

ALLEN R.
BACA CENTER

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



**REGISTER NOW TO DANCE THE NIGHT AWAY AT
"EVENING UNDER THE STARS" ON MAY 12TH**

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:

May 30: Memorial Day | Closed
June 20: Juneteenth Holiday | Closed
July 4: Independence Day | Closed

**SEE PAGE 4 FOR OLDER AMERICANS
MONTH EVENTS!**

WEEKLY ACTIVITIES

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
9:00-11:00 am Guitar Group	9:00-11:00 am Wood Carvers	9:30-10:15 am A.A.A.	9:00-11:00 am Windjammers	9:00 am-3:00 pm Open Game Play
9:30-10:15 am A.A.A.	9:30-10:15 am A.A.A.	10:00-11:30 am Mexican Train	9:30-10:15 am A.A.A.	10:00-11:30 am Bingo*
10:30-11:30 am Intro. Beginner Line Dance*	9:30 am-2:00 pm Crafty Critters	10:30-11:00 am Sittercize	10:30-11:00 am Sittercize	12:30-3:30 pm Mexican Train Hand/Foot Canasta
10:30-11:00 am Sittercize	10:30-11:00 am Sittercize	9:30 am-12:30 pm Hearts	10:30 am-2:30 pm Pickleball**	1:00-2:30 pm Sing-A-Long
11:00 am-3:00 pm Pickleball	12:30-4:00 pm Pinochle ADVANCED PLAY	12:15-3:30 pm Dominoes "42"	12:30-3:45 pm Bridge for Fun Racehorse Canasta Cribbage	
12:30-4:30 pm American Mah Jong Club EXPERIENCED	12:45-4:00 pm Texas Canasta	12:30-4:00 pm Spades	1:00-2:30 pm Conversational Spanish Class	
12:30 am-4:00 pm Pinochle	1:00-3:00 pm Klub Karaoke— 4th week is rehearsal for performance group only	1:00-3:00 pm Latin Dancing	1:00-3:00 pm Tejano Time Performance Group Practice	
12:45-3:30 pm Dominoes "42"	1:30-2:30 pm Hula Lessons	3:00-4:00 pm Widow Warriors		
1:00-4:30 pm Duplicate Bridge ADVANCED PLAY & MUST have partner	4:30-8:30 pm Pickleball	4:30-8:30 pm Table Tennis		
4:30-8:30 pm Table Tennis	6:15-9:00 pm Evening Bridge ADVANCED PLAY & MUST have partner			

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

**Last Thursday, play ends at 11:30 am.

Interested in joining a group but unsure of how to, stop by the front desk for more information.

Some programs may take place in a different room during the summer to accommodate other programs.

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

MONTHLY ACTIVITIES

Monthly Activity	Dates	Times
Art Club Open Studio	May 4 & 18 June 1 & 15 May 11 & June 8	1:00-3:00 pm
Benefit Resources—one-on-one	May 10 June 14	10:00 am
Book Discussion	May 10 June 14	1:00 pm
Bunco	May 3 & 17 June 7 & 21	6:30-8:30 pm
Cinema Day	May 25 No movie June & July	1:00 pm
Garden Club	May 2 June 6	9:00 am-11:00 am
Let's Dance*	May 6 June 3	7:00-9:30 pm
Performance Group Entertainment	May 26 June 30	1:00 pm
Round Rock New Neighbors Bridge	May 18 No mtgs. June-August	12:00-3:00 pm
Round Rock Preservation	May 17	12:00 pm
Sing for Joy	May 24 June 28	11:00 am
Writing Club	May 23 June 27	1:00 pm

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

ORGANIZATIONS & CLUBS

BENEFIT RESOURCES—2nd Tuesday, 10:00 am

May 10 & June 14 in the Baca Center Lobby

Visit with Donna Bridges, from AGE of Central Texas, as she will provide one-on-one assistance with locating and accessing local support programs and resources. Free assistance is available for older adults and family caregivers, to help you connect with the information, resources, programs, and education that will help you age successfully. If you need assistance sooner, please contact the AGE Resource Center at 512-600-9275

ART CLUB—1st, 2nd, & 3rd Wednesday of each month. Visitors always welcome!

May 4—Field trip—no meeting at Baca

May 11—Open studio, bring your art supplies and works in progress to create in a group setting

May 18—Demo day: Artists share their unique art techniques

June 1—Business meeting, art show and tell, Baca hall display change out

June 8—Open studio, bring your art supplies and works in progress to create in a group setting

June 15—Demo day: Artists share their unique art techniques

BOOK DISCUSSION—2nd Tuesday, 1:00 pm

May 10—"Wal-Mart Has Plantains" by Sefi Atta

June 14—"Fischer vs. Spassky" by Lara Vapnyar

These fictional stories are from the anthology: Immigrant Voices/21st Century Stories.

Books can be obtained from Great Books Foundation: www.greatbooks.org

GARDEN CLUB—1st Monday, 9:00 am

May 2—Leaves and Trees presented by Rachel Hagan (Brushy Creek MUD)

June 6—Butterflies presented by Round Rock Garden Club volunteer

WRITING CLUB—4th Monday, 1:00-2:30 pm

The Writing Club is what you make it: read your own stories or poetry, the work of others or just come to listen. Join this fun and entertaining group now!! Contact bacawritingclub@gmail.com for more information about the group. Thursday meetings are Zoom and the 4th Monday will be in-person at the Baca Center and no Zoom.



ConservatoryAtNorthAustin.com

14320 Tandem Blvd. | 512.360.8942
Austin, TX 78728 | Active Independent Living



Rotary
Club of Round Rock Sunrise

**Join Us Every Friday
From 7-8am
At the Allen R. Baca Senior Center**

For more information, please contact us via email at:
meetings@rotaryroundrock-sunrise.com

Become part of a community that turns your passion for *change* into *action!*



Age my way!



EVENTS

at the Baca Center

May

4

Fall Prevention & Awareness Workshop, 11:15am

This workshop led by Fitness Instructor Kathy K., will provide valuable information about the importance of posture in preventing falls. Balance exercises will be demonstrated, along with exercises you can utilize at home.

May

12

Pre-Alzheimer's Workshop, 9:00am

Join Care Access for a presentation on Alzheimer's and how it can affect you and your loved ones, current treatment and prevention options. One in nine seniors over 65 suffer from Alzheimer's Disease. A number of recent advances are leading to more options, especially progress towards early detection and intervention.

Evening Under The Stars, 7:00 - 10:00pm

The event will feature music & dancing with DJ Robert Rodriguez, hors d'oeuvres & drinks. Tickets are \$10 for ages 50+. Register by May 9th to be entered to win a door prize.

May

18

Balance Workshop, 11:15am

This interactive seminar, presented by Fitness Coordinator Sherry Leetham, will focus on body awareness which will lead to a better understanding on how to maintain your balance. Our campfire format will allow for open discussion, demonstrations and exercises to improve individual responsiveness.

May

25

Healthy Snack Workshop, 1:00pm

Celebrate National Senior Health & Fitness Day with a workshop on healthy snack options! Charlotte Holland with Ascension Seton Williamson will demonstrate how to make energy bites and share samples with participants.

May

26

Cognitive Changes in Aging Workshop, 11:15am

Join Annette Juba, Chief Program Officer for AGE of Central Texas for a presentation on cognitive changes in aging (not all of them are bad). As we age, our brains age as well. While some cognitive functions decline, our brains become better at doing other things. This talk will give an overview of the changes (good and bad) that we can anticipate, and also offer some guidelines for optimizing brain health.

WORKSHOPS ARE FREE FOR MEMBERS, REGISTRATION NOT REQUIRED

Daily Congregate Meals at the Baca Center

The Opportunities for Williamson & Burnet Counties (OWBC) Senior Nutrition Program offers nutritionally balanced, homemade lunches at a low cost for seniors (60+) at the Baca Center. Lunch is served Monday – Friday at 12:00pm. To become a client and register for the congregate lunches, please visit the OWBC office in the Dining Room between 9:00 am & 1:30 pm. Clients pay a suggested \$3 donation for meals.

www.owbc-tx.org/

512-255-4970



AMBERLIN
PFLUGERVILLE

(737) 214-2136
AmberlinPflugerville@SparrowLiving.com
AmberlinPflugerville.com

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**MAINTENANCE-FREE
55+ LIVING**

Reserve Your Brand New
Apartment Home for Fall 2022

S.A.L.T. Seniors & Law Enforcement Together



S.A.L.T. connects older adults and Round Rock Police to address law enforcement issues of interest to the senior community. Members meet monthly as well as volunteer with various PD events and programs serving Round Rock seniors and the community at large. If you are 50+ and would like to become a member, email the Round Rock Police Department at lforma@roundrocktexas.gov. For more information on this program, visit RoundRockTexas.gov/salt.

PROGRAMS & CLASSES

FRIDAY, MAY 6TH | 7:00 - 9:30PM

LET'S DANCE FEATURING

\$5 FOR BACA MEMBERS

\$10 FOR NON-MEMBERS, AGES 50+



**REGISTER NOW!
COURSE #49894**

**REGISTER BY MONDAY, 5/2 FOR
A CHANCE TO WIN A FREE ENTRY
TO THE NEXT DANCE**

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, 7:00-9:30 pm. Participants can bring their own beverages and snacks. No guests under age 50. **Please register in advance.** Those that register by the Monday prior to the dance will be entered into a drawing for a FREE entry for the next dance. The May dance will feature live music by Six Sons Of A Gun. The June dance theme will be Summer Luau and will be conducted by a live DJ. All dances are \$5 for members and \$10 for non-members.

May 6—#49894

\$5 for members

June 3—#53956

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. Non-members pay \$5 more per month.

Wednesdays, May 4-25—9:00-10:00 am

\$38/4 classes

Course #50080

Wednesdays, June 8-29—9:00-10:00 am

\$38/4 classes

Course #53917

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.

May 26—Country Western

June 30— TBA—See Kiosk Sign Up Sheet

PROGRAMS & CLASSES

Guitar Group & Windjammers

Members can join the Guitar Group on Mondays 9-11 am in the music room. This group plays a variety of popular music selected by the participants. The music is “by ear” generally using lyrics and chord charts. Acoustic and electrified instruments and those who only sing are welcome.

Members can join the Windjammers on Thursdays 9-11 am in the music room. This group plays Bluegrass, old country and traditional music. Members play “by ear” using lyrics and chord charts. Acoustic stringed instruments as generally used in Bluegrass and traditional music and folks who only sing are welcome.

Both groups are for experienced players and are not instructional classes.

Mondays, 9:00 am

FREE for Baca Members

Thursdays, 9:00 am

FREE for Baca Members

Learn to Sway Da Island Way with Kumu Ellie

This program meets on a weekly basis and interested participants can join the beginner hula on Tuesdays at 1:30 pm.

Beginner Hula: In this relaxed class, students learn Hula dance technique and simple language. The focus will be on modern Hula such as “Blue Hawaii”.

Beginner+/Intermediate: Dancers will be challenged to the next level of their Hula experience in technique and implements. Instructor approval required for this class.

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.

Tuesdays at 1:30 pm (all participants)

FREE for Baca members

NEW—Silver Swans® Ballet Class



Silver Swans® Ballet Class offers introductory senior 55+ ballet classes for those looking for a low-impact & fun way to stay active. We incorporate beautiful classical music compositions with attainable ballet movement segments to inspire and challenge your inner ballerina. The tutu is optional! First class on Tuesday, May 3 is a FREE trial.

The course is a three-month session with the first two months dedicated to learning exercise concepts, steps, and short sequences, with the final month devoted to learning a choreographed variation from a famous classical ballet. The dance classes are adapted for safety, and accessible for complete beginners able to walk and move freely. The classes help improve mobility, balance, flexibility, posture, coordination, and energy levels, as you embrace your emerging swan. Most importantly, the classes are an opportunity to have fun, expand your social circle and enjoy the sense of well-being that dance brings.

Silver Swans™ is developed by the Royal Academy of Dance. The ballet program is based on many years of research into dance practice for older learners and classes can only be taught by Silver Swans™ Licensees.

for those participating in shows.

Tuesday, May 3, 6:00-7:00 pm

Free trial

Tuesdays, May 10-31, 6:00-7:00 pm

Course #56361

\$28/month for Baca members

Tuesdays, June 7-28, 6:00-7:00 pm

Course #56378

\$28/month for Baca members

PROGRAMS & CLASSES

Round Rock Preservation Lunch and Learn



Join the Round Rock Preservation on May 17 at noon for a presentation titled “Discovering Round Rock History: The Chisholm Trail.” 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, May 17, 12:00 pm

FREE for everyone

“Round Rock—This Place Matters” Art Display

Historic Preservation Month is celebrated across the country during the month of May. A special art display, sponsored by the Center Art Club, will be featured at the Baca Center. The theme for the display is “Round Rock—This Place Matters.”

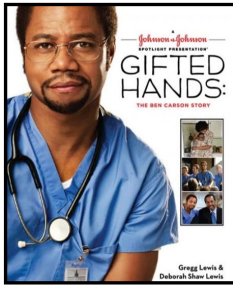
CINEMA DAY

Join the Baca Center on the 4th Wednesday at 1 pm for our cinema movie.

All movies are FREE for Baca members and participants are welcome to bring snacks and drinks.

There will be no movies June & July but will return in August.

If you have a movie suggestion, let us know.



Gifted Hands—The Ben Carson Story

Wednesday, May 25, 1:00 pm

Biography of Ben Carson who grew up to be Dr. Ben Carson, a world famous neurosurgeon at Johns Hopkins. This movie charts his obstacles to become a Dr. and save lives at Johns Hopkins Hospital. Based on a true story.

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Any Inquiry please call 512-634-3022

THE BACA CENTER PRESENTS

An Evening Under The Stars



MUSIC | DANCING
HORS D'OEUVRES | DRINKS
FEATURING DJ ROBERT RODRIGUEZ



MAY 12TH | 7 - 10 PM
CENTENNIAL PLAZA
AGES 50+ | \$10

BACA CENTER MEMBERSHIP NOT REQUIRED



REGISTER BY MAY 9
TO BE ENTERED TO
WIN A DOOR PRIZE

WWW.ROUNDROCKRECREATION.COM

512-218-5499



THE PARKS AND RECREATION DEPARTMENT IS HIRING **BUS DRIVERS**

You'll drive for a variety of programs such as After School program, Summer Camps, Baca Center trips and more!
A Class A or B CDL with Passenger (P) and School Bus (S) endorsements is required.

FOR COMPLETE DETAILS & TO APPLY, VISIT WWW.ROUNDROCKTEXAS.GOV/JOBS

JOIN OUR TEAM



MARK YOUR CALENDARS

JULY 1 Let's Dance

JULY 20 National Fortune Cookie Day

AUGUST 5 Let's Dance

AUGUST 23 Fall Trip Registration

AUGUST 25 National Banana Split Day

**KEEP
THE
BACA
CENTER
HEALTHY**



**WASH
YOUR
HANDS**



**IF SICK,
STAY
HOME**

**PLEASE BE
RESPECTFUL OF
INDIVIDUALS'
PERSONAL CHOICE TO:**
 -TO WEAR OR
 NOT WEAR A FACE
 COVERING
 -TO RECEIVE OR
 NOT RECEIVE A
 VACCINE
 -MAINTAIN PHYSICAL
 DISTANCE



August 26, 6:00-8:00 pm

\$5 for Baca members

\$10 for Non-members

Course #55633

\$380 in prizes sponsored by Amberlin Pflugerville

Register by Monday, August 22 for a chance at a door prize

Event is open to ALL bunco players

ALLEN R. BACA CENTER TEAM

Center Supervisor:

Kelly Gaydos
kgaydos@roundrocktexas.gov

Program Coordinator:

Dawn Moonan
dmoonan@roundrocktexas.gov

Fitness Coordinator:

Sherry Leetham
sleetham@roundrocktexas.gov

Recreation Manager:

Mary Hemenes
mhemenes@roundrocktexas.gov

Administrative Team:

Anita Ouellette
Mike Crowell
Carla Hamlin

Recreation Assistants:

Lou Hapshie
Rusty Hammer
Bruce Beaumont

Bus Driver

Jessie Houston

Custodians

Padraig (Pat) Lavin
Sabina Maldonado-Sibrian

