



# Baca Buzz

Volume 6, Issue 6

November/December 2015

## Baca Team

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*Program Coordinator*

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*Administrative Team*

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*Custodians*

Padraig (Pat) Lavin

Nidia Chavez

### 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.

## VETERANS DINNER



Join the Round Rock High School Student Council as we thank our Veterans for their dedicated service at the annual Veterans Dinner. The meal will be provided and is open to all Baca members and military family members. **MUST register by November 5.**

**Thursday, November 12, 6-8 pm**

**Course #25965**

## NUTTY ABOUT NUTS?

The Baca Center will begin selling various nuts and cracking nuts on November 2. We will be selling pecan large pieces and halves; walnuts; roasted/salted cashews; slivered, whole and roasted almonds; cinnamon pecans; pralines; chocolate covered pecans; roasted/salted pistachios; hot & spicy peanuts; honey roasted peanuts; jalapeanuts; trash mix; mountain mix; and fiesta mix. Nut cracking will cost .40/ pound. Please make sure you bring your nuts in a sturdy box, bag or tub and mark with your name and phone number. Turn around time depending on quantity will take a minimum of 5-10 business days.

## 60'S PARTY



Peace, love and Baca, the Party Animals are at it again. This time we invite you to step back in time for a flash from the past as we relive the 60's. The party will take you on a magical mystery tour of an unforgettable decade to make for an unforgettable afternoon. DJ, Robert Rodriguez of Innovative DJ Entertainment will spin all your favorite dance tunes while we shake, rattle and roll to the times. Light refreshments including adult beverages will be served. As always, the Party Animals will stick to their motto to "party with a purpose". This time, we ask for a \$5 donation at the door to benefit the Veteran's Memorial Park in Round Rock. Be sure to sign up in advance as entry will be limited and once it's filled, it's filled.

**Friday, November 13, 2:00-5:00 pm**

**Course #25971**

**PLEASE MAKE SURE YOU ALWAYS UPDATE YOUR INFORMATION WHEN YOU MOVE, CHANGE PHONE #'S, OR GET A NEW E-MAIL ADDRESS.**

## 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*</p> <p><b>10:30-11:00 am</b> Sittercize</p> <p><b>12:30-4:30 pm</b> American Chinese 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>8:30-9:30 am</b> Ultra Beg. Tap*</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>10:15am-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/Hearts</p>	<p><b>10:00-11:30 am</b> Writing Club</p> <p><b>10:30-11:00 am</b> Sittercize</p> <p><b>12:30-1:30 pm</b> Adv. Tap*</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>1-2:30 pm</b> Spanish Class</p> <p><b>1:00-3:00 pm</b> Tejano Time</p> <p><b>2:30-4:00 pm</b> Open Mic Practice</p>	<p><b>9:00-10:00 am</b> Intro to Tai Chi*</p> <p><b>10:00-11:30 am</b> Tai Chi Advanced*</p> <p><b>10:00-11:30 am</b> Bingo*</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* Baca members ONLY MUST register 2 days in advance</p>
<p><b>*Requires registration, may cost a fee and non-members pay \$1 walk-in fee.</b></p>					

## WEEKLY FITNESS CLASSES

<p><b>8:30-9:15 am</b> Strength</p> <p><b>9:20-9:35 am</b> Flex &amp; Stretch</p> <p><b>9:40-10:25 am</b> Strength</p> <p><b>10:30-10:45 am</b> Flex &amp; Stretch</p>	<p><b>9:00-10:00 am</b> Cardio Combo— Level I</p> <p><b>9:30-10:00 am</b> Balanced Life</p> <p><b>10:15-11:15</b> Cardio Combo— Level II</p>	<p><b>8:30-9:15 am</b> Strength</p> <p><b>9:20-9:35 am</b> Flex &amp; Stretch</p> <p><b>9:40-10:25 am</b> Strength</p> <p><b>10:30-10:45 am</b> Flex &amp; Stretch</p> <p><b>10:10-11:00 am</b> Zumba</p>	<p><b>9:00-10:00 am</b> Cardio Combo— Level I</p> <p><b>10:15-11:15am</b> Cardio Combo— Level II</p>	<p><b>9:00-10:00 am</b> Belly Dance Fitness</p>	<p><b>10:30-11:30 am</b> Zumba</p>
<p><b>Fitness classes REQUIRE membership with weight room OR cost \$3/class</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 & 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 Mtg.	2nd Wednesday	9:00-10:00 am
Benefits Counseling—one-on-one	1st Wednesday	9:00-11:00 am
Book Discussion	2nd Tuesday	1:00-2:00 pm
Bunco—Evening	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
Gospel Hour Sing-A-Long	1st & 3rd Friday	2:45-3:45 pm
Performance Group	Dec. 22	1:00 pm
Mah Jongg (American)—Experienced	3rd Wednesday	9:15 am-12:30 pm
Mah Jongg (American)—Beginners	4th Wednesday	NO Nov. or Dec. mtgs.
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 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**

**THE BACA CENTER WILL BE CLOSED:  
DECEMBER 22-26 FOR MAINTENANCE**

***ALL registration for programs  
will begin on Tuesday, October 27***

# ORGANIZATIONS & CLUBS

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

**Nov. 4 & Dec. 2 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**

**Nov. 18**—Auction and Election of Officers  
**Dec. 9**—Christmas Potluck (bring a dish for 10) & Installation of Officers

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

**Nov. 4**—Bretta Herzog, watercolor demonstration  
**Nov. 18**—Election of Officers for 2016  
**Dec. 2**—Self Evaluation of Paintings  
**Dec. 16**—Christmas Party

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

**Nov. 10**—“Moosbrugger,” by Robert Musil  
**Dec. 8**—“The Sorcerer’s Apprentice,” by Charles Johnson  
*The group is full; however, if you wish to be put on a waiting list,  
E-mail [helensmith204@gmail.com](mailto:helensmith204@gmail.com)*

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

**Nov. 2**—“Holiday Decorating with Living Plants,” presented by Amanda Moon from It’s About Thyme Nursery  
**Dec. 7**—Holiday Party (bring a gardening gift valued at \$10 to swap and finger food to share)



## **AARP Driver Safety Course**

**Monday, Nov. 16, 8:30 am-12:30 pm—Course #25446**

**Tuesday, Dec. 15, 5:00-9:00 pm—Course #25449**

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 Groups

Experienced players meet on the **3rd Wednesday, 9:15 am-12:30 pm**. For more information, contact Pam at [mahjrtrx@gmail.com](mailto:mahjrtrx@gmail.com) to be added to the players list. There is also another experienced group that meets on the **4th Wednesday, 9:15 am-12:30 pm**. Contact Lyn at [lpetz@yahoo.com](mailto:lpetz@yahoo.com). RSVPs are required for both.

## Better Backs Yoga & More

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.

<b>Thursdays, Nov. 5-19, 5:00-6:00 pm</b>	<b>Cost is \$35/3 classes</b>	<b>Course #26785</b>
<b>Thursdays, Dec. 3-17, 5:00-6:00 pm</b>	<b>Cost is \$35/3 classes</b>	<b>Course #26779</b>

## 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.

<b>Tuesdays, Nov. 3-17, 2:00-3:00 pm</b>	<b>Cost is \$9/for 3 classes</b>	<b>Course #26802</b>
<b>No Dec. classes</b>	<b>MUST register in advance!!</b>	

## 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.

<b>Wednesdays, Nov. 4-18—9:00-10:00 am</b>	<b>Course #26233</b>	<b>\$29/3 classes</b>
<b>Wednesdays, Dec. 2-16—9:00-10:00 am</b>	<b>Course #26234</b>	<b>\$29/3 classes</b>

## 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. There will NOT be classes on Nov. 26 & Dec. 26.

<b>Saturdays in Nov. &amp; Dec., 9:30 am-11:00 am</b>	<b>\$5/Saturday for Baca members</b>
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# 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 previous dates.

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

**Friday, Jan. 22, 1-4 pm**

**Course #27334**

**Music Room—FREE for members**

## 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 \$35 and classes are on Thursdays.

**Nov. 5-19, 6:15-7:15 pm—Course #26223**

**Dec. 3-17, 6:15-7:15 pm—Course #26224**

## Ceramic Ornament Making

Like to make ornaments for the holidays? This class will give instruction on making ceramic holiday ornaments. The first class will be creating and the second class will be glazing your creations. All items will be fired and ready for pick up the week of Dec. 14. Supplies included.

**Mondays, Nov. 30 & Dec. 7, 9:00 am-noon**

**Course #26172**

**Cost \$10 for 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

## Tap Dancing for Beginners and Advanced

Tap dancing is a great way to get in shape and learn new dancing skills. The beginner class focuses on the basic tap steps and is open to all beginners. The Advanced group learns more advanced steps and instructor approval is needed to participate. The Advanced group class is NOT a performance group but a great way to hone your tapping skills. **See the weekly activities list for classes dates/times.** Each class costs \$4/Baca members.

# 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 November dance theme will be Thanksgiving and there will be LIVE music at the December dance. November is FREE for current Baca members and \$5 for non-members age 50+. The December dance is \$5/members & \$10/non-members. Sorry but no young ones at this event.

Friday, Nov. 6—#26383, 7:00-9:30 pm

Friday, Dec. 4—#26384, 7:00-9:30 pm

## 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.



## Formal Friday

Friday, Dec. 11, 1:00-3:00 pm

FREE for all 50+



It's holiday time folks and time for another lobby party. This time we take it full circle from last year's Pajama Party and invite you to don your finest as we celebrate the holidays with Formal Friday. On December 11, 1-3 pm the lobby will be transformed into the perfect holiday lounge complete with piano music, a lounge singer and all your favorite holiday tunes to sing-a-long with. Light bites and sparkling cider will be served. Bring a friend, bring an appetizer or dessert to share and bring your holiday spirit. No registration necessary.

# CINEMA MOVIES

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

## *UNBROKEN*

*Wednesday, November 18, 1-3 pm*

UNBROKEN  
THE UNBELIEVABLE TRUE STORY



This movie was nominated for 3 Oscars and is based on a true story. After a near-fatal plane crash in WWII, Olympian Louis Zamperini spends a harrowing 47 days in a raft with two fellow crewmen before he's caught by the Japanese navy and sent to a prisoner-of-war camp.

## *ILL SEE YOU IN MY DREAMS*

*Wednesday, December 16, 1-3 pm*



After the death of her beloved dog, Carol finds the everyday activities that have given her life structure - her regular bridge game, gardening, a glass of wine or two - have lost their luster. With the support of three loyal girlfriends, Carol decides to embrace the world, embarking on an unlikely friendship with her pool maintenance man, pursuing a new love interest, and reconnecting with her daughter.

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

**Details at the front desk**



### **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  
BEGAN IN AUGUST AND ONLY TRIPS WITH OPENINGS ARE LISTED.  
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, Nov. 2-#27312 CANINE CRUISERS**  
**Monday, Dec. 7-#27313** 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.  
Depart: 8:00 am  
Return: 1:00 pm  
Cost: FREE (Meal OYO)  
Where: Austin  
**[www.austintexas.gov/department/animal-services](http://www.austintexas.gov/department/animal-services)**

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**Wednesday, Nov. 4 ROUND ROCK TOUR**  
Depart: 9:00 am  
Return: 2:00 pm  
Cost: \$6 (Meal OYO)  
Where: Round Rock  
**Course #26064** 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.

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**Friday, Nov. 6 PIONEER FARM & THREADGILLS**  
Depart: 9:30 am  
Return: 1:30 pm  
Cost: \$23 (Ticket Inc. & Meal OYO)  
Where: Austin  
**Course #26081** 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](http://www.pioneerfarms.org)** **[www.threadgills.com](http://www.threadgills.com)**

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**Friday, Nov. 20 WEEKEND COMEDY AT WAY OFF BROADWAY**  
Depart: 7:00 pm  
Return: 10:00 pm  
Cost: \$22 (Ticket Incl.)  
Where: Leander  
**Course #26066** 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](http://www.wobcp.org)**

# 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](http://www.jlaustin.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](http://www.think.stedwards.edu/theatre)

**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/](http://www.austinjava.com/menus/barton-springs/)  
[www.austinhandbells.org](http://www.austinhandbells.org)

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

**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](http://www.chineseacrobats.com/pa.php)

# HIKING TRIPS

**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](http://www.hillcountryoutdoors.com)

## **Exercise Class & Weight Room Etiquette**

The Baca Center has been busy, busy, busy with lots of classes, programs and events. Here are some etiquette guidelines when taking an exercise class or using the weight room.

1. ALWAYS wipe down the equipment you have used in the weight room including hand weights, benches, mats, balls, etc.
2. ALL machines in the weight room are limited to 30 minutes unless no one is waiting. If someone is waiting, please be courteous and let them have their opportunity on the equip.
3. ALWAYS make sure you leave your card when taking a weight room key and sign-in/out.
4. Please do NOT change the TV channel in the weight room unless ALL members agree and please keep the volume at an agreeable level.
5. "Spots" cannot be held or reserved for the exercise classes, it is all first-come, first-serve. Please also be conscientious about sharing the surrounding space.
6. We know everyone likes to smell fresh but please keep in mind that some people are sensitive to smells and may find your fragrance overwhelming.
7. Tickets can only be handed out 30 minutes prior to the start of class time for all exercise classes including Strength, Stretching, Balance, Cardio Combo, Belly Dance and Zumba.
8. There is NO entry into an exercise class 5 minutes after it has begun.

**Save the date:**

**APRIL 27**

**10 YEAR ANNIVERSARY BASH**

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](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.



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

THE BACA CENTER WILL BE CLOSED:  
DECEMBER 22-26 FOR MAINTENANCE  
THERE WILL BE NO LUNCH,  
NO PROGRAMS AND NO ENTRY  
INTO THE FACILITY  
THANK YOU FOR YOUR UNDERSTANDING



Bring this card in for a chance to win a door prize!

# holiday BAZAAR

Arts & Crafts Show

Saturday, November 14, 2015  
9 am - 4 pm

**FREE ADMISSION**

Shop the Rock till you drop!  
Stuff for stockings, Sweets to eat,  
Shiny things and gifts that sing!

Round Rock Parks and Recreation Department  
Clay Madsen Recreation Center  
1600 Gattis School Road • Round Rock, TX • 218-3220  
[www.facebook.com/RockinAroundTheHolidaysBazaar](http://www.facebook.com/RockinAroundTheHolidaysBazaar)

Bring a canned food item for the Round Rock Serving Center or colorful band-aids for a children's hospital

# IMPORTANT PHONE NUMBERS

<b>AARP</b>	1-866-562-7899
<b>AARP Drivers Safety</b>	1-888-227-7669
<b>Adult Protective Services (State)</b>	512-929-6784
<b>Williamson County Adult Protective Service</b>	512-834-3301
<b>Capital Area on Aging—Austin</b>	1-888-622-9111 or 512-916-6062
<b>Benefits Counseling—Nancy Kind</b>	512-246-8455
<b>Star Shuttle</b>	512-244-7433
<b>Eldershaven (Adult Day Health Center)</b> 475 Round Rock West, #120, Round Rock	512-255-4865
<b>Faith in Action Caregivers—Round Rock-Rides for Seniors</b>	512-310-1060
<b>SNAP (food stamps)1601 Rutherford Ln, Austin, Tx 78754</b>	512-339-8868
<b>Housing Authority—Round Rock</b>	512-255-3702
<b>Lone Star/Seton Circle of Care Senior Health @ TAMHSC</b> 3950 N AW Grimes, Round Rock	1-877-800-5722
<b>Meals on Wheels—Round Rock</b>	512-255-4970
<b>Meals on Wheels—Austin</b>	512-476-6325
<b>Medicare/Medicaid</b>	1-800-252-8263
<b>Round Rock Serving Center</b> 1099 E Main St., Round Rock	512-244-2431
<b>Round Rock Volunteer Center</b> 1099 E Main St., Round Rock	512-733-7625
<b>Social Security Administration</b>	1-800-772-1213
<b>Texas Dept of Aging &amp; Disability Services (DADS)—</b> Austin/Travis Co	1-800-458-9858 or 512-438-3011
<b>Texas DADS—Williamson County</b>	512-908-9435
<b>Texas Dept of Health &amp; Human Services—Austin</b>	512-339-8868
<b>Texas Dept of Health &amp; Human Services—Williamson Co HHS</b>	512-244-1593
<b>Veteran’s Administration</b>	1-800-827-1000
<b>Williamson County Crisis Center</b>	1-800-460-7233 or 512-255-1212

## REFERENCE WEBSITES:

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

[www.hhsc.state.tx.us.com](http://www.hhsc.state.tx.us.com)

[www.211Texas.org](http://www.211Texas.org)

[www.publictransit4all.com](http://www.publictransit4all.com)

[www.ssa.gov](http://www.ssa.gov)

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

[www.va.gov](http://www.va.gov)

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

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

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

Center Holiday Closures:  
November 11—Veteran's Day  
November 25—closing at 5 pm  
November 26 & 27—Thanksgiving  
December 22 & 26—Christmas  
December 31—closing at 5 pm  
January 1—New Year's Day

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

