



Baca Buzz

Volume 6, Issue 3

May/June 2015

Baca Team

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Advisory Board—NEW

As many know, at Baca, we are ever changing and striving to stay ahead of the curve when it comes to serving you. So, at this time, we are very excited to introduce you to your Baca Center Advisory Board. Your board representatives are, Baca members Brinda Fulton, James Bush and Nancy Kind, and Community member, Melissa Brower. The purpose of the board is to provide a vehicle for members to present ideas and suggestions for the betterment of the membership as a whole. The board will meet on a quarterly basis. One week prior to the meeting, members will be present in the lobby to obtain comments, suggestions and successes. All the gathered information will then be reviewed and addressed. We are very pleased to say that the first session has been conducted and we consider it to be a great success. We received many valuable suggestions and ideas and are honored to say will never tire of the wonderful compliments. Program ideas have been passed on to the program coordinator and we will do our best to implement what we can but please understand space and availability sometimes limits us. Watch for new trial programs in Meeting Rm 3. We thank you for being a part of the success that Baca is and encourage you to keep the comments coming. If you would like to know more about the Advisory Board, please feel free to speak to any of our friendly members. We love Baca and love for you to be a part! Next "Open Forum" scheduled for **June 29-July 2, 11:00 am-1:00 pm.**



SPRING FASHION SHOW
May 7, 1-3 pm
 Join us for spring fashions from Beall's

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.

Rise and Shine, Summer Grove

Our Baca Players group will be performing Rise and Shine, Summer Grove which is sure to be hilarious. The play is about Pat White and Pat Gray whom have come to the local television set of Rise and Shine, a morning news/entertainment show, to tape a public service announcement for their groups' national convention of crocheters, called the Happy Hookers. When an accident knocks the young, ambitious and somewhat egotistical news anchors out of commission just after the show begins, the two elderly Pats are called on as emergency replacements. Laughs abound as they struggle to read the news, discuss their passion for hooking, and deal with the two anchors whose inhibitions have been affected by the accident. Two special performances, limited tickets.

Thursday, May 28, 7:00-9:00 pm **\$3/ticket**
Friday, May 29, 1:00-3:00 pm **\$3/ticket**

WEEKLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:15 am Strength**	8:30-9:30 am Ultra Beginning Tap***	8:30-9:15 am Strength**	9:00-10:00 am Cardio Combo**	9 am-10:00 am Belly Dance Fitness**	9-10am Jazzercise*
9:20-9:35 am Flex & Stretch**	9:00-10:00 am Cardio Combo**	9:20-9:35 am Flex & Stretch**	10:15-11:15am Cardio Combo— Level II**	NO classes June 12-July 3	9:30-11 am Computer Support***
9:30-10:15 am Strength**	10:15-11:15 Cardio Combo— Level II**	9:30-10:15 am Strength**	10:00-11:30 am Writing Club	9:00-10:00 am Intro to Tai Chi*** Jazzercise*	10:30-11:30 am Zumba** NO class June 13- July 4
9:00 am Jazzercise*	9:00-11:00am Wood Carvers	9:00-10:00am Jazzercise*	10:30-11:00 am Sittercize	10:00-11:30 am Tai Chi Advanced***	*NOT a BACA pro- gram—fees required to participate paid to Jazzercise
10:10-11:10 am Beginning Line Dancing***	10:00 am-2:00 pm Crafty Critters	9:00-11:00 am Pickleball	12:30-1:30 pm Adv. Tap***	10:00-11:30 am Bingo*** Grandkids age 7+ are welcome, June-August	**Fitness classes require Baca membership w/weight room OR \$3/class
10:30-11:00 am Sittercize	10:30-11:00 am Sittercize	10:00-11:30am Chicken Foot Mexican Train	12:30-4:00 pm Bridge for Fun	11:00-12:00 pm Int. Line Dancing***	
11:20 am-12:20 pm Int. Line Dancing***	12:30-2:30 pm Klub Karaoke	10:10-11:00 am Zumba** NO classes June 10-July 1	12:45-4:00 pm Canasta Club OR Hand/Foot	12:30-1:30 pm Int./Adv. Line Dancing***	
12:30-1:30 pm Adv. Line Dancing***	12:30-4:00 pm Pinochle ADVANCED PLAY	10:30-11:00am Sittercize	1-2:30 pm Spanish Class	1:00-2:30 pm Sing-A-Long	
12:30-4:30 pm American Chinese Mah Jong Club***	12:30-4:00 pm Texas Canasta	12:30-3:30pm Dominoes "42"	1:00-3:00 pm Tejano Time	1:45-2:30 pm Beg. Hula	
12:45-3:30 pm Dominoes "42"	1:15-2:15 pm Computer Help	1:00-3:00 pm Latin Dancing Baca Players Group	1:15-2:15 pm Computer Help	2:30-3:30 pm Adv. Hula Inst. Approval	
12:45-5:00pm Canasta	6:30-9:00 pm Evening Bridge— ADVANCED PLAY & MUST have partner	1:00-3:00 pm Latin Dancing Baca Players Group	2:30-4:00 pm Open Mic Practice		
1:00-2:30 pm Writing Club	5:15 & 6:15 pm Jazzercise*	1:00-4:00 pm Spades/Hearts	5:15-6:15pm Jazzercise*		
1:00-3:00 pm Pickleball		5:15 & 6:15 pm Jazzercise*	6:45-7:45 pm Zumba** NO classes June 1-Aug. 27		
1:00-4:30 pm Duplicate Bridge ADVANCED PLAY & MUST have partner					
5:15 & 6:15 pm Jazzercise*					

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: Wednesdays at 10:30 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 pm
AARP —board meeting	3rd Wednesday	1:30-3:30 pm
Benefits Counseling—one-on-one	1st Wednesday	9:00-11:00 am
Book Discussion	2nd Tuesday	1:00-2:00 pm
Bunco	1st & 3rd Tuesday	6:30-8:30 pm
Cinema Movie	3rd Wednesday	1:00-3:00 pm
Daffodil Dolls	1st Wednesday	10:30-11:30 am
Garden Club	1st Monday	9:00 am-11:00 am
Hymnal Sing-A-Long	1st & 3rd Friday	2:45-3:45 pm
Mah Jongg (American)	3rd Wednesday	9:15 am-12:30 pm
Mah Jongg II (American)	4th Wednesday	9:15 am-12:30 pm
Nifty Fifty Karaoke	May 21 & June 18	7:00-9:00 pm
Open Mic Performance Dates & Theme	May 26—Honor Our Vet. June 30—Songs with City or State Names	10:00 am
Ping Pong—schedule posted on door	Mtg. Room #3	May 11-May 27
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
Baca Center Volunteer Team	2nd Wednesday	9:00-10:00 am

Williamson Burnet County Opportunities (WBCO)

WBCO offers a well-balanced lunch Mon-Fri at 11:45 am for Williamson & Burnet County residents. A 24 hour advance reservation is recommended by calling 512-255-4970. WBCO members pay \$3 for meals. Meals are \$7 for non-WBCO member. Please notify WBCO if you are unable to attend lunch. Menu is available online & subject to change:

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

***ALL registration for programs/trips
will begin on Tuesday, April 28***

***www.flickr.com/photos/95453830@N03/
(link to trip photos)***

ORGANIZATIONS & CLUBS

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

May 6 & June 3 in the Baca Center Lobby—“The National Council on Aging” has created a comprehensive Benefits Check Up Questionnaire for Texas which will help older adults identify programs that may improve their quality of life. This one-on-one meeting will help individuals identify countless federal, state, local and private programs for which they may be eligible.

Visit with Nancy Kind, Volunteer Benefits Counselor or call her at 512-246-8455.

AARP—2nd Wednesday, 1:00 pm

May 13—Chapter Auction—Open to the public, donations are welcome. This is a fundraiser for chapter activities.

June 10—Potluck, please bring a dish to share for 10.

NO JULY OR AUGUST MEETING

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

May 6—Janet Oh, presentation on Perspective

May 20—Trip to MOMA/Laguna Gloria, MUST register in advance

June 3—Scot Wilkenson, CORR Arts Director will present “State of the Arts in Round Rock”

June 17—After party and wrap up from gallery event

BACA PLAYERS DRAMA CLUB—Wednesdays, 1:00 pm

This group is rehearsing for their upcoming performance of “Rise & Shine, Summer Grove”

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

May 12—“Happiness” by Mary Lavin

June 9—“Endless Mountain” by Reynolds Price

GARDEN CLUB—1st Monday, 9:00 am

May 4—Presentation on “Herbs and Healthy Living,” by Gayle Engles

June 1—Presentation on “Butterflies,” by Wayne Rhoden, Master Gardener



AARP Driver Safety Course

Monday, May 18, 8:30 am-12:30 pm—Course #24047

Tuesday, June 16, 5:00-9:00 pm—Course #25238

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

Some experience is required for this 3rd Wednesday morning group that plays Mah Jongg based on the Hands and Rules listed in the National Mah Jongg League 2014 card (this card is required in order to play). Contact Pam at mahjrtrt@gmail.com to be added to the players list. Play sets are provided. Non-members pay \$1 walk-in fee.

3rd Wednesday, 9:15 am-12:30 pm

FREE for Members

American Mah Jongg II

Play or learn to play American Mah Jongg with Cheryl. Bring the current card from <https://nationalmahjonggleague.org/store.aspx>. Beginners are required to contact Cheryl 2 weeks in advance of attending to receive reading material prior to training. RSVPs can be sent to: clw25703@gmail.com or call 512-965-7758. Non-members pay \$1 walk-in.

4th Wednesday, 9:15 am-12:30 pm

FREE for Members

Beginner & Advanced Tapping

Beginners—This class is for those wishing to learn the very basics of tap dancing.

Tuesdays, 8:30-9:30 am, \$4/class for Baca members & \$5 non-members.

Advanced—For the more experienced tapper, this course gives you the opportunity to fine tune and expand on your tapping skills and knowledge. Instructor approval required.

Thursdays, 12:30-1:30 pm, \$4/class for Baca members & \$5/non-members.

NO classes during June, July and August; classes will resume in September!!

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, May 5-19, 2:00-3:00 pm

Cost is \$9/for 3 classes

Course #24160

Tuesdays, June 2-16, 2:00-3:00 pm

MUST register in advance!!

Course #25344

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.

May 6-27—Wed., 9-10 am

Course #24412

\$38/resident

June 3-24—Wed., 9-10 am

Course #25775

\$38/resident

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 & 3:30 pm.

Flex & Stretch—NEW

This class is a great way to loosen up those sore muscles, aches and pains with a full body stretching session. Deep tissue stretching prior or following a workout is a great way to repair the muscles and decrease your chances of injury. Most importantly it will help preserve energy for your next exercise routine. Tickets will be handed out 30 minutes prior to the class start time.

Mondays & Wednesdays, 9:20-9:35 am

FREE for members w/weight room

Enhanced Writing Sessions

The enhanced writing seminars are opportunities when writing skills can be increased through interactive learning. They will be presented once 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.

Dates: May 11 & 14; June 8 & 11

FREE for Members

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 in advance. If no registrations, instructor will NOT show up.

Saturdays in May & June, 9:30 am-11:00 am

\$5/Saturday for Baca members

Hymnal Sing-A-Long—NEW

Join this new group if you like to sing classic hymns. Song books will be provided. The program will be offered twice per month on the 1st and 3rd Fridays at 2:45 pm.

Friday, May 1 & 15 & June 5 & 19, 2:45-3:45 pm

FREE for Members

PROGRAMS & CLASSES

Nifty Fifty Karaoke

This the BEST Karaoke in Round Rock on the 3rd Thursday of each month, 7:00-9:00 pm. Cost is FREE for Baca members & \$1 for non-members wishing to sing. All participants MUST be 50+, your own adult beverages and snacks are permitted. Please bring the name of your song & artist if you wish to sing. Please register in advance.

May 21, 7-9 pm—Course #24260

June 18, 7-9 pm—Course #25353

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 ranges \$40-\$50 for residents depending on # of days.

May 14-28, 6:15-7:15 pm—Course #24699

June 4-25, 6:15-7:15 pm—Course #25779

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.

May 12-June 2, 1:00-2:00 pm—Course #26166

\$5/Baca members ONLY

Step Up and Scale Down—NEW

Step Up and Scale Down promotes small changes that will have big payoffs for maintaining a healthy weight. Whether your goal is to lose weight, maintain your current weight, or even gain muscle, each week we will focus on one healthy habit to help you achieve your health goals. During this one hour lesson we will have great discussions where we share ideas, obstacles we are facing, solutions, and successes. We will end the class with a short physical activity to give you more ways to stay fit for life. MUST register in advance.

Thursdays, May 7-July 2, 1:30-2:30 pm—Course #26210

FREE for Baca members

Pairs Training at Baca—NEW

Pairs training is designed to give participants an opportunity to exercise together with a family member or friend. This is a 30 minute class that occurs once a week for a month. Participants are encouraged to arrive early and warm up on a cardio machine or stretch to maximize the 30 minute training session. Find a motivated partner or stop by the center for more information. Register in advance, class will not take place if less than 2 are registered.

Wednesday, April 15-May 6—1:45-2:15 pm—Course #26206 OR 2:20-2:50 pm—Course #26207

Thursday, April 16-May 7—1:00-1:30 pm—Course #26208 OR 1:35-2:05 pm—Course #26209

Cost is \$30/person for 4 classes

More sessions will be scheduled

WORKSHOPS

Fire Safety Workshop

Thursday, May 14 & July 16, 11-11:45 am

Grand Meeting Room—FREE

“Hot Topics” is a sure fire way to get pertinent information on fire and life safety. Lt. Michael Heard from Round Rock Fire Department will offer this “pep talk” and answer questions.

SPECIAL EVENTS

Let's Dance Events

Let's Dance takes place one evening 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 May theme will be “May Flowers” and there will be live music by WhiteStone. The cost for the May dance is \$5 for Baca members and \$10 for all others. The June dance will be a Hoe Down and will be FREE to current Baca Center members and \$5 for all others. Please register in advance so we can make accommodations for everyone.



Friday, May 1—#23503, 7:00-9:30 pm

Friday, June 5—#25338, 7:00-9:30 pm

Cinco de Mayo

Free yourself of unfortunate piñata related incidences and plan to spend your Cinco de Mayo with us! On Tuesday, May 5th, beginning at 1:00 pm we will let the Fiesta unravel! There will be dancing, music provided by the Federation of Musicians and light regional snacks and non-alcoholic beverages will be served. The party is free for members, \$5 non-members and we do ask that you sign-up by May 4th.

Tuesday, May 5, 1:00 pm—#26169

Free for Members

Daffodil Dolls Generations Tea Luncheon

The Daffodil Dolls will be celebrating Mother's Day with a Multi-generational Mother Daughter Tea on Saturday, May 9, 11 am-1 pm in the grand room. The event is a fundraiser for WBCO and all proceeds will benefit WBCO. You may purchase/sponsor a table for \$30 or purchase just a seat at a table for \$5. To sponsor a table please call the Baca Center and speak with Carol. Seats may be purchased in advance. Seating will be limited so please purchase your seat/table early. There will be entertainment, brunch and a presentation from WBCO.

Wine & Cheese Art Gallery

Join the Baca Center Art Club on Saturday, June 13 at 6 pm for their annual Wine & Cheese Art Gallery. Michael Hammons will be their special guest and art club members will donate a portion of any sale at the event to him and his cause. There will be art, music, refreshments, wine and silent auction items. The event is free and open to the public. Come support the Baca Art Club.

CINEMA MOVIES

Join the Baca Center for our monthly cinema day. Popcorn and lemonade will be provided. Movies are always FREE. June, July and August movies will be for grandparents and their grandchildren ages 7 and up.

ACCIDENTAL LOVE

Wednesday, May 20, 1-3 pm



A waitress in a small town is quite happy with her life but then one day a bizarre accident occurs and changes the trajectory of her life. She winds up with a nail stuck in her head and it has a marked impact on her behavior. She decides to go to Washington D.C. to make a difference in the world. She captures the attention of a congressman whom falls in love with her but his inexperience often thwarts him.

ANNIE

Wednesday, June 17, 1-3 pm



This is the NEW version of Annie and she lives with her mean foster mother. One day, she runs into Benjamin in the street for a very memorable experience. His campaign manager thinks it's a great idea to have Annie move in with him. Annie grows on him but then her real parents show up to claim their daughter. Will Benjamin let her go, or is there something a little strange about her real parents?



Sail to the Caribbean on the Norwegian Jade

January 23-30, 2016

Details at the front desk

Affordable, Convenient & Licensed!

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**



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 (no scooters). For proper arrangements, please inform the Baca Center staff 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 sign up. 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! Visit www.roundrockrecreation.com for online sign up.

TRIPS, TRIPS, TRIPS

**ALL REGISTRATION FOR THE LISTED TRIPS
WILL BEGIN APRIL 28, 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.**

Monday, May 4
Depart: 8:00 am
Return: 2:00 pm
Cost: FREE (Meal OYO)
Where: Austin
Course #26117

CANINE CRUISERS

Calling all dog lovers interested in helping walk dogs at the Austin Animal Shelter. This is a NEW program in which volunteers will receive training and walk dogs in pairs of 2 adults to 1 dog. The shelter has many dogs 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.
**www.austintexas.gov/department/animal-services
www.dans-hamburgers.com**

CAN REGISTER NOW FOR THIS TRIP

Tuesday, May 26
Depart: 8:00 am
Return: 2:00 pm
Cost: \$6 (Flight & Meal OYO)
Where: Austin
Course #26174

I FLY & KERBEY LANE CAFE

This is the perfect opportunity to try skydiving without actually jumping out of a plane. I Fly, a state of the art indoor sky diving facility allows you to experience skydiving in a tube with a personal instructor. This trip is NOT for those with prior back or shoulder injuries and you must be under 250 lbs. We have secured a discounted price of \$49.95/person (cash ONLY) which will be paid by each participant. There will be pre-flight instruction and all gear will be provided. Participants must wear comfortable clothing and laced shoes. Come fly and watch all your friends fly. Your flight is equivalent to 1½ skydives. After our flights we will go to Kerbey Lane Café for lunch. *MUST register for this trip by May 15 and NO cancellations after May 15.*

www.austin.iflyworld.com

www.kerbeylanecafe.com



Video and Pictures from Pi Party and Open Mic

Pi Party—<https://www.youtube.com/watch?v=RoenuYgrj-0>
Gender Bender Sing Along—<https://www.youtube.com/watch?v=EcGR9SZ0RtM>

TRIPS, TRIPS, TRIPS

Friday, May 15

Depart: 6:00 pm
Return: 11:00 pm
Cost: \$6 (Meal OYO)
Where: Walburg
Course #26175

PUB CLUB GOES TO WALBURG RESTAURANT

Join us for some authentic German food and live music in the biergarten. The food is great, the music is outdoors under the tent and the Walburg Boys will be playing. We will order and eat in the biergarten.

www.walburgrestaurant.com

Monday, May 18

Depart: 8:00 am
Return: 6:00 pm
Cost: \$17 (Meal OYO)
Where: San Antonio
Course #26176

SAN ANTONIO MISSIONS & MENGER COLONIAL REST.

Our first stop will be the San Antonio visitor center and a tour of the Mission San Jose. The tour will take 40 minutes and we will tour the gift shop, mission and theater. We will then stop at the Menger Colonial Restaurant for lunch. After our meal, we will hop on the bus and tour the other 3 missions on our own. This trip will fill up quickly, don't wait to register.

www.visitsanantonio.com/english/Explore-San-Antonio/Only-in-San-Antonio/The-Alamo/The-San-Antonio-Missions
www.mengerhotel.com/restaurants

Wednesday, May 20

Depart: 8:30 am
Return: 1:30 pm
Cost: \$7 (Ticket Incl. & Meal OYO)
Where: Austin
Course #26022

AUSTIN ART MUSEUM & CHEZ ZEE

This trip is for Art Club members only until May 13 and then it will open to anyone. The group will tour the Austin Art Museum, Jones Center and Laguna Gloria Museum. After the tour, lunch will be at Chez Zee.

www.thecontemporaryaustin.org www.chez-zee.com
CAN REGISTER NOW FOR THIS TRIP

Friday, May 22

Depart: 8:30 am
Return: 1:30 pm
Cost: \$21 (Ticket Incl. & Meal OYO)
Where: Austin
Course #26177

AUSTIN ZOO & CREPE CRAZY CAFE

We will get a private tour by Safari Greg who will share details of each of the animals such as how old they are, how they came to the zoo and more. We will see endangered animals, monkeys and also domestic animals. The tour is a new option at this zoo and will be very interesting. After the tour, we will go to Crepe Crazy Café which has various types of crepes, salads, paninis and more.

www.austinzoo.org www.crepecrazy.com

Thursday, June 11

Depart: 6:00 pm
Return: 10:00 pm
Cost: \$6 (Games OYO)
Where: Austin
Course #26257

BALCONES B-I-N-G-O

This is a smoke-free bingo hall with a full service café, large screen TV's, computers and claim to have the friendliest staff. We will stay for the 7 and 8:30 pm sessions. Paper games cost \$5/session. They give away up to \$5,000 each night and have a room just for computer games.

www.balconesbingo.com

www.bacacenter.com

TRIPS, TRIPS, TRIPS

Monday, June 15

Depart: 9:15 am

Return: 2:15 pm

Cost: \$8 (Meal OYO)

Where: Austin

Course #26178

See last page for info on the Tea Party.

HARRY RANSOM CENTER & CATFISH PARLOUR

The Ransom Center celebrates 150 years of Alice's Adventures in Wonderland with the exhibition "Curious and Curiouser". A private tour of the exhibition to learn about Lewis Carroll and the real Alice is included. Upon returning, plan to stay at Baca for a Mad Hatters Tea Party. Join us for an after trip Tea Party. For added fun, wear a costume as you never know what lurks behind the Looking Glass.

www.hrc.utexas.edu

www.catfishparlour.com

Sunday, June 21

Depart: 6:00 pm

Return: 10:00 pm

Cost: \$52 (Ticket Incl.)

Where: Austin

Course #26254

MILLION DOLLAR QUARTET AT THE LONG CENTER

This show is a Tony Award-winning Musical, inspired by the electrifying true story of the famed recording session that brought together rock 'n' roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. This thrilling musical brings you inside the recording studio for one unforgettable night. *MUST register by June 1 so we can reserve our seats.*

www.austin.broadway.com

Sunday, July 19

Depart: 1:00 pm

Return: 8:00 pm

Cost: \$31 (Ticket Incl. & Meal OYO)

Where: Georgetown

Course #26181

HANK WILLIAMS: LOST HIGHWAY AT THE PALACE

Follow Williams' rise from his beginnings on the Louisiana Hayride, to his triumphs on the Grand Ole Opry, to his eventual self-destruction at age 29. We will be treated to songs like "I'm So Lonesome I Could Cry," "Move It on Over" and more. After the show, participants can walk the square and choose a place to eat on their own. There are many great restaurants on the square and this way everyone can choose their favorite place. *MUST register by July 6 so we can reserve our seats.*

www.georgetownpalace.com

Sunday, August 16

Depart: 1:30 pm

Return: 5:30 pm

Cost: \$48 (Ticket Incl.)

Where: Austin

Course #26182

SOPHISTICATED LADIES AT ZACHARY SCOTT THEATRE

Welcome to Harlem's famed Cotton Club in this stylish, brassy, musical celebration of Duke Ellington's greatest musical hits. A full on-stage orchestra backs superb jazz vocalists, extraordinary tap dancers, dazzling deco costumes and unforgettable torch singers who bring classics like "Mood Indigo" and "Take the A Train" to vivid life in this grand Tony Award-winning Broadway musical. *MUST register by August 1 so we can reserve our seats.*

www.zachtheatre.org



8334 Cross Park Dr.
Austin, TX 78754

Are you or a loved one experiencing mild cognitive impairment (e.g., memory loss) associated with Alzheimer's Dementia?

If so, please contact Community Clinical Research to learn about an upcoming clinical trial. Qualified candidates will receive study related tests, transportation to study visits, and study drug at no cost, as well as compensation for their time.

You may be eligible if you:

Are age 55-85

Have a diagnosis of Alzheimer's Dementia or Alzheimer's Disease



Community Clinical Research is a community of health care professionals whose mission is to provide access to investigational medications for individuals suffering from mental illness. Our principal investigator, David Brown, M.D. is a board-certified psychiatrist who has conducted clinical trials of new treatments for many mental health illnesses including Schizophrenia, Bipolar Disorder, Depression, and Alzheimer's Disease at Community Clinical Research since 1994.

CALL TODAY

512-597-6705

VISIT OUR WEBSITE

www.communityclinical.com

HIKING TRIPS

Hiking trips are *ONLY* for hikers that are on our hiking list AND are in good health and stamina. Some hikes will have a ranger leading the group and other hikes will NOT. Hikes without a ranger will be lead by a person in the group. For all hikes, the group is to stay together during the hike and each hiker *MUST* bring a minimum of 2 bottles of water. A cooler will be provided on the bus to keep your water cold. If you are unable to keep up a good pace or hike at least 5 miles, please do NOT sign up for the hiking list or hiking trips.

Wednesday, May 6

Depart: 8:00 am

Return: 1:00 pm

Cost: \$8 (Meal OYO)

Where: Georgetown

Course #26026

SAN GABRIEL TRAIL & DOS SALSAS

This is a beautiful, 3.5 mile round trip trail located in Georgetown. It has 2 river crossings and is an easily hiked trail. After our hike, we will go into Georgetown and have lunch at Dos Salsas which has several lunch specials for \$8.99. Please bring 2 bottles of water, sunscreen, appropriate clothing and shoes. There are no park entrance fees.

www.dossalsas.com CAN REGISTER NOW FOR THIS TRIP!

TRIP INFORMATION

1. The Baca Center will **NOT** be offering overnight trips via bus nor trips to out of state casino's. Due to the fact that we do not do overnight trips, we will only travel a 3 hour distance from Round Rock. We do NOT do trips on holidays.
2. Trips are planned more than two months in advance and it is difficult to book last minute trips. We strive to provide a variety to meet all interests. Some trips are scheduled every couple of years depending on the type of trip and if we had a waitlist for the previous trip. Some trips will be duplicated if we have more than 16 on the waitlist and time permits.
3. There will be minimal trips scheduled in the summer due to the heat and other uses for the bus during June-August.
4. Please remember to review the trip policy and procedures for all trips.



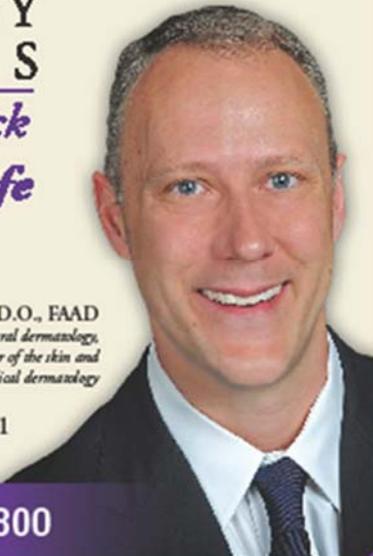
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Round Rock, TX 78664
512-218-5499
512-218-3231 fax

Center Holiday Closures:
May 25—Memorial Day
July 3rd—Open 8 am-noon
NO Bingo or Tai Chi
July 4th—CLOSED

WBCO Lunch Reservation:

512-255-4970

Star Shuttle Service

512-244-7433

PI DAY WINNERS

Congratulations to our winners of the Pie Making contest at our recent Pi Day celebration

Grand Prize	Jeanne Serviss	Blueberry Pie
Best Classic	Evelyn Burkhalter	Sweet Potato Pie
Most Creative	Sheryl Davie	Lemon Chess Pie
Best Crust	Jeanne Serviss	Apple Pie
Best Surprise and Most Environmental	Janice Lee	Whistle Pie

PARTY ANIMALS TAKE STATE AWARD

Please join us as we congratulate the Party Animals, that wild bunch that brought you the Elvis Party, the Oktoberfest, the Pajama Party, New Year's Eve's Eve Party and the Pi Party for their recent accomplishment receiving the State of Texas Arts and Humanities Award by the Texas Recreation and Parks Society at the Annual Conference held in March.

MAD HATTERS TEA PARTY

For a real adventure in Wonderland, we highly encourage all that are going to the Alice in Wonderland exhibit at the Ransom Center to wear costumes. Plan to make a day of it as upon your return to the Baca Center, the Mad Hatter has invited a few friends for a Tea Party beginning at 2:30 pm. There will be a live music performance provided by the Federation of Musicians as well as tea and light tea snacks. If you miss this one, you may risk losing your head by order of the Red Queen. The party is open to Baca members, \$5 for non-members, but we do ask that you sign up in advance. Also, if you plan to attend the museum trip, don't fall down the rabbit hole before signing up to reserve your seat. So mark your calendar for June 15th and don't be late for this very important date and don't forget your costume!

Monday, June 15, 2:30 pm—Course #26266

Free for members

ADVISORY BOARD OPEN FORUM

Thank you to everyone who stopped by the Advisory Board Open Forum booth last month. Your comments and suggestions were wonderful and we especially love and appreciate the many compliments! We feel this program will be a great success for us all. As we move forward, please note that the suggestion for: Ping pong table will be implemented on a trial basis for two weeks in Mtg. Rm. 3 beginning Monday, May 11. If you are interested in Ballroom or Country Dance, please sign-up at the desk. For a more detailed list of the comments and resolutions, please see the bulletin board in the hall.