



Baca Buzz

Volume 11, Issue 3

May/June 2019

Baca Team

Supervisor

Kelly Gaydos

Program Coordinator

Dawn Moonan

Fitness Coordinator

Jennifer Wesson

Administrative Team

Carol Isaacks

Carla Hamlin

Recreation Assistants

Larry Behringer

Lou Hapshie

Bus Driver

Paul Wayne

Custodians

Padraig (Pat) Lavin

Martha Gonzalez

Connect, Create and Contribute

Join the Baca Center in May for lots of fun and educational activities for Older American's Month. This year's theme is Connect, Create and Contribute. The center will facilitate ways to connect with friends and resources; provide engaging activities that promote health and enrichment; ways to contribute your time, talent and life experiences. See page 7 for a calendar of activities and events.

Members that participate in a minimum of 8 activities and get their calendar stamped can turn in their calendar at the Baca front desk to receive a prize. Make sure you get your calendar stamped when you attend the activities. You must receive your stamp during the activities. Stamps will not be added after activities have concluded.

Thank you to our generous Sponsors:

Humana

Kona Ice

Profile by Sanford

AGE of Central Texas

Franklin Park

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.

Turquoise Table

Come join Kelly 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.

Wednesdays at 11:00 am

Baca Program Surveys

will be taking place during the month of May!!

Please make sure you complete a survey for each program you attend.

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 EXPERIENCED 12:45-3:30 pm Dominoes “42” 12:30 am-4:00 pm Pinochle 1:00-2:30 pm Writing Club 1:00-4:00 pm Pickleball 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 4th week is rehearsal for performance group only 6:15-8:45 pm Pickleball 6:30-9:00 pm Evening Bridge ADVANCED PLAY & MUST have partner	8:00-11:00 am Pickleball 10:00-11:30am Mexican Train 10:30-11:00am Sittercize 12:15-3:30pm Dominoes “42” 1:00-3:00 pm Latin Dancing 1:00-4:00 pm Spades	9:00-11:00 am Windjammers 10:00-11:30 am Writing Club 10:30-11:00 am Sittercize 12:30-4:00 pm Bridge for Fun 12:30-3:45 pm Racehorse Canasta Cribbage 1:00-2:30 pm Conversational Spanish Class 1:00-3:00 pm Tejano Time & Performance Group Practice	9:00am-3:00pm Open Game Play 10:00-11:30 am Bingo*—\$2 Intro to Tai Chi*—\$3 12:30-3:30 pm Mexican Train Hand/Foot Canasta 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
					*Requires registration and fee, non-members pay an additional \$1 walk-in fee.

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 & VA 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—A Dogs Way Home	May 15—no summer movies	1:00-3:00 pm
Daffodil Dolls	1st Wednesday—ends in May	10:30-11:30 am
Garden Club	1st Monday	9:00 am-11:00 am
Performance Group Entertainment	May 30 & June 27	1:00 pm
Mah Jongg (American)—Experienced	3rd Wednesday	9:30 am-12:30 pm
Round Rock New Neighbors Cards	May 15—Not in June & July	9:30 am-12:30 pm
Sing for Joy	4th Tuesday	11:00 am
Spanish Sing-A-Long	1st Thursday	10:00-11:30 am

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
Cardio N' Balance 9:00-9:50 am Christa Meeting Room 2 **Future Monday classes coming!	Cardio I 9:00-9:45 am Selve Aerobics Room Piloxing Lite 10:00-10:45 am Selve Aerobics Room **Future Tuesday classes coming!	Body Sculpt 8:00-8:45 am Melanie Aerobics Room Strength & Stretch 9:00-9:50 am Jennifer Meeting Room 2 Zumba 10:15-11:00 am Selve Aerobics Room WR Orientation 11:00 am Weight Room	Cardio I 8:30-9:15 am Selve Aerobics Room Barre Above 9:30-10:20 am Christa Aerobics Room **Future Thursday classes coming!	Muscle Up 9:00-9:50 am Lindsey Meeting Room 2 Total Body Conditioning 10:00-10:50 am Lindsey Meeting Room 2 Pilates 11:00-11:50 am Norma Aerobics Room	Zumba 10:30-11:30 am Selve Aerobics Room

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

****Future classes are coming; stay tuned for more details!!**

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

May 1 & June 5 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. Veteran's Affairs will assist with their 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

May 8—"Did You Hear Me," by Brian Hill

June 12—Potluck and entertainment; bring a dish to share

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

May 1—Business meeting and art critique: bring your artwork to share and discuss

May 15—Business meeting; no art demo

June 5—Business meeting and art critique; bring your artwork to share and discuss

June 19—Business meeting and art demo to be determined

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

May 14—"A Lady with a Dog," a short story by Anton Chekhov

June 11—"The Yellow Wallpaper," by Charlotte Perkins Gilman

For more information, contact the Baca front desk

GARDEN CLUB—1st Monday, 9:00 am

May 6—"Texas Native Perennials," by Jeff Ramert from Round Rock Garden Center

June 3—"Garden Tools and Tool Maintenance," by Jim Williams

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 for more information about the group.



AARP Driver Safety Course

Tuesday, May 21, 8:30 am-12:30 pm

No additional courses until September 2019

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

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 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. There will be live music by Whitestone at the May dance and cost will be \$5 for members and \$10 for non-members. The June dance is FREE for members and \$5 for non-members.

Friday, May 3—#16642, 7:00-9:30 pm

Friday, June 7—#23565, 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, May 8-29—9:00-10:00 am

\$38/4 classes

Course #17760

Wednesdays, June 5-26—9:00-10:00 am

\$38/4 classes

Course #24926

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 May & June, 9:30 am-11:00 am

\$5 for Baca members only

Learn to Sway Da Island Way with Kumu Ellie

Beginner/Intermediate: In this relaxed class, students learn traditional Hula incorporated with language, history and culture of the islands.

Intermediate/Advanced: Dancers will be challenged to the next level of their Hula experience in technique, language, history and culture of the islands. Instructor approval required. For more information, e-mail pahulaohana.rr@gmail.com.

Both levels will require a binder and specific class expectations will be given in class. Specific apparel needed for class and additional costumes required for those participating in shows.

Fridays, June 7-August 9, 1:00 pm (all participants)

FREE for Baca members

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.

May 30, "Broadway Shows"

June 27, "Take the Show on the Road"

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

Cost is \$9/for 3 classes

Course #16648

Tuesdays, June 4-18, 2:00-3:00 pm

Course #24357

WORKSHOPS

Hearing Workshop

Presentation on hearing loss and what resources are available for those with hearing loss.

Monday, May 6, 11:00-11:45 am

FREE for Baca Members

Hospice Austin Workshop

Planning for the last chapter of life is a subject many of us would rather avoid! However, most people will become seriously ill at the natural end of their lives, and the default treatment often leads to intubation, catheterization, feeding tubes, and other invasive procedures. Join Hospice Austin's GIFT Project to learn how to identify your preferences; how to choose a medical power of attorney; how to discuss wishes with loved ones and how to complete advance directives.

Thursday, May 9, 11:00 am

FREE for Baca Members

Functional Movement & Healthy Aging with Profile

The presentation will introduce functional movement and why it is so important to incorporate into daily life for overall wellness and longevity. We will discuss how to incorporate functional training and what the benefits are for any fitness level.

Thursday, May 16, 11:00-11:45 am

FREE for Baca Members

Technology Workshop by Students of Service

Do you have an electronic device, cell phone, ipad, Apple watch, etc. that you wish you knew how to use better or more efficiently? Join SOS and let them help you gain more knowledge about your devices. Register in advance and the workshop is free for Baca members.

Saturday, June 1, 10:00 am-noon

Course #26240

OLDER AMERICANS MONTH MAY CALENDAR

CONNECT, CREATE & CONTRIBUTE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Don't forget to get your calendar stamped each time you participate.</i>		1	2	3 Let's Dance Live Music 6:30-9:30 pm	4
6 Outdoor Day 9:00 am Gardening tips 10:30 am Meet a ranger 11:00 am Hearing workshop 12:30 pm FREE Kona Ice	7 Travel Day Bring travel photos to share 11:00 am Safe travel tips 1:00 pm Travel video & picture sharing	8 Trivia Day 9:00 am Music trivia with Frank & prizes 1:00 pm Hollywood trivia with prizes	9 Selfie Day Selfie booths Bring a picture of yourself 20 years ago & share 11:00 am Hospice Austin workshop	10 Wacky Tacky Day Wear your craziest hat or outfit in prep for Kentucky Derby Bring clothes to donate to the RR Serving Center	11
13 Fitness Day 8:30 am Free breakfast 9:30 am Fun fitness in the Grand 10:30 am Walk with a trainer	14 Be Kind Day Complete 2 acts of kindness 1:00 pm Scavenger hunt	15 Peace Day Wear a peace outfit & bring food donations 9:00 am Peace Pole gathering 12:30 pm FREE Meditation	16 My Story Day 10:00 am Book celebration 11:00 am Healthy living workshop Share pics of your grandkids	17 Doggy Day 9:00-11:00 am Bring your dog to Baca (w/leash) Best dressed K-9 couple & dog walk in the plaza (no dogs in the dining room)	18 Wine & Cheese Art Gala 5:00-7:30 pm
20 Dance Day 9:00-11:00 am Biggest dance party with Dance with Parkinsons	21 Trade Day 9:00-11:30 am Craft & art sales 1:00 pm Trade off—Bring a \$5-10 item to trade with another	22 Learn It Day 9:00-11:00 am Computer/tablet and iPhone help 1:00-2:00 pm Free mini-origami workshop	23 Age Gracefully 10:00 am Smart Driver Workshop—advance reg. 1:00 pm Attitude is everything presentation	24 Bigger Than Life Backyard Bash 9 am-11:30 am Program Fair 12:00-3:00 pm Picnic Lunch, Giant Games & Prizes <u>No regular programs</u>	25

DOOR PRIZE ENTRY FORM

By attending and participating each day, you can receive a stamp on that day for your participation. Members that receive a minimum of eight stamps can turn in their calendar at the Baca front desk and receive a prize. Remember to keep this calendar with you during the month of May and don't forget to get a stamp at each activity you attend. No stamps after activity has ended; must get stamp at the activity.

Name: _____ Phone #: _____

ADVERTISING

BACA WRITING CLUB

debuts their newest book:

May 16
10:00 - 11:30 am
& 7:00 - 8:30 pm
Grand Room

Meet the AUTHORS at a reading and book signing.

View the Club's other books as well as those written by individual club members.

Refreshments & Door Prizes
Purchase/view books on Amazon

Round Rock Ramblings



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

Register with Your
Smart Device



Hosted By:



ADVERTISING



CENTER ART CLUB OF ROUND ROCK
INVITES YOU TO
OUR TENTH ANNUAL
**WINE & CHEESE
ART GALA**



Saturday, May 18, 2019 5:00-7:30pm
 **FREE TO THE PUBLIC**
Art, Wine, Refreshments, Silent Auction, Door Prizes
Allen R. Baca Center, 301 W. Bagdad, Round Rock, Tx 78664



Medicare and More

Compare all Insurance Plans:

Supplements, Advantage Plans, Drug Plans

Save \$ and Increase Benefits

For Free review:

Call Medicare Monica at 512-300-5502

Or Email: monicagoodstein@yahoo.com

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

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

TRIP INFORMATION

REGISTRATION FOR FALL TRIPS BEGINS ON AUGUST 27 AT 8:00 AM

May 1 & May 29
May 16
May 19

TRIPS THAT ARE FULL WITH A WAITLIST

Vanishing River Cruise
Johnson City Exotic Zoo & Shopping
Sister Act at the Palace Theater

TRIPS WITH OPENINGS AT THE TIME OF PUBLISHING

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

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

www.facebook.com/BigPopsDiner

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

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.

HIKING CLUB MEETING

If you are on the hiking club list or interested in being a hiker, please attend this very important meeting to discuss the future of the hiking club program.

Thursday, June 6 at 1:00 pm

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:

May 27—Memorial Day

July 4—Fourth of July

