



Baca Buzz

Volume 8, Issue 2

March/April 2017

Baca Team

Supervisor

Deborah McRoberts

Program Coordinator

Dawn Moonan

Fitness Coordinator

J.J. Lillibridge

Administrative Team

Carol Isaacks

Michelle Jones

Carla Hamlin

Recreation Assistant

Larry Behringer

Lou Hapshie

Bus Driver

Paul Wayne

Steve Hamlin

Custodians

Padraig (Pat) Lavin

Nidia Chavez

TEXAS INDEPENDENCE DAY CELEBRATION

YeeHaw ya'll loosen your boots and tighten your saddle cuz we're fixin to have a rootin tootin time as we celebrate Texas Independence Day. We'll start the day with a Cowboy Breakfast in the pasture complete with Baca's own Guitar group pickin all your favorite Texas tunes. Then, when your happier 'n a hog wallerin in the mud, we'll head for the dining room for Cowboy Bingo. After Bingo, steer on over to the campfire where we will be tellin authentic stories of Texas's heritage, and maybe a few Tall Tales. There'll be some dang good giveaways too so you don't want to miss the campfire. Bout this time Camp Cookie Chad will be stirrin up a mess of real Texas Barbe-que with all the trimmins. After dinner, come on over to the sing-a-long and let yer belly rest awhile. Then, when ya git yer second wind a goin, head on over yonder to the Dance Hall and kick up yer heels to the "old school" country sounds of *Glen Collins and the Alibis*. Belly on up to the bar and wet yer whistle with some adult beverages and light snacks. And pardner, if that ain't enuff to tucker y'all out and good, well let's just say, you gotta bigger hat 'n I do. And Yankees, before you git all riled up, don't cause a ruckus, the word "Texas" means "friend" so down in these parts, we's all friends. Reminders: Get a detailed schedule of events at the front desk. Sign-up for lunch with WBCO (fees apply). Sign up for the dance ahead of time. In the spirit of Texas Independence Day, programs will be free to members on March 3rd. And if them's not braggin rights, well then I don't know what is. Sponsored by Senior Care Centers and Slaton Schauer Law Firm, pllc

HEALTH INFORMATION FAIR

Texas State University St. David's School of Nursing will be providing a Health Information Fair in the Grand Room. The senior level Bachelor of Science nursing students are studying community-based nursing and the nurse's role in providing health education in the community. Topics range from fire prevention, alcohol use, hand washing, physical activity, monthly breast and testicular self-examinations, sun safety, hydration, immunizations and the dangers of smoking and vaping. Information will be available for pick-up so stop in and learn how you can improve your health.

ANNUAL EGG HUNT

Join Reavis Rehab for our annual Senior Egg Hunt. Breakfast will be provided, and then followed by an egg hunt with over 1,000 eggs. There will be local businesses that donated to the hunt in the grand room with more opportunities to win prizes. The event is FREE for adults 50+ ONLY.

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.

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	9:00-11:00 am 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	9:00-11:00 am 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	
12:45-5:00 pm 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 Rummikub	
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 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 11:00-11:30 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	1:15-3:15 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. Feb/April/June/Aug/Oct/Dec	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	March 30 & April 27	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	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 March-May trips will
take place on Tues. February 28, 2017***

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

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

SPRING 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 Flex & Stretch 8:55-9:10 am Denise Meeting Room 2 Strength Training 9:15-9:50 am Denise Meeting Room 2 Flex & Stretch 9:55-10:10 am Denise Meeting Room 2	Cardio I 8:45-9:30 am Selve Aerobics Room Low Impact Aerobics 9:45-10:30 am Kathy Aerobics Room Stretch & Balance 10:45-11:30am Kathy Aerobics Room	Strength Training 8:10-8:50 am Kathy Meeting Room 2 Flex & Stretch 8:55-9:10 am Kathy Meeting Room 2 Strength Training 9:15-9:50 am Kathy 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	Cardio I 8:45-9:30 am Selve Aerobics Rooms	Back to the Basics 8:15-8:45 am Denise Meeting Room 2 Circuit Hour 9:00-10:00am Denise Meeting Room 2	Zumba 10:30-11:30 am Selve Aerobics Room

**Group Exercise Class Sched.
 January-May, 2017
 Look for a NEW schedule
 to begin in June**

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.

SPRING 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.

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.

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

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.

Please keep in mind that classes can be cancelled at the last minute if an instructor becomes ill and a substitute cannot be found. We will attempt to send an e-mail as soon as we know the class will be cancelled. We apologize for any inconvenience.

ORGANIZATIONS & CLUBS

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

March 1 & April 5 in the Baca Center Lobby—“The National Council on Aging” has created a comprehensive Benefits Check Up Questionnaire for Texas which will help older adults identify programs that may improve their quality of life. This one-on-one meeting will help individuals identify countless federal, state, local and private programs for which they may be eligible. Visit with Nancy Kind, Volunteer Benefits Counselor or call her at 512-246-8455.

AARP—2nd Wednesday, 1:15 pm

March 8—Program of interest to those 50+

April 12—Program of interest to those 50+

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

March 1—Business meeting and art change out

March 15—Demo “Oriental Ink Brush”

April 5—Business meeting and art change out

April 19—Demo “Watercolor Pouring”.

BACA PLAYERS (DRAMA CLUB)—Wednesdays, 1:00 pm

Group will be working on their May performance

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

March 14—“Rappacini’s Daughter,” by Nathaniel Hawthornes and
“Vivisection,” by Claude Bernard

April 11—“Lilies” (selection) by John Ruskin and
“The Feminine Mystique” (selection) by Betty Friedan
For more information, helensmith204@gmail.com

April 18, 1 p.m.: Annual Poetry Month Celebration: Poetry Reading at the Round Rock Library, Room B. Sign up at the meeting to read your favorite poem.

GARDEN CLUB—1st Monday, 9:00 am

March 6—Presentation on Hyper Tufa-Replacement for Volcanic Rock Planters,
presented by Daria Prendergast

April 3—Member plant swap; bring those plants and seeds

WRITING CLUB—Mondays, 1-2:30 pm & Thursdays, 10-11:30 am

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, March 13, 8:30 am-12:30 pm

Thursday, April 13, 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.

PROGRAMS & CLASSES

American Mah Jongg Experienced Player Groups

Experienced players meet on the **3rd Wednesday, 9:15 am-12:30 pm**. Contact Pam at mahjrtrx@gmail.com to be added to the players list. There is another experienced group that meets on the **4th Wednesday, 9:15 am-12:30 pm**. Contact Cheryl at clw25703@gmail.com. Please RSVP to the group leaders in advance if you wish to participate.

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, March 7-21, 2:00-3:00 pm

Cost is \$9/for 3 classes

Course #59

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, March 1-29—9:00-10:00 am (no class 3/15)

\$38/4 classes

Course #57

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.

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.

Save the Dates:

May 6, 11 am-1 pm—Generations Tea Luncheon

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. (No class on 3/16)

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. Our March 30th performance theme is "Broadway". You must be able to come to a mandatory dress rehearsal, March 28th at 10 am. Everyone that performs must attend. The April performance is scheduled for the 27th and mandatory rehearsal is on the 25th at 10 am. The theme for April is "Hank Williams Country".

Writing Club

Many special events in our lives are built around food: family reunions, holiday events, super bowl parties and church suppers. The Writing Club's challenge, prompt for you who are writers, was to write a story about one of those events and include a recipe for one of the food items you mentioned. The project was such fun that we wanted to include all Baca members who would like to participate. The stories don't have to be long - just a reminder about why it's your favorite. Or, if you have a recipe from another country or culture that you want to share, please do. Don't worry about grammar or spelling in the story but please do make sure your recipe is correct because we will not be testing them before publishing them in our very own cookbook. Submissions may be sent to bacawritingclub@gmail.com or given directly to the Baca team.



**ALLEN R. BACA CENTER
WAS VOTED
BEST AUSTIN SENIOR CENTER
BY SENIOR RESOURCE GUIDE**

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 music room 10-11 am. No drumming or humming experience necessary. 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.

Thursdays, 10:00-11:00 am

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

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.

Beginning Guitar Lessons

This class is for new guitar players and those with some experience but want to increase skill levels. Lessons will cover basic chord patterns, chord progressions, strumming patterns and left and right hand exercises. At the end of the class, we will have learned to strum two or three songs and be able to apply skills to learn new songs. Students should have access to instruments in good repair. Acoustic is preferred but electrics are welcome.

Thursdays, March 23-May 11, 8:30-9:30 am

Course #1613

\$14 for Baca Members

Android Instruction

Did you get an Android tablet and are unsure how to operate it to its fullest capacity? If so, we have someone that will give instruction on the 2nd Thursday of each month, 3-4 pm. Cost will be \$5 for members and is only open to Baca members at this time. Space is limited so register early.

Thursdays, March 9, 3:00-4:00 pm

Course #2353

\$5 for Baca Members

Thursdays, April 13, 3:00-4:00 pm

Course #2354

\$5 for Baca Members

Rummikub

This game is fun, exciting and a brain exerciser. The game is easy to learn and fast moving. It's different every time it is played and combines your luck and strategy so every player has a chance to win until the very end. Contact Moti at zclickz@aol.com and put Rummikub in the subject line. This group will meet in the lobby.

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+.

The Secret Life of Pets

Wednesday, March 15, 1-3 pm



Bring your grandchildren (ages 7+ ONLY) to see this fun family movie about pets. The movie takes place in a Manhattan apartment and Max's life as the only favorite pet is turned upside down when his owner brings home a sloppy mongrel named Duke. They have to put their quarrels behind when they find out that an adorable white bunny named Snowball is building an army of lost pets determined to take revenge.

Sully

Wednesday, April 19, 1-3 pm



On Thursday, January 15th, 2009, the world witnessed the "Miracle on the Hudson" when Captain Chesley Sullenberger (Sully) glided his disabled plane onto the frigid waters of the Hudson River, saving the lives of all 155 on board. However, even as Sully was being hailed a hero by the public and the media for his unprecedented feat of aviation skill, an investigation was unfolding that threatened to destroy his reputation and his career.

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.

Throwback Thursday—Spring Break Gone Retro

Join us for Spring Break as we throwback the time and play all your favorite games. There will be ping pong, monkeys, jax, and lots of the oldie games that we all love to play. This event is FREE and open to all members and friends 50+. Wear your favorite 50's or 60's clothes.

Senior Prom

Join the Round Rock ISD Honors Society for our annual Senior Prom taking place on Saturday, April 8, 4-8 pm. This event is FREE for all adults 50+. Food and refreshments will be provided by the society along with lots of music and dancing. Anyone that has attended in the past can tell you what a great event this is. Make sure you register so we can ensure enough food.

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



5 classes for \$25.00 + get a free gift when you sign up for 6 or 12 months!

JAZZERCISE—This 60 minute class held in the Baca Center Aerobics Room offers a blend of dance and exercise set to favorite music that's easy to follow and fun. Includes a gentle warm up, 30-minute aerobic workout, muscle toning and a stretch finale. Classes are held continuously so you can start anytime! Contact Kathie Elkins at rrjazzercise@gmail.com or (512) 244-2534 to register for classes.

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.

MORE SWEAT. MORE EFFORT.

MORE JAZZERCISE!

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. 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 accompanied 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 and limited seating, **ALL wheelchair participants MUST call Dawn at the center to register for trips the day of registration at 8 am and it will be first-come, first-served.** 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. Snacks/water are permitted.

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 FEBRUARY 28.

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** **CANINE CRUISERS**
Monday, April 3 #1599
Monday, May 1 #1600
Depart: 8:00 am
Return: 1:00 pm
Cost: FREE (Meal OYO)
Where: Austin
Calling all animal lovers interested in helping walk dogs/cats at the Austin Animal Shelter or willing to help cut up snacks. Volunteers will receive training to either walk animals in pairs of 2 adults to 1 dog/cat or training to cut up snacks. The shelter has many animals that don't get an opportunity to take a walk outside of their kennel. We have sponsors that pay for the bus trip so we can provide transportation for FREE 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. A sac lunch is also welcome. Wear closed-toed shoes and bring water.
www.austintexas.gov/department/animal-services
- Wednesday, March 8** **FISHING ON LAKE TRAVIS**
Depart: 8:00 am
Return: 2:00 pm
Cost: \$10 (License & Guide OYO)
Where: Austin
Course #2358
Join us for a private fishing trip on Lake Travis. You are welcome to bring your own lunch/snacks and bring plenty of water. There is a small restroom aboard the boat. *A fishing license will be required* and can be obtained online prior to the trip. A fee of \$25/person will be paid to the guide IN CASH on Wednesday, March 1 in the lobby. If you do NOT pay your guide fees on this day, you will NOT be permitted on the trip and your spot will be filled. The cost includes fishing guide, gear, bait and cleaning of your catch. The center will take a cooler to keep your catch of the day fresh until we get back. Follow the link below to get your license.
www.tpwd.texas.gov/business/licenses/public/recreational/
- Saturday, March 11** **LLANO EARTH ART FESTIVAL**
Depart: 9:00 am
Return: 3:00 pm
Cost: \$13 (Ticket & Meal OYO)
Where: Llano
Course #2359
Join us for an absolutely unique event along the beautiful Llano River. We will drop everyone off at the festival but feel free to walk to downtown for eating or shopping. There will be vendors at the festival for food. You will definitely want to check out the rock stacking along the river. Wheelchairs and walkers may not be able to get real close to the river. Bring \$5 CASH for entrance fee.
www.llanoearthartfest.org

TRIPS, TRIPS, TRIPS

Sunday, March 19

Depart: 10:30 am

Return: 3:30 pm

Cost: \$8 (Meal OYO)

Where: Georgetown

Course #2360

BREAKFAST AND FLUTE CONCERT IN GEORGETOWN

Join us for breakfast at the Monument Café and then a flute concert at 2 pm presented by The Austin Flute Choir at the Georgetown Public Library. The concert will be held in the lobby at the library and you might want to get there early to reserve your seat. After the concert, feel free to walk the square and do some shopping. We will leave Georgetown by 3 pm to head back. Check with the driver for pick up location after shopping. The Monument Café offers waffles, French toast, pancakes, eggs and omelettes.

www.themonumentcafe.com

<https://library.georgetown.org/austin-flute-choir>

Wednesday, March 22

Depart: 8:00 am

Return: 5:00 pm

Cost: \$18 (Meal & Donation OYO)

Where: Montgomery

Course #2361

SAINT FRANCIS WOLF SANCTUARY

Join us for a very unique trip to visit a sanctuary that is home to non-releasable wolves and wolfdogs. We will get a guided tour of their sanctuary, learn lots of fascinating information about wolves and meet one of their trained wolfdog ambassadors. There is a \$10 donation that is payable upon arrival and on your own. After the tour, we will stop for lunch at Wrangler Steakhouse which offers a buffet and was voted best chicken fried steak. NO service dogs permitted due to the other animals.

www.saintfrancissanctuary.org

www.wranglersteakhouse.com

Friday, March 24

Depart: 4:00 pm

Return: 9:00 pm

Cost: \$8 (Meal OYO)

Where: Austin

Course #2362

ERNIE'S ON THE LAKE AT EMERALD POINT

Join us for dinner at Ernie's on the Lake (Rusty Rudder) which was voted best hamburgers on Lake Travis. They also have seafood plates, salads and desserts. There should be live music this evening and beautiful views of Lake Travis.

www.rustyrudderlaketravis.com

Monday, March 27

Depart: 8:00 am

Return: 5:00 pm

Cost: \$20 (Ticket Incl. & Meal OYO)

Where: Waco

Course #2363

MAGNOLIA MARKET AND DR. PEPPER MUSEUM

We have traveled many times to Magnolia Market but they keep adding new shops. They have now opened their own bakery shop, garden area and food truck area at the silos. After shopping and eating lunch at the Magnolia Market, we will travel to the Dr. Pepper Museum for a tour and shopping. The museum is privately owned and has one of the finest collections of soda memorabilia and has expanded to add the Emerson Holt-Ted Getterman Exhibit Gallery, Peggy Pepper's Emporium, and Frosty's Soda Shop. There will be plenty to see at this museum and don't forget to browse the gift shop.

www.magnoliamarket.com

www.drpeppermuseum.com

TRIPS, TRIPS, TRIPS

Wednesday, March 29

Depart: 9:00 am
Return: 5:00 pm
Cost: \$34 (Ticket Incl. & Meal OYO)
Where: San Antonio
Course #2364

MCNAY ART MUSEUM & CERRON'S PURPLE GARLIC

This trip is open to current Art Club members ONLY until March 22 and then if not filled, will open to non-members. The McNay will have several exhibits including their newest; Monet to Matisse: A Century of French Moderns. After the museum, we will travel to the cafe which has an extensive menu.

www.mcnayart.org

www.cerronispurplegarlic.com

Thursday, April 6

Depart: 9:00 am
Return: 3:00 pm
Cost: \$18 (Ticket Incl. & Meal OYO)
Where: Austin
Course #2365

LADY BIRD WILDFLOWER CENTER

The flowers should be blooming and bees buzzing at the wildflower center. We will get a tour of the center and eat lunch at the Wildflower Café which offers sandwiches, salads and snacks. Bring your camera to take pictures of the beautiful gardens and stroll the trails. You can also visit the gift shop.

www.wildflower.org

Sunday, May 21

Depart: 1:00 pm
Return: 5:00 pm
Cost: \$22 (Ticket Incl.)
Where: Lockhart
Course #2366

LONE STAR POTION AT GASLIGHT BAKER THEATRE

Mr. Stancliffe, the owner of a vast fortune has died. His butler, the maid, and his only living relative, Patrice; are there for the reading of the will. Patrice inherits the estate, with one clause, the butler may live out his life on the ranch, and Patrice may not sell it without his permission. But the butler has a surprise for Patrice. Acting on instructions from Mr. Stancliffe, he produces from the safe a formula of what appears to be a love potion. Made from the bark of the Brazilian walnut tree from "Amazonia," the love potion does not affect the person who drinks it. Rather, it causes them to give off an almost imperceptible odor, which affects the vomeronasal organ of the opposite sex, with devastating effect. Before long, everyone is testing it with hilarious results.

www.mygbt.org

Tuesday, April 11

Depart: 8:30 am
Return: 4:30 pm
Cost: \$14 (Meal OYO)
Where: Waco
Course #2367

BAYLOR UNIVERSITY TOURS & BUZZARD BILLY'S

At our first stop, we will tour the beautiful Armstrong Browning Library which is a 19th-century research center dedicated to the study of the lives and works of poets Robert and Elizabeth Barrett Browning and houses the world's largest collection of Browning material and other fine collections of rare 19th-century books, manuscripts and works of art. After our tour, we will go to lunch at Buzzard Billy's which has a beautiful view of the river and a huge menu of choices including Armadillo Eggs (bacon wrapped chicken tenders) and Gator Fingers (alligator strips). Before heading home, we will tour the newly built McLane Stadium which is home to the Baylor Bears. We will tour the locker room, Presidential Level, press box, recruit lounge, Baylor Club and field access.

www.browninglibrary.org www.baylor.edu/martinmuseum

TRIPS, TRIPS, TRIPS

Tuesday, April 18

Depart: 8:00 am
Return: 4:00 pm
Cost: \$16 (Meal OYO)
Where: Columbus
Course #2368

QUIRKY COUNTRY MARKET, HRUSKA'S & MORE

Join us for a unique day just outside of La Grange. Our first stop will be the Quirky Country Market which is a 6,000' market with a little bit of everything. We will get a guided tour of the store, train station, gardens, greenhouses and see their solar power and water harvesting. The gardens should be blooming and beautiful at this time of year. After the market, we will go to Hruska's for lunch. This bakery was founded in 1912 and is still owned by the Hruska family. After lunch and on our way home, we will stop at Old World Antieks for more shopping. Unfortunately, the gardens are not ADA so no wheelchairs.
www.icm71.com
www.hruskas-bakery.com www.oldworldantieks.com

Saturday, April 22

Depart: 8:00 am
Return: 4:00 pm
Cost: \$12 (Meal OYO)
Where: Wimberley
Course #2369

EMILY ANN BUTTERFLY FESTIVAL

Join us for a very unique opportunity as we will raise our own butterflies to release at the festival. Look for the cage in the lobby. The festival will begin with an opening ceremony and releasing of the butterflies. It will continue with vendors, food, music and much more. This will be a great festival.
www.emilyann.org

Tuesday, April 25

Depart: 8:00 am
Return: 4:00 pm
Cost: \$38 (Ticket Incl. & Meal OYO)
Where: Buchanan Lake
Course #2370

VANISHING TEXAS RIVER CRUISE

Join us for breakfast at Crazy Gal's Café and then for a 22 mile cruise along the Colorado River Canyon for spectacular views of waterfalls, towering cliffs, abundant native wildlife and world-class birding. The café was voted best breakfast by the locals and they offer fresh made pastries, pies and homemade breakfast.
www.crazygalsrestaurants.com www.vtrc.com

Saturday, April 29

Depart: 8:00 am
Return: 4:00 pm
Cost: \$14 (Meal OYO)
Where: Blanco
Course #2371

ARNOSKY FARM & RED BUD CAFÉ

Join the Garden Club for a special tour of the Arnosky Farm and a presentation by the owner. The farm has 20 acres in field cultivation and 22 greenhouses. They will have a farmer's market in the Blue Barn which will sell fresh flowers and vegetables. After our farm tour, we will head to the Red Bud Café for lunch. We can also check out the pottery shop next door that is owned by the café. *Trip is open to Garden Club ONLY until April 21.*
www.texascolor.com www.redbud-cafe.com

Sunday, April 30

Depart: 1:30 pm
Return: 6:00 pm
Cost: \$25 (Ticket Incl.)
Where: Leander
Course #2372

DOUBLEWIDE, TEXAS AT WAY OFF BROADWAY

The inhabitants of Texas' smallest trailer park fight the town who wants to annex them. But these friends, enemies, and neighbors realize they must work together if they have a chance to survive being swallowed up by "the big guys". The rollicking mayhem of this flat-out funny comedy escalates as the residents attempt to secede from Texas.
www.wobcp.org

TRIPS, TRIPS, TRIPS

Wednesday, May 3

Depart: 8:00 am
Return: 6:00 pm
Cost: \$20 (Meal OYO)
Where: San Antonio
Course #2373

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

Friday, May 12

Depart: 4:00 pm
Return: 10:30 pm
Cost: \$35 (Ticket & Meal Included)
Where: Austin
Course #2374



LUAU ON THE LAKE

Join the Baca Center for a fabulous time on Lake Travis. We will travel to Lake Travis and hop on a large party barge for views, sunning, swimming and lots of dancing and great music. We will serve sandwiches, chips, watermelon and lemonade. Leis and goodie bags will also be provided. Please make sure you dress appropriately for lake weather. There will be a beautiful full moon this night so the view will be spectacular. The barge is 2 levels and has a very small bathroom on board. *MUST register by April 24* so we can guarantee our reservations. This trip has been awesomely relaxing and enjoyable in the past so make sure you register by the deadline so we don't have to cancel. No wheelchairs or walkers due to drop off location and we will be taking the school bus.

Friday, May 19

Depart: 6:30 pm
Return: 11:00 pm
Cost: \$36 (Ticket Incl.)
Where: Austin
Course #2375

ESTHER'S FOLLIES

Esther's Follies follows the funny in Washington, nationwide, around the world and in Austin—with political and social satire sketches, musical numbers, and magical illusions. Ray Anderson's magic continues to baffle the audiences with his big illusions, and the cast of Esther's parodies are ripped right from the headlines. They do sell adult beverages and popcorn. No wheelchairs due to no nearby parking or convenient loading and unloading zone.

www.estersfollies.com

Tuesday, May 23

Depart: 9:00 am
Return: 2:00 pm
Cost: \$8 (Meal OYO)
Where: Austin
Course #2377

TRADER JOE'S & IRON CACTUS

Trader Joe's is known for packaging innovative, hard-to-find, great-tasting foods at their local stores. Make sure you bring your own shopping bags on this trip. After our shopping, we will go to the Iron Cactus for lunch. They have lunch specials and a large menu of items to choose from.

www.traderjoes.com

www.ironcactus.com

TRIPS, TRIPS, TRIPS

Thursday, May 25

Depart: 10:30 am
Return: 2:30 pm
Cost: \$29 (Ticket Incl.)
Where: Austin
Course #2378

TEXAS PANIC ROOM

Groups of 10 will be locked in a room and the group has 60 minutes to escape. How do you escape? By solving a series of puzzles using your deduction skills and clues found in the room. The theme will be Abandoned School and the secret agents have been tasked with the job of stealing a blueprint of a revolutionary design from Albert Winestein, a self-proclaimed boy genius. The blueprint is stashed somewhere in the classroom and your group must find it within 60 minutes. *MUST register by May 8.*

www.texaspanicroom.com/austin/

HIKING TRIPS

The hiking trips are ONLY for those that are on the current hiking list. You MUST be able to walk at a steady pace for 3-5 miles or more. Some hikes will have a park ranger guide and some will be on your own. Please make sure you bring at least 2 bottles of water, sunscreen, appropriate clothing and shoes. To get on the list, please stop by the front desk.

Tuesday, March 21

Depart: 8:30 am
Return: 1:30 pm
Cost: \$13 (Ticket OYO)
Where: Bastrop
Course #2379

BASTROP STATE PARK HIKE

Easily one of the most popular and beautifully rendered parks in Texas and beyond, 6,500+-acre Bastrop State Park revolves around the "Lost Pines" of central Texas, a seventy-square-mile western outlier of pine and oak woodland. No guide for this hike. Feel free to bring a sac lunch. Bring \$3-5 cash for park entrance fee.

<http://tpwd.texas.gov/state-parks/bastrop>

Thursday, April 13

Depart: 8:30 am
Return: 3:30 pm
Cost: \$11 (Meal OYO)
Where: Wimberly
Course #2380

EMILY ANN THEATER & GARDENS HIKE

Join us for hiking and more at this 12-acre park that offers trails, interactive musical garden, Veterans Memorial Plaza and a life size chess/checker board. We will tour the grounds and eat lunch in the shade of the oak grove. Bring a sac lunch and water bottles.

www.emilyann.org

Monday, May 8

Depart: 8:30 am
Return: 2:30 pm
Cost: \$22 (Ticket Incl. & Meal OYO)
Where: Austin
Course #2381

WEST CAVE DISCOVERY CENTER & HIKE

The center is a 76-acre nature preserve and environmental education facility that provides a sanctuary for the flora and fauna of surprisingly diverse ecosystems. It is a 1-mile guided hike into the cave (126 steps) and then we will tour the discovery center which is integrated exhibits that illustrate how the forces and cycles of nature have interacted to create and sustain this unique sanctuary. This is sure to be a great place to see what nature has to offer.

Bring a sac lunch and water.

www.westcave.org

PRESENTATIONS/WORKSHOPS

Free Estate Planning Seminar

Attend A Free Estate Planning Seminar to Learn...

- How to defend your assets if you or your spouse become disabled, need long term care or nursing home care
 - Have you legally and accurately designated your IRA beneficiaries?
 - How to ensure your assets go to your children, even if your spouse remarries after your death
 - How to protect young children and/or special needs children
 - Why putting your child's name on your property may be a mistake!
 - How to leave inheritance to a relative with drug or alcohol abuse issues
- FREE 1 hour consultation after attending an Estate Planning Seminar!

Thursday, March 9, 10-11:45 am

FREE for everyone

Area Agency on Aging Presentation

Medications help us manage our health, but may cause serious issues if not taken correctly. Medication interactions may also put us at higher risk for falls. Joining the Area Agency on Aging, post-graduate pharmacists currently attending the University of Texas at Austin College of Pharmacy will present a program on Senior Medication Management and Safety at The Baca Center on April 20, 2017, at 11 am. With a generous grant from St. David's Foundation, the Area Agency on Aging (AAA) provides **FREE** Medication Screenings to consumers who are at least 60 years of age and taking five (5) or more medications. Bring your medications with you to the presentation and a representative from AAA will assist you in the completion of the paperwork for the medications screening.

Thursday, April 20, 11-11:45 am

FREE for everyone

NEW Transportation Plan Presentation

Round Rock will be launching fixed route service late this summer. The current demand response bus service will change to ADA Paratransit Service. Paratransit Service is designed as a safety net for persons with disabilities. There is a new eligibility process you will need to go through to find out if you qualify for the Paratransit Service. You can get a copy of the draft (ADA Paratransit Plan) from the front desk. The application is currently being developed and will be available after March 23, 2017. Join us for a presentation on the new transportation

AARP FREE TAX AIDE ASSISTANCE
MONDAY & WEDNESDAY, 10 AM-2 PM
FEBRUARY 1-APRIL 12

Note: The Baca Center team cannot answer tax questions nor take calls for the preparers.

Sign up sheet is put in the lobby at 8:00 am and it is first-come, first-served.

Center Holiday Closures:
President's Day—Feb. 20
Memorial Day—May 29

WBCO Lunch Reservation
512-255-4970
Star Shuttle Service

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

