

# ALLEN R. BACA CENTER

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



DON'T JUST SIT THERE -

JOIN ONE OF OUR LIFESTYLE MOVEMENT CLASSES

#### **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:**

September 5: Labor Day | Closed

November 11: Veterans Day | Closed

**SEE PAGE 8 FOR NEW  
PROGRAMS & CLASSES**

## WEEKLY ACTIVITIES

<i><b>Monday</b></i>	<i><b>Tuesday</b></i>	<i><b>Wednesday</b></i>	<i><b>Thursday</b></i>	<i><b>Friday</b></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	9:00 am-12:00 pm Non-competitive pickleball Rating 1-3.5**	1:00-2:30 pm Sing-A-Long
11:00 am-1:00 pm Non-competitive Pickleball Rating 1-3.5**	12:30-4:00 pm Pinochle ADVANCED PLAY	12:15-3:30 pm Dominoes "42"	12:00-3:00 pm Competitive Pickleball Rating 4-5**	
1:00-3:00 pm Competitive Pickleball Rating 4-5**	12:45-4:00 pm Texas Canasta	12:30-4:00 pm Spades		
11:30 am-4:00 pm Pinochle	1:00-3:00 pm Karaoke Performance Group	1:00-3:00 pm Latin Dancing	12:30-3:45 pm Bridge for Fun Racehorse Canasta Cribbage	
12:30-4:30 pm American Mah Jong Club EXPERIENCED	1:30-2:30 pm Hula Lessons	3:00-4:00 pm Widow Warriors	1:00-2:30 pm Conversational Spanish Class	
12:45-3:30 pm Dominoes "42"	4:30-8:30 pm ALL Rating Levels Pickleball	4:30-8:30 pm Table Tennis Rating above 1000	4:30-8:30 pm Beginner Table Tennis Rating of 0-1000	
1:00-4:30 pm Duplicate Bridge ADVANCED PLAY & MUST have partner	6:15-9:00 pm Evening Bridge ADVANCED PLAY & MUST have partner			
4:30-8:30 pm Table Tennis Rating above 1000				

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

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.***

\*\*Pickleball ratings: [www.usapickleball.org/tournaments/tournament-player-ratings/player-skill-rating-definitions/](http://www.usapickleball.org/tournaments/tournament-player-ratings/player-skill-rating-definitions/)

## MONTHLY ACTIVITIES

Monthly Activity	Dates	Times
Art Club	September 7 & 21	1:00-3:00 pm
Open Studio	October 5 & 19 Sept. 14 & Oct. 12	2:00-4:00 pm
Benefit Resources—one-on-one	September 13 October 11	10:00 am
Book Discussion	September 13 October 11	1:00 pm
Bunco	September 6 & 20 October 4 & 18	6:30-8:30 pm
Garden Club	September 12 October 3	9:00 am-11:00 am
Let's Dance	September 2—Labor Day October 7—Halloween Costume Contest	7:00-9:30 pm
Sing for Joy	September 27 October 24	11:00 am
Writing Club	September 26 October 24	1:00 pm

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

### 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/](http://www.owbc-tx.org/)

512-255-4970

## ORGANIZATIONS & CLUBS

### BENEFIT RESOURCES—2nd Tuesday, 10:00 am

**September 13 & October 11 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 & 3rd Wednesday of each month, 1:00 pm; 2nd Wednesday, 2:00pm

**Visitors always welcome!**

**September 7**—Business meeting, art show and tell, Baca hall display change out

**September 14**—Open studio, bring your art supplies and works in progress to create in a group setting

**September 21**—Demo day: Artists share their unique art techniques

**October 5**—Business meeting, art show and tell, Baca hall display change out

**October 12**—Open studio, bring your art supplies and works in progress to create in a group setting

**October 19**—Demo day: Artists share their unique art techniques

### BOOK DISCUSSION—2nd Tuesday, 1:00 pm

**September 13**—"No Subject" by Carolina De Roberts

**October 11**—"The Science of Flight" by Yiyun Li

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

Books can be obtained from Great Books Foundation: [www.greatbooks.org](http://www.greatbooks.org)

Contact the Baca Center for more information.

### GARDEN CLUB—1st Monday unless a holiday, 9:00 am

**September 12**—Bats by Dianne Odegard

**October 3**—Plant exchange, bring a plant to share

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

## 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](mailto:lforma@roundrocktexas.gov). For more information on this program, visit [RoundRockTexas.gov/salt](http://RoundRockTexas.gov/salt).





## AARP Driver Safety Course

### Driver Safety

Thursday, September 15, 2022, 8:30 am-12:30 pm

Tuesday, October 18, 2022, 5:00 pm-9:00 pm

Tuesday, November 15, 2022—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. Course does not dismiss traffic violations.

**Pre-register at the Baca Center front desk.**

Payment will be made at the start of class. \$20 for AARP members & \$25 for non-members payable by CHECK ONLY to AARP. You must have your AARP card to present at class.

Individuals with AARP Medicare Supplement Plan insured by UnitedHealthcare may attend for no charge—must show Medicare membership card as proof.

*All participants will be required to sign an AARP Smart Driver COVID-19 Registration Disclosures/Disclaimers form at the start of the class. A copy of the registration disclosures/disclaimers can be viewed at the Baca Center Front Desk.*

*AARP reserves the right to cancel classes with little to no notice due to COVID-19 protocols.*

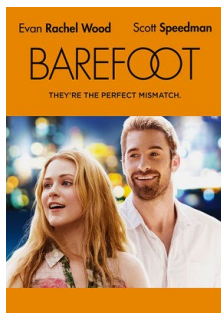
For online course: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)

## 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.

*If you have a movie suggestion, let us know.*



### **Barefoot**

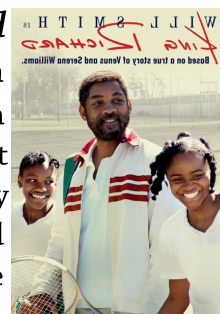
**Wednesday, September 28, 1:00 pm**

Daisy is a young woman who has spent most of her life alone and friendless as a psychiatric patient raised in a medical institution. By accident, she meets a young man who becomes her savior, freeing her from her life of enforced isolation. The man takes Daisy to his family home for the wedding of his brother where Daisy discovers that the man is considered the "black sheep" of the family and receives little respect from his parents and siblings. He has brought Daisy to this family event to convince them he has finally begun to straighten out his life. Daisy's quirky genuine charm impresses the family and love blooms for Daisy and her young man.

### **King Richard**

**Wednesday, October 26, 1:00 pm**

Based on the true story that will inspire the world. For Richard Williams, life has been a challenging game. He knows just how hard it is to get ahead, but he also has a feeling that his two daughters may become two of the most famous athletes in the world. It's not easy getting Venus and Serena started in tennis. It seems as though the insular and bigoted tennis courts might never accept two Black girls from Compton. But the one thing the sports world can't argue with is the immense talent showcased by these two prodigies.



# "A GRAND AFTERNOON"



## GRANDPARENTS DAY CELEBRATION \* AT THE BACA CENTER



Grandparents and grand-friends are very special in children's lives - so here's a day just for you! Bring your grandchildren for an afternoon full of crafts, entertainment, refreshments and more!

Sunday, September 11  
2:00 - 4:00 pm  
**FREE**

Baca Membership Not Required



CELEBRATE NATIONAL COFFEE DAY  
ON SEPTEMBER 29TH



BRING YOUR FAVORITE COFFEE MUG  
OR USE ONE OF OURS!

COFFEE WILL BE AVAILABLE STARTING AT  
7:00AM IN THE LOBBY  
UNTIL THE POT IS EMPTY

As an extension of National Night Out,  
SALT (Seniors and Law Enforcement Together) will be hosting



**Wednesday, October 5, 2022, from 1 – 3 pm in the Baca Center Grand Room**

Join us for this informative meeting with presentations on frauds and scams.

Round Rock Police Department representatives will be in attendance,  
and light refreshments will be served along with raffle and door prizes.

## 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, 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 September dance theme will be Back to School and the October dance will be a Halloween Costume Contest. Wear your costume for a chance at a prize. Both will be conducted by a live DJ. All dances are \$5 for members and \$10 for non-members.

September 2—#53959

\$5 for members

October 7—#55983

### 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, Sept. 7-28—9:00-10:00 am

\$38/4 classes

Course #53920

Wednesdays, Oct. 5-26—9:00-10:00 am

\$38/4 classes

Course #56455

### 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](mailto: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



## PROGRAMS & CLASSES

### Round Rock Preservation Lunch and Learn



The topic for September will be Round Rock Old Town. Information will be provided for each of the sites. 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, September 13, 11:30 am

**FREE for everyone**

### Karaoke 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 and what you want to do for the show. The group meets every Tuesday at 1:00 pm and has a special performance on a quarterly basis in the Grand Room. The list will be removed once the show is full. Don't wait, next show will be Snowflake and the Seven Minions on November 29.

November 29, 1:00 pm

**FREE for Baca Members**



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## NEW PROGRAMS & CLASSES

### Learn to Play: Bridge, Canasta, Spades and Pinochle

Join our Baca Center members for our newest program Learn to Play, which is instruction on how to play Bridge, Racehorse or Texas Canasta games, Spades or Pinochle. Each month September-November a new Learn to Play instruction will take place. The Learn to Play is FREE for members and \$5 for non-members. Space is limited, so register a week in advance to ensure enough instructors. All instructors are avid volunteer players of the various games.

**Bridge** is a game of partnerships, so the player across the table is your partner, and the players to the right and left are on the opposing team. Bridge is made up of two main parts. Initially the bidding process and then the game play. Suits are ranked in Bridge from Spades, Hearts, Diamonds, to Clubs, the lowest.

**Racehorse Canasta** is a trick-taking card game for 5 or more players. The goal is for you to score as many points as you can.

**Texas Canasta** is played with two teams of two players. Team members sit opposite each other at a table. Five decks of standard playing cards with 2 jokers per deck are used to accumulate more points than your opponent.

**Spades** is a trick-taking card game that can be played as either a partnership or solo/"cutthroat" game. The object is to take the number of tricks (also known as "books") that were bid before play of the hand began.

**Pinochle** is played with an 80 deck of cards and the goal is to win tricks, so as to score the value of cards taken in on tricks and to meld certain combinations of cards having values in points.

Spades—Thurs., Sept. 8 & 15, 6:00-8:00 pm

Course #57095

FREE for Baca Members

Pinochle—Mon., Sept. 12 & 19, 6:00-8:00 pm

Course #56938

FREE for Baca Members

Racehorse Canasta—Mon., Oct. 3 & 10, 6:00-8:00 pm

Course #56939

FREE for Baca Members

Texas Canasta—Mon., Oct. 17 & 24, 6:00-8:00 pm

Course #56940

FREE for Baca Members

Bridge—Mon., Nov. 7 & 14, 6:00-8:00 pm

Course #57075

FREE for Baca Members

### A Matter of Balance

This award-winning program consists of eight 2-hour classes designed to help adults age 60+ reduce their fear of falling. The classes consist of group discussions, problem-solving strategies and physical activity. You will learn to view falls as controllable; set goals for increasing activity; reduce fall risks and exercise to increase strength and balance. This program is presented by the Area Agency on Aging and Texas A&M nursing students. Must be 60+ and class is free. Space is limited, register early!

Tuesdays, Sept. 22-Nov. 10, 2:00-4:00 pm

FREE

Course #57702

**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

# Art Fair

October 22, 2022  
10:00 AM - 5:00 PM  
Grand Room

PRESENTED BY CENTER ART CLUB OF ROUND ROCK

Original Artwork, Prints, Cards,  
Photographs & Much More!

ALL for sale!  
Meet the Artists!



Artwork by Jeanice Ullman

**TABLE TENNIS FOR BEGINNERS  
NEW ON THURSDAYS 4:30 - 8:30 PM**

**ADVANCED PLAY, MONDAYS & WEDNESDAYS**

4:30 PM - 8:30 PM

*Beginners Rating 0 - 1000, Advanced Rating +1000*

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reserve your new  
home.

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bedrooms  
available.



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Club of Round Rock Sunrise

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From 7-8am**

**At the Allen R. Baca Senior Center**

For more information, please contact us via email at:  
[meetings@rotaryroundrock-sunrise.com](mailto:meetings@rotaryroundrock-sunrise.com)

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



# MARK YOUR CALENDARS

**MONTH OF NOVEMBER** Veterans Wall of Honor on Display

**NOVEMBER 1** Nut Sales & Pecan Cracking Begin

**NOVEMBER 4** Let's Dance

**NOVEMBER 8** Veterans Breakfast

**NOVEMBER 15** Thanksgiving Luncheon

**DECEMBER 2** Let's Dance featuring Los Funky Monkeys

**DECEMBER 13** Holiday Luncheon



## HONORING ALL WHO SERVED

### VETERANS WALL OF HONOR

The Baca Center will be creating a "Wall of Honor" to celebrate and thank our veterans during the month of November. All veterans or family members of veterans are asked to provide a photo of the veteran in uniform. This photo can be emailed to [kgaydos@roundrocktexas.gov](mailto:kgaydos@roundrocktexas.gov) or brought to the Baca Center during membership hours to be scanned and returned immediately. Please include name, branch, rank and years served. Photos that were submitted in 2020 & 2021 do not have to be resubmitted. Deadline to submit photos is October 24, 2022.

The Veterans Wall of Honor will be on display in the Baca Center Lobby for the entire month of November and can be viewed anytime during facility hours.

### VETERANS BREAKFAST

Baca Center Veterans: Join us on Tuesday, November 8th at 9:00am for a celebration to honor your patriotism and sacrifice for our country. A short presentation will be held in the Grand Room followed by a pancake & sausage breakfast. The meal is complementary for veterans and \$5 for guests.

Registration is required by November 4, 2022.

# 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:**

Rusty Hammer  
Bruce Beaumont

**Bus Driver**

Jessie Houston

**Custodians**

Padraig (Pat) Lavin  
Sabina Maldonado-Sibrian

## On To New Adventures...



Lou Hapshie retired  
August 26th after 6 years  
of service to the Baca  
Center



Carla Hamlin will retire  
September 30 after 8 years  
of service to the Baca  
Center



Your Round Rock Rockettes represented the Baca Center at the 2022 National Granny Basketball Tournament July 30-31 at the Hy-Vee Arena in Kansas City, MO. It was the largest tournament yet for the League -- 20 teams and more than 235 players ages 50-90. The Rockettes went 3-0 on Saturday, earning a place in the championship bracket for Sunday. They faced the Late Bloomers from Iowa in the quarterfinal round and lost a close one 47 - 45.

The team had a great time at Nationals and can't wait to go back! Interested in joining them? Contact [dmoonan@roundrocktexas.gov](mailto:dmoonan@roundrocktexas.gov) for more information or to register.