



# Baca Buzz

Volume 7, Issue 5

September/October 2016

## Baca Team

*Supervisor*

Deborah McRoberts

*Program Coordinator*

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*Fitness Coordinator*

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Michelle Jones

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*Recreation Assistant*

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Lou Hapshie

*Bus Driver*

Paul Wayne

Steve Hamlin

*Custodians*

Padraig (Pat) Lavin

Nidia Chavez

## TRY EVERYTHING!!!

### *Happy Fall Baca Members!*

Our theme this season is “**Try Everything**”. If you just come to Baca once or twice a week for your scheduled Bridge or Bingo, we want to encourage you to try something new this season. We have new programs, classes and trips, trips, trips! You can ride in the new Baca Bus and experience Central Texas without fussing with the traffic or parking. You can try a new exercise class with your weight room membership and all of our dances and special events are just waiting for your participation. You will truly create positive and memorable experiences as you participate in our many varied programs, classes, trips and special events. So read this **Baca Buzz** from cover to cover, mark your calendars and get registered asap because you don't want to be left out of all the fun you can have here at the Baca Center.

## *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**

### **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.

The City of Round Rock now has a **NEW** program for registrations and memberships!!

Stop by the Baca front desk to **update your account** and get your **NEW** membership card.

**Lost card replacement fee—\$5**

**www.roundrockrecreation.com**



**ROUND ROCK TEXAS**  
Parks And Recreation



Register Online: [www.roundrockrecreation.com](http://www.roundrockrecreation.com)

# WEEKLY ACTIVITIES

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p><b>10:10-11:10 am</b> Beg. Line Dancing*-\$3</p> <p><b>10:30-11:00 am</b> Sittercize</p> <p><b>12:30-4:30 pm</b> American Mah Jong Club</p> <p><b>12:45-3:30 pm</b> Dominoes "42"</p> <p><b>12:45-5:00pm</b> Canasta</p> <p><b>1:00-2:30 pm</b> Writing Club</p> <p><b>1:00-3:00 pm</b> Pickleball</p> <p><b>1:00-4:30 pm</b> Duplicate Bridge ADVANCED PLAY &amp; MUST have partner</p>	<p><b>9:00-11:00am</b> Wood Carvers</p> <p><b>10:00 am-2:00 pm</b> Crafty Critters</p> <p><b>10:00am-12:00pm</b> Klub Karaoke</p> <p><b>10:30-11:00 am</b> Sittercize</p> <p><b>12:30-4:00 pm</b> Pinochle ADVANCED PLAY</p> <p><b>12:30-4:00 pm</b> Texas Canasta</p> <p><b>6:30-9:00 pm</b> Evening Bridge— ADVANCED PLAY &amp; MUST have partner</p>	<p><b>9:00-11:00 am</b> Pickleball</p> <p><b>10:00-11:30am</b> Chicken Foot Mexican Train</p> <p><b>10:30-11:00am</b> Sittercize</p> <p><b>12:30-3:30pm</b> Dominoes "42"</p> <p><b>1:00-3:00 pm</b> Latin Dancing</p> <p><b>1:00-4:00 pm</b> Spades</p>	<p><b>10:00-11:30 am</b> Writing Club</p> <p><b>10:30-11:00 am</b> Sittercize</p> <p><b>12:30-4:00 pm</b> Bridge for Fun</p> <p><b>12:45-4:00 pm</b> Canasta Club OR Hand/Foot</p> <p><b>1:00-2:30 pm</b> Conversational Spanish Class</p> <p><b>1:00-3:00 pm</b> Tejano Time</p> <p><b>2:00-3:00 pm</b> Performance Group Practice</p>	<p><b>9:00-10:00 am</b> Intro to Tai Chi*-\$4</p> <p><b>10:00-11:30 am</b> Tai Chi for Seniors*-\$4</p> <p><b>10:00-11:30 am</b> Bingo*-\$2</p> <p><b>12:30-3:30 pm</b> Mexican Train</p> <p><b>1:00-2:30 pm</b> Sing-A-Long</p>	<p><b>9:30-11 am</b> Computer Support*-\$5 Baca members ONLY MUST register by 5 pm Wed. prior</p>
<p><b>*Requires registration and fee, non-members pay an additional \$1 walk-in fee.</b></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—Thursday—8 am-8:00 pm

Friday—8 am-4 pm

## MONTHLY ACTIVITIES

<u>Activity</u>	<u>Dates</u>	<u>Times</u>
<b>Art Club</b>	1st & 3rd Wednesday	1:00-3:00 pm
<b>AARP—general meeting</b>	2nd Wednesday	1:15-3:15 pm
<b>AARP—board meeting</b>	3rd Wednesday	1:15-2:15 pm
<b>Baca Players Group (Drama)</b>	2nd & 4th Wednesday	1:00-3:00 pm
<b>Baca Center Volunteer Team Mtg.</b>	2nd Wednesday	9:00-10:00 am
<b>Benefits Counseling—one-on-one</b>	1st Wednesday	9:00-11:00 am
<b>Book Discussion</b>	2nd Tuesday	1:00-2:00 pm
<b>Bunco</b>	1st & 3rd Tuesday	6:30-8:30 pm
<b>Cinema Movie</b>	3rd Wednesday	1:00-3:00 pm
<b>Daffodil Dolls</b>	1st Wednesday	10:30-11:30 am
<b>Enhanced Writing Session</b>	2nd Monday & Thursday	During writing club
<b>Garden Club</b>	1st Monday	9:00 am-11:00 am
<b>Performance Group Entertainment</b>	Sept. 29 & Oct. 27	1:00 pm
<b>Mah Jongg (American)—Experienced</b>	3rd & 4th Wednesday	9:15 am-12:30 pm
<b>Round Rock New Neighbors Cards</b>	3rd Wednesday	9:30 am-12:30 pm
<b>Spanish Karaoke—will end in Dec.</b>	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](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/>

# FALL GROUP EXERCISE SCHEDULE

The Baca Center values health and exercise and provides group exercise classes to our members with weight room for FREE! Non-Members must pay the drop in rate of \$3/class. All participants must have a pass to enter. Please be courteous and respectful to other participants and our instructors by being early to class. Class participation is limited based on space & equipment. Thank you & enjoy the Group Exercise classes at the Baca Center!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Strength Training</b> 8:10-8:50 am Patty Meeting Room 2  <b>Flex &amp; Stretch</b> 8:55-9:10 am Patty Meeting Room 2  <b>Strength Training</b> 9:15-9:50 am Patty Meeting Room 2  <b>Flex &amp; Stretch</b> 9:55-10:10 am Patty Meeting Room 2  <b>Strength Training</b> 10:15-10:55 am Patty Meeting Room 2	<b>Cardio I</b> 8:45-9:30 am Selve Aerobics Room  <b>Cardio Core &amp; Balance</b> 9:45-10:30 am Kathy Aerobics Room  <b>H.I.I.T.</b> 10:45-11:30am Kathy Aerobics Room	<b>Strength Training</b> 8:10-8:50 am Patty Meeting Room 2  <b>Flex &amp; Stretch</b> 8:55-9:10 am Patty Meeting Room 2  <b>Strength Training</b> 9:15-9:50 am Patty Meeting Room 2  <b>Flex &amp; Stretch</b> 9:55-10:10 am Patty Meeting Room 2  <u><b>Kettlebell-\$1</b></u> 10:15-10:55 am Patty Meeting Room 2  <b>Weight Room Orientation</b> 11:15-11:45 am  <b>Zumba</b> 10:10-11:00 am Selve Aerobics Room	<b>Cardio I</b> 8:45-9:30 am Selve Aerobics Rooms  <b>Cardio Core 'N More</b> 9:45-10:30 am Judy Aerobics Room  <b>Tabata</b> 10:45-11:30am Judy Aerobics Room	<b>Active Stretch</b> 8:15-8:45 am Patty Meeting Room 2  <u><b>Kettlebell-\$1</b></u> 9:00-10:00am Meeting Room 2 Patty	<b>Zumba</b> 10:30-11:30 am Selve Aerobics Room

## Group Exercise Class Guidelines

1. Tickets for Group Exercise Classes will be handed out 30 minutes before class starts. Check in and receive your ticket at the Baca Center front desk. You may not receive tickets for multiple classes at one time.
2. Baca members must present their membership card to validate a current membership. Baca non-members will pay the drop in rate of \$3/class.
3. There must be a minimum of 5 participants in class or it will be cancelled.
4. Participants must give their group ex instructor their ticket at the beginning of class. Participants without a ticket will not be able to attend a Group Exercise Class.
5. Appropriate exercise clothing is required and non-marking athletic shoes. No participants allowed to enter class 5 minutes after the start of class.

# FALL GROUP EXERCISE CLASSES

The Allen R. Baca Center values health and exercise and provides group exercise classes to our members with WEIGHT ROOM for FREE! Non-members must pay the drop in rate of \$3/class. All participants must have a pass to enter. Please be courteous and respectful to other participants and our instructors by being early to class. Class participation is limited based on space & equipment. Thank you & enjoy the Group Exercise classes at the Baca Center!

**Active Stretch:** As designed to be used as a warm up tool, using continuous motion, increasing heart rate and blood flow to the targeted muscle groups, and increasing range of motion.

**Cardio I:** An introductory cardio class for those that are looking to learn different types of cardio class that is designed to be the jump start you need, with basic moves and cardio concepts for those needing low impact or just starting out.

**Cardio Core & Balance:** Is designed to help improve and maintain muscular endurance, flexibility, and balance while emphasizing good postural alignment and relaxation.

**Cardio Core 'n More:** Will help you build a more stable, powerful abdomen and lower back to improve fitness and endurance, straighten posture and provide a foundation for an active daily life.

**Flex & Stretch:** Involves movement based flexibility, core exercises and developmental stretching.

**H.I.I.T.:** High Intensity Interval Training (HIIT) is a system of organizing cardiorespiratory training which calls for repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery

**\$Kettlebell\$:** Kettlebell is to help build balance, power, muscle and more! A kettlebell is a cast-iron ball with a handle attached to the top of it. Kettlebell training is great for men and women of all shapes and sizes. **REQUIRES a \$1 drop-in fee for members** and \$3 for non.

**Strength Training:** This is a low impact class with an emphasis on improving posture, balance, range of motion, flexibility, and muscle strength.

**Tabata:** All-out extreme intensity for 20 seconds, followed by 10 seconds of rest. This cycle was repeated for 8 rounds or 4 minutes total. Any and all exercise can be implemented into this fun workout.

**Weight Room Orientation:** Take a tour of the BACA Center Weight Room and fully understand exercise session as well as how to use the exercise machines properly and most importantly safely.

**Zumba:** Music is the key ingredient to Zumba classes. The score, created with specific beats and tempo changes, transitions the workout from one toning, strengthening or cardio move to another, and targets every major muscle group in the body.

# ORGANIZATIONS & CLUBS

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

**Sept. 7 & Oct. 5 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**

**September 14**—Red Cross Disaster Preparedness for Seniors

**October 12**—National Afternoon Out

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

**September 7**—Presentation on pallet knife by Darrell Hutchinson  
plus self-critique and art change out

**September 21**—Presentation by Terry Sandefer on Watercolor

**October 5**—Self critique and art change out

**October 19**—Presentation on all media by Lisa Lawrence

## **BACA PLAYERS (DRAMA CLUB)—2nd & 4th Wednesday, 1:00 pm**

**September 14 & 28**

**October 12 & 26**

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

**Sept. 13**—Selections from *The Book of the Way Its Power*, by Lao-Tzu

**Oct. 11**—“The Little Mermaid,” Hans Christian Anderson and  
“The Pangs of Love,” by Jane Gardam

Next session starts October 11. For more information, [helensmith204@gmail.com](mailto:helensmith204@gmail.com)

## **GARDEN CLUB—1st Monday, 9:00 am**

**Sept. 12**—Presentation on “Fall Vegetable Garden”, by Jane Bowman, Master Gardener

**Oct. 3**—Annual Plant Exchange, bring a plant to share

**WRITING CLUB**—The group plans to publish their 6th book “*Round Rock Ramblings*” prior to the end of year. Join now!! This club is what you make it: read your own stories, the work of others or come to listen.



## **AARP Driver Safety Course**

**Monday, September 12, 8:30 am-12:30 pm**

**Tuesday, October 18, 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](mailto: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](mailto: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, Sept. 6-20, 2:00-3:00 pm**

**Cost is \$9/for 3 classes**

**Course #13**

**Tuesdays, Oct. 4-18, 2:00-3:00 pm**

**Cost is \$9/for 3 classes**

**Course #52**

**MUST register in advance!!**

## 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. 7-28—9:00-10:00 am**

**\$38/4 classes**

**Course #45**

**Wednesdays, Oct. 5-26—9:00-10:00 am**

**\$38/4 classes**

**Course #46**

## 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 by 5 pm the Wednesday prior** and if no registrations, instructor will NOT show up.

**Saturdays in Sept. & Oct., 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 Sept. 16 due to missing critical information in the first 2 classes. Instructor approval is needed for the Advanced class.

**Fridays, Sept. 9-Oct. 28, 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.

**Sept. 8-29, 6:15-7:15 pm—Course #66**

**Oct. 6-27, 6:15-7:15 pm—Course #325**

## 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.

**Sept. 29, 1:00 pm—Nothing Serious**  
**Performers Deadline: Sept. 16**

**Oct. 27, 1:00 pm—To Be Or Not To Be**  
**Performers Deadline: Oct. 14**

## Writing Club

The Writing Club is working on its sixth anthology, *Round Rock Ramblings*, which should be published by the end of this year. You can view their five anthologies on [Amazon.com](https://www.amazon.com) by searching for Baca Writing Club. Come be part of the group. Participants are welcome to share their writing and get feedback, read someone else's work or just come to listen. You must be a current Baca member and a member of the Writing Club to get published. For more information, e-mail [bacawritingclub@gmail.com](mailto:bacawritingclub@gmail.com).

## 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

## Toe Tapping Thursdays

Tap Time - Tapping Practice Thursdays will take place September-December 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. We are working on getting an instructor for this program so watch for more information in the next newsletter.

Thursdays, 12-1:15 pm

Sept. 1-Dec. 15

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. This group has performed many plays, skits and a reader's theater. Come join the fun on the second and fourth Wednesdays. For more information, e-mail [bacaplayers@gmail.com](mailto:bacaplayers@gmail.com).

## Pickleball at CMRC

Looking for more opportunities to play? Clay Madsen Recreation Center will now offer pickleball in the gym on Monday, Wednesday and Friday, 8:00-11:00 am plus Tuesday and Thursday, 1:00-3:00 pm. You can also play on their outdoor court Tuesday and Thursday, 6:30-9:30 am. You MUST have a CMRC or Combo Membership to participate or pay \$5 walk-in fee.

# SPECIAL EVENTS



Join the Baca Center for our annual Trunk or Treat on Friday, October 28, 1:30-2:30 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. Trunks must have candy or giveaways to be eligible to win. 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.

Friday, October 28, 1:30-2:30 pm

Dining Room—FREE

## Let's Dance Events

Have fun, exercise and socialize at the same time! Join your friends on the first Friday of each month for a social dance. Lemonade and coffee will be provided. Bring your own refreshments, snacks and BYOB. No guests, under age 50. **Please register in advance.** Join the group for free line dance lessons at 6:30 pm. The theme for September will be Tropical Paradise and October will be Monster Bash.

Friday, September 2—#302, 7:00-9:30 pm

Friday, October 7—#209, 7:00-9:30 pm

## CINEMA MOVIES

Join the Baca Center for our monthly cinema day. Popcorn and lemonade will be provided. Movies are always FREE and open to adults 50+.

### *Hello My Name is Doris*

**Wednesday, September 21, 1-3 pm**



A self-help seminar inspires Doris (Sallie Field) a sixty something woman to pursue her much younger co-worker. To her surprise, she is soon welcomed into John's social circle, although her new and exciting life strains her relationship with her longtime best friend (Tyne Daly).

### *Miracles From Heaven*

**Wednesday, October 19, 1-3 pm**



This is a story about a Texas mother whose whole life revolves around her 12 year old sick daughter. Anna suffers from a rare disorder that leaves her unable to eat without a feeding tube. Her family helps her live a normal life with her illness but after falling 30 feet out of a tree, lands on her head. Instead of dying or being harmed in any way, she survives the fall and miraculously recovers from her disorder.

## WORKSHOPS

### **Dignity Memorial Workshop**

**“The Plan Everyone Should Make...Have You?”**

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. The objective of this presentation 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.**

**Thursday, September 15, 11 am-12 pm**

### **Golden Outlook Workshop**

Come and Join Us for a Medicare 101 Presentation. The open enrollment period is upon us. Come and learn about Original Medicaid and your options. We will be there to answer any questions and if necessary schedule appointments.



# 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](http://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](mailto: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.



## 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. If a trip states no wheelchair it is due to the venue or no safe location to load/unload the lift. 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 ON AUGUST 30.

***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!!!***

#### **Monday, Sept. 12 #1029**

**Monday, Oct. 3 #1030**

**Monday, Nov. 7 #1031**

**Tues., Dec. 5 #1032**

Depart: 8:00 am

Return: 1:00 pm

Cost: FREE (Meal OYO)

Where: Austin

#### **CANINE CRUISERS**

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 for our members, non-members pay \$5. Volunteers will need to pay for their lunch and a restaurant will be chosen by the group the day of the trip. You can register for 1 or all trips. Please wear closed-toed shoes and bring water.

**[www.austintexas.gov/department/animal-services](http://www.austintexas.gov/department/animal-services)**

#### **Thursday, Sept. 8**

Depart: 9:30 am

Return: 2:30 pm

Cost: \$15 (Ticket Incl. & Meal OYO)

Where: Austin

**Course #1048**

#### **AUSTIN AQUARIUM & CHEDDAR'S**

Join us for a tour of an amazing aquarium that offers unique interactive experiences. You can hand feed sharks, rays, birds and fish (fee for food). There are over 30 exhibits and 2,500 species at this aquarium. After our aquarium tour, we will travel to Cheddar's for lunch.

**[www.austinaquarium.com](http://www.austinaquarium.com)**

**[www.cheddars.com](http://www.cheddars.com)**

#### **Wednesday, Sept. 14**

Depart: 8:30 am

Return: 3:30 pm

Cost: \$18 (Ticket Inc. & Meal OYO)

Where: Austin

**Course #1049**

#### **BOB BULLOCK & CAPITOL GRILL**

Join us for a tour of the Bob Bullock Museum which will have an exhibit about Big Bend National Park in honor of the 100th anniversary for the National Park Service. There will be an exhibit about Austin City Limits which will include a concert experience of Lyle Lovett, Loretta Lynn, Jimmy Buffet, Flaco Jiménez, Sheryl Crow, Radiohead, and a 1974 pilot broadcast of Willie Nelson. The museum has great exhibits on Texas history. After our museum tour, we will go to lunch at our beautiful State Capitol at the Capitol Grill. The grill offers reasonably priced meals and after lunch you are welcome to walk around and explore the capitol.

**[www.thestoryoftexas.com](http://www.thestoryoftexas.com)**

**[www.austincapitolgrill.com](http://www.austincapitolgrill.com)**

# TRIPS, TRIPS, TRIPS

## **Friday, Sept. 16**

Depart: 6:30 pm  
Return: 11:00 pm  
Cost: \$36 (Ticket Inc.)  
Where: Austin  
**Course #1050**

## **ESTER'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. They do sell adult beverages and popcorn. No wheelchairs.

[www.esthersfollies.com](http://www.esthersfollies.com)

## **Sunday, Sept. 18**

Depart: 10:30 am  
Return: 1:30 pm  
Cost: \$8 (Meal OYO)  
Where: Austin  
**Course #1051**

## **AUSTIN FLYING SAUCER**

Join us for a unique brunch at the Austin Flying Saucer. They offer a great brunch menu that includes breakfast and lunch items plus \$3 pint beers. The Flying Saucer was established in 1995 in Fort Worth. They offer a wide variety of imported and domestic quality craft beers as well as a full pub menu. The name itself stems from their UFO Club Ring of Honor and their collection of vintage porcelain plates that adorn the walls and ceiling.

[www.beerknurd.com](http://www.beerknurd.com)

## **Thursday, Sept. 22**

Depart: 9:30 am  
Return: 3:30 pm  
Cost: \$10 (Meal OYO)  
Where: Austin  
**Course #1052**

## **WHOLE FOODS & AUSTIN CITY HALL**

Join us for lunch and tour at the Austin Whole Foods store and then a special tour of the spectacular Austin City Hall which features the People's Art Gallery from local Austin artists. Reflecting Austin's natural beauty, the hall is a unique landmark gateway to Austin City government. The building and plaza serve as a gathering place for public discourse and community collaboration with informality, friendliness, environmental sensitivity and innovative technology. Built of Texas limestone and sitting on the site of a once-raucous 19th Century bordello district, Austin's copper-clad City Hall is as unique as the community it serves.

[www.wholefoods.com](http://www.wholefoods.com)

[www.austintexas.gov/government/city-hall](http://www.austintexas.gov/government/city-hall)

## **Tuesday, Sept. 27**

Depart: 9:30 am  
Return: 3:30 pm  
Cost: \$17 (Meal OYO)  
Where: Austin  
**Course #1053**

## **WIMBERLEY GLASSWORKS & JADE GARDENS**

We will begin our trip with a demonstration at the Wimberley Glassworks which will demonstrate our demonstration, we will drop everyone off downtown for shopping and lunch. Prior to heading home, we will stop by Jade Gardens to see their extensive Bonsai exhibit which has over 100 variety of trees and a great gift shop.

[www.wgw.com](http://www.wgw.com)

[www.bonsaiexhibittexas.com](http://www.bonsaiexhibittexas.com)

# TRIPS, TRIPS, TRIPS

## **Thursday, Sept. 29**

Depart: 8:00 am  
Return: 3:00 pm  
Cost: \$10 (Fees & License OYO) Cash ONLY  
Where: Lake Travis  
**Course #1054**

## **FISHING ON LAKE TRAVIS**

Join us for a private fishing trip on Lake Travis aboard a pontoon boat. You are welcome to bring your own lunch/snacks and bring plenty of water. There is a small restroom aboard the boat and there is room enough for 10 fishers. *A fishing license will be required* and can be obtained online prior to the trip. A fee of \$25/person will be paid to the guide and includes fishing guide, gear, bait and cleaning of your catch. The center will take a cooler to keep your catch of the day fresh until we get back. If you get motion sickness, please consider taking Dramamine prior to the trip. Follow the link below to get your license.

[www.tpwd.texas.gov/business/licenses/public/recreational/](http://www.tpwd.texas.gov/business/licenses/public/recreational/)

## **Sunday, Oct. 2**

Depart: 9:00 am  
Return: 7:00 pm  
Cost: \$24 (Meal OYO)  
Where: Fredericksburg  
**Course #1055**

## **FREDERICKSBURG OKTOBERFEST**

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 many more. There will be lots of walking, please dress appropriately for the weather. MUST register by September 16 so we can get advance tickets.

[www.oktoberfestinfbg.com](http://www.oktoberfestinfbg.com)

## **Thursday, Oct. 6**

Depart: 9:00 am  
Return: 4:00 pm  
Cost: \$24 (Ticket Inc. & Meal OYO)  
Where: Waco  
**Course #1056**

## **CAMERON PARK ZOO & MAGNOLIA MARKET**

Our first stop will be at the Cameron Park Zoo which features lush native habitats that feature animals indigenous to North America as well as exotic species from around the world. The zoo has great walking paths and beautiful animals. After our zoo tour, we will stop by Ninfa's Restaurant for lunch and then head to Magnolia Market for shopping and more. Magnolia now has a garden area, games area, bakery and the silos are open.

[www.cameronparkzoo.com](http://www.cameronparkzoo.com)      [www.magnoliamarket.com](http://www.magnoliamarket.com)

## **Monday, Oct. 10**

Depart: 8:00 am  
Return: 4:00 pm  
Cost: \$11 (Meal OYO)  
Where: Killeen  
**Course #1057**

## **HIDDEN FALLS NURSERY & MENO'S MEXICAN GRILL**

Hidden Falls Nursery and Garden Center, was born from the strong desire to assist the community with all their lawn and garden needs. They have now been in business since spring of 2009 and are proud to offer the quality of experience and passion that is expected in Central Texas. The gardens have grown to 2 acres of land. This is for the Garden Club ONLY until Sept. 26 and then it will open for everyone.

[www.hiddenfallsnurserykilleen.com](http://www.hiddenfallsnurserykilleen.com)  
[www.menosmexicangrilltx.com](http://www.menosmexicangrilltx.com)

# TRIPS, TRIPS, TRIPS

## **Wednesday, Oct. 12**

Depart: 8:00 am  
Return: 5:00 pm  
Cost: \$24 (Meal & Tip OYO)  
Where: Schulenburg  
**Course #1058**

## **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 the most beautiful churches in Texas. We will stop for lunch at Oakridge Smokehouse. **MUST** sign up by October 3 so we can reserve our spot and pay for the tickets. *Please bring \$2 cash to tip the tour guide.* No wheelchairs due to churches not ADA.

**[www.schulenburgchamber.org](http://www.schulenburgchamber.org)**

## **Friday, Oct. 14**

Depart: 4:00 pm  
Return: 10:30 pm  
Cost: \$35  
Where: Austin  
**Course #1060**

## **LUAU ON THE LAKE**

Join the Baca Center for a great time on Lake Travis. We will travel to Lake Travis and hop on a large party barge for views, 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 for lake weather. There will be a beautiful full moon this night so the view will be spectacular. Cost will be \$35/member. No wheelchairs. **MUST** register by October 1 so we can guarantee our reservations.

## **Thursday, Oct. 20**

Depart: 8:30 am  
Return: 4:30 pm  
Cost: \$10 (Meal & Tour OYO)  
Where: Dripping Springs  
**Course #1061**

## **DRIPPING SPRINGS**

Join us for a tour of Dripping Springs and some of the great things the city offers. After our tour of the town, we will go to Twisted X Brewery for a 30 minute tour and a tasting. The tour will cost \$1/person and \$6 for a tasting of 4 beers (please bring cash). We will stop at Creek Road Café for a delicious lunch.

**[www.creekroadcafe.com](http://www.creekroadcafe.com)**

**[www.texmexbeer.com](http://www.texmexbeer.com)**

## **Tuesday, Oct. 25**

Depart: 9:00 am  
Return: 3:00 pm  
Cost: \$14 (Meal OYO)  
Where: Temple  
**Course #1062**

## **THE ROBINSON FAMILY FARM**

Join us for a special private tour of the Robinson Family Farm. We will take a hay ride, visit animals, go through the corn or hay maze, pick pumpkins or gourds and have lunch. They offer over 20 items at their snack bar including frito pie, sliders, chips, drinks, etc. and a meal is usually \$5 or less. No wheelchairs due to rough terrain.

**[www.therobinsonfamilyfarm.com](http://www.therobinsonfamilyfarm.com)**

## **Sunday, Oct. 30**

Depart: 12:00 pm  
Return: 3:00 pm  
Cost: \$12 (Ticket Incl.)  
Where: Austin  
**Course #1063**

## **CAPITAL CRUISE ON LADY BIRD LAKE**

We will take a relaxing sightseeing cruise along Lady Bird Lake. See an incredible variety of flora, fauna and the dramatic landscapes inspired by Lady Bird Johnson. For this trip, we will only do the boat cruise and no meal.

**[www.capitalcruises.com](http://www.capitalcruises.com)**

# TRIPS, TRIPS, TRIPS

## **Wednesday, Nov. 2**

Depart: 8:00 am

Return: 5:00 pm

Cost: \$15

Where: Waco

**Course #1064**

## **HOMESTEAD HERITAGE VILLAGE**

Homestead Heritage is an agrarian- and craft-based intentional Christian community. Its literature stresses simplicity, sustainability, self-sufficiency, cooperation, service and quality craftsmanship. It also strives to live in peaceful coexistence with the land, other people and other faiths. Upon arrival, we will get a tour of the 550-acre farm which includes a water-wheel-run gristmill, pottery house, blacksmith shop, fiber crafts cottage, woodworking and furniture making workshop and a cheese-making workshop. There are many handmade items to purchase at their gift shop. We will dine at their restaurant that features great tasting, sustainable, natural meals. Before leaving the farm, we will stop at their new market which includes an artisan bakery, custom butcher shop and natural ice cream kiosk. This is sure to be an amazing tour and this trip will full up quickly.

[www.homesteadheritage.com](http://www.homesteadheritage.com)

## **Saturday, Nov. 5**

Depart: 10:00 am

Return: 4:00 pm

Cost: \$8 (Meal OYO)

Where: Austin

**Course #1065**

## **SOUTH CONGRESS SHOPPING (SOCO)**

South Congress has become a destination in Austin and offers many, many shops and restaurants. The bus will drop everyone off on South Congress and you are welcome to roam the shops, eat lunch and sight see. A recommendation for live music at 2:30 pm is Guero's outdoor garden. There are some great restaurants and interesting shops along South Congress.

## **Saturday, Nov. 12**

Depart: 1:00 pm

Return: 5:00 pm

Cost: \$22 (Ticket Incl.)

Where: Lockhart

**Course #1066**

## **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.gaslightbakertheatre.org](http://www.gaslightbakertheatre.org)

## **Monday, Nov. 14**

Depart: 11:30 am

Return: 1:30 pm

Cost: \$7 (Meal OYO)

Where: Pflugerville

**Course #1067**

## **SHOGUN JAPANESE GRILL AND SUSHI BAR**

Meet Sushi Chef's, that have tirelessly trained in the ways of traditional sushi preparation and bring their years of experience and training to Shogun Restaurant. Everything from preparation to presentation are meticulously executed to bring to you an experience above the rest. They have an extensive menu.

[www.ishogun.com](http://www.ishogun.com)

# TRIPS, TRIPS, TRIPS

## **Thursday, Nov. 17**

Depart: 11:00 am

Return: 5:00 pm

Cost: \$8 (Ticket OYO)

Where: Austin

**Course #1068**

## **JUNIOR LEAGUE MERRY & BRIGHT 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, entertainment and Santa. This will be a great way to get your holiday shopping done early. Check out their website for a list of vendors that will be at the event. *Please bring \$15 for your ticket to be paid in CASH at the door.*

[www.jlaustin.org](http://www.jlaustin.org)

## **Sunday, Nov. 20**

Depart: 1:00 pm

Return: 5:00 pm

Cost: \$22 (Ticket Incl.)

Where: Leander

**Course #1069**

## **GOOD CHARLIE AT WAY OFF BROADWAY**

Charlie was a cad, a womanizer, with a foul mouth and taste for booze shot by a jealous husband while hightailing it from a lover's husband's yacht, Charlie falls out a porthole and is lost at sea only to find himself "returned" as an attractive blond woman (cigar in hand). Charlie gets a second chance at life and love. His best friend is staying at his house as he puts Charlie's affairs in order and after being convinced, finds himself an unwilling helper in Charlie's new plan to marry into money.

[www.wobcp.org](http://www.wobcp.org)

## **Sunday, Dec. 4**

Depart: 1:00 pm

Return: 5:00 pm

Cost: \$40 (Ticket Incl.)

Where: Austin

**Course #1070**

## **NUTCRACKER AT THE LONG CENTER**

Stephen Mills' seasonal classic, based on a version of the 200-year-old story by E.T.A. Hoffmann, follows Clara's wintry adventures, from her battle with rowdy rodents to her triumphs at the Court of the Sugar Plum Fairy. Enjoy enchanting sets and costumes, animated choreography, and a cast of hundreds, including Ballet Austin's professional company of dancer and the accomplished students of the Ballet Austin Academy. Share this heart-warming tradition with your family and friends! Featuring live accompaniment by Austin Symphony Orchestra.

[www.thelongcenter.org/event/the-nutcracker](http://www.thelongcenter.org/event/the-nutcracker)

## **Thursday, Dec. 8**

Depart: 8:30 am

Return: 2:30 pm

Cost: \$8 (Meal OYO)

Where: Austin

**Course #1071**

## **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/](http://www.austinjava.com/menus/barton-springs/)

# TRIPS, TRIPS, TRIPS

## **Tuesday, Dec. 6**

Depart: 10:00 am  
Return: 9:00 pm  
Cost: \$18 (Meal OYO)  
Where: San Antonio  
**Course #1072**

## **SAN ANTONIO RIVERWALK**

Join us this year for the Riverwalk's Annual Ford Holiday Boat Caroling on the Riverwalk. The group will be dropped off on the Riverwalk and are welcome to shop, eat, drink and watch the many river boats with various holiday carolers cruise by starting at 6:15 pm. Bus will pick everyone up around 7:30 pm to return to Baca.  
[www.thesanantonioriverwalk.com](http://www.thesanantonioriverwalk.com)

## **Saturday, Dec. 10**

Depart: 8:00 am  
Return: 4:00 pm  
Cost: \$12 (Meal OYO)  
Where: Blanco  
**Course #1073**

## **BLANCO MARKET DAYS**

This will be their Christmas Market Days with over 50 vendors that will be selling everything from plants, jewelry, Christmas ornaments, clothing, handmade items and much more. You can tour the Courthouse for free between 10 am & 4 pm and stop by the Visitor's Center for great information on the history of Blanco.  
[www.historicblanco.org](http://www.historicblanco.org)

## **Monday, Dec. 12**

Depart: 10:00 am  
Return: 2:00 pm  
Cost: \$8 (Meal OYO)  
Where: Austin  
**Course #1074**

## **BARTON CREEK MALL & ABUELO'S**

Looking for those last minute holiday gifts? Join us as we travel to Barton Creek Mall for not only shopping but to see their beautiful holiday decorations. We will first stop at Abuelo's to fill our bellies before we shop til we drop. Abuelo's offers authentic old family recipes made from the heart and handcrafted.  
[www.abuelos.com](http://www.abuelos.com)

## **Friday, Dec. 16**

Depart: 5:00 pm  
Return: 10:00 pm  
Cost: \$55 (Ticket Incl.)  
Where: Austin  
**Course #1075**

## **A CHRISTMAS CAROL AT ZACHARY SCOTT THEATRE**

ZACH's fresh take on A Christmas Carol features three soulful Ghosts making a joyful noise, while moving our hearts with the Cratchit family's love and Ebenezer Scrooge's miraculous transformation. New hit songs and reimagined carols create an infectious spirit that has you dancing in the aisles. ZACH's inspired adaptation of Charles Dickens' beloved classic juxtaposes a traditional Victorian setting and gorgeous period costumes, with a modern musical score that spans genres and eras. Come celebrate the season in true ZACH style with this new Austin holiday tradition!  
[www.zachtheatre.org](http://www.zachtheatre.org)

**CHRISTMAS FAMILY NIGHT—FRIDAY, DEC. 2 AT DELL DIAMOND  
ROCKIN' LIGHTS—NOVEMBER 28-DECEMBER 26 AT OLD SETTLER'S PARK**

# HIKING TRIPS

Hiking trips are for those Baca 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.

## **Tuesday, Sept. 20**

Depart: 8:00 am

Return: 2:00 pm

Cost: \$8

Where: Austin

**Course #1076**

## **MAYFIELD PARK AND PRESERVE**

Mayfield Park and Preserve is an island of restful respite located in the middle of Austin. The park is listed in the National Register of Historic Places. This entire estate was presented to the city of Austin in 1971 by Mary Mayfield Gutsch for all Austinites to enjoy as a park. Mayfield Park includes an historic cottage, 2 acres of colorful cottage gardens with towering palm trees, brilliant peacocks and delicate water lilies, all blending in beautiful harmony. Mayfield Preserve is the 21 acre natural area that surrounds the park, containing walking trails and wildlife habitat. Hopefully we can get a park ranger to give us a little history on the park prior to our hike. Bring your camera to get a selfie with the peacocks.

**[www.mayfieldpark.org](http://www.mayfieldpark.org)**

## **Wednesday, Oct. 5**

Depart: 8:00 am

Return: 1:00 pm

Cost: \$7

Where: Austin

**Course #1077**

## **DOWNTOWN METRO RAIL HIKE**

For this trip, the bus will take us to the Howard Lane station and we will hop on the Metro Rail and take it to downtown Austin. The rail will drop us off at 4th Street near the Austin Convention Center. We will hike to the Capitol and then hike back to the rail. If the group is interested, we can stop for lunch near the rail OR bring your own lunch to eat on the rail. Cost to ride the rail is \$7/person for the day. Please bring either EXACT cash or credit card to purchase your rail ticket.

## **Wednesday, Oct. 18**

Depart: 8:00 am

Return: 1:00 pm

Cost: \$7

Where: Austin

**Course #1078**

## **PFLUGERVILLE LAKE HIKE**

Pflugerville Lake is 180-acre reservoir with a 3 mile trail around it. Our goal will be to hike the lake at least once and more if the group is up for it. Bring a sac lunch and we will stop at the pavilion to eat before we head back.

**[www.pflugervilletx.gov/index.aspx?NID=824](http://www.pflugervilletx.gov/index.aspx?NID=824)**

## **Wednesday, Nov. 9**

Depart: 8:00 am

Return: 1:00 pm

Cost: \$8

Where: Austin

**Course #1079**

## **WALNUT CREEK METRO PARK HIKE**

This park has over 5 miles of trails for hiking. We will hike up to 5 miles unless it is too hilly and then we will shorten the hike. Feel free to bring a sac lunch to eat after our hike.

**[www.austinparks.org/parks/walnut-creek-metropolitan-park/](http://www.austinparks.org/parks/walnut-creek-metropolitan-park/)**

# HIKING TRIPS

**Tuesday, Nov. 29**

Depart: 8:00 am

Return: 1:00 pm

Cost: \$9 (Park fees OYO)

Where: Austin

**Course #1080**

**MCKINNEY FALLS STATE PARK**

McKinney Falls is a beautiful park with over 6 miles of trails. We will hike as far as the group would like to hike. Bring a sac lunch to eat in the park. Please bring cash for the park entrance fee.

**[www.alltrails.com/trail/us/texas/mckinney-falls-state-park-trails](http://www.alltrails.com/trail/us/texas/mckinney-falls-state-park-trails)**

## NEW REGISTRATION INFORMATION

If you have a ***current membership and an e-mail address*** on file with the Baca Center, you already have an account in our new system. It is suggested you use either Google Chrome OR Firefox to log in to your existing account. Please follow these steps:

1. Go to **[www.roundrockrecreation.com](http://www.roundrockrecreation.com)**
2. Click on Sign-in (upper right hand corner).
3. Type in your e-mail address and then below, forgot password.
4. Check your e-mail for the new password and then go back to the website to log-in.
5. Once logged in, you will be directed to our new software system:  
**[www.roundrock.perfectmind.com](http://www.roundrock.perfectmind.com)**

If you DO NOT have a ***current membership*** on file with the Baca Center, you will need to create your account. It is suggested you use either Google Chrome OR Firefox to create and/or register. Please follow these steps:

1. Go to **[www.roundrockrecreation.com](http://www.roundrockrecreation.com)**
2. Click on Create Account (upper right hand corner).
3. Type in your information and e-mail address.
4. Once your account is created, you will be directed to our new software system:  
**[www.roundrock.perfectmind.com](http://www.roundrock.perfectmind.com)**.

**[www.roundrockrecreation.com](http://www.roundrockrecreation.com)**  
**[www.roundrock.perfectmind.com](http://www.roundrock.perfectmind.com)**

# BACA CENTER CODE OF CONDUCT

*It is the policy of the Parks and Recreation Department to practice appropriate measures when handling patron misconduct. All groups and individuals are expected to help maintain a warm, positive and safe environment at the Baca Center. The Department reserves the right to remove individuals from facilities or programs by assigning clearly stipulated periods of suspension. Here are some Code of Conduct Guidelines:*

1. Be **respectful** at all times to other participants and group leaders. Remember, our Group Leaders are ALL VOLUNTEERS.
2. Be **courteous** and **welcoming** to ALL participants. Participants age 50+ are welcome to participate in any of our programs regardless of ability. (Except for those programs that suggest specific advanced play).
3. Group Leaders are required for ALL programs that take place at the Baca Center. They are the “member” in charge of the group and will make final decisions on the rules for the program they are leading.
4. Be **patient** with those you are playing with. Not everyone is in it to win and some may have memory issues. The Baca Center is a place of fun and socialization.
5. Be **on time** to participate in our programs. Late arrivers for some programs may not be able to participate once partners/tables are set.
6. **Do NOT** use your phone while participating in programs, be courteous and step outside or take the call after your activity.
7. **Keep your hands to yourself** and off other’s cards/items. Remember everyone has their own personal space and always be respectful of their space.
8. **Inappropriate behavior or language** that disturbs other participants may be asked to leave the facility.
9. **Inconsiderate or discourteous behavior** by a member toward participants or Baca Team Members may be asked to leave the facility.
10. Please **do NOT spread rumors or gossip**. If you want clarification, stop by the front desk and ask. The Baca Team will clarify any rumors to the best of their ability.
11. Let’s keep the Baca Center a place that ALL adults 50+ would like to be a part of. Remember, some participants may be alone or lonely and you may be their only contact. Make a difference in their life: **SMILE and be WELCOMING**.





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[WWW.FRANKLINPARK.ORG](http://WWW.FRANKLINPARK.ORG)

## **SAVE THE DATES**

**Luau on the Lake—Friday, October 14, 2016, 4:30-10:30 pm**

**Trunk or Treat—Monday, October 31, 2016, 1-3 pm**

**USO Show—Wednesday, November 9, 2016, 1 pm**

**Veteran's Dinner—Thursday, November 10, 2016, 6-8 pm**

**Thanksgiving Luncheon—Tuesday, November 15, 2016, 11:30 am**

**Holiday Luncheon—Tuesday, December 13, 2016, 11:30 am**

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

Center Holiday Closures:  
September 5—Labor Day

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

