 AM UNLESS NOTED
DON'T WAIT TO REGISTER—TRIPS FILL UP QUICKLY AND IF NOT
ENOUGH REGISTRANTS, THEY WILL BE CANCELLED.
DON'T BE LATE, WE CAN'T WAIT!!!**
**Remember: If you cancel LESS than 2 weeks in advance,
you will NOT get a refund or credit.**

Tuesday, Sept. 1-#26670 CANINE CRUISERS

Monday, Oct. 5-#26047

Depart: 8:00 am

Return: 1:00 pm

Cost: FREE (Meal OYO)

Where: Austin

Calling all animal lovers interested in helping walk dogs/cats at the Austin Animal Shelter or willing to help cut up snacks. Volunteers will receive training to either walk animals in pairs of 2 adults to 1 dog/cat or training to cut up snacks. The shelter has many animals that don't get an opportunity to take a walk outside of their kennel. We have sponsors that pay for the bus trip so we can provide transportation for FREE. Volunteers will need to pay for their lunch at Dan's Hamburgers after our volunteer time. You can register for 1 or both trips. Please wear closed toed shoes and bring water.
www.austintexas.gov/department/animal-services

Thursday, Sept. 10

Depart: 8:30 am

Return: 1:30 pm

Cost: \$22 (Ticket Incl.)

Where: Cedar Park

Course #26822

BODY WORLDS & BELINIS BAR & GRILL

Body Worlds & The Cycle of Life gives visitors the opportunity to witness the body through time—as it changes, grows, matures, and ultimately, wanes. As we age, we experience the body in different ways. At each stage of life, we seek new answers. This exhibit celebrates the wonders of the body in childhood, adulthood and across the arc of aging. Dr. Von Hagens' Body World exhibitions have been seen by 40 million people globally. After our tour, we will go to Belinis Texas Grill for lunch.

www.txmost.org

www.bellinistexasgrill.com

Saturday, Sept. 12

Depart: 8:00 am

Return: 5:00 pm

Cost: \$12 (Meal OYO)

Where: Caldwell

Course #26048

KOLACHE FESTIVAL IN CALDWELL

The Kolache Festival is an annual celebration of the revitalization of the Czech Heritage. Join us as we travel to Caldwell so we can learn the wonderful Czech philosophy. You can see the techniques of quilting, woodworking, carving, and sculpturing. Come dance to the polka, eat ethnic food and immerse yourself in the Czech heritage. The festival will start off with the Czech National Anthem followed by a festival band and parade of costumes. After the parade, there will be the crowning of Miss Kolache, a Kolache eating contest and live music by Shiner Hobo Band. There will be LOTS of walking on this trip.

www.burlesoncountytexas.com/kolachefestival

www.bacacenter.com

TRIPS, TRIPS, TRIPS

Monday, Sept. 14

Depart: 4:30 pm
Return: 7:30 pm
Cost: \$8 (Meal OYO)
Where: Austin
Course #26055

STEINER RANCH STEAKHOUSE

Join us for a view of the lake and great steaks or seafood. This trip always fills up quickly so register early and bring your appetite. This restaurant boasts to have the best steak anywhere and great views. We will have a private room for dining.
www.steinersteakhouse.com

Friday, Sept. 18

Depart: 11:00 am
Return: 6:00 pm
Cost: \$12 (Meal OYO)
Where: Luckenbach
Course #26049

LUCKENBACH

The Luckenbach town has a general store, live music, Snail Creek Hat Co. and of course a feed lot for those that get hungry. The burgers are great and the beer is cold. There will be live music by Picker Circle at 1 pm and then Lewis and Martin at 4 pm. There are picnic tables in the shade but feel free to bring your own folding chair.
www.luckenbachtexas.com

Tuesday, Sept. 22

Depart: 9:00 am
Return: 3:00 pm
Cost: \$10 (Meal OYO)
Where: Austin
Course #26050

DRISKILL HOTEL & AUSTIN FIREHOUSE LOUNGE

Join us for a private tour of the Driskill Hotel and Austin Firehouse Hostel. The Driskill Hotel is enriched with history since it was built in 1886 by cattle baron Jesse Lincoln Driskill. After our tour of the hotel, we will have lunch at the 1886 Café before we walk over to the Firehouse Lounge. The firehouse was originally built in 1885 and is the oldest standing firehouse in Austin and was home to a brigade of volunteer firemen through the turn of the 20th century. No wheelchairs.
www.driskillhotel.com www.firehousehostel.com

Friday, Sept. 25

Depart: 6:30 pm
Return: 10:30 pm
Cost: \$36 (Ticket Incl.)
Where: Austin
Course #26051

ESTHER'S FOLLIES

Esther's Follies follows the funny in Washington, nationwide, around the world and in Austin—with political and social satire sketches, musical numbers, and magical illusions. Ray Anderson's magic continues to baffle the audiences with his big illusions, and the cast of Esther's parodies are ripped right from the headlines. This trip will fill up quickly so register early. They do sell adult beverages and popcorn. No wheelchairs. Adult humor.
www.esthersfollies.com

Monday, Sept. 28

Depart: 10:30 am
Return: 3:30 pm
Cost: \$8 (Meal OYO)
Where: Austin
Course #26052

CHERRY CREEK CATFISH & UNCOMMON OBJECTS

Cherry Creek is celebrating 21 years in Austin. They offer all you can eat catfish for \$12.99 or you can select from seafood, burgers, salads, or even deep fried cheesecake. After lunch, we will travel to Uncommon Objects for a little shopping.
www.cherrycreekatfish.com www.uncommonobjects.com

TRIPS, TRIPS, TRIPS

Wednesday, Sept. 30

Depart: 7:30 am
Return: 5:00 pm
Cost: \$15 (Ticket & Meal OYO)
Where: Johnson City
Course #26053

LBJ RANCH, PECAN BREWING & BUGGY BARN MUSEUM

Join us for a trip to the Hill Country. Our first stop will be LBJ Ranch which we will drive through and then stop at the Texas White House for a personal tour. Lunch will be at Pecan Brewing then we will stop by the Buggy Barn Museum to see a collection of buggies, wagons, and carriages from the 1860's to early 1990's. We will get a horse and buggy ride, *please bring \$5 cash for donation.*
www.nps.gov/lyjo www.buggybarnmuseum.com

Sunday, Oct. 4

Depart: 9:00 am
Return: 7:00 pm
Cost: \$23 (Ticket Incl.)
Where: Fredericksburg
Course #26054

OKTOBERFEST IN FREDERICKSBURG

This festival celebrates Fredericksburg's German heritage with lots of music, food, handcrafted items and fun. There will be music by the Wahlburg Boys, Yodel Blitz, Fredericksburg Filharmonic and more. There will be lots of walking, please dress appropriately. **MUST** register by September 21 so we can get advance tickets.
www.oktoberfestinfbg.com

Monday, Oct. 5

Depart: 4:00 pm
Return: 11:00 pm
Cost: \$10 (Ticket & Meal OYO)
Where: Giddings
Course #26069

LONE STAR OPRY & CIRCLE W RESTAURANT

Giddings Rotary Club has been hosting an opra the 1st Monday of each month for 18 years. The show will include special guest Ken Brothers and other great country music bands. We will go to the opra first to get our seats, then you can either stay for a burger or leave to have dinner at Circle W Restaurant that offers fried catfish, chicken fried steak, salads, burgers and more. Please bring \$5 CASH for your ticket. This trip always fills up so register promptly.
www.countrymusicmonday.com

Wednesday, Oct. 7

Depart: 8:00 am
Return: 2:00 pm
Cost: \$10 (Ticket Incl.)
Where: Killeen
Course #26057

FORT HOOD & CAPTAIN D'S SEAFOOD KITCHEN

We will travel to the Fort Hood Military Base to tour the 1st & 3rd Calvary Museums. Please bring a state issued ID for entrance to the base. After our museum tours we will travel into town for lunch at Captain D's which has \$4.99 lunch specials.
www.captains.com

Monday, Oct. 12

Depart: 8:00 am
Return: 5:00 pm
Cost: \$25 (Meal Incl.)
Where: Bellville
Course #26059

NEWMAN'S CASTLE & BAKERY

The castle is a one-of-a-kind custom creation which has a moat, working drawbridge, a chapel, turrets, a courtyard and a great view of the surrounding lands. We will stop by the bakery to meet up with our guide and then travel to the castle for the tour and lunch. Lunch will include a homemade sandwich, chips and drink. After the castle we will drive into town and stop at a few stores before heading back. This trip will fill quickly. **NO** wheelchairs/walkers.
www.newmanscastle.com

TRIPS, TRIPS, TRIPS

Friday, Oct. 16

Depart: 6:00 pm

Return: 11:00 pm

Cost: \$8 (Meal OYO)

Where: Walburg

Course #26061

PUB CLUB GOES TO DALE'S ESSENHAUS

Join the club for live music, good food and lots of fun in their biergarten. Join us for fun and get your schnitzel on...

www.dales-essenhaus.com

Monday, Oct. 19

Depart: 8:00 am

Return: 3:00 pm

Cost: \$12 (Meal OYO)

Where: Marble Falls

Course #26062

BACKBONE NURSERY & BLUE BONNET CAFE

This trip is open to current Garden Club members only until October 12 and then will open to everyone. The group will travel to Backbone Nursery for a personal tour and lots of gardening information. For lunch we will go to the famous Bluebonnet Café. *Please bring CASH or CHECK for lunch, they do not accept credit cards.*

www.backbonevalleynursery.com www.bluebonnetcafe.net

Wednesday, Oct. 21

Depart: 8:00 am

Return: 5:00 pm

Cost: \$23 (Meal OYO)

Where: Schulenburg

Course #26058

PAINTED CHURCHES OF SCHULENBURG

We will travel to Schulenburg which has been deemed the Official Home of the Painted Churches by the 79th Legislature. We will have a step-on tour guide who will give us a special tour of all 4 of the most beautiful churches in Texas. We will stop for lunch at Oakridge Smokehouse. **MUST** sign up by October 7 so we can reserve our spot and pay for the tickets. *Please bring \$2 cash to tip the tour guide.* No wheelchairs.

www.schulenburgchamber.org

www.oakridge-smokehouse.com

Monday, Oct. 26

Depart: 8:00 am

Return: 5:00 pm

Cost: \$14 (Meal OYO)

Where: Waco

Course #26072

MAGNOLIA MARKET AND SHOPPING

If you watch the HGTV Show "Fixer Upper" then you know about Magnolia Market which has moved to a new location in refurbished silos. We will shop at the market and a few other places and have lunch at the River Square shopping center which has several great restaurants and stores to choose from. No wheelchairs.

www.magnoliahomes.net/magnolia-silos

www.spicewaco.com

www.theshopsofriversquare.blogspot.com

Saturday, Nov. 7

Depart: 8:00 am

Return: 6:00 pm

Cost: \$12 (Meal OYO)

Where: Round Top

Course #26056

ROUND TOP MARKET DAYS & BURTON SAUSAGE

We will stop at the market days for some shopping and then go to Burton Café for lunch before we head to Burton Sausage which has been making premium sausage since 1974. We will bring a cooler so you can purchase sausage to take home.

www.burtontexas.org

www.burtoncafe.com

www.burtonsausage.com

TRIPS, TRIPS, TRIPS

Wednesday, Nov. 4

Depart: 9:00 am
Return: 2:00 pm
Cost: \$6 (Meal OYO)
Where: Round Rock
Course #26064

ROUND ROCK TOUR

Join us for a fun day in our big town of Round Rock. We will start off at the Police Department for a tour then travel to the Water Treatment Plant for a quick tour. We will stop at Bass Pro Shop for a guided tour of their animal exhibits before we go to Ikea for more shopping and lunch at their café. We will get a private tour at Bass Pro Shop and Ikea.

www.basspro.com

www.ikea.com

Friday, Nov. 6

Depart: 9:30 am
Return: 1:30 pm
Cost: \$23 (Ticket Inc. & Meal OYO)
Where: Austin
Course #26081

PIONEER FARM & THREADGILLS

Join us as we step back in time to the Blackland Prairie of the 1800's. The farm showcases 6 themed historic areas and Scarborough barn with friendly animals all located on 90 wooded acres. We will get a private tour of all areas and then we will head to the famous Threadgills which serves American food southern style.

www.pioneerfarms.org

www.threadgills.com

Tuesday, Nov. 10

Depart: 8:00 am
Return: 5:00 pm
Cost: \$14 (Meal OYO)
Where: Kerrville
Course #26074

JAMES AVERY & KING SCULPTURE PRAYER GARDEN

Our trip will begin at the James Avery Visitor Center which is located on their corporate campus. The center showcases their 60 years of history and their latest fashions of jewelry. Bring your James Avery jewelry for free shining (10 pieces only). After our visit, we will go to Bella Vita for lunch. They serve pasta, steak and Cajun. Our last stop will be the garden which is a 24.5 acre, non-denominational Christian park with a massive 77'7" open cross sculpture plus 77 bible verses on "Scripture Tiles". We will have a personal tour of the gardens and there will be lots of walking but this is a can't miss garden.

www.jamesavery.com

www.bellavitakerrville.com

www.thecomingkingfoundation.org/home.htm

Saturday, Nov. 14

Depart: 1:00 pm
Return: 5:00 pm
Cost: \$22 (Ticket Incl.)
Where: Lockhart
Course #26070

USO TRIBUTE AT GASLIGHT BAKER THEATRE

The show will be filled with music, dance, comedy and magic similar to those traveling shows seen by our heroes and heroines serving in the US military. You will see performances by the likes of Marilyn Monroe, Frank Sinatra, Elvis Presley and more. If you have served in the military, bring your military ID to the Baca Center and your ticket will be free and your cost for the trip will be \$10 but you MUST present an ID when registering and bring along on the trip to show the theatre.

www.gaslightbaketheatre.org

www.bacacenter.com

TRIPS, TRIPS, TRIPS

Thursday, Nov. 19

Depart: 11:00 am

Return: 5:00 pm

Cost: \$6 (Ticket OYO)

Where: Austin

Course #26071

JUNIOR LEAGUE CHRISTMAS AFFAIR

This fundraising event helps Coats for Kids in Austin and helps to feed 1,600 children during the school year. This year's event will host 200 vendors selling very unique holiday gifts and more. There will be food vendors and entertainment. *Please bring \$15 for your ticket to be paid in CASH at the door.* www.jlaustin.org

Friday, Nov. 20

Depart: 7:00 pm

Return: 10:00 pm

Cost: \$22 (Ticket Incl.)

Where: Leander

Course #26066

WEEKEND COMEDY AT WAY OFF BROADWAY

This home spun humor is sure to please all audiences. December and June collide when two couples have accidentally rented the same cottage for the same weekend. When they decide to share it, we are treated to a comedic clash between generations and ideas. It's sure to strike chords regardless of a viewer's age and the laughter is 24 karat gold. www.wobcp.org

Sunday, Nov. 22

Depart: 1:00 pm

Return: 5:00 pm

Cost: \$23 (Ticket Incl.)

Where: Austin

Course #26063

TO KILL A MOCKING BIRD

This American classic will be performed at St. Edward's Mary Moody Theater. Young "Scout", her brother Jem and neighbor Dill spend their evenings imagining and creating stories, many of which are fixated upon a mysterious neighbor. Scout and Jem learn about compassion, integrity and the value of standing up for your beliefs. Unfortunately, they do not have wheelchair seats available. www.think.stedwards.edu/theatre

**Monday, Nov. 23 thru
Nov. 24**

Depart: 8:00 am

Return: 4:00 pm

Cost: \$21 (Room & Meals
OYO)

Where: Eagle Pass

Course #26076

KICKAPOO LUCKY EAGLE CASINO

My ears have been ringing with the sounds of a casino and our member's desire for another casino trip. Since we now have a new and bigger bus I thought we would give the casino in Eagle Pass, Texas a try. This casino only has slot machines and poker. They have an outdoor pool and fitness center. The trip to the casino will take around 4 hours and we will stop every 1.5-2 hours for a restroom break. Once we arrive, we will leave our items on the bus and everyone can go eat lunch and gamble. Rooms will be ready at 3 pm and I will pull the bus up to the front and everyone can get their luggage. Please make sure you are there at 3 pm so the driver can check in and park the bus. Everyone will need to check out by noon and will get picked up at the front of the hotel. Please make sure you check out prior to that time. We will return to Round Rock around 4 pm. Cost for the room will be \$49.50/person based on double occupancy. Rooms will need to be paid for by credit card or cash at the hotel upon arrival.

www.luckyeagletexas.com



TRIPS, TRIPS, TRIPS

Wednesday, Dec. 2

Depart: 10:00 am
Return: 10:00 pm
Cost: \$19 (Meal OYO)
Where: San Antonio
Course #26065

SAN ANTONIO HOLIDAY LIGHTS & RIVERWALK

San Antonio Riverwalk is always decorated beautifully for the holidays. Join us for some holiday lights, shopping and fine dining on the Riverwalk. Make sure you check out all the hotels along the Riverwalk for their spectacular holiday decorations.
www.thesanantonioriverwalk.com

Sunday, Dec. 6

Depart: 4:00 pm
Return: 10:00 pm
Cost: \$10 (Meal OYO)
Where: Burnet
Course #26075

MAIN STREET BETHLEHEM

Once you step through the gates you will step back in time to witness what life might have been like in the village at the time of Christ's birth. Walk through the village and experience the animals, campfire and hot breads. Once we arrive, participants can walk to town for dinner or get in line for the town. We may need to wait in line to get into the village but around 7:30 on most Sundays, there is no line. Feel free to shop and eat in town. Texas Tealicious comes recommended for a great meal. If you are unable to stand in line, Paul can hold your place but ONLY if you absolutely cannot stand in line yourself. We are unable to hold spots for everyone. Our plan is to leave Burnet around 9:00 pm or sooner if everyone has visited the village. This trip will fill quickly and the village is not ADA accessible so no wheelchairs or walkers. The village is free but donations are greatly appreciated, please bring cash.

www.fbcburnet.org/ministries/main-street-bethlehem

Thursday, Dec. 10

Depart: 8:30 am
Return: 2:30 pm
Cost: \$8 (Meal OYO)
Where: Austin
Course #26068

AUSTIN JAVA & AUSTIN HAND BELL CHOIR

This trip will go to breakfast at Austin Java and then to Central Presbyterian Church for a special performance by the Austin Hand Bell Choir. This group will surely ring in the holiday sounds. The café offers breakfast tacos, omelets, French toast and more.

www.austinjava.com/menus/barton-springs/

Friday, Dec. 11

Depart: 7:00 pm
Return: 10:30 pm
Cost: \$22 (Ticket Incl.)
Where: Leander
Course #26073

THE PLIGHT BEFORE CHRISTMAS AT WOB

In Old El Paso, Ebenezer Humbug is about to "raise the dickens" by foreclosing on everyone in town...on Christmas Day! Ebenezer hopes to force Felicity Fuzziwig to marry him but his clerk also wants to marry her. Will the Memories of Happy Christmas Past unwrap the Present of Joyful Christmases Yet to Come? This will be a classic melodrama that is sure to get you in the spirit of the holidays.

www.wobcp.org

TRIPS, TRIPS, TRIPS

Sunday, Dec. 13

Depart: 1:00 pm
Return: 5:00 pm
Cost: \$22 (Ticket Incl.)
Where: Lockhart
Course #26077

A TUNA CHRISTMAS AT GASLIGHT BAKER THEATRE

There is a mystery this Christmas in Tuna, the 3rd smallest town in Texas. A mysterious "Christmas Phantom" threatens to throw the town's annual Christmas Yard Display Contest into turmoil, vandalizing the yard displays. Join the colorful Tuna citizens many of whom you may recognize from Greater Tuna, as they revel in the holiday fun.

www.gaslightbaketheatre.org

Thursday, Dec. 17

Depart: 5:30 pm
Return: 8:30 pm
Cost: \$5 (Ticket Incl. & Meal OYO)
Where: Round Rock
Course #26078

ROCKIN' LIGHTS & CHRISTMAS TOWNE

Join the center as we take a drive through the beautiful Rockin' Lights which features 2 million lights and brand new displays. After the drive thru, we will park the bus and stroll through Christmas Towne to see more Christmas lights. There will be additional activities at Christmas Towne including a carnival, decorated village, photo ops and more.

www.roundrocktexas.gov/departments/parks-and-recreation/special-events/rockn-lights-holiday-light-tour

Sunday, Feb. 28, 2016

Depart: 1:30 pm
Return: 5:30 pm
Cost: \$40 (Ticket Incl.)
Where: Austin
Course #26079

PEKING ACROBATS 30TH ANNIVERSARY

The Peking Acrobats will hold you spellbound with their amazing displays of contortion, flexibility and control. They perform daring maneuvers atop a precarious pagoda of chairs and they are experts at trick-cycling, somersaulting and gymnastics. The show will also have traditional Chinese music at the Long Center. This trip will fill quickly and MUST register by October 1 to reserve our seats.

www.chineseacrobats.com/pa.php

HIKING TRIPS

Hiking trips are for those members on the hiking club list and can walk 3-5 miles at a good pace. Please remember to always bring 2 bottles of water, sunscreen, appropriate clothing and shoes. Some hikes will be self-led, others will be with a guide.

Wednesday, Sept. 23

Depart: 8:00 am
Return: 2:00 pm
Cost: \$8 (Meal OYO)
Where: Austin
Course #26091

BRIGHT LEAF PRESERVE

This preserve is a hidden jewel in Austin and located on 200 acres. We will begin with a guided 3-5 mile hike along the trails with plenty of opportunity for plant and species interpretation. Please bring a sac lunch and at least 2 bottles of water. A cooler will be available on the bus to keep your items cold.

www.brightleaf.org

HIKING TRIPS

Thursday, Oct. 1

Depart: 8:15 am

Return: 1:45 pm

Cost: \$6 (Ticket & Meal OYO)

Where: Austin

Course #26080

CAP METRO RAIL AND AUSTIN

We will hop on the metro rail to travel to downtown. We will exit at the Convention Center and then walk around town to take in the sights and shops. We will head back to Moonshine's near the rail for lunch before we hop on the 1:15 pm rail back to Howard Station. We will need to be at Moonshine's by 11:15 am so we can ensure we are ready to get on the 1:15 pm train. Rail cost \$5.50-\$7.00/person.

www.capmetro.org

Wednesday, Oct. 28

Depart: 9:30 am

Return: 2:30 pm

Cost: \$23 (Ticket Incl. & Meal OYO)

Where: Marble Falls

Course #26082

CANDLELIGHT RANCH

The hiking group will travel to the only all accessible ranch in the area for hiking and zip lining. We will start out with a walking tour of the ranch which will include an all accessible treehouse, pavilion, teepee and then we will zip line across the canyon. Bring a sac lunch, 2 bottles of water, sun screen, appropriate clothing and wear tennis shoes.

www.candlelightranch.org

Monday, Nov. 16

Depart: 9:00 am

Return: 2:00 pm

Cost: \$8 (Meal OYO)

Where: Austin

Course #26083

RIVERPLACE NATURE TRAIL

This trail has gotten great reviews from other hikers. The trail is going to be a great workout but promises to offer waterfall views as it follows along stream beds through the canyon. There are a few options for the hike, one being a big elevation and lots of stairs, the other is relatively flat and wide open. The group will decide upon arrival which pathway to hike. Bring a sac lunch and water.

www.hillcountryoutdoors.com

TRIP & BUS INFORMATION

The Baca Center has acquired a NEW 30 passenger bus (see pictures). For the Fall season, we are putting all the trips in one issue and registration will begin on **Tuesday, August 25**. Our new minimum for trips to take place will be 20 people. If we do not have the minimum for each trip, they will be cancelled. We ask that you sign up early so we meet our minimums and remember, some trips will fill quickly. If a trip states no wheelchairs it is due to the establishment we are visiting is not able to accommodate a wheelchair.

Due to the larger size of the bus and larger capacity of passengers, we may not be able to park at previous locations and some establishments cannot accommodate a large number of people.

At this time, we are offering 1 casino trip and if participants enjoy themselves (not necessarily become millionaires) we will schedule another trip in the early spring. We are still restricted to travel in Texas only.

Suggestions for trips are always welcome within a three hour drive from the center.

www.bacacenter.com

BACA UPDATES

The library at the Baca Center has been reorganized and we have added more bookshelves. We are now accepting books and DVD's. Here are the guidelines:

1. Books **MUST** be in great condition, no torn covers or pages.
2. **ONLY** classic children's books that are in great condition.
3. **NO** X-rated or vulgar items of any kind.
4. We do accept DVD's but **NO** VHS, cassette or 8-track tapes.
5. Hard backs are preferred but paperbacks are accepted.
6. We accept only the current month for magazines.
7. At this time, we are **NOT** accepting puzzles or games.

If the books are not appropriate for our library, we donate them to a non-profit organization.

Dear BACA Family,



August is almost halfway over and I can't believe September is knocking on the door. I was worried that this time of recuperation would be slow and tedious, but just the opposite, it has zipped by. I'm overjoyed! I'm sure the cards of love, care, and concern from all of you, along with the two opportunities to actually see y'all has helped me know we will all be together soon. I'm still overwhelmed with the outpouring of love shown me as I prepared for the transplant procedure. The donations from the Breakfast Taco Fundraiser were a blessing to Steve and I.

My doctor in San Antonio will see me in September and my oncologist here in Round Rock will see me in a couple of weeks. I'm hoping for a good report and some insight on when I can return to work. I am feeling stronger every day!

Blessings have poured out to me from all of you and I can hardly wait to see you. Sending my love and gratitude...



**Baca
Center's
NEW
BUS**



ADVISORY BOARD

Open Forum

Thanks to everyone who took the time to stop by the Advisory Board Open Forum this quarter. As always, we appreciate your suggestions, but even more so, we appreciate the many compliments. We continually strive to do our best and it gives us a warm feeling to know that our efforts are recognized. While we cannot address every individual concern in the newsletter, please know that all of your suggestions were read and we do take your concerns to heart. Results are posted on the bulletin board in the hall outside the Grand Room. As always, we are open to your suggestions at any time.

Open Forum Results—July 2015

We would like to take this opportunity to address some of the comments and suggestions we received at the July Open Forum dates.

Programs and Trips—Suggestions have been referred to Dawn, our Program Coordinator for consideration. Please refer to Dawn or the newsletter for updates.

Weight Room—Requests for additional weight room equipment at this time, cannot be considered due to the equipment being on a lease program. We cannot change the agreement until the lease expires and at that time, we will make changes according to the needs and space available.

National Holidays—As for the suggestion to celebrate every national holiday, I think it is evident that nobody likes to party more than we do here at Baca, however, we like to keep you on your toes and guessing what's going to happen next. Daily visits will assure you won't miss anything.

Larger Spaces—Please understand that Baca is a popular place and we are limited to the space we have. Every room is occupied by many different programs, every day. We do the best we can with what we have, but we are limited to what we have.

Handicap Parking—Currently, the garage has more handicap parking than is required by law. Only properly identified handicap vehicles are able to park in these spaces while anyone, regardless of limitations may park in the other spaces. Additionally, the garage does not belong to the Baca Center, it belongs to the City of Round Rock and is in fact, a public parking garage and we are not able to limit the use of it by anyone.

Swimming Pool—At this time, there is no plan to build a pool at Baca, however, Clay Madsen Recreation Center does have one and offers many water aerobics classes and lap swimming. We do offer a dual membership option for both facilities. Please stop by the desk if you are interested to know more about the dual membership.

If you do not see your suggestion, or see that it has not been addressed, please feel free to speak to the Center Supervisor at any time. Again, we thank you for your input.

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AGE of Central Texas Adult Day Health Center

- Providing daytime care for older adults with physical or cognitive needs in the longest-operating licensed, non-residential Adult Day Health Centers in Central Texas
- Supervised by full-time nursing and professional care staff, specializing in memory care
- Open Monday - Friday, 7:00 am - 5:30 pm
- All-inclusive: activities, meals and snacks, and transportation options
- Accepting Medicaid, Veteran's benefits, and private pay

Call
Today
for a
Tour!

475 Round Rock West Drive, #120
(512) 255-4865 • 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

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

Center Holiday Closures:
September 7—Labor Day
November 11—Veteran's Day
November 26 & 27—Thanksgiving
December 24 & 25—Christmas
January 1—New Year's Day

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

