

ALLEN R. BACA CENTER

301 W. Bagdad Avenue, Building 2
Round Rock, TX 78664
512-218-5499 | www.BacaCenter.com



Pickleball is a Big Dill at the Baca Center

FACILITY HOURS:

Monday - Thursday: 7:00 AM - 9:00 PM
Friday: 7:00 AM - 6:00 PM
Saturday & Sunday: 8:00 AM - 1:00 PM

OFFICE HOURS:

Monday - Friday: 7:30 AM - 5:30 PM

SEE PAGE 4 FOR JANUARY MEMBERSHIP
SALE INFORMATION!

HOLIDAY HOURS:

January 1: New Year's Day | Closed
January 20: MLK Day | Closed
February 17: President's Day | Closed

WEEKLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
9:45-10:15 am A.A.A.	9:00-11:00 am Wood Carvers	8:00-9:30 am Competitive Pickleball	9:00-11:00 am Windjammers	9:00 am-3:00 pm Open Game Play
10:10-11:10 am Beg. Line Dance*	9:45-10:15 am A.A.A.	9:30-11:00 am** Non-competitive Pickleball	9:45-10:15 am A.A.A.	9:30-11:30 am Bingo*
10:30-11:00 am Sittercize	10:00 am-2:00 pm Crafty Critters	9:45-10:15 am A.A.A.	10:00-11:30 am Writing Club	10:00-11:30 am Intro to Tai Chi*
11:00 am-1:30 pm Competitive Pickleball	10:30-11:00 am Sittercize	10:00-11:30 am Mexican Train	10:30-11:00 am Sittercize	12:30-3:30 pm Mexican Train Hand/Foot Canasta
1:30-3:00 pm** Non-comp. Pickleball	12:30-4:00 pm Pinochle ADVANCED PLAY	10:30-11:00 am Sittercize	12:30-4:00 pm Bridge for Fun	1:00-2:30 pm Sing-A-Long
12:30-4:30 pm American Mah Jong Club EXPERIENCED	12:45-4:00 pm Texas Canasta	10:30 am-12:30 pm Hearts	12:30-3:45 pm Racehorse Canasta Cribbage	1:00-3:00 pm Rummikub
12:30 am-4:00 pm Pinochle	1:00-3:00 pm Klub Karaoke 4th week is rehearsal for performance group only	12:15-3:30 pm Dominoes "42"	1:00-2:30 pm Conversational Spanish Class	
12:45-3:30 pm Dominoes "42"	6:15-8:45 pm Pickleball	12:45-4:00 pm Spades	1:00-3:00 pm Tejano Time Performance Group Practice	
1:00-2:30 pm Writing Club	6:15-9:00 pm Evening Bridge ADVANCED PLAY & MUST have partner	1:00-3:00 pm Latin Dancing	6:30-8:30 pm Open Game Play	
1:00-4:30 pm Duplicate Bridge ADVANCED PLAY & MUST have partner		6:00-7:00 pm Ukulele Meet Up		

*Requires registration and fee, non-members pay an additional \$1 walk-in fee.

**Leader will leave at 2:00pm (Mondays) and 10:00am (Wednesdays) if no players show

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

MONTHLY ACTIVITIES

<u>Monthly Activity</u>	<u>Dates</u>	<u>Times</u>
Art Club	January 15 February 5 & 19	1:00-3:00 pm
AARP—general meeting	January 8 February 12	1:15-3:15 pm
AARP—board meeting	January 15 February 19	1:15-2:15 pm
Benefits Counseling—one-on-one	No January date February 5	9:00-11:00 am
Book Discussion	January 14 February 11	1:00-2:00 pm
Bunco	January 7 & 21 February 4 & 18	6:30-8:30 pm
Cinema Day	January 8 February 12	1:00 pm
Craft Sale by Crafty Critters	January 14 February 11	11:00 am-2:00 pm
Daffodil Guys & Dolls	No January date February 5	10:00 am
Garden Club	January 6 February 3	9:00 am-11:00 am
Let's Dance	January 3 February 7	7:00-9:30 pm
Performance Group Entertainment	January 30 February 27	1:00 pm
Round Rock New Neighbors Cards	January 15 February 19	9:30 am-12:30 pm
Sing for Joy	January 28 February 25	11:00 am
Spanish Sing-A-Long	January 2 February 6	10:00-11:30 am
Taoist Tai Chi Mahjong	January 6 & 22 February 3 & 19	6:00-8:30 pm

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

ORGANIZATIONS & CLUBS

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

January (no program) & February 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

January 8—Program of interest

February 12—Program of interest

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

January 1—No meeting

January 15—Business meeting and art demo to be determined

February 5—Business meeting and art critique, bring your artwork to show & discuss

February 19—Business meeting and art demo to be determined

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

January 14—"The Ledge," by Lawrence Sanders Hall

February 11—"Looking for Mr. Green," by Saul Bellow

For more information, contact the Baca Center front desk

GARDEN CLUB—1st Monday, 9:00 am

January 6—"Composting," by Tommy King

February 3—"Roses," by Val Black

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.



Driver Safety

AARP Driver Safety Course

Tuesday, January 21, 2020—Full

Thursday, February 20, 2020, 5:00 pm-9:00 pm

Tuesday, March 17, 2020—8:30 am-12:30 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. You must have your AARP card to present at class. \$15 for AARP members & \$20 for non-members payable by CHECK ONLY to AARP.

For online course: www.aarpdriversafety.org

**CLAY MADSEN RECREATION CENTER
AND BACA CENTER MEMBERSHIP
PRICES WILL INCREASE BEGINNING
FEBRUARY 1, 2020**



**PURCHASE YOUR MEMBERSHIP
DURING THE MONTH OF
JANUARY TO LOCK IN 2019
PRICES FOR UP TO A YEAR!**

CMRC

Membership Type	Current Prices			Prices Effective 2/1/20		
	12-Month	3-Month	1-Month	12-Month	3-Month	1-Month
Family	\$285	\$75	\$30	\$310	\$82	\$33
Couple (21-49 yrs.)	\$220	\$60	\$25	\$245	\$67	\$28
Senior Couple (50+ yrs.)	\$125	\$40	\$20	\$140	\$45	\$22
Adult (21-49 yrs.)	\$125	\$40	\$20	\$150	\$47	\$23
Senior (50+ yrs.)	\$70	\$25	\$15	\$85	\$30	\$17
Youth (20 yrs & under)	\$70	\$25	\$15	\$85	\$30	\$17

Baca Center

Membership Type	Current Prices			Prices Effective 2/1/20		
	12-Month	Monthly	Walk-In	12-Month	Monthly	Walk-In
Adult 50+ without weight room	\$25	\$3	\$1	\$30	\$4.50	\$1
Adult 50+ with weight room & fitness classes	\$50	\$9	\$3	\$60	\$9	\$3
Adult (21-49) weight room only	\$65	\$12	\$5	\$80	\$12	\$5

Combo Memberships - Access To Both CMRC and Baca Center

Membership Type	Current Prices		Prices Effective 2/1/20	
	12-Month		12-Month	
Adult 50+ CMRC/Baca	\$85		\$110	
Adult 50+ CMRC/Baca Couple	\$160		\$185	
Adult (21-49) CMRC & Baca Weight Room Only	\$145		\$160	

**Annual Memberships purchased during the month of
January will receive a membership t-shirt
*while supplies last**

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1600 GATTIS SCHOOL ROAD
ROUND ROCK, TX 78664
(512) 218-3220
WWW.CLAYMADSENREC.COM**

**ALLEN R. BACA CENTER
301 W. BAGDAD AVE, BLDG. 2
ROUND ROCK, TX 78664
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PROGRAMS & CLASSES

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.** The dances are FREE for members and \$5 for non-members. Members, please bring your membership card to verify membership.

Friday, January 3—#23572, 7:00-9:30 pm

Friday, February 7—#23573, 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, January 8-29—9:00-10:00 am

\$38/4 classes

Course #29235

Wednesdays, February 5-26—9:00-10:00 am

\$38/4 classes

Course #29236

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. Please arrive promptly and call if not coming.

Saturdays in January & February, 9:30 am

\$5 for Baca members only

Ukulele Meet Up

For those that have taken the Ukulele Camp, this group will now meet and play on Wednesdays. This will give everyone an opportunity to perfect their skills and songs.

Wednesdays, 7:00-8:00 pm

Free for Baca

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.

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. The group meets every Thursday at 1:00 pm and has a special performance on the last 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. The list will be removed once the show is full.

January 30, "Winterfest"

February 27, "Oscars Movie Mania"

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/improver class.

Tuesdays, January 7-21, 2:00-3:00 pm

Cost is \$9/for 3 classes

Course #28539

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

Cost is \$9/for 3 classes

Course #28541

Community Cooking Workshop

If you are interested in weight loss and beginning a mindful, healthy eating program, or have recently had or are considering bariatric surgery, we invite you to attend our free Community Cooking Classes. Our staff will teach you how to cook simple, quick and nutritionally balanced dishes. Each class also includes a Q&A session with our wellness staff. Bon Appétit! **Register for classes at: ascn.io/cookingclasses.**

Thursday, February 20, 6:00-7:30 pm

FREE for adults 50+

Daffodil Dolls

Join this group and virtually travel to many local treasures. Each month the group will focus on a new location to premier and discuss.

Wednesday, February 5, 10:00 am

FREE for adults 50+

Round Rock Preservation Lunch and Learn

The January program is titled: "Round Rock History throughout the Decades" presented by Kerstin Harding and "The Round Rock Preservation Story" presented by Joelle Jordan. The guest speakers are from the City of Round Rock Planning and Development Service's Department. Harding's presentation will take attendees through the historic development of Round Rock and Jordan's presentation will include information about Round Rock's Preservation Program, Round Rock's Historic Landmarks, and Round Rock's Preservation Plan for the next 10 years. The public is invited to this free educational event. Attendees are invited to bring their own brown bag lunch and Round Rock Preservation will provide a water and a cookie for your enjoyment. Sponsors for the program are the City of Round Rock, Round Rock Preservation, and The Williamson Museum. For information call: 512-373-3819.

Tuesday, January 21, 11:30 am

FREE for everyone

WORKSHOPS

What's Next: Navigating Senior Living Options

What's Next is a panel of senior living professionals that would like to offer assistance in navigating and understanding the maze of senior living options that exist, so that seniors and their loved ones can make informed decisions about their living choices and their care. We will be speaking on Independent Living, Assisted Living, Memory Care, and Home Health, so that families can get multiple perspectives about the possibilities within Senior Living, and be empowered by information to make the choice that is right for them..

Thursday, January 16, 11:00 am

FREE for Members

Healthy Living for Your Brain and Body

This program will be offered by the Alzheimer's Association and will discuss insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join them to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Thursday, January 23, 11:00 am

FREE for Members

Origami 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.

Wednesday, March 25, 10:00-11:45 am

Course #28814

\$5 for Baca Members

SPECIAL EVENTS

Grand Ole Opry Hall of Fame

Join Marty Robbins, Merle Haggard, Johnny Cash and Patsy Cline for a grand ole time in the Grand Room. This will be a great way to spend Valentine's Day so bring your friends and/or your sweetie for a fun tribute to many in the Grand Ole Opry Hall of Fame. This event is coordinated by Al McClymonds and Ann Saenz.

Friday, February 14, 1:00-2:00 pm

FREE for Members

PROGRAM UPDATE

Bunco will now be a FREE program for Baca members and there will no longer be gift cards awarded to winners. Non-members will pay the daily \$1 walk-in fee to play. Please remember to scan your membership card when you come in to play.

CINEMA DAY

Join the Baca Center on the 2nd Wednesday at 1 pm for our cinema movie. Popcorn and lemonade will be provided. All movies are FREE for Baca members.

Note the movies will be shown on the second Wednesday of each month.



Overcomer

Wednesday, January 8, 1:00 pm

Life changes for Coach John Harrison when the largest manufacturing plant shuts down and hundreds of families leave their town. After reluctantly agreeing to coach cross-country, John meets an aspiring athlete who's pushing her limits on a journey toward discovery. John becomes the least likely coach helping the least likely runner.

A Beautiful Day in the Neighborhood

Wednesday, February 12, 1:00 pm

Tom Hanks portrays Mr. Rogers, a timely story of kindness triumphing over cynicism, based on the true story of a real-life-friendship between Fred Rogers and journalist Tom Junod. After a jaded magazine writer is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about kindness, love and forgiveness from America's most beloved neighbor.



MANDATORY

Group Leader

MEETING

IF YOU ARE A GROUP LEADER, CO-LEADER OR PART OF A PROGRAM COMMITTEE, PLEASE SIGN UP TO ATTEND THIS VERY IMPORTANT ANNUAL MEETING.

REGISTER FOR COURSE #29819

FRIDAY, JANUARY 17, 1:00PM

Congregate Meal Through OWBC

Opportunities for Williamson & Burnet Counties (OWBC) offers a well-balanced lunch Monday-Friday at 12:00 pm for residents of Williamson and Burnet counties.

Opportunities clients pay a suggested \$3 donation for meals. Meals are \$7 for non-clients.

Registration forms can be picked up in the Dining Room OWBC Office.

Menu is available online or at the Baca Center & subject to change.

www.owbc-tx.org/

512-255-4970

SPRING TRIP REGISTRATION WILL BEGIN ON TUESDAY, JANUARY 28TH!

**Registration opens at
www.RoundRockRecreation.com at midnight
and at 8:00am in the office.**

**NOT SURE HOW TO ACCESS YOUR ONLINE ACCOUNT?
STOP BY THE FRONT DESK FOR ASSISTANCE.**

**See Spring Trip Guide for scheduled trips
(to be released mid January)**

GET YOUR TAXES DONE FOR FREE

WilcoFreeTaxPrep.org

**IRS-certified preparers will be at the Baca Center on
Mondays & Wednesdays, 10:00 AM - 2:00 PM, February 3 -April 13.**

For more information, call 512-255-6799 or 2 - 1 -1.

Assistance is available on a first come, first serve basis.

The sign up sheet is put in the lobby when the building opens at 7:00 AM.

**The Baca Center team is unable to answer tax questions,
nor take calls for the preparers.**

For more information, call 512-255-6799 or 2 - 1 -1.

SAVE THE DATE

Tuesday, March 17: St. Patrick's Day

Happy Hour, 1 - 3 pm

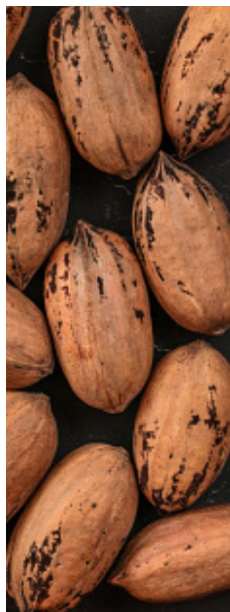
Saturday, April 4: Senior Prom

Thursday, April 9: Baca Center
Advisory Board Meeting

Friday, April 10: Easter Egg Hunt

Friday, May 1: "Let's Dance"

Masquerade Ball featuring
"Whitestone"



GOT PECANS? WE'LL CRACK THEM!

*Pecan cracking is available until
January 31st for \$0.50 per
pound.*

*Please bring pecans in a bucket
or tub (no plastic bags), labeled
with name & phone number.
Must be insect & mildew free.*

*Please allow up to
10 business days for cracking.*

*The Baca Center could be the
perfect place to host your next
big party or small gathering.*

Most rooms are available for rental on
evenings and weekends.

Stop by the front desk or call 512-218-5499 to
schedule a viewing or to book your reservation.

Reservations are accepted up to one year in
advance.



WALK WITH A DOC

Join Dr. Jeffrey Higginbotham on Saturday, January 18th
@ 10 am for a free health talk and walk at your own pace!
We will meet/walk outside the Allen R. Baca Center.
Future walks will be held on the 3rd Saturday of each
month at 10 AM.



QUESTIONS?
spumo@advancedpaincare.us

**DON'T FORGET to SCAN your
membership card each time you
enter the facility and to
SIGN IN to each
program you participate in.
Participation numbers are
important to us!**

ALLEN R. BACA CENTER TEAM

Center Supervisor:

Kelly Gaydos
kgaydos@roundrocktexas.gov

Program Coordinator:

Dawn Moonan
dmoonan@roundrocktexas.gov

Fitness Coordinator:

Jennifer Wesson
jwesson@roundrocktexas.gov

Recreation Manager:

Mary Hemenes
mhemenes@roundrocktexas.gov

Administrative Team:

Carol Isaacks
Jessica Thornton
Carla Hamlin

Recreation Assistants:

Lou Hapshie
Russell Diggs
Rusty Hammer
Bruce Beaumont

Bus Driver

Paul Wayne

Custodians

Padraig (Pat) Lavin
Martha Gonzalez

