



Baca Buzz

Volume 8, Issue 5

September/October 2017

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Health & Information Fair

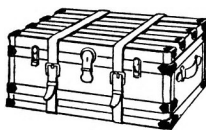
Join the Baca Center for our annual Health & Information Fair on Friday, September 1, 9 am-11:30 am. There will be 30+ vendors with important health information, giveaways, flu shots and more. The event will take place in the Grand Room and there is minimal wait time to get your flu shot. If you have Medicare Part B, your flu shot will be free, for all others the fee will be \$25 payable by check or cash ONLY. This event is FREE and open to anyone 50+ so bring your friends. There will be demos by various Baca groups and lots of great information for adults 50+.

Friday, September 1, 9:00-11:30 am

Baca Center Advisory Board

Beginning in September, the Baca Center will commence taking applications for the 2018 Advisory Board. One position is available. Applications will be accepted through the end of October at which time all applications will be reviewed and interviews set-up. For more information or an application, please check at the front desk.

Trunk or Treat



Join the Baca Center and many local businesses for our annual Trunk or Treat Event. Do you dare look in the trunk or ask for a treat? This year, all participants in a costume will receive a ticket for a door prize drawing.

Tuesday, October 31, 1:00 pm

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.

Member Challenge

Have an idea for a NEW program, event or class? Submit your new idea to the front desk by November 1 and if your program is implemented within a year, you will receive a FREE basic Baca membership. Your suggestion must include details of the program so our team can implement. Thank you to all our members for participating in our programs/events and making them successful.

WEEKLY & MONTHLY 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 10:30-11:00 am Sittercize 12:30-4:30 pm American Mah Jong Club 12:45-3:30 pm Dominoes “42” 11:30 am-4:00 pm Pinochle 1:00-2:30 pm Writing Club 1:00-4:00 pm Pickleball <u>Note new time</u> 1:00-4:30 pm Duplicate Bridge ADVANCED PLAY & MUST have partner	9:00-11:00 am Wood Carvers 10:00 am-2:00 pm Crafty Critters 10:30-11:00 am Sittercize 12:30-4:00 pm Pinochle ADVANCED PLAY 12:45-4:00 pm Texas Canasta 1:00-3:00pm Klub Karaoke <u>Note new time</u> 6:30-9:00 pm Evening Bridge ADVANCED PLAY & MUST have partner	8:00-11:00 am Pickleball <u>Note new time</u> 10:00-11:30am Chicken Foot Mexican Train 10:30-11:00am Sittercize 12:30-3:30pm Dominoes “42” 1:00-3:00 pm Latin Dancing & Baca Players Group 1:00-4:00 pm Spades	10:00-11:30 am Writing Club 10:30-11:00 am Sittercize 12:30-4:00 pm Bridge for Fun 12:45-4:00 pm Canasta Club OR Hand/Foot 1:00-2:30 pm Conversational Spanish Class 1:00-3:00 pm Tejano Time & Performance Group Practice <u>Note new time</u>	9:00-10:00 am Intro to Tai Chi*—\$4 10:00-11:30 am Advanced Tai Chi*—\$4 10:00-11:30 am Bingo*—\$2 12:30-3:30 pm Mexican Train 1:00-2:30 pm Sing-A-Long 1:00-3:00 pm Rummikub	9:30-11 am Computer Support*— \$5 Baca members ONLY MUST register by 5 pm Wed. prior
				<div style="border: 2px solid orange; padding: 5px;"> *Requires registration and fee, non-members pay an additional \$1 walk-in fee. </div>	

Times listed are start times, arrive at least 15 minutes early if you wish to participate

<u>Monthly 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
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	Sept. 28 & Oct. 26	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

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
Total Strength 8:00-8:45 am Denise Aerobics Room Cardio N' Balance 9:00-9:45 am Kathy Meeting Room 2 Barre None Pilates 10:00-10:45 am Kathy Meeting Room 2 Monday Circuit* 6:00-6:45 pm Susan Meeting Room 2	Cardio I 8:30-9:15 am Selve Aerobics Room Total Strength 9:30-10:15 am Denise Aerobics Room Flexible Strength 10:30-11:15 am Jennifer Aerobics Room	Total Strength 8:00-8:45 am Jennifer Aerobics Room Body Weight Strength 9:00-9:45 am Kathy Meeting Room 2 Barre None Pilates 10:00-10:45 am Kathy Meeting Room 2 Zumba 10:15-11:00 am Selve Aerobics Room WR Orientation 11:00-11:30 am Cardio Core* 6:00-6:45 pm Jon Meeting Room 2	Cardio I 8:30-9:15 am Selve Aerobics Room Total Strength 9:30-10:15 am Denise Aerobics Room Full Body Blast* Denise Meeting Room 2	Total Strength 8:00-8:45 am Denise Aerobics Room Triple Threat 9:00-10:00 am Denise Meeting Room 2	Zumba 10:30-11:30 am Selve Aerobics Room



ROCK ACTIVE
HEALTH, STRENGTH, COMMUNITY

NEW Visit the Round Rock Parks and Recreation Facebook page and join the Rock Active Facebook GROUP for all your fitness news and schedule updates.

Group Exercise Class Guidelines

1. Tickets for Group Exercise Classes will be handed out **15 minutes** before class starts. Check in and receive your ticket at the Baca Center front desk. **Only 1 card for a class can be picked up at a time.**
2. Baca members must present their membership card to validate a current membership. Baca non-members will pay the drop in rate of \$3/class. *These classes are open to age 18+ with a CMRC or Baca membership.
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.
6. Class descriptions are available at the front desk.

Opportunities for Williamson & Burnet Counties

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

<http://www.opportunitiesforwbc.org/>

512-255-4970

ORGANIZATIONS & CLUBS

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

Sept. 6 & Oct. 4 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

Sept. 13—Program of interest to adults 50+

Oct. 11—Program of interest to adults 50+

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

Sept. 6—Business meeting and critique

Sept. 20—Demonstration of painting clouds with Kathy Pena

Oct. 4—Business meeting and critique

Oct. 18—Paint along acrylic technique with Linda Eminson

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

Group will be meeting to work on various skits

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

Sept. 12—"The New Organon," (selection) by Francis Bacon

Oct. 10—"A Letter Concerning Toleration" by John Locke

For more information, helensmith204@gmail.com

GARDEN CLUB—1st Monday, 9:00 am

Sept. 11—Tree Pruning presented by Emsud Horozovic, Forestry Manager
with City of Round Rock

Oct. 2—Member plant swap, bring those plants and seeds

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

The Writing Club is what you make it: read your own stories or poetry, the work of others or just come to listen. Select the day that fits your schedule best or attend both meetings.

Join this fun and entertaining group now!!

For more information contact bacawritingclub@gmail.com.



AARP Driver Safety Course

Monday, September 11, 8:30 am-12:30 pm

Thursday, October 12, 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 Terry at makj3bc@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

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. Moving up to the beginning/intermediate class will be with instructor approval and may take more than one Ultra Beginner session to meet the skills of the beginning/intermediate class.

Tuesdays, Sept. 5-19, 2:00-3:00 pm	Cost is \$9/for 3 classes	Course #1871
Tuesdays, Oct. 3-17, 2:00-3:00 pm	MUST register in advance!!	Course #3997

Chair Yoga for Seniors

This class is perfect for persons who may have difficulty getting to the floor and back up. The chair provides support and stability in standing and seated positions, allowing the student to experience a yoga class where gentle backbends, forward bends, lateral stretches and twisting postures are easily accessible. Participants will benefit by improving flexibility, strength, circulation, range of motion, balance, posture and breathing. Suitable for people with limitations.

Wednesdays, Sept. 6-27—9:00-10:00 am	\$38/4 classes	Course #4097
Wednesdays, Oct. 4-25—9:00-10:00 am	\$38/4 classes	Course #4098

Computer Support

Is your data backed up, your warranty over, want to fix your computer yourself? Join Scott Wheeler for “how to” classes which will cover cleaning up your Windows operating system, install/uninstall applications/drivers, troubleshoot diagnostics, manage viruses, and more. Bring your laptop to the class. If you have a PC do a print screen of your issue. MUST register by 5 pm the Wednesday prior and if no registrations, instructor will not show up.

Saturdays in Sept. & Oct., 9:30 am-11:00 am	\$5/Saturday for Baca members
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Beginning & Intermediate Kupuna 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.

Fridays, Oct. 6-Dec. 8, 1:45 pm (all participants)	FREE for Baca members
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(No class on Nov. 10 & 24)

PROGRAMS & CLASSES

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 group meets every Thursday at 1:00 and has a special performance on the last Thursday at 1 pm. The special performance is in the grand room and open to everyone that would like to attend the show.

Sept. 28, "Famous Texas Songwriters" 1:00 pm Oct. 26, "Goulish & Glamorous"

Writing Club—Have a Favorite Recipe

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.

Mondays, 1:00-2:30 pm

Thursdays, 10:00-11:30 am

Ki Gong for Mind, Body and Spirit



Ki Gong is a system of movements designed to develop the mind, body, and spirit. Exercises focus on circulatory, respiratory, and Ki-Energy systems of the body. This class does not have impact movements and is geared towards students with limited range of motion. Anyone that sits for long hours, have a healing injury or a health issue that restricts their body can benefit from this class. Improve posture, balance, concentration and relaxation with easy to follow physical exercises. This program is for adults 18+.

Mondays, Sept. 11-25, 6:00-7:00 pm

Course #3479

\$32/3 classes

Mondays, Oct. 2-24, 6:00-7:00 pm

Course #3480

\$42/4 classes

Ceramic Holiday Ornament Making Class

Like to make ornaments for your tree or as a holiday gift? This class will give instruction on making ceramic holiday ornaments. The first class will be creating your ornaments and the second class will be glazing your creations. All supplies will be included and all ornaments will be fired in the kiln. Pick up date will be the week after the last class.

Mondays, November 27 & December 4, 9:00 am-noon \$10/members Course #3087

NEW PROGRAMS & CLASSES

Origami Making Workshop—NEW

The ancient art of symmetrical paper folding began in Japan during the 17th Century. Origami develops hand-eye coordination, fine motor skills and mental concentration. The goal of this class is to transform colorful square sheets of paper into a finished sculpture through folding and sculptural techniques. All materials will be provided and the class will be instructed by Anita De la Cruz.



Thursday, September 21, 10:00-11:45 am

Course #3629

\$5 for Baca Members

Thursday, October 19, 10:00-11:45 am

Course #3630

\$5 for Baca Members

A Matter of Balance

This award-winning program consists of eight 2-hour classes designed to help adults age 60+ reduce their fear of falling. The classes consist of group discussions, problem-solving strategies and physical activity. You will learn to view falls as controllable; set goals for increasing activity; reduce fall risks and exercise to increase strength and balance. This program is presented by the Area Agency on Aging and Texas A&M nursing students. Must be 60+.

Mondays, Sept. 11-Oct. 30, 2:00-4:00 pm

FREE for members

Course #5607

Eat Smart, Live Strong

Join this 4 week class to learn the two behaviors that have the biggest impact on health. This is an encouraging support group where we discuss the barriers we all face when trying to make healthy changes, and how to overcome them. The program is presented by Texas A&M AgriLife Extension. The classes are FREE for Baca members and \$5 for non-members. Please register in advance by calling 512-943-3391, space is limited.

Thursdays, September 21-October 12, 1:30-2:30 pm

Round Rock-Opoly Tournament

Join the Baca Center for a FUN new game of Round Rock-Opoly. If you like Monopoly, then you will love playing Rock-Opoly which is all about Round Rock. There will be 2 board games so we can have 16 people register to play and 2 bankers (bankers will not play). We will play for up to 2 hours and then if no winner, we will award a prize to the person with largest net-worth.

Popcorn and lemonade will be provided but feel free to bring your own snacks.

Wednesday, October 25, 1:00 pm

Course #5503

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 meets in the lobby.

Fridays, 1:00-3:00 pm

FREE for members

DAY TRIPS & TIPS



If you like to see new places, museums, plays, 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 personal caretaker specifically for the participant. Due to the bus configuration and limited seating, all wheelchair participants must call Dawn 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 on the bus.

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. The seat you select is your seat for the entire trip. Participants are not permitted to meet us at the trip location and all participants that ride to a location must return on the bus.

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 BEGAN ON JULY 25.

***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!!!

If you cancel LESS than 2 weeks in advance, you will NOT get a refund or credit.

Important Trip Reminders

Please review and follow our trip etiquette posted in the Baca bus. These guidelines are important to the success of our trips so everyone has a pleasant and memorable experience. If you have pictures you are willing to share from trips, please bring them on a zip drive and we will upload the pictures to our flickr account. Since trip registration began in July, at the time of publication, some of the popular trips are already at capacity and are indicated under the course #. You are welcome to request to be put on the waitlist and will be contacted by phone should there be an opening. Please always make sure your phone number is current on your account so you don't miss out on a trip opportunity.

Follow the link to see trip/event pictures from the Baca Center.

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

Thursday, Sept. 7

Depart: 9:30 am

Return: 3:30 pm

Cost: \$8 (Meal OYO)

Where: Austin

Course #3893

DELL CHILDREN'S HOSPITAL TOUR & LUNCH

We will get a tour of the beautiful and intriguing art at the hospital along with a walk thru their outdoor healing garden. After our tour, we will eat lunch at Thyme Out on the first floor which uses fresh herbs from their outdoor herb garden. After lunch we will stop by the Treehouse Gift Shop. Before heading home, we will stop by a few of the shops near the hospital.

Tuesday, Sept. 12

Depart: 9:30 am

Return: 5:30 pm

Cost: \$23 (Meal OYO)

Where: Waco

Course #2367

BAYLOR UNIVERSITY TOURS & BUZZARD BILLY'S

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 & 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. 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 & Gator Fingers. Before heading home, we will tour the 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

Thursday, Sept. 21

Depart: 8:30 am

Return: 3:30 pm

Cost: \$21 (Meal OYO)

Where: Austin

Course #3894

FULL

BOB BULLOCK & SCHOLZ BEER GARTEN

Join us for a visit to the Bob Bullock and their newest exhibits. Pong to Pokemon—The Evolution of Electronic Gaming in which visitors will discover the scope and impact of the electronic gaming industry as a cultural and technological phenomenon. American Spirits—The Rise and Fall of Prohibition is the first comprehensive exhibition about America's most colorful and complex constitutional hiccup. For lunch, we will travel to the famous Scholz Beer Garten established in 1866 and offers a huge menu of choices ranging from burgers, BBQ and German meals.

www.thestoryoftexas.com

www.scholzgarten.com

Monday, Sept. 25

Depart: 8:00 am

Return: 2:00 pm

Cost: \$10 (License & Guide OYO)

Where: Austin

Course #3895

FULL

FISHING ON LAKE TRAVIS

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 in CASH upon registration. The cost includes fishing guide, gear, bait and cleaning. Follow the link below to get your license.

www.tpwd.texas.gov/business/licenses/public/recreational/

Tuesday, Sept. 26

Depart: 10:30 am

Return: 2:30 pm

Cost: \$8 (Meal OYO)

Where: Georgetown

Course #3896

BROOKWOOD COMMUNITY OF GEORGETOWN (BiG)

Brookwood is a God-centered entrepreneurial vocational community where adults with intellectual challenges are celebrated and empowered by engaging their talents in meaningful work. Citizens craft pottery pieces, unique cards, and help assemble jewelry in the workrooms. In the kitchen, they make and package homemade granola and The BiG Cookie. In the garden, they are learning about planting and growing sunflowers, vegetables and herbs. These enterprises are sold in The BiG Shop to sustain the program. We will have a private presentation about the organization, lunch will be served and pre-ordered (cost \$8-12) and an opportunity to shop at their store and greenhouse.

Thursday, Sept. 28

Depart: 8:30 am

Return: 4:30 pm

Cost: \$12 (Meal OYO)

Where: Spicewood

Course #3897

LIVING DESERT RANCH

This ranch focuses on education in cultivating a homesteading lifestyle, characterized by subsistence agriculture, home preservation of organic, food supply, and production of textiles, clothing and craftwork for household use, sale, trade, service or barter. We will get a presentation of succulents and art. We will tour the ranch, store, gallery and have lunch at the ranch. Lunch will be \$12/person. This trip is open to garden club members only until September 5 and then will open to everyone. You must be on the garden club list to register prior to September 5.

www.livingdesertranch.com

TRIPS, TRIPS, TRIPS

Saturday, Sept. 30

Depart: 3:30 pm

Return: 9:30 pm

Cost: \$9 (Meal OYO)

Where: Liberty Hill

Course #3898

FULL

DAHLIA CAFE

This cafe specializes in homemade Dressed Up Country Cooking! They don't serve vegetables from a can or frozen prebreaded chicken fried steaks. They have a huge menu ranging from burgers, salads, steaks and of course great desserts. Weather permitting they will have live music. We will arrive early because they do not accept reservations.

www.dahliacafe.com

Tuesday, Oct. 3

Depart: 7:00 am

Return: 7:00 pm

Cost: \$36 (Meal OYO)

Where: Weatherford

Course #3899

DOSS HERITAGE, VINTAGE GRILL & CHANDOR GARDEN

Join us for an adventure in Weatherford as we make our first stop at the Doss Heritage and Cultural Museum which will have a new exhibit: *Courage* which is remembering 100 years of Parker County Veterans. For lunch we will get a special treat at the Vintage Grill and Museum. This unique restaurant/museum offers a farm to table menu of burgers, sandwiches and tacos along with vintage cars including a 1964 Lincoln that belonged to LBJ. Before heading home, we will stop by the Chandor Gardens for a self-guided tour of the beautiful gardens, waterfall and many water fountains.

www.vintagegrillandmuseum.com

www.doscenter.org

www.ci.weatherford.tx.us/834/Visit-Chandor-Gardens

Friday, Oct. 6

Depart: 5:00 pm

Return: 10:00 pm

Cost: \$8 (Meal OYO)

Where: Manor

Course #3900

CELE STORE

The Cele Store was first established as the Richland Saloon in 1891. The Weiss family purchased the store in 1951 and ran it for 56 years. In 2007, the store briefly closed but was reopened in 2008 by their grandson. They do not use a "rub" on their brisket and ribs and the secret to great tasting BBQ is their pit which was built in 1964 and has been "seasoned" over the years. They only serve meats, so feel free to bring your own sides. The center will bring a cooler for the sides. There will be live music by the Charlie Murphy Band on the outdoor stage. No wheelchairs.

www.celestore.com

Tuesday, Oct. 10

Depart: 9:00 am

Return: 4:00 pm

Cost: \$14 (Meal OYO)

Where: Medina/Bandera

Course #3901

FULL

HILL COUNTRY ALPACAS & O.S.T. RESTAURANT

Alpacas are so cute and furry at this ranch. We will meet and visit their herd of alpacas and shop in their store that carries many items made in Texas using Alpaca fiber including yarn, rugs, apparel items and alpaca inspired décor. For lunch, we will travel to Old Spanish Trail (O.S.T.) Restaurant for a home cooked meal and then some shopping in downtown Bandera. No wheelchairs and no restrooms at the Alpaca farm. We will stop prior to our arrival for a restroom break. Tour will be about 1 hour in duration.

www.hillcountryalpacas.com

TRIPS, TRIPS, TRIPS

Sunday, Nov. 12

Depart: 12:30 pm

Return: 7:30 pm

Cost: \$26 (Ticket Incl.)

Where: Wimberley

Course #3912

DIARY OF ANNE FRANK AT EMILY ANN THEATER

While Anne's diary continues to be a source of inspiration and a historical treasure, the play gives us even more. Anne is still the central figure, but we are able to view the other characters and see them come to life as well. The relationships, family differences, and emotional rollercoasters they face let us become a part of history that the diary doesn't offer. As an audience, we're treated to a three-dimensional view not just of Anne Frank, but of her world and the people with whom she shared it with. This is sure to be an emotional and heart warming performance.

www.emilyann.org

www.katesplacewimberley.com

Thursday, Nov. 16

Depart: 8:00 am

Return: 6:00 pm

Cost: \$20 (Meal OYO)

Where: San Antonio

Course #3913

ALAMO AND RIVERWALK IN SAN ANTONIO

We have been to San Antonio many times but never to visit the Alamo. This is your chance to view the historic landmark where heroes died fighting for freedom. We will tour the Alamo for about an hour and then hop back on the bus to be dropped off on the Riverwalk for shopping on your own. There are many many shops and restaurants to choose from.

www.thealamo.org

www.thesanantonioriverwalk.com

Saturday, Nov. 18

Depart: 12:30 pm

Return: 4:30 pm

Cost: \$22 (Ticket Incl.)

Where: Lockhart

Course #3914

USO TRIBUTE AT GASLIGHT BAKER THEATRE

The show will be filled with music, dance, comedy and magic similar to those traveling shows seen by our heroes and heroines serving in the US military. You will see performances by the likes of Marilyn Monroe, Frank Sinatra, Elvis Presley and more. If you have served in the military, bring your military ID to the Baca Center and your ticket will be free and your cost for the trip will be \$10 but you MUST present an ID when registering and bring along on the trip to show the theatre. www.gaslightbaketheatre.org

Tuesday, Nov. 28

Depart: 7:00 am

Return: 7:00 pm

Cost: \$47 (Ticket Incl. & Meal OYO)

Where: Houston

Course #3915

FULL

NASA—JOHNSON SPACE CENTER

This is your chance to go on site at NASA Johnson Space Center and get a behind-the-scenes look at space exploration. The center is located on 1,600 acres, Johnson Space Center is the home of Mission Control where human space missions and the operations of the International Space Station are monitored. It is also where astronauts prepare and train for missions. The tram tour also takes guests through Rocket Park, where an actual Saturn V rocket is displayed, along with other rockets that propelled humanity into space. There are also exhibits, films, live shows and a 90 minute tram tour. Lunch is on your own and there are several places to choose from to eat.

www.visitnasa.com

TRIPS, TRIPS, TRIPS

Tuesday, Oct. 17

Depart: 8:30 am
Return: 4:30 pm
Cost: \$26 (Meal OYO)
Where: Johnson City
Course #3902
FULL

EXOTIC RESORT ZOO

This zoo has over 700 animals and 45+ species to see and interact with while we are traveling on their open air bus for a tour of their 137 acres. This will definitely be a treat and you might get a kiss from their camels. After our ranch tour, we will stop in at the Pecan Street Brewery for lunch and maybe some shopping if time allows.
www.zooexotic.com www.pecanstreetbrewing.com

Thursday, Oct. 19

Depart: 7:00 am
Return: 7:00 pm
Cost: \$26 (Meal OYO)
Where: Palestine
Course #3903

PALESTINE

We will begin our tour at the Columbia Scientific Balloon Facility where they launch large unmanned research balloons. We will drive to Eilenberger Bakery for a tour and shopping. For lunch we will go to Pine & Barrel which was featured on multiple TV travel shows. After lunch, we will tour Sacred Heart Catholic Church, Historic Redlands Inn and then a tour of the town. We will wrap up our day at Oxbow Bakery & Old Town Vintage for a snack and shopping. No wheelchairs.
www.visitpalestine.com www.csbf.nasa.gov

Saturday, Oct. 21

Depart: 5:00 pm
Return: 10:00 pm
Cost: \$8 (Meal OYO)
Where: Walburg
Course #3904

DALES ESSENHAUS IN WALBURG

Dale's is celebrating 20 years of service and the famous 1/2 lb. Walburger. They have a huge menu of home cooked items, appetizers, beer and will have live music in their outdoor beirgarten. There will be great food, great friends and lots of music.
www.dales-essenhaus.com

Tuesday, Oct. 24

Depart: 9:00 am
Return: 3:00 pm
Cost: \$26 (Meal OYO)
Where: Dripping Springs
Course #3905
FULL

TEXAS HILL COUNTRY OLIVE COMPANY

We will get an hour tour of their beautiful olive orchard and mill. They will offer tastings of both olive oil and balsamic vinegars at their Tuscany style tasting room. After the tour, we will go to their on-site bistro for lunch. They serve appetizers, soup, salad, sandwiches and desserts. Before heading back, we will stop in at a few of the local shops.
www.texashillcountryoliveco.com www.lonestargifts.net

Thursday, Oct. 26

Depart: 8:00 am
Return: 5:00 pm
Cost: \$37 (Meal Incl.)
Where: Bellville
Course #3906
FULL

NEWMAN'S CASTLE & BAKERY

The castle is a one-of-a-kind custom creation which has a moat, working drawbridge, a chapel, turrets, a courtyard and a great view of the surrounding lands. We will stop by the bakery to meet up with our guide and then travel to the castle for the tour and lunch. Lunch will include a homemade sandwich, chips, desserts and drink. After the castle we will drive into town and stop at a few stores before heading back. This trip will fill quickly. No wheelchairs or walkers.
www.newmanscastle.com

TRIPS, TRIPS, TRIPS

Saturday, Oct. 28

Depart: 11:00 am
Return: 6:00 pm
Cost: \$9 (Meal OYO)
Where: Gruene
Course #3907
FULL

GRUENE HALL & DOWNTOWN GRUENE

We are off to the historic town of Gruene for shopping, lunch and live music. Gruene Hall will have live music by Flat Top Jones, 1-5 pm. There are several shops and restaurants near Gruene Hall. The bus will drop everyone off downtown and you will shop, eat and go to Gruene Hall on your own.

www.gruenehall.com

www.gruenetexas.com

Thursday, Nov. 2

Depart: 9:30 am
Return: 4:30 pm
Cost: \$8 (Meal OYO)
Where: RR/Austin
Course #3908

ANTIQUES AND THRIFT SHOPPING

We will begin our day at the newly opened Once Loved Treasures in Round Rock then head to the Austin Antique Mall. We will stop for lunch at Stinsons Bistro which serves breakfast all day along with burgers and salads. After lunch we will continue on Burnet Road for more shopping. No wheelchairs due to the frequency of getting on/off the bus.

www.austinantiquemall.com

www.stinsonsbistro.com

www.facebook.com/oncelovedtreasuresatx/

Sunday, Nov. 5

Depart: 10:00 am
Return: 5:00 pm
Cost: \$22 (Meal OYO)
Where: New Braunfels
Course #3910
FULL

WURSTFEST IN NEW BRAUNFELS

This is a unique celebration rich in German culture near the headwaters of the Comal River. There will be good food, live music, vendors, games, a carnival, German beer and Alpine and Bavarian Style entertainment.

www.wurstfest.com

Tuesday, Nov. 7

Depart: 10:30 am
Return: 3:30 pm
Cost: \$8 (Meal OYO)
Where: Austin
Course #3909

SILO ON 7TH & MAGGIE LOUISE CONFECTIONS

We will start with lunch at Silo on 7th Street which offers burgers, sandwiches, tacos and much more. For dessert, we will go to Maggie Louise Conf. which is a creative confections company that brings haute couture designs to the world of chocolate. They have been featured on Good Morning America and the Today Show just to name a few. Their chocolates can be purchased in a themed box or al a carte.

www.siloonseventh.com

www.maggielouiseconfections.com

Thursday, Nov. 9

Depart: 9:00 am
Return: 5:00 pm
Cost: \$12 (Meal OYO)
Where: Wimberley
Course: #3911

WIMBERLEY

Need some holidays gifts? Join us for a fun filled day in Wimberley. There are plenty of shops and restaurants to choose from. The bus will drop everyone off in downtown Wimberley for on your own shopping and dining. You can go to the website to find some of the great places to shop and dine.

www.wimberley.org

TRIPS, TRIPS, TRIPS

Thursday, Nov. 30

Depart: 9:00 am

Return: 4:00 pm

Cost: \$12 (Meal OYO)

Where: Salado

Course #3916

SALADO SHOPPING

We will begin our day at the Salado Glassworks where we can shop and watch them making blown glass products. We will then head into Salado for more shopping and dining on your own.

www.saladoglassworks.com

www.salado.com/index.cfm

Sunday, Dec. 3

Depart: 3:00 pm

Return: 10:00 pm

Cost: \$12 (Meal OYO)

Where: Burnet

Course #3917

MAIN STREET BETHLEHEM

Once you step through the gates you will step back in time to witness what life might have been like in the village at the time of Christ's birth. Walk through the village and experience the animals, campfire and hot breads. Once we arrive, participants can walk to town for dinner or get in line for the town. We may need to wait in line to get into the village but around 7:30 on most Sundays, there is no line. Feel free to shop and eat in town. Texas Tea-licious comes recommended for a great meal. Our plan is to leave Burnet around 9:00 pm or sooner if everyone has visited the village. This trip will fill quickly and the village is not ADA accessible so no wheelchairs or walkers. The village is free but donations are greatly appreciated, please bring cash.

Tuesday, Dec. 5

Depart: 7:00 am

Return: 7:00 pm

Cost: \$37 (Ticket Incl. & Meal OYO)

Where: Dallas

Course #3918

GEORGE W. BUSH PRESIDENTIAL LIBRARY & MUSEUM

The permanent exhibit at the George W. Bush Presidential Library and Museum looks at the life and career of President George W. Bush. The exhibit brings the story of President and Mrs. Bush's leadership to life for visitors by highlighting the principles they followed when making key decisions and by promoting an understanding of the Presidency, American history, and public policy. There are many exhibits to see including a full-size replica of the Oval Office which will be decorated for the holidays. Lunch will be at Café 43 at the museum and they offer soups, salads, sandwiches and desserts. This will be our first trip to this museum, register early it may fill up.

www.georgewbushlibrary.smu.edu

Tuesday, Dec. 12

Depart: 3:30 pm

Return: 9:30 pm

Cost: \$12 (Meal OYO)

Where: Johnson City

Course #3919

FULL

MARBLE FALLS & JOHNSON CITY HOLIDAY LIGHTS

The holiday lights in Marble Falls & Johnson City are absolutely remarkable. We will begin our trip at the River City Grille that overlooks Lake Marble Falls. After dinner, we will stroll the Marble Falls trail of lights and then drive to Johnson City to see their beautiful lights and courthouse. No wheelchairs or walkers.

www.rivercitygrilletx.com

TRIPS, TRIPS, TRIPS

Thursday, Dec. 14

Depart: 6:00 pm

Return: 10:00 pm

Cost: \$55 (Ticket Incl.)

Where: Austin

Course #3921

FULL

THE KING AND I AT BASS CONCERT HALL

This musical is breathtaking and exquisite directed by Barlett Sher. Set in 1860's Bangkok, the musical tells the story of the unconventional and tempestuous relationship that develops between the King of Siam and Anna Leonowens, a British school teacher that the King brings to Siam to teach his many wives and children. Seats will be rear of 1st balcony or front of 2nd balcony.

www.texasperformingarts.org

Monday, Dec. 18

Depart: 10:00 am

Return: 5:00 pm

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

Where: Austin

Course #3922

ARMADILLO BAZAAR

This trip is for those last minute shoppers or those looking for gifts from the heart. The bazaar will offer an exceptional shopping experience with over 160 curated artists and 3 live music shows daily. There will be artists with jewelry, home furnishings, glass, woodworks, metalworks, pottery and much more. There will also be café style food/drinks available at the food court.

www.armadillobazaar.com

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, Sept. 19

Depart: 8:30 am

Return: 1:30 pm

Cost: \$8 (Entrance & Meal OYO)

Where: Austin

Course #3931

LADY BIRD TRAIL & BARTON SPRINGS POOL

This will be a refreshing hike along Lady Bird Trail and then we will go to the Barton Springs Pool for a quick swim or relaxing along the springs. Cost to enter the pool is \$4 on your own. Bring plenty of water and a sac lunch. Don't forget to bring a towel and swim suit if you wish to enjoy the springs.

www.austintexas.gov/departments/barton-springs-pool

Thursday, Oct. 12

Depart: 8:30 am

Return: 1:30 pm

Cost: \$12 (Entrance & Meal OYO)

Where: Burnet

Course #3932

LONGHORN CAVERN STATE PARK

This state park has been around since 1932 and offers tours of the cavern and also tours of the trails. We will have a guided hike which will enhance our experience of this wonderful park. The cost for the guide is \$5 payable on your own. You can bring a sac lunch or they have a grill and snack bar. Bring plenty of water.

www.longhorncaverns.com

HIKING TRIPS

Tuesday, Nov. 14

Depart: 8:00 am
Return: 5:00 pm
Cost: \$27 (Meal & Ticket
OYO)
Where: Vanderpool
Course #3933

LOST MAPLES STATE PARK

This state park has 10 miles of trails including a loop that takes you along the top of a 2,200 foot cliff. We will hike and enjoy the beautiful and colorful fall foliage. You can find a foliage report on their website with pictures of what we will see on our hike. Bring a sac lunch to eat at the park. Cost for the park is \$6/person, please bring cash. www.tpwd.texas.gov/state-parks/lost-maples

Monday, Dec. 11

Depart: 8:30 am
Return: 1:30 pm
Cost: \$16 (Meal & Ticket
OYO)
Where: Fredericksburg
Course #3934

ENCHANTED ROCK HIKE

This hike never gets old because of the beauty of this park and the challenge to get to the top of the rock. Hopefully the weather will be just cool enough to make this an enjoyable day. Bring a sac lunch to eat at the park and plenty of water. Cost for the park is \$7/person, please bring cash. www.tpwd.texas.gov/state-parks/enchanted-rock

WORKSHOPS

Family Eldercare Presentation

Family Eldercare will introduce their essential programs which are designed to promote the health, well-being and dignity of seniors and adults with disabilities. They will bring to life one of their most engaging programs, Life Time Connection Without Walls, a telephone-based program that allows older adults to connect, learn and have fun with others using their personal phone.

You only grow old when you stop PLAYING.

Thursday, September 7, 11:00 am

FREE for members

Beck Pre-Planning Presentation

Please join Beck Funeral Home for an informational meeting about pre-planning and financial planning. A free lunch will be provided and you will have a chance to win door prizes. Advanced registration is required. Please call Mallory Hickock 512-713-7161. Hope to see you there!

Thursday, September 14, 11:00 am

FREE for members

St. David's Presentations

Zachariah Logan of St. David's Round Rock Medical Center will speak on joint replacement surgery for those seeking to learn more about the surgery, or perhaps already considering a joint replacement. He will discuss when to consider replacement, what to know prior to surgery, and what to expect throughout the entire process at St. David's Round Rock Medical Center.

Thursday, September 21, 11:00 am

FREE

Earl Kilbride Jr., MD of St. David's Round Rock Medical Center will speak on shoulder arthritis and rotator cuff injuries. Multiple types of arthritis and injuries may cause pain and weakness in the shoulders, especially as we age. Dr. Kilbride will address the cause of injuries and arthritis in the shoulders, symptoms and possible treatment options.

Thursday, October 12, 11:00 am

FREE

SPECIAL EVENTS

Let's Dance

Have fun, exercise and socialize at the same time! Join your friends on the first Friday of each month for a social dance. Lemonade and coffee will be provided. Bring your own refreshments, snacks and BYOB. No guests, under age 50. **Please register in advance.** Join the group for free line dance lessons at 6:30 pm. The dances are FREE for members and \$5 for non-members. This group will be celebrating their 5 year anniversary at the September dance so there will be live music by Jody Berry for the 1st hour and a cake sponsored by the Baca Center.

Friday, Sept. 1—#3405, 7:00-9:30 pm

Friday, Oct. 13—#3406, 7:00-9:30 pm

8-Ball Pool Tournament

Calling all pool players!!! Join the Baca Center and Trinity Care Centers for our annual Pool Tournament taking place at Fast Eddie's Billiards, 100 Parker Dr. on Monday, November 6 at 11 am. The tournament is free for Baca members and \$5 for all others. You need to register in advance so we can check your membership status prior to the tournament. Participants must be registered by noon on Friday, November 3. There will be NO registration at the event. First and Second Place winners will receive prizes in the form of gift cards. This will be a double elimination tournament and partners will be chosen by a drawing upon arrival. Fast Eddie's will have a chef on-hand to make lunch or drinks which you will pay for on your own. Register early so we can ensure enough participants to make enough teams for exciting play.

Monday, November 6, 11:00 am-3:00 pm

Course #3406

CINEMA MOVIES

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

Lion

Wednesday, September 20, 1:00-3:00 pm



A five year old boy gets lost on the streets of Calcutta, thousands of miles from home. He survives many challenges before being adopted by a family from Australia. Twenty five years later, he sets out to find his lost family.

Going in Style

Wednesday, October 18, 1:00-3:00 pm



Desperate to pay their bills when their pension fund becomes a corporate casualty, three lifelong friends risk everything by embarking on a daring bid to knock off the very bank that absconded with their money.

POWER FOR PARKINSON'S®

Power for Parkinson's® is a non-profit organization that provides **FREE** fitness classes, dance classes and social events for people with Parkinson's disease and their care partners in Austin and its surrounding areas. Power for Parkinson's® now offers a free exercise class for anyone with Parkinson's disease and their care partners in Round Rock at **N'Caliente Zumba Studio (2111 Sam Bass Road.)**

These ***Fitness with Parkinson's*** classes meet **every Thursday from 1:30 - 2:30 pm**. This class focuses on strength, balance, coordination and range of motion. Participants enjoy challenging mind games and strength training using balls, bands and weights. Be prepared to get fit and have fun with energetic instructor, Mary Holder, who has been teaching fitness for over 25 years, and fellow participants. All levels of physical fitness are welcome and no experience necessary!

Power for Parkinson's is also looking for committed volunteers to assist in our Parkinson's Fitness and/or Dance Classes on a weekly basis. This is a hands on opportunity to work directly with and to get to know our participants. Some of the duties include setting up/breaking down the room where the classes are held, checking in participants when they enter a class and spotting those who may need extra assistance. This is a great opportunity to positively impact the lives of participants and care partners. PFP relies on volunteers to keep classes running smoothly. If interested and available to commit yourself to regularly volunteering, please contact info@powerforparkinsons.org or 512-464-1277 or for more information.

SAVE THE DATES

Trunk or Treat

Tuesday, October 31, 1:00 pm

8-Ball Pool Tournament

Monday, November 6, 11:00 am

USO Show

Thursday, November 9, 1:00 pm

Veteran's Dinner

Thursday, November 9, 6:00-8:00 pm

Thanksgiving Luncheon

Tuesday, November 14, 11:30 am

Holiday Luncheon

Tuesday, December 12, 11:30 am

Please register with the lunchroom for the luncheons



Williamson County CAREGIVER CONFERENCE

Saturday, September 23rd

Williamson Conference Center at the Wingate by Wyndham Hotel

FREE
for Family
Caregivers!

- Nationally-renown keynote speaker
- Special sessions on topics vital to caregivers
- Access to regional resources and non-profit organizations serving Williamson County

Online Registration Opens Aug. 1st: www.AGEofCentralTX.org

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 pm
Friday—8 am-4 pm
Saturday & Sunday—9 am-noon
Orientation: Wednesday at 11 am

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

Opportunities Lunch Reservation

512-255-4970

Para Transit Services

512-244-7433

Center Holiday Closures:

Labor Day—Sept. 4
Veteran's Day—Nov. 10
Thanksgiving—Nov. 23 & 24
Christmas—Dec. 22-25

