



# Baca Buzz

Volume 11, Issue 2

March/April 2019

## Baca Team

### *Supervisor*

Kelly Gaydos

### *Program Coordinator*

Dawn Moonan

### *Fitness Coordinator*

Jennifer Wesson

### *Administrative Team*

Carol Isaacks

Michelle Jones

Carla Hamlin

### *Recreation Assistants*

Larry Behringer

Lou Hapshie

Elizabeth Noyola

### *Bus Driver*

Paul Wayne

### *Custodians*

Padraig (Pat) Lavin

Martha Gonzalez

### **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.

## A Note From the Baca Center Supervisor:

Come join me at the Turquoise Table! For those of you who aren't familiar with the concept, it's a simple way to connect to your community and build friendships. I will be spending time at this table most Wednesdays starting at 11:00 am, as an opportunity for conversations. Just as the Baca Center is open to everyone 50+, I encourage you to spend time at the turquoise table; you never know who you might meet.

Please help me welcome Jennifer Wesson to the Baca Center as the Fitness Program Coordinator! Jennifer has been a part of the Fitness Team for several years as an instructor and trainer, and brings many years of experience in many different areas with her.

Thank you all for the warm welcome I have received over the past month. I am excited to be a part of all of the wonderful classes, activities, groups and services that the Baca Center offers!

## Egg Hunt & Breakfast

Join the Baca Center and Reavis Rehab for our annual Egg Hunt for adults 50+. Breakfast tacos will be provided, followed by an egg hunt with over 1,000 eggs. Local businesses will be set up in the grand room with more opportunities to win prizes and receive pertinent information related to adults 50+. Registration is not necessary but don't be late or you might miss the hunt. Don't forget to bring your basket. NO bingo, Tai Chi or fitness classes.

**Friday, April 19, 9-11 am**

**FREE for adults 50+**

## Senior Prom

Join Round Rock High School National Honor Society for our annual Senior Prom. There will be lunch, dancing and lots of socializing.

Space is limited, so register early. The event is FREE for adults 50+.

**Saturday, April 13, 12-3 pm**

**Course #24382**



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

# WEEKLY & MONTHLY ACTIVITIES

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p><b>10:10-11:10 am</b> Beg. Line Dance*—\$3</p> <p><b>10:30-11:00 am</b> Sittercize</p> <p><b>12:30-4:30 pm</b> American Mah Jong Club EXPERIENCED</p> <p><b>12:45-3:30 pm</b> Dominoes “42”</p> <p><b>12:30 am-4:00 pm</b> Pinochle</p> <p><b>1:00-2:30 pm</b> Writing Club</p> <p><b>1:00-4:00 pm</b> Pickleball</p> <p><b>1:00-4:30 pm</b> Duplicate Bridge ADVANCED PLAY &amp; MUST have partner</p>	<p><b>9:00-11:00 am</b> Wood Carvers</p> <p><b>10:00 am-2:00 pm</b> Crafty Critters</p> <p><b>10:30-11:00 am</b> Sittercize</p> <p><b>12:30-4:00 pm</b> Pinochle ADVANCED PLAY</p> <p><b>12:45-4:00 pm</b> Texas Canasta</p> <p><b>1:00-3:00pm</b> Klub Karaoke <small>4th week is rehearsal for performance group only</small></p> <p><b>6:00-8:00 pm</b> Pickleball</p> <p><b>6:30-9:00 pm</b> Evening Bridge ADVANCED PLAY &amp; MUST have partner</p>	<p><b>8:00-11:00 am</b> Pickleball</p> <p><b>10:00-11:30am</b> Mexican Train</p> <p><b>10:30-11:00am</b> Sittercize</p> <p><b>12:30-3:30pm</b> Dominoes “42”</p> <p><b>1:00-3:00 pm</b> Latin Dancing</p> <p><b>1:00-4:00 pm</b> Spades</p>	<p><b>9:00-11:00 am</b> Windjammers</p> <p><b>10:00-11:30 am</b> Writing Club</p> <p><b>10:30-11:00 am</b> Sittercize</p> <p><b>12:30-4:00 pm</b> Bridge for Fun</p> <p><b>12:30-3:45 pm</b> Racehorse Canasta Cribbage</p> <p><b>1:00-2:30 pm</b> Conversational Spanish Class</p> <p><b>1:00-3:00 pm</b> Tejano Time &amp; Performance Group Practice</p>	<p><b>9:00am-3:00pm</b> NEW-Open Game Play</p> <p><b>10:00-11:30 am</b> Bingo*—\$2 Intro to Tai Chi*—\$3</p> <p><b>12:30-3:30 pm</b> Mexican Train Hand/Foot Canasta</p> <p><b>1:00-2:30 pm</b> Sing-A-Long</p> <p><b>1:00-3:00 pm</b> Rummikub</p>	<p><b>9:30-11 am</b> Computer Support*— \$5 Baca members ONLY <b>MUST register by 5 pm Wed. prior</b></p>
				<p><b>*Requires registration and fee, non-members pay an additional \$1 walk-in fee.</b></p>	

***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>
<b>Art Club</b>	1st & 3rd Wednesday	1:00-3:00 pm
<b>AARP—general meeting</b>	2nd Wednesday	1:15-3:15 pm
<b>AARP—board meeting</b>	3rd Wednesday	1:15-2:15 pm
<b>Benefits Counseling—one-on-one</b>	1st Wednesday	9:00-11:00 am
<b>Book Discussion</b>	2nd Tuesday	1:00-2:00 pm
<b>Bunco</b>	1st & 3rd Tuesday	6:30-8:30 pm
<b>Cinema Movie</b>	3rd Wednesday	1:00-3:00 pm
<b>Daffodil Dolls</b>	1st Wednesday	10:30-11:30 am
<b>Garden Club</b>	1st Monday	9:00 am-11:00 am
<b>Performance Group Entertainment</b>	March 28 & April 25	1:00 pm
<b>Mah Jongg (American)—Experienced</b>	3rd Wednesday	9:30 am-12:30 pm
<b>Round Rock New Neighbors Cards</b>	3rd Wednesday	9:30 am-12:30 pm
<b>Sing for Joy</b>	4th Tuesday	11:00 am
<b>Spanish Sing-A-Long</b>	1st Thursday	10:00-11:30 am

# 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
<b>Cardio N' Balance</b> 9:00-9:50 am Jennifer Meeting Room 2	<b>Cardio I</b> 9:00-9:45 am Selve Aerobics Room  <b>Piloxing Lite</b> 10:00-10:45 am Selve Aerobics Room  <b>Sculpt &amp; Stretch</b> 11:00-11:45 am Denise Aerobics Room	<b>Body Sculpt</b> 8:00-8:45 am Melanie Aerobics Room  <b>Strength &amp; Stretch</b> 9:00-9:50 am Jennifer Meeting Room 2  <b>Zumba</b> 10:15-11:00 am Selve Aerobics Room  <b>WR Orientation</b> 11:00 am Denise Weight Room	<b>Cardio I</b> 8:30-9:15 am Selve Aerobics Room  <b>Barre Above</b> 9:30-10:20 am Christa Aerobics Room  <b>Sculpt &amp; Stretch</b> 10:30-11:15 am Denise Aerobics Room  <b>Sculpt &amp; Stretch</b> 5:30-6:15 pm Denise Meeting Rm 2		<b>Zumba</b> 10:30-11:30 am Selve Aerobics Room
<b>WELCOME</b> Jennifer Wesson <i>Fitness Recreation            Program Coordinator</i>			Visit the Round Rock Parks and Recreation Facebook page and join the RockActive 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.
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 Monday-Friday at 11:45 am for Williamson & Burnet County residents. Opportunities clients pay \$3 for meals. Meals are \$7 for non-clients. Menu is available online or at the Baca Center & subject to change:

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

**512-255-4970**

# ORGANIZATIONS & CLUBS

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

**March 6 & April 3 in the Baca Center Lobby**—Visit with Nancy Kind, Volunteer Benefits Counselor from the Area on Aging, if you are new to Medicare or if you have questions about Medicare and its programs.

**NEW**—Veteran’s Affairs will assist with Caregiver Support Program & Health Care and Benefits for Veterans

Both programs are a one-on-one consultation and first come, first serve.

## **AARP—2nd Wednesday, 1:15 pm**

**March 13**—Program of interest

**April 10**—Program of interest

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

**March 6**—Business meeting and art critique: bring your artwork to share and discuss

**March 20**—Business meeting and art demo by Garland Anderson, “Perspective in Watercolor and Pen and Ink”

**April 3**—Business meeting and art critique; bring your artwork to share and discuss

**April 17**—Business meeting and art demo

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

**March 12**—“The Black Cat,” by Edgar Allan Poe

**April 9**—“The Real Thing,” by Henry James

For more information, contact the Baca front desk

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

**March 4**—“Getting Your Garden Ready,” by Teresa Wilts

**April 1**—Member plant exchange; bring your plants and seeds to share

## **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!! Contact [bacawritingclub@gmail.com](mailto:bacawritingclub@gmail.com) for more information about the group.



## **AARP Driver Safety Course**

**Tuesday, March 19, 8:30 am-12:30 pm**

**Thursday, April 18, 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.

For online course: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)

# PROGRAMS & CLASSES

## American Mah Jongg Experienced Player Group

Experienced players meet on the 3rd Wednesday, 9:30 am-12:30 pm. Contact Terry at [mahj3bc@gmail.com](mailto:mahj3bc@gmail.com) to be added to the players list. Please RSVP to the group leader in advance if you wish to participate.

## 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 are provided, however you can bring your own beverages and snacks. No guests under age 50. **Please register in advance**. Join the group for free line dance lessons at 6:30 pm.

**Friday, March 1—#16640, 7:00-9:30 pm**

**Friday, April 5—#16641, 7:00-9:30 pm**

## 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 6-27—9:00-10:00 am**

**\$29/3 classes**

**Course #17757**

**Wednesdays, April 3-24—9:00-10:00 am**

**\$38/4 classes**

**Course #17759**

(No class March 20)

## 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 and pay by 5 pm the Wednesday prior** and if no registrations, instructor will not show up. This class DOES NOT teach computer skills.

**Saturdays in March & April, 9:30 am-11:00 am**

**\$5 for Baca members only**

## Beginning & Intermediate Kupuna Hula

All Kupuna Hula will meet at 1:00 pm for basic instruction, technique, Hawaiian language and history. Intermediate will continue at 2:30 pm 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. Instructor approval is needed for the Intermediate class. (No class on April 19)

**Fridays, March 29-May 31, 1:00 pm (all participants)**

**FREE for Baca members**

## NEW—OPEN GAME PLAY IN THE MUSIC ROOM

The room is now available every Friday, 9 am-3 pm for open play of any game, puzzle, etc. Limited supplies or bring your own.

# 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. Names cannot be added after sign-up end date and no phone calls to add your name. The group meets every Thursday at 1:00 pm and has a special performance on the 4th Thursday at 1:00 pm in the grand room. For those in the show there is a mandatory rehearsal at 1:00 pm the Tuesday prior to the performance date.

**March 28, "Let's Dance"**

**April 25, "Country and Western"**

## Ultra Beginner Line Dancing

Students will learn the very basic steps including the grapevine, kick-step and more. This program does not require any previous dancing experience and will help you move up to the beginner and/or improver line dance classes with approval. It may take more than one Ultra Beginner session to meet the skill level of the beginner and improver classes.

**Tuesdays, March 5-19, 2:00-3:00 pm**

**Cost is \$9/for 3 classes**

**Course #16646**

**Tuesdays, April 2-16, 2:00-3:00 pm**

**Course #16647**

# WORKSHOPS

## Savvy Social Security Workshop

What Baby Boomers need to know to maximize social security income: 5 factors to consider when deciding when to apply for benefits; 2 innovative strategies for coordinating benefits with your spouse; how divorcees and widows can increase their benefits; and how to minimize taxes on social security income. The decisions you make today can have a tremendous bearing on the total amount of benefits you receive over your lifetime.

**Thursday, March 14, 11:00 am**

**FREE for Baca Members**

## Origami Making Workshop

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. Please register in advance.

**Thursday, March 21, 10:00-11:45 am**

**Course #16955**

**\$5 for Baca Members**

## AARP FREE TAX AIDE ASSISTANCE MONDAYS & WEDNESDAYS, 10:00 AM-2:00 PM FEBRUARY 4-APRIL 10

**Note: The Baca Center team cannot answer tax questions nor take calls for the preparers.  
The Baca Center building opens at 7:30 am.  
Sign up sheet is put in the lobby at 7:30 am and it is first-come, first-served.**

# WORKSHOPS

## Nutrition Workshop

We will be speaking about the body's needs for both micro-nutrients (vitamins, minerals, etc.) & macro-nutrients (proteins, fats, & carbohydrates). Focusing on macro-nutrients, we will dive into concepts like good carbs vs. bad carbs, the different types of fats, & the way that your body utilizes protein for various metabolic functions. From there, we will explore efficient ways to incorporate awareness of one's macronutrient intake into meal prep! We will introduce Profile as a resource for healthy lifestyle change & conclude with a Q&A session.

**Thursday, March 28, 11:00 am**

**FREE for Baca Members**

## The Plan Everyone Should Make Workshop

Join Karen Horn from Cook-Walden and Weed-Corley-Fish Funeral Homes & Cremation Services, along with Candice Bocoek, a Board Certified Estate Planning and Probate law attorney for a fast paced "lunch and learn" program. The program will educate on the necessary steps to take regarding final arrangement planning. Feel free to bring a friend/family member and share this chance to accomplish the most important "to do" on your list. RSVP by calling 512-413-5664 or email [karen.horn@dignitymemorial.com](mailto:karen.horn@dignitymemorial.com).

**Thursday, April 4, 11:00-11:45 am**

**FREE for Baca Members**

## Genexe Workshop

Genexe Health provides Genetic Cancer (CGx) & Pharmacogenomics (PGx) Screening focusing on individuals who have an active Medicare Part B Insurance Plan or Medicare Advantage PPO, which covers these screenings 100% providing no out-of-pocket cost. The screenings are simple non-invasive mouth swabs, meaning we just swab the inside of their cheek with a sterile swab. We first fill out a quick online form to confirm qualification then we conduct the screening. The whole process takes about 7 minutes per person.

**Thursday, April 11, 11:00-11:45 am**

**FREE for Baca Members**

## Paying for Long Term Care Workshop

If you need LTC, how will you pay for it? This workshop explains ways to preserve assets and pay for care with VA benefits, Medicaid and insurance products. If you or your spouse served in the military, you may be eligible for a tax free pension from the VA to help pay for care. Medicaid helps pay for nursing home care, and with proper planning, you can preserve some or all of your savings. Insurance products, including LTCi Life Insurance and Annuities, are another option to reduce or cover the cost of LTC. Join us for an informative discussion of your options.

**Thursday, April 18, 11:00-11:45 am**

**FREE for Baca Members**

## Calligraphy Workshop

Calligraphy is the art of beautiful writing. The advantage of learning Calligraphy is that you can save money on creating your own invitations, cards, and many more creative ideas. Calligraphy markers come in various sizes. You will need to purchase your own Calligraphy marker in black, you choose the size and style. Calligraphy paper will be provided and the class will be instructed by Anita De la Cruz. Please register in advance.

**Thursday, April 18, 10:00-11:45 am**

**Course #16963**

**\$5 for Baca Members**

# 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+.

## *A Dogs Way Home*

**Wednesday, March 20, 1:00-3:00 pm**



A young dog is extremely bonded to his new owners. The family reciprocates the puppies' love and are happy to welcome him to their family. When the family decides to move, it's their intention to take the canine with them. Unfortunately, plans change, but the dog doesn't realize it. With his family 400 miles away, the dog has to overcome many obstacles, if he wants to be part of the family again.

## *Vice*

**Wednesday, April 17, 1:00-3:00 pm**



Dick Cheney served as the Vice President for the 43rd president George W. Bush. Prior to that, Cheney spent years moving up the ranks in terms of his political career, and ultimately oversaw 1991's Operation Desert Storm. During the eight years he spent in office, Cheney became known as one of the most powerful VPs in the history of the country. This movie shows his rise to power and his policies show that they had wide-reaching effects, changing the world in many ways.

## *Pflugerville* *Seniors Conference*

### **Pflugerville Community Church**

(1214 Pfennig Lane, Pflugerville, TX 78660)

- Free Admission
- Complimentary Breakfast and Lunch
- Resource & Information Fair
- Baylor Scott & White Wellness Checks
- Seminars with area experts on aging related topics, including Medicare, Advanced Planning, and Wellness

## **Thursday, May 9**

## **9:00 am - 2:00 pm**

**Register FREE Online at**  
**[TinyURL.com/PvilleConf2019](https://TinyURL.com/PvilleConf2019)**

Register with Your  
Smart Device



**Hosted By:**



# GRANNY BASKETBALL®

*A gentle game for women of a certain age*

## Come Learn to Play

### ROCKETTES

Clay Madsen Recreation Center  
1600 Gattis School Rd.  
Round Rock, TX  
512-218-3220

**THURSDAYS, 5-7 PM**

*(Please leave jewelry and long fingernails at home.)*



1920s-style uniforms and rules

#### Why do mature women play Granny Basketball?

- For fun and competitive exercise.
- To relive their youth.
- For another crack at the State Tournament.
- Wholesome, nostalgic, and sometimes humorous entertainment.
- Preserve the history of six-on-six basketball.
- And for charity. Granny Basketball players donate their time, talent and fees to selected charities and non-profit organizations.

#### Granny Basketball Rules (Abbreviated version)

1. A team consists of two guards, two forwards, and one or two centers, all of whom remain in their designated court.
2. The floor is divided into three courts.
3. No running or jumping. (Hurrying is allowed).
4. Two dribbles per possession per player.
5. No physical contact.
6. No timelines or lane restrictions
7. A game consists of four 8-minute quarters with a continuous clock, except for falls and fouls.
8. One time out per team per quarter
9. Three fouls only are allowed per player. Players are disqualified after the third foul.
10. 3 points are scored for underhand shots; 2 points for other field goals; 1 point for free throws.

*Team uniforms resemble the original girls' basketball uniforms of the 1920s:*

- White blouse with numbered middy collar
- Black bloomers
- Knee socks or stockings of any (team) color
- Tennis shoes
- Hats, boas, scarves (optional)

*No bare legs or upper arms may be revealed. (technical foul!)*

#### Qualifications

Granny Basketball players are not required to have any previous experience. Granny Basketball players must...

- ✓ Be 50 years of age or older,
- ✓ Be able to sustain moderate physical activity for several minutes without collapsing,
- ✓ Furnish and maintain her own uniform,
- ✓ Be willing to perform in public, and
- ✓ Sign physical health disclaimer.

For more information, contact Linda, Texas Coordinator, 319-210-5608  
or Robert Staton, Georgetown Rec Center, 512-930-1367.

Our website is: [www.grannybasketball.com](http://www.grannybasketball.com).

**Looking for anyone interested in learning to be a referee for the team!!**

# DAY TRIPS & TIPS



If you like to see new places, museums, plays, restaurants, then you'll want to travel with the Baca Center.

Members may register one additional person (age 50+) 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 15-30 minutes early to board the bus. ***Those that return to the bus more than 10 minutes late to the designated meet time may not be permitted on future trips for up to 6 months.***

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. For long trips, we may only stop for lunch, so bring food for later.

## POLICY & PROCEDURES FOR TRIPS

Please check in with the driver before each trip. Bus picks up and drops off in front of the dining room. Payment is required at time of registration. Please do not show up more than 30 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 14 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

**REGISTRATION FOR SPRING TRIPS BEGAN ON  
JANUARY 15 AT 8:00 AM**

**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.**

**Sunday, March 3**

Depart: 2:00 pm

Return: 6:00 pm

Cost: \$26 (Ticket Incl.)

Where: Leander

**Course #23217**

**FULL**

**WAY OFF BROADWAY—I TAKE THIS MAN**

When Giddy spots an unconscious man in a tank top and shorts lying in Copley Square just after all other Boston Marathon racers have crossed the finish line, she reasons that since nice guys finish last, this must be Mr. Right. With the help of a policeman, she totes him to her apartment. When the comatose dreamboat revives and cannot remember who he is, Giddy tells him they are married. Complications escalate at a furious pace in this outrageous concoction of wild, warm, and lightning-paced hilarity.

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

**Tuesday, March 5**

Depart: 7:00 am

Return: 7:00 pm

Cost: \$26 (Meal OYO)

Where: Ft. Worth

**Course #23218**

**FULL**

**THE STOCKYARDS & BUREAU OF ENGRAVING**

Our first stop will be at the famous Ft. Worth Stockyards so we can watch the world's only twice daily cattle drive taking place at 11:30 am. After the cattle drive, there are many restaurants, saloons and stores to choose from for lunch and unique shopping. At 2:00 pm the bus will pick everyone up and we will head over to the Bureau of Engraving and Printing for a tour of interactive exhibits and displays showcasing our currency history and the art of currency manufacturing. There will be lots of walking on this trip and the stockyards are outdoors so dress appropriately.

**[www.fortworthstockyards.org](http://www.fortworthstockyards.org)**

**[www.moneyfactory.gov](http://www.moneyfactory.gov)**

**Friday, March 8**

Depart: 9:00 am

Return: 5:00 pm

Cost: \$13 (Meal OYO)

Where: Round Top

**Course #23219**

**FULL**

**ROUND TOP & LONE STAR GLAMP INN**

Join us for a special tour of an indoor RV glamping inn which is one of Texas' most unique lodging experiences. We will get a private tour of their 9 vintage glampers and 8 tee pees which are all indoors. We will then head over to Round Top for lunch at Teague's Tavern and then shopping at Junk Gypsy which was featured on HGTV and if time allows stop at a few other great stores before heading back to Round Rock. This trip is sure to be a unique experience of tours, eating and shopping.

**[www.roundtop.org](http://www.roundtop.org)**

**[www.lonestarglampinn.com/lone-star-gallery](http://www.lonestarglampinn.com/lone-star-gallery)**

# TRIPS, TRIPS, TRIPS

## **Sunday, March 10**

Depart: 9:00 am  
Return: 5:00 pm  
Cost: \$15 (Ticket OYO)  
Where: McDade  
**Course #23222**

## **SHERWOOD FOREST FAIRE**

Here Ye, Here Ye join us for BOGO (buy 1 ticket, get 1) at this unique and fun faire. There are over 40 performance acts, 130 shops with all handmade items, jousting, ride and games. There are several locations for food and beverages to choose from. Costumes are always welcome but be sure to dress for the weather.  
**[www.sherwoodforestfaire.com](http://www.sherwoodforestfaire.com)**

## **Tuesday, March 26**

Depart: 8:00 am  
Return: 6:00 pm  
Cost: \$16 (Meal OYO)  
Where: San Antonio  
**Course #23223**

## **SAN ANTONIO MISSIONS & THE RIVERWALK**

Our first stop will be the San Antonio visitors 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. After the tour, everyone is welcome to visit the Riverwalk for shopping and lunch on your own. Maps of the Riverwalk will be provided for your reference.  
**[www.missionsofsanantonio.org](http://www.missionsofsanantonio.org)**

## **Thursday, March 28**

Depart: 8:00 am  
Return: 6:00 pm  
Cost: \$17 (Meal OYO)  
Where: Fredericksburg  
**Course #23224**

## **FREDERICKSBURG**

Fredericksburg is such a beautiful town with lots of shopping and restaurants. The bus will drop everyone off downtown for shopping and lunch on your own. Most stores will open at 10 am and maps will be provided with all the shops, wineries and restaurants.  
**[www.visitfredericksburgtx.com](http://www.visitfredericksburgtx.com)**

## **Sunday, April 7**

Depart: 1:00 pm  
Return: 6:00 pm  
Cost: \$27 (Ticket Incl.)  
Where: Smithville  
**Course #23225**  
**FULL**

## **HELLO DOLLY! AT PLAYHOUSE SMITHVILLE**

We will travel to Smithville Playhouse to see Hello Dolly which is their 100th production. Hello, Dolly! is a 1964 musical with lyrics and music by Jerry Herman and a book by Michael Stewart. The musical follows the story of Dolly as she travels to Yonkers, NY to find a match for the miserly "well-known unmarried half-a-millionaire" Horace Vandergelder.  
**[www.visitfredericksburgtx.com](http://www.visitfredericksburgtx.com)**

## **Tuesday, April 9**

Depart: 8:00 am  
Return: 5:00 pm  
Cost: \$19 (Meal OYO)  
Where: Navasota  
**Course #23242**

## **MARTHA'S BLOOMERS HOME & GARDEN STORE**

Flowers are blooming and bees are buzzing at this great home and garden store. Upon arrival we will shop and have a short presentation on plants. Lunch will be at Café M. Bloomers at 11:30 and there are many choices from soups, sandwiches, salads and some great desserts. After lunch, we will do a little more shopping before heading back to Round Rock.  
**[www.marthasbloomers.com](http://www.marthasbloomers.com)**

# TRIPS, TRIPS, TRIPS

## **Saturday, April 13**

Depart: 8:30 am  
Return: 1:30 pm  
Cost: \$5 (Ticket OYO)  
Where: Georgetown  
**Course #23800**

**GRANNY BASKETBALL SCRIMMAGE IN GEORGETOWN**  
Come support the Round Rock Rockettes NEW Granny Basketball team at their first official scrimmages against the Twisters and Fire Ants. Cost to enter scrimmage is \$5/person and is on your own. Space is open to only 10 registrants so the team can also ride the bus. Some cheer gear will be provided by Baca.

## **Tuesday, April 16**

Depart: 10:45 am  
Return: 4:45 pm  
Cost: \$6 (Meal OYO)  
Where: Round Rock  
**Course #23226**

**ROUND ROCK TRAINING CENTER & GREENHOUSE**  
Join us for lunch at Greenhouse Craft Food which offers good-for-you comfort food made with sustainably-grown and raised Texas ingredients free of pesticides and hormones. After lunch, we will go to the newly opened Round Rock Police & Fire Training Center which features a 65,000 sq. ft. main building with training rooms and a shooting range; a 5-story burn tower; village of 6 residential structures for tactical training and railroad tracks for fire training. There will be lots of walking and some walking will be outdoors.  
[www.greenhousecraftfood.com](http://www.greenhousecraftfood.com)

## **Tuesday, April 23**

Depart: 9:00 am  
Return: 3:00 pm  
Cost: \$23 (Ticket Incl. & Meal OYO)  
Where: Austin  
**Course #23227**

**LADY BIRD JOHNSON WILDFLOWER CENTER**  
The flowers should be blooming at the wildflower center which has more than 800 species of native Texas plants. They harvest their own rainwater for watering. You can also spot birds, mammals and insects. We will walk the gardens 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](http://www.wildflower.org)

## **Thursday, April 25**

Depart: 8:00 am  
Return: 5:00 pm  
Cost: \$30 (Tip & Meal OYO)  
Where: Schulenburg  
**Course #23228**  
**FULL**

**PAINTED CHURCHES & OAKRIDGE SMOKEHOUSE**  
We will travel to Schulenburg which has been deemed the Official Home of the Painted Churches by the 79th Legislature. We will have a step-on tour guide who will give us a special tour of the most beautiful churches in Texas. We will stop for lunch at Oakridge Smokehouse. This trip fills up quickly, so register early. Please bring \$2 cash to tip the tour guide.  
[www.oakridge-smokehouse.com](http://www.oakridge-smokehouse.com)  
[www.schulenburgchamber.org/painted-churches-tour](http://www.schulenburgchamber.org/painted-churches-tour)

## **Sunday, April 28**

Depart: 1:30 pm  
Return: 6:30 pm  
Cost: \$26 (Ticket Incl.)  
Where: Leander  
**Course #23229**  
**FULL**

**WAY OFF BROADWAY—ANYBODY FOR MURDER**  
Max is planning to murder his wife Janet, collect her life insurance, and enjoy life with his girlfriend, Suzy when cousins Mary and George arrive on their Greek island with news: Mary and Janet are beneficiaries of a huge fortune. Plans and plots hatch, and soon everyone is bent on murder. All that stands in their way is the presence of the next door neighbor, who knows a thing or two about murder, crime writer Edgar Chambers.  
[www.wobcp.org](http://www.wobcp.org)

# TRIPS, TRIPS, TRIPS

## **Tuesday, April 30**

Depart: 8:00 am

Return: 5:00 pm

Cost: \$38 (Meal Incl.)

Where: Bellville

**Course #23231**

**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 wheel-chairs or walkers due to the venue. [www.newmanscastle.com](http://www.newmanscastle.com)

## **Wednesday, May 29**

Depart: 8:00 am

Return: 5:00 pm

Cost: \$36 (Ticket Incl. & Meal OYO)

Where: Buchanan Lake

**Course #24048**

## **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](http://www.crazygalsrestaurants.com)

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

## **Saturday, May 4**

Depart: 8:30 am

Return: 6:30 pm

Cost: \$18 (Meal OYO)

Where: Fayetteville

**Course #23233**

## **FAYETTEVILLE ART WALK**

Join us for a spectacular art walk in the charming town of Fayetteville. The Art Walk is a juried show with over 60 artists and live music by local musicians. There will be plenty of food booths for lunch and lots of shopping.

[www.artsforruraltexas.org/ArtWalk.html](http://www.artsforruraltexas.org/ArtWalk.html)

## **Tuesday, May 7**

Depart: 8:30 am

Return: 5:30 pm

Cost: \$35 (Ticket Incl. & Meal OYO)

Where: College Station

**Course #23234**

## **GEORGE H.W. BUSH LIBRARY**

The 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. Lunch will be at Big Pops Diner.

[www.bush41.org](http://www.bush41.org)

[www.facebook.com/BigPopsDiner](http://www.facebook.com/BigPopsDiner)

## **Thursday, May 16**

Depart: 8:30 am

Return: 5:30 pm

Cost: \$27 (Ticket Incl. & Meal OYO)

Where: Johnson City

**Course #23235—FULL**

## **JOHNSON CITY EXOTIC ZOO & SHOPPING**

This exotic zoo has over 700 animals and over 45 species to see and interact with while we are traveling on their open air bus for a tour of their 137 acres. The animals are really friendly and you will want to feed them so bring some cash to buy treats for the animals. We will go to Hye Market for lunch and then shopping.

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

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

# TRIPS, TRIPS, TRIPS

## **Sunday, May 19**

Depart: 1:00 pm  
Return: 6:00 pm  
Cost: \$40 (Ticket Incl.)  
Where: Georgetown  
**Course #23236**  
**FULL**

## **SISTER ACT AT THE PALACE THEATER**

Join us at the Georgetown Palace main theater for the musical Sister Act. Where would be the last place you would look for someone in the witness protection program? A convent of course! Come see this feel-good musical comedy that has audiences dancing. Sister Act is a moving story about the power of friendship that knows no boundaries. [www.georgetownpalace.com](http://www.georgetownpalace.com)

## **Tuesday, May 21**

Depart: 8:00 am  
Return: 6:00 pm  
Cost: \$18 (Meal OYO)  
Where: Brenham  
**Course #23237**

## **BLUE BELL CREAMERY & BRENHAM**

Join us for a tour of Blue Bell Creamery and get a first hand look at how ice cream is made. We will check out their store and sample some ice cream then go to downtown Brenham for lunch and shopping on your own. [www.bluebell.com](http://www.bluebell.com) [www.visitbrenhamtexas.com](http://www.visitbrenhamtexas.com)

## **Thursday, May 23**

Depart: 8:30 am  
Return: 5:30 pm  
Cost: \$14 (Meal OYO)  
Where: Temple/Belton  
**Course #23238**

## **BUC-EES, TEMPLE & BELTON**

Join us for a 45-minute stop at the famous Buc-ees to pick up some breakfast and maybe do some shopping. After Buc-ees we will head into Temple & Belton for shopping and lunch. We will stop at only the unique and antique stores for our shopping. Lunch is on your own at The Gin at Nolan Creek which has a huge menu of salads, burgers, steak, wings and a beautiful view. [www.ci.temple.tx.us](http://www.ci.temple.tx.us) [www.beltontexas.gov](http://www.beltontexas.gov)  
[www.theginatnolancreek.com](http://www.theginatnolancreek.com)

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 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 hiking club list, please stop by the front desk.

## **Thursday, April 11**

Depart: 8:00 am  
Return: 4:00 pm  
Cost: \$20 (Meal & Ent. OYO)  
Where: Spring Branch  
**Course #23240**

## **HONEY CREEK HIKE**

Honey Creek is only accessed by a guided tour. The park is 2,293 acres located in western Comal County. The park, once a ranch has a large vegetative diversity and is a nesting site for the threatened golden-cheeked warbler. Bring a sac lunch, entrance is \$4 (65+) and \$7 for under 65. This trip was cancelled due to weather in the fall. [www.tpwd.texas.gov/state-parks/honey-creek](http://www.tpwd.texas.gov/state-parks/honey-creek)

## **Thursday, May 9**

Depart: 8:30 am  
Return: 1:30 pm  
Cost: \$6 (Meal OYO)  
Where: Round Rock  
**Course #23241**

## **ROUND ROCK WEST HIKE & PEDALBOATS**

Round Rock West has a beautiful lake with lots of ducks and trails. We will hike the trails and then take a spin in our pedalboats. Bring a sac lunch and feel free to bring some bread for the ducks. [www.roundrocktexas.gov/departments/parks-and-recreation/parks-trails/parks/round-rock-west-park/](http://www.roundrocktexas.gov/departments/parks-and-recreation/parks-trails/parks/round-rock-west-park/)

**OFFICE HOURS**

Monday-Thursday—8 am-6 pm  
Friday—8 am-4 pm  
Saturday & Sunday—CLOSED  
*Monetary transactions close  
30 minutes prior to closing.*

**WEIGHT ROOM HOURS**

Monday-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:**

April 21—Easter

May 27—Memorial Day

