



Baca Buzz

Volume 8, Issue 1

January/February 2017

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Wine and Light Bites

The New Year, cold weather doldrums and the thought of another Friday the 13th got you feeling blue? Come wine down with us as we reverse the curse. Good luck has already befallen us as Senior Care Centers has offered to sponsor a Wine and Light Bites afternoon social. Plan to join us at 1pm, in the lobby, on Friday the 13th. Whoever said “if it weren’t for bad luck, I’d have no luck at all” has never visited the Baca Center.

Also, mark your calendars now for Tues., Feb. 14th, Valentine’s Day. Bring your sweetie or just enjoy ours. Again, Senior Care Centers will be sponsoring a Wine and Chocolates afternoon social. Decadence at its finest. Party will commence at 1pm. Wine, chocolate and entertainment will be served.

Friday, January 13, 1:00 pm

FREE for members

January Membership Specials

NEW for 2017, the Allen R. Baca Center and Clay Madsen Recreation Center have NEW dual combo memberships for BOTH facilities.

These memberships and any CMRC yearly membership will be 10% off during the month of January ONLY. Those purchasing a one year membership in January will receive a Baca Center OR CMRC T-shirt as long as supplies last.

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.

NEW Memberships

	Cost/Year	Jan. Special
CMRC/BACA Combo (21-49 years)	\$145	\$130.50
CMRC/BACA Combo (50+ years)	\$85	\$76.50
CMRC/BACA <u>Couple</u> Combo (50+ years)	\$160	\$144

Membership Definitions:

Couple—Any two (2) people who live in the same residence.

Senior Couple—One (1) adult 50+ and one (1) other adult (over 21) living in the same residence. Any person under the age of 50 would only have access to the weight room. Fitness programs are FREE with this membership but only for those 50+.

Adult—Adults who are 21 years of age and older.

Senior—Adults who are 50 years of age and older.

WEEKLY ACTIVITIES

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

OFFICE HOURS

Monday-Thursday—8 am-5:30 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

Saturday & Sunday—9 am-noon

Orientation: Wednesdays at 11:15-11:45 am

MONTHLY ACTIVITIES

<u>Activity</u>	<u>Dates</u>	<u>Times</u>
Art Club	1st & 3rd Wednesday	1:00-3:00 pm
AARP—general meeting	2nd Wednesday	1:15-3:15 pm
AARP—board meeting	3rd Wednesday	1:15-2:15 pm
Baca Players Group (Drama)	2nd & 4th Wednesday	1:00-3:00 pm
Baca Center Volunteer Team Mtg.	2nd Wednesday	9:00-10:00 am
Benefits Counseling—one-on-one	1st Wednesday	9:00-11:00 am
Book Discussion	2nd Tuesday	1:00-2:00 pm
Bunco	1st & 3rd Tuesday	6:30-8:30 pm
Cinema Movie	3rd Wednesday	1:00-3:00 pm
Daffodil Dolls	1st Wednesday	10:30-11:30 am
Garden Club	1st Monday	9:00 am-11:00 am
Performance Group Entertainment	Jan. 26 & Feb. 23	1:00 pm
Mah Jongg (American)—Experienced	3rd & 4th Wednesday	9:15 am-12:30 pm
Round Rock New Neighbors Cards	3rd Wednesday	9:30 am-12:30 pm
Spanish Karaoke—new group leader	1st Thursday	10:00-11:30 am

Williamson Burnet County Opportunities (WBCO)

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

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

512-255-4970

***Registration for Jan. & Feb. trips will
take place on Tues. January 10, 2017***

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

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

FALL GROUP EXERCISE CLASSES

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
Strength Training 8:10-8:50 am Denise Meeting Room 2	Cardio I 8:45-9:30 am Selve Aerobics Room	Strength Training 8:10-8:50 am Kathy Meeting Room 2	Cardio I 8:45-9:30 am Selve Aerobics Rooms	Back to the Basics 8:15-8:45 am Denise Meeting Room 2	Zumba 10:30-11:30 am Selve Aerobics Room
Flex & Stretch 8:55-9:10 am Denise Meeting Room 2	Low Impact Aerobics 9:45-10:30 am Kathy Aerobics Room	Flex & Stretch 8:55-9:10 am Kathy Meeting Room 2	Cardio Core 'N More 9:45-10:30 am Kathy Aerobics Room	Circuit Hour 9:00-10:00am Denise Meeting Room 2	
Strength Training 9:15-9:50 am Denise Meeting Room 2	Stretch & Balance 10:45-11:30am Kathy Aerobics Room	Strength Training 9:15-9:50 am Kathy Meeting Room 2	Tabata 10:45-11:30am Kathy Aerobics Room		
Flex & Stretch 9:55-10:10 am Denise Meeting Room 2		Flex & Stretch Kathy 9:55-10:10 am Meeting Room 2			
		Barre None Pilates 10:15-10:55 am Kathy Meeting Room 2			
		Weight Room Orientation 11:00-11:30 am			
		Zumba 10:10-11:00 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.
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!

Back to the Basics: Is a 30 minute modified intensity circuit training class. Using primarily body weights while moving from one area to the next. Each area will focus on a different body part.

Barre None Pilates: Barre none Pilates. Balance, body weight strength and core.

Cardio I: An introductory cardio class for those that are looking to learn different types of cardio 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 ‘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.

Circuit Hour: Is a one hour timed circuit training class using dumbbells, weight bars and “tiny steps” to strengthen muscles and work the core. Members will engage in solo as well as partner movements to work the entire body.

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

Low Impact Aerobics: 30 minutes of easy to follow impact cardio steps, followed by 15 minutes of core and strength.

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

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

Tabata: All-out extreme intensity for 20 seconds, followed by 10 seconds of rest. This cycle is 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 progression 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

Jan. 4 & Feb. 1 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

January 11—Swearing in of NEW board members

February 8—Program of interest to those 50+

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

January 4—President's remarks and introduction of new officers for 2017

Business meeting and 1st quarter Art Challenge "Romance".

January 18—Presentation by Janet Fulk "2017 Calendar of CAC Upcoming Events and Exhibit Opportunities". Business meeting—"How to get motivated to create art"

February 1—Presentation by Ginger Dixon, Painting with a Twist

RR Art School, with group participation painting of "Valentine's Day Art".

February 15—Wine and Cheese kick off meeting and "What makes a dynamic painting".

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

January 11 & 25

February 8 & 22

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

Jan. 10—"An Arundel Tomb," by Philip Larkin and "Love is Not a Pie," by Amy Bloom

Feb. 14—"In Which the Story Pauses a Little," by George Eliot and selections from "The Decay of Lying" by Oscar Wilde

For more information, helensmith204@gmail.com

GARDEN CLUB—1st Monday, 9:00 am

January 9—Presentation on Texas Wildflowers by Barrie Cogburn, Landscape Architect with TXDOT

February 6—Program of interest to be announced

WRITING CLUB—The group will publish their 6th book "*Round Rock Ramblings*". Join now!!

This club is what you make it: read your own stories, the work of others or come to listen.

For more information contact bacawritingclub@gmail.com.

AARP Driver Safety Course

Monday, January 9, 8:30 am-12:30 pm

Thursday, February 9, 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 mahjrtrt@gmail.com to be added to the players list. There is another experienced group that

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, Jan. 10-24, 2:00-3:00 pm **Cost is \$9/for 3 classes** **Course #62**

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, Jan. 4-25—9:00-10:00 am **\$38/4 classes** **Course #51**

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 Jan. & Feb., 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. Intermediate will continue at 2:45 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 the 2nd class due to missing critical information in the first two classes. Instructor approval is needed for the Intermediate class.

Toe Tapping Thursdays

Tapping Practice Thursdays will take place January-May 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.

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 per session.

Jan. 5-26, 6:15-7:15 pm—Course #328

Feb. 2-23, 6:15-7:15 pm—Course #329

Performance Group Entertainment

Have you ever wanted to perform in a stage show? Don't let this opportunity pass you by. If you want to sing, dance, tell a story, do a skit, a comedy routine, etc., there will be a sign up sheet posted on the west side of the kiosk. Please give us your **first & last name**; how we can contact you and what you want to do for the show. 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. The Performance Group meets every Thursday at 2:00. It is open to all Baca members. Our January performance is on the 26th and the theme is "Music, Music, Music". You must be able to come to a mandatory dress rehearsal, January 24th at 10 am. Everyone that performs must attend. The February performance is scheduled for the 23rd and mandatory rehearsal is on the 21st at 10

Writing Club

The Writing Club is working on its sixth anthology, *Round Rock Ramblings*, which should be published and available for sale in the new 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.

There will be a publishing seminar at their regular meeting in February which will be open to all members. More details can be received by e-mailing the writing club.

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

Ping Pong Challenge

We have a fabulous NEW floor in meeting room #3 that is great for ping pong, so challenge all your friends and come play on Tuesdays, 9:00-11:00 am. If we get enough players coming we will add more times in the future. This program is FREE for Baca members and \$1 walk-in fee for non-members.

NEW PROGRAMS

Come Drum for Fun

Looking for a reason to get out of the house? Come hum and drum with Art Prennace on Thursday mornings in the craft room 10-11 am. No drumming or humming experience necessary. This program will begin January 19 and continue through May. The program will be an entertaining, hands-on, and lively gathering. The group will explore innate rhythms that exist in all of us. The group will use drums, shakers, homemade instruments, voices, bodies and breath to synchronize energy in a positive, action oriented activity. Emphasis will be on having fun, building community, laughing, mild exercise and chasing away the doldrums. A variety of instruments will be provided or feel free to bring your own drum, shaker, maracas, etc.

Thursdays, 10:00-11:00 am

FREE for members; \$1 walk-in for others

Stepping On Course

Falls is a leading cause of injury and death to seniors, and these injuries prevent many seniors from being able to live an independent life as they age. Falls are PREVENTABLE, and the Trauma Injury Prevention Department of St. David's Round Rock Medical Center would like to teach you how to prevent falls from negatively affecting your life. Please consider attending our 7-week Stepping On course where we will discuss home safety, medications, vision changes, and other topics to keep you safe in your home and around the community. Courses are led by a Trauma Nurse, a Physical Therapist, a paramedic, a pharmacist, and a vision specialist. Participants must be able to function independently (cane or occasional walker use is acceptable) and engage in some light exercises. This workshop is FREE and open to members and anyone in the community. Interested participants MUST register for the program at the Baca Center front desk, as participation is limited.

Thursdays, January 26-March 9, 1:30-3:30 pm

FREE

Course #1520

Baca Walkers

Come join a few dedicated Baca members each morning in the lobby for a 1/5 mile walk around the interior perimeter of the center. Walking generally takes place between 8:30 and 11:30 am each morning, Monday through Friday. You can find the group leader, Richard Berkley in the lobby or strolling the building. Let's see how many members we can get walking.

Monday-Friday, 8:30ish to start

FREE for Baca Members

Guitar Lesson Interest

Are you interested in beginning guitar lessons and can make a commitment to participate in lessons for an 8-12 week session? Maybe you are a current player that is interested in learning how to be a lead guitar player and can make a more long-term commitment to take lessons? If you are interested, please let the front desk know and we will schedule lessons if we get at least 5 people interested for each type of lesson. The instructor would be a volunteer that currently plays in our strings group.

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+.

Wild Oats

Wednesday, January 18, 1-3 pm



Eva is expecting a life insurance check in the realm of \$50,000 but what she gets is \$5 million. This unexpected windfall opens up a whole world of possibilities for her. Eva decides to take her best friend on a road trip of adventure. Along the way the two become fugitives and find themselves the center of never ending media coverage.

The Dressmaker

Wednesday, February 15, 1-3 pm



After leaving in disgrace and scandal, a woman returns to her rural hometown many years later with a sewing machine and an eye for couture gowns. Things begin to look grim for Tilly but she manages to inspire women of the town while serving up a little payback for those who wronged her. Tilly uses her skill, wit, and overall gumption to overcome her secretive past and reconnect with the people of her past.

If you are a NEW group leader, please let the Baca Team know so we can make sure the correct person is receiving information.

SPECIAL EVENTS

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. Cost is FREE for members and \$5 for non-members.

Friday, January 6—#212, 7:00-9:30 pm

Friday, February 3—#213, 7:00-9:30

Texas Independence Day Celebration

Hey y'all, it's fixin to be March and do you know what that means? March means it's time to celebrate the great State of Texas. Mark your calendar now for Friday, March 3rd and plan to celebrate Texas Independence Day with us. Festivities will be planned throughout the day. Watch for more details and a list of activities on flyers soon to come.

Friday, March 3

FREE for Baca Members

Affordable & Licensed Long-Term Senior Care!

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**



NEW YEAR'S RESOLUTIONS

Results

30 Days for \$30
NOW through February 28, 2017

SIGN UP TODAY!

During any of our class times below!

Valid for those who are new to Jazzercise or those who haven't attended class in 6 months or longer.



Regular Fees:

\$45 – monthly auto-draft (unlimited classes)
\$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.

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

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. If you are NOT on the list for the trip, you will NOT be permitted to participate on the trip.

TRIPS, TRIPS, TRIPS

ALL REGISTRATION FOR THE LISTED TRIPS WILL BEGIN ON JANUARY 10.

There will be more trips in the March/April Baca Buzz

***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, March 6 #1598

Monday, April 3 #1599

Monday, May 1 #1600

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/departments/animal-services

Thursday, Jan. 19

Depart: 4:30 pm

Return: 7:30 pm

Cost: \$9 (Meal OYO)

Where: Austin

Course #1601

STEINER RANCH STEAKHOUSE

Join us for a view of the lake and great steaks or seafood. This trip always fills up quickly so register early and bring your appetite.

This restaurant boasts to have the best steak anywhere and great views. We will have a private room for dining.

www.steinersteakhouse.com

Sunday, Jan. 22

Depart: 1:15 pm

Return: 5:15 pm

Cost: \$9 (Meal OYO)

Where: Austin

Course #1602

SEND ME NO FLOWERS AT WAY OFF BROADWAY

George's favorite hobby is hypochondria. At one of his many doctor visits, he overhears his doctor discussing another patient with heart trouble, and mistakes the dying man's diagnosis for his own. He bravely prepares to meet his end, sure that it's 'his time'. He writes a heartbreaking letter to his wife to be read as his eulogy. He tries to arrange a good second husband for his soon-to-be widow. When he finally tells his wife about his impending demise, she quickly finds out that he's not dying at all. She believes it's just a lame excuse to hide an affair.

www.wobcp.org

TRIPS, TRIPS, TRIPS

Tuesday, Feb. 7

Depart: 9:30 am

Return: 3:30 pm

Cost: \$20 (Meal OYO)

Where: Cedar Park

Course #1602

“WONDERFUL THINGS” FROM THE PHARAOH’S TOMB

Join us for a guided tour at the Texas Museum of Science and Technology (TXMOST) in Cedar Park. The Pharaoh’s Tomb is a superbly reproduced, and magnificent collection of legendary artifacts which faithfully preserves the grandeur and mystery of the most astonishing archaeological treasure ever discovered. Because all pharaohs were buried with the same sacred equipment, more or less, even Tutankhamun’s own treasures were replicas in their day. Crafted from the same ancient, traditional designs, the riches in this awesome collection of 130 artifacts are presented as a composite portrait of an ancient individual and the remote times in which he lived. Instead of traditionally focusing on the chambers of the tomb, the artifacts are grouped according to aspects of the pharaoh’s life: an Introductory hall, the hall of the Discovery, the Private Pharaoh, the Public Pharaoh, and the Sacred Burial. A mystical voyage to another era, this spellbinding exhibition is accompanied by a haunting score of ambient music (commissioned by the Texas Museum of Natural History in 1997 for the ongoing national tour) which transports its visitors to a vanished world and evokes the eternal mystery of the pharaoh’s tomb. The planetarium is also included in the ticket price. After our museum tour, we will go to lunch at Los Reyes Mexican Restaurant which has a huge menu of choices.

www.txmost.org

www.losreyestexas.com

Thursday, Feb. 16

Depart: 9:00 am

Return: 3:00 pm

Cost: \$9 (Meal OYO)

Where: Austin

Course #1603

TEXAS QUILT MUSEUM & LOCKHART

Join us for a special exhibit of winners from the International Quilt Festival with exhibits of “Sacred Threads” and “Tranquility” at the Texas Quilt Museum in Lockhart. After our tour, we will let the group walk the downtown area for shopping and dining at one of the many restaurants and antique stores.

www.texasquiltmuseum.org

Thursday, Feb. 16

Depart: 9:00 am

Return: 4:00 pm

Cost: \$9 (Meal OYO)

Where: Austin

Course #1604

FACTORY CAFÉ AND BURNET ROAD SHOPPING

Join us for a great cup of coffee and maybe a unique waffle breakfast at one of Austin’s newest café’s. There is unique seating and NO laptops are permitted. After our coffee, we will travel down Burnet Road and stop at some of the unique shops such as Saver’s; Assistant League Thrift House and It’s New to Me Consignment. For lunch, we will stop at Pinthouse Pizza which has great salads, pizza and craft beers.

www.thefactorycafe.com

www.alaustin.org

www.itsnewtomeaustin.com

www.stores.savers.com/tx/austin www.pinthousepizza.com

Trip Information

Here is information that will help those that travel with the Baca Center.

1. We are unable to take overnight trips therefore casino trips are not an option. Casino's in Oklahoma now charge for a charter bus and the cost is well beyond what would be appropriate to charge our members.
2. We are unable to travel outside of Texas. We only travel a maximum of 3 hours from the center.
3. The Governor's Mansion tours require extensive background checks for each person therefore this trip is not an option. Some trips are not able to accommodate groups as large as ours and some are too expensive.
4. Trips are scheduled with extra padding because it is not possible to know how long it will take for a group of 30 people to eat, tour or hike. It is best to add extra padding so we can return on time rather than return late. Feel free to bring reading material and/or snacks.
5. It is your responsibility to review pricing at restaurants and keep in mind that most add 8-20% gratuity to large groups and you are responsible for paying gratuity.
6. Due to limited time and adhering to a set schedule, we only stop once per 1.5 hour period of driving. Please use the restroom prior to traveling.
7. If you have a wheelchair or walker, it is your responsibility to notify the team when registering. We are limited to 1 wheelchair per trip.
8. Meeting us at our trip location is NOT permitted. You will NOT be considered part of the group if you do NOT ride the bus.
9. People that are NOT on the list for a trip will NOT be permitted to participate regardless of openings or cancellations. ALL registrations MUST take place prior to the trip date through the front desk. Please DO NOT show up the day of a trip and hope to get a spot.
10. Not all trips have a tour guide and the driver is not responsible to lead the group/trip. When going to various locations, the driver will drop the group off and set a pick up time to return. It is your responsibility as an adult to participate on your own. Please be courteous and return to the pick up location ON TIME.
11. All seats are on a first-come, first serve basis. Once you have chosen your seat for the trip, that is your seat the ENTIRE trip.
12. Above all else, we strive to make each trip a great experience. Please keep in mind that traffic, restaurants, tour location, etc. can affect the outcome of the trip and some things are beyond our control.
13. Please always complete the trip survey so we can improve upon each trip.
14. Suggestions are accepted however please suggest only items we have control over.

March-May trips will be in the March/April *Baca Buzz*

Registration for those trips will begin on Tuesday, February 28

MLK Day—Jan. 16

Star Shuttle Service