

ALLEN R.
BACA CENTER

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



BEST SENIOR CENTER IN THE AUSTIN AREA FOUR YEARS IN A ROW!

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

HOLIDAY HOURS:

April 12: Easter | Closed

**SEE PAGE 7 FOR UPCOMING
SPECIAL EVENTS!**

WEEKLY ACTIVITIES

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
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	12:45-3:45 pm Bid Whist
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	1:00-2:30 pm Sing-A-Long
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	1:00-3:00 pm Rummikub
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	March 4 & 18 April 1 & 15	1:00-3:00 pm
AARP—general meeting	March 8 April 13	1:15-3:15 pm
AARP—board meeting	March 18 April 15	1:15-2:15 pm
Benefits Counseling—one-on-one	March 4 April 1	9:00 am
Book Discussion	March 10 April 14	1:00-2:00 pm
Bunco	March 3 & 17 April 7 & 21	6:30-8:30 pm
Cinema Day	March 11 April 8	1:00 pm
Craft Sale by Crafty Critters	March 10 April 14	10:30 am-1:30 pm
Daffodil Guys & Dolls	March 4 April 1	10:00 am
Garden Club	March 2 April 6	9:00 am-11:00 am
Let's Dance	March 6 April 3	7:00-9:30 pm
Performance Group Entertainment	March 26 April 30	1:00 pm
Round Rock New Neighbors Cards	March 18 April 15	9:30 am-12:30 pm
Sing for Joy	March 24 April 28	11:00 am
Spanish Sing-A-Long	March 5 April 2	10:00-11:30 am
Taoist Tai Chi Mahjong	March 9 & 25 April 13 & 29	6:00-8:30 pm
Widow Warriors	March 20 April 17	4:00-5:00 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 am

March 4 & April 1 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

March 11—Fred Clark from Round Rock Helpers

April 8—Area on Aging of Central Texas

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

March 4—Business meeting and art critique, bring your artwork to show & discuss

March 18—Business meeting and art demo to be determined

April 1—Business meeting and art critique, bring your artwork to show & discuss

April 15—Business meeting and art demo to be determined

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

March 10—"Sonny's Blues," by James Baldwin

April 14—"Argument and Persuasion," by Donald Hall

For more information, contact the Baca Center front desk

GARDEN CLUB—1st Monday, 9:00 am

March 2—"Rainwater Harvesting," by Jennifer Harbour

April 6—Annual Spring Plant Exchange, bring your plants 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 for more information about the group.



Driver Safety

AARP Driver Safety Course

Tuesday, March 17, 2020—8:30 am-12:30 pm—FULL

Thursday, April 16, 2020, 5:00 pm-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 Center 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

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, March 6—#23574, 7:00-9:30 pm

Friday, April 3—#23575, 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 4-25—9:00-10:15 am

\$38/4 classes

Course #29237

Wednesdays, April 8-28—9:00-10:15 am

\$38/4 classes

Course #29238

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 March & April, 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 Members

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, March 13-May 15, 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. 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.

March 26, "Earth, Wind & Fire"

April 30, "Country 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/improver class.

Tuesdays, March 3-17, 2:00-3:00 pm

Cost is \$9/for 3 classes

Course #28542

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

Cost is \$9/for 3 classes

Course #28543

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, April 16, 6:00-7:30 pm

FREE for adults 50+

Daffodil Guys & Dolls

Join this group to travel to various destinations without leaving the comfort of the Baca Center. In March, the group will focus on the Round Rock bridge history. In April they will discuss the Baca Center history.

Wednesday, March 4 & April 1, 10:00 am

FREE for adults 50+

Round Rock Preservation Lunch and Learn



The guest speaker for April is Jane DiGesualdo, co-author of the book entitled: Historical Round Rock Texas. The topic for Jane's presentation is "Where did it go?". Jane will include information from the book and talk about historic treasures that have been lost over the years to our community. 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, the Baca Center and Round Rock Preservation. For information call: 512-373-3819.

Tuesday, April 21, 11:30 am

FREE for everyone

WORKSHOPS

Avoiding Senior Financial Exploitation

This workshop is presented by the Office of Consumer Credit Commissioner (OCCC). Education is key to understanding and knowing the signs of financial exploitation, home ownership scams, managing your finances, and planning for unexpected life events. Senior exploitation is the theft, fraud, misuse of authority, and using influence to leverage control over an older individual's money or property. Examples of financial exploitation could come in the form of power of attorney abuse, investment fraud, lottery, telephone and internet scams or identity theft. For more information on financial education visit occc.texas.gov.



Thursday, March 12, 11:00 am

FREE for Baca Members

Smart DriverTEK Workshop

The Smart DriverTEK is an educational program that helps drivers to understand current and evolving vehicle safety technologies, how to use them and to recognize how these technologies might enhance their driving safety and extend their safe driving years. AARP has teamed up with The Hartford to develop the workshop which provides drivers with the necessary tools to navigate modern vehicle technology.

Sign up by calling 1-877-805-4115.

Thursday, March 19, 10:00-11:30 am

FREE for Baca 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, 6:00-7:45 pm

Course #28814

\$5 for Baca Members

Wednesday, May 14, 10:00-11:45 am

Course #28556

\$5 for Baca Members

Living a Healthy Life with Chronic Conditions Workshop

Become your own best advocate to understand your condition and the treatments that work best for you. Anyone over 60 who is living with a chronic condition and would like to learn symptom and medication management along with proper exercise and nutrition could benefit from this workshop. Participants will learn to manage symptoms, exercise, monitor nutrition, deal with emotions and stress and make informed treatment decisions with their doctor. Program is presented by Area Agency on Aging of the Capital Area. Space is limited, so register early.

Thursdays, March 5-April 9, 9:30 am-12:00 pm Course #33992

Free for Baca Members

Alzheimer's and Dementia Workshop

This workshop will begin the conversation about Alzheimer's and Dementia, and if you are financially prepared. Topics covered will be: what's the difference between Alzheimer's and Dementia; risk factors; legal and financial planning; resources available in your community.

Thursday, March 26, 11:00-11:45 am

Free for Baca Members

SPECIAL EVENTS

CHEERS! WE'RE IN FOR SOME FUN!

ST. PATRICK'S DAY HAPPY HOUR

JOIN THE BACA CENTER AND WELLS POINT LODGE FOR A ST. PATRICK'S DAY HAPPY HOUR! WEAR YOUR LUCKY LEPRECHAUN SHIRT OR FESTIVE HAT AND JOIN US FOR GREEN BEER AND PUNCH & LIGHT SNACKS IN THE LOBBY

TUESDAY, MARCH 17, 1:00-3:00PM

YOU ARE CORDIALLY INVITED TO ATTEND

Senior Prom

HOSTED BY THE ROUND ROCK HIGH SCHOOL NATIONAL HONOR SOCIETY AND THE BACA CENTER
 FEATURING A CATERED MEAL, GREAT MUSIC AND LOTS OF DANCING!
 5:00 - 8:00 PM | SATURDAY, APRIL 4
 ALLEN R. BACA CENTER

PRE-REGISTRATION IS REQUIRED, COURSE #27377 | SPACE IS LIMITED

THIS EVENT IS FREE FOR BACA MEMBERS

Easter Egg Hunt

Friday, April 10, 9:00-11:00 am

Join the Baca Center, Reavis Rehab and many other sponsors for our annual Easter Egg Hunt for adults 50+. There will be 30+ vendors to visit in the Grand Room along with breakfast tacos in the Dining Room.

Over 1,000 eggs will be hidden in various locations at the Baca Center and Centennial Plaza. Come early to ensure you get breakfast and an opportunity to hunt eggs. Hunting goes very quickly and participants will be limited to a certain number of eggs.

There will be NO bingo, Tai Chi classes offered. All afternoon programs will take place.
FREE for Baca members

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.

If you have a movie suggestion, let us know.



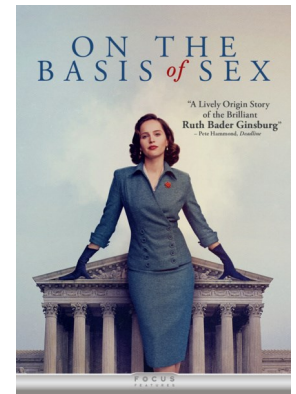
A Beautiful Day in the Neighborhood **Wednesday, March 11, 1:00 pm**

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.

On The Basis of Sex

Wednesday, April 8, 1:00 pm

Inspired by the powerful true story of Ruth Bader Ginsburg. *On the Basis of Sex* depicts a young struggling attorney and new mother facing adversity in her fight for equal rights. Ruth takes on a ground-breaking case and she knows the outcome could alter the courts' view of gender discrimination. Ruth teams up with her husband, Martin Ginsburg to fight the case that catapults her into one of the most important figures of our time.



CONGRATULATIONS JESSICA THORNTON!

*For being selected for the Baca Center
Office Manager position!*

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



"LET'S DANCE"
MASQUERADE BALL
 FEATURING "WHITESTONE"



FRIDAY, MAY 1ST • 6:30 - 9:30 PM
\$5 FOR BACA MEMBERS, \$10 FOR NON-MEMBERS
COURSE # 23576 • NO GUEST UNDER 50

Register by Wednesday April 29 and be entered into a drawing for a special prize



**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.

Mark Your Calendars

March 30–April 3: Advisory Board Tabling in Lobby

April 9: Advisory Board Meeting, 9:00am

May: Older Americans Month

May 25: Memorial Day, Closed

June 20: Center Art Club's Wine & Cheese Art Gala



OPEN HOUSES

The City of Round Rock invites you to review the draft of Round Rock 2030. Join us at any time during 2 open houses to give feedback and tell us your vision for Round Rock's future.

March 7, 2020

Allen R. Baca Center Dining Room
301 W Bagdad Ave, # 2
Round Rock, TX 78664
10am-2pm

March 10, 2020

Rabb House
151 N A.W. Grimes Blvd
Round Rock, TX 78664
6-8pm

CAN'T MAKE IT TO THE OPEN HOUSES?

The City will be holding Round Rock 2030 office hours on March 12 (2-5pm), March 18 (9am-12pm), and March 23 (9am-12pm) at the Planning and Development Services Office, located at 301 W Bagdad Ave, #210.

LEARN MORE AT ROUNDROCKTEXAS.GOV/ROUNDROCK2030

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!

Brand New Senior Apartment Community
www.villagesatfiskville.com

VILLAGES AT FISKVILLE 55+ APARTMENTS

Affordable, Independent, Senior Living
(*income restrictions apply)

1 BR starting at \$993
2 BR starting at \$997



Move-in specials available! Contact us today!

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LUNCH ON US!

Call **512.643.0352**
To Schedule A FREE Lunch & Tour!



CONSERVATORY
AT NORTH AUSTIN
By Discovery Senior Living

ConservatorySeniorLiving.com
14320 Tandem Boulevard, Austin, TX 78728
Active Independent Living



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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:

Jessica Thornton
Carla Hamlin

Recreation Assistants:

Lou Hapshie
Russell Diggs
Rusty Hammer
Bruce Beaumont

Bus Driver

Paul Wayne

Custodians

Padraig (Pat) Lavin
Martha Gonzalez

