

ALLEN R. BACA CENTER

301 W. Bagdad Avenue, Building 2
Round Rock, TX 78664

512-218-5499 | bacacustomerservice@roundrocktexas.gov
www.BacaCenter.com

ALL WE DO IS WIN, WIN, WIN

BEST SENIOR CENTER



ALLEN R. BACA CENTER

FOR THE SEVENTH YEAR 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:

Jan. 16: MLK Day | Closed

Feb. 20: President's Day | Closed

**JOIN US FEBRUARY 17TH FOR THE BACA
CENTER SENIOR PROM! SEE PAGE 10 FOR
DETAILS.**

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*
10:30-11:00 am Sittercize	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
11:00 am-1:00 pm Non-competitive Pickleball Rating 1-3.5**	10:30-11:00 am Sittercize	9:30 am-12:30 pm Hearts	11:00-11:15 am Balance	1:00-2:30 pm Sing-A-Long
1:00-3:00 pm Competitive Pickleball Rating 4-5**	12:30-4:00 pm Pinochle ADVANCED PLAY	12:15-3:30 pm Dominoes "42"	9:00 am-12:00 pm Non-competitive pickleball Rating 1-3.5**	
11:30 am-4:00 pm Pinochle	12:45-4:00 pm Texas Canasta	12:30-4:00 pm Spades	12:00-3:00 pm Competitive Pickleball Rating 4-5**	
12:30-4:30 pm American Mah Jong Club EXPERIENCED	1:00-3:00 pm Karaoke Performance Group	1:00-3:00 pm Latin Dancing	12:30-3:45 pm Bridge for Fun Cribbage	
12:45-3:30 pm Dominoes "42"	1:30-2:30 pm Hula Lessons	3:00-4:00 pm Widow Warriors	12:45-3:45 pm Racehorse Canasta	
1:00-2:30 pm Writing Club	4:30-8:30 pm ALL Rating Levels Pickleball	4:30-8:30 pm Table Tennis Rating above 1000	1:00-2:30 pm Conversational Spanish Class	
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 Beginner ONLY Table Tennis Rating of 0-1000	
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.

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/

MONTHLY ACTIVITIES

Monthly Activity	Dates	Times
Art Club	January 4 & 18	1:00-3:00 pm
Open Studio	February 1 & 15 January 11 & February 8	12:00-3:00 pm
Benefit Resources—one-on-one	January 10 February 14	10:00 am
Book Discussion	January 10 February 14	1:00 pm
Bunco	January 3 & 17 February 7 & 21	6:30-8:30 pm
Garden Club	January 9 February 6	9:00 am-11:00 am
Hong Kong Mah Jong	January 10 & 24 February 14 & 28	6:00-8:30 pm
Let's Dance	January 6 February 3	7:00-9:30 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/

512-255-4970



CMRC | BACA CENTER

JANUARY MEMBERSHIP SPECIAL

Purchase one of the ANNUAL memberships listed below during the month of January and receive 10% off and a membership t-shirt!

Membership Type	Annual Rate	January Special
CMRC Family	\$310.00	\$279.00
CMRC Couple (21-49 yrs.)	\$245.00	\$220.50
CMRC Adult (21-49 yrs.)	\$150.00	\$135.00
CMRC Senior Couple (50+ yrs.)	\$140.00	\$126.00
CMRC Senior (50+ yrs.)	\$85.00	\$76.50
CMRC Youth (20 yrs & under)	\$85.00	\$76.50
CMRC/Baca Combo (50+ yrs.)	\$110.00	\$99.00
CMRC/Baca Couple Combo (50+ yrs.)	\$185.00	\$166.50
CMRC & Baca Weight Room Only Adult (21-49 yrs.)	\$160.00	\$144.00

Purchase one of the ANNUAL memberships listed below during the month of January and receive a membership t-shirt!

Membership Type	Annual Rate
Baca Adult 50+ yrs. without weight room	\$30
Baca Adult 50+ with weight room & fitness classes	\$60
Baca Adult (21-49 yrs.) weight room only	\$80

*Membership t-shirts are while supplies last

Clay Madsen Recreation Center

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
(512) 218-5499
www.BacaCenter.com

ORGANIZATIONS & CLUBS

BENEFIT RESOURCES—2nd Tuesday, 10:00 am

January 10 & February 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 & 3rd Wednesday of each month & 2nd Wednesday at 1 pm

Visitors always welcome!

January 4—Business meeting, art show and tell, Baca hall display change out

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

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

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

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

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

BOOK DISCUSSION—2nd Tuesday, 1:00 pm

January 10—"San Juan-Atlanta-Detroit" by Lawrence La Fountain-Stokes

February 14—"Diogenes" by Pablo Heiguera

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

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

Contact the Baca Center for more information.

GARDEN CLUB—1st Monday, 9:00 am

January 9—*Succulents* by Kaye Davidson, Williamson County Master Gardener

February 6—*Pruning* by Melissa Rollmann, Round Rock Garden Center

WRITING CLUB—Mondays, 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.

**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

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.



Gifted

Wednesday, January 25, 1:00 pm

Frank Adler, who works as a freelance boat repairman and lives in a trailer park on the Florida coast, has been guardian to his seven year old niece Mary Adler since she was a newborn after her mother, Frank's sister committed suicide. Frank moved with Mary in an effort to "escape" those that threaten their family. Mary is a math prodigy, of which Frank is well aware. Frank, decided to send Mary to a regular public school in an effort to socialize her to other children and to make her feel like a normal child.

The Lost City

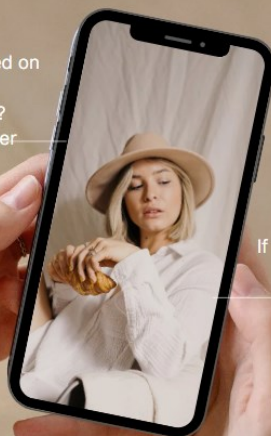
Wednesday, February 22, 1:00 pm

Loretta is a romance novelist that based her books on actual historical research she did with her late archeologist husband. When Loretta declines to help billionaire Abigail Fairfax decipher an ancient map to a treasure, she kidnaps Loretta and her cover model and takes them to the island. They are swept into a cutthroat jungle adventure that proves to be stranger than fiction.



IPHONE & ANDROID INSTRUCTOR NEEDED

Are you educated on
using iPhones &
Android Phones?
This is a volunteer
position.



If interested, call Dawn
at 512-218-5499

dmoonan@roundrocktexas.gov



February 25
9:00 am-
Noon

**\$5 for Baca members &
\$10 for Non-members**

**Over \$350 in prizes sponsored by
Amberlin of Pflugerville**
**Register by February 20 for a chance at a
door prize, course #56697**
Coffee & light snacks provided.

Event is open to ALL bunco players.

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 dances will be moderated by a DJ. The May and December dances will have live music. All dances are \$5 for members and \$10 for non-members.

January 6—#56448

\$5 for members

February 3—#56449

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, Jan. 4-25—9:00-10:00 am

\$38/4 classes

Course #56459

Wednesdays, Feb. 1-22—9:00-10:00 am

\$38/4 classes

Course #56460

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

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



PROGRAMS & CLASSES

Round Rock Preservation Lunch and Learn

The topic for February will be Heritage Festivals and More Along the Brazos River by Pamela Anderson. 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 Allen R. Baca Center and Round Rock Preservation. For information call: 512-373-3819.

Tuesday, February 7, 11:30 am

FREE for everyone




A Matter Of Balance

Join the Area on Aging and TAMU Nursing Program for an award winning program that is perfect for adults 60+ that are worried about falls or would like to improve their balance, flexibility and strength. This program will emphasize practical strategies to manage falls and maintain independence. The program is a 16 hour program that will meet once a week for 2 hours. Participants will learn to view falls as controllable; set goals for increased activity; reduce fall risks at home; and increase strength and balance. Register early, class is limited in space. (No class on March 16).

Tuesdays, February 9-April 6, 1:30-3:30 pm

Course #59813

Free for Members

 <p>MAINTENANCE-FREE 55+ LIVING</p> <p>Reserve Your Brand New Apartment Home for Fall 2022</p>	<p>AMBERLIN PFLUGERVILLE</p> <p>(737) 214-2136 AmberlinPflugerville@SparrowLiving.com AmberlinPflugerville.com</p> <hr/> <p>AMBERLIN GEORGETOWN</p> <p>(512) 559-1485 AmberlinGeorgetown@SparrowLiving.com AmberlinGeorgetown.com</p>	<p>EVERLEIGH™ LAKELINE</p> <p>Maintenance-Free Care-Free Luxury Apartment Homes Designed with YOU in mind.</p> <p>Mention this ad for waived community fee!</p> <p>ASK ABOUT OUR SPECIALS</p> <p>60+ </p>	<p>60+ ACTIVE ADULT APARTMENT HOMES</p>  <p>9821 NORTH LAKE CREEK PKWY AUSTIN, TX 78717 EVERLEIGHLAKELINE.COM 737.610.8031</p>
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Thank you to our advertising sponsors!

<p>Now Pre-Leasing</p> <p>Apply today to reserve your new home.</p> <p>One and two bedrooms available.</p> <p> LEGACY SENIOR RESIDENCES</p> <p>Round Rock, Texas University Blvd. 512-244-5970 www.legacysenior.com</p>	 <p>LIVING at its finest</p> <p>HARRIS-BRANCH SENIOR LIVING</p> <p>12433 Dessau Rd. Austin, TX 78754 512-222-5802</p>
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PROGRAMS & CLASSES

Learn to Play: Bridge & Cribbage

Join our Baca Center members for Learn to Play, which is instruction on how to play Bridge. The Learn to Play is FREE for members and \$5 for non-members. Register in advance to ensure enough space. All instructors are avid volunteer players of the game.

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. Missing even one class will put you behind the rest of the group so make sure you can commit to all the classes.

Cribbage can be played with 2-4 players and utilizes a cribbage board that is used for score-keeping. It has several distinctive features: the cribbage board and a separate hand counting for the dealer. It has been characterized as "Britain's national card game" and the only one legally playable on licensed premises without requiring local authority permission.

Bridge—Mon., Jan. 23-April 4, 6:30-8:30 pm

Course #59773

FREE for Baca Members

Cribbage—Tues., Jan. 17 & Feb. 21, 9:00-10:00 am

Course #59815

FREE for Baca Members

Silver Swans® Ballet Class



Silver Swans® Ballet Class offers introductory senior 50+ 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!

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. New three-month session begins in January 2023.

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

Course #57072

\$28 for Baca Members

Wills, Trusts & Planning Your Estate Workshop

Do I need a will? What will happen to my stuff if I die? What if I become incapacitated? Regina and Andrew, the family team of attorneys at the Slaton Schauer Law Firm, PLLC, are giving a free presentation about wills, trusts, probate, incapacity, and estate planning. This friendly and highly informative lesson is packed with useful information, will last approximately one hour, and even includes time for individual questions. If you would like to know more, you can either give their office a call at 512-258-9455 or send an email to

Attorney@AustinEstatePlan.com.

Tuesday, February 21, 11:00 am

FREE for Baca members

M A N D A T O R Y


Group Leader

M E E T I N G

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 #59212

FRIDAY, JANUARY 20, 1:00PM

BE YOU, BE TRUE*Baca Center Trip Survey*

Travel With Us

Take our survey and let us know how you would like to travel with us:

<https://www.surveymonkey.com/r/HXQLH7T>

Presented by: Baca Center

Elsie Garrahy is a Centenarian!



MARK YOUR CALENDARS

MARCH 3 Let's Dance

MARCH 4 Granny Basketball Fundraiser

MARCH 17 St. Patrick's Day

LATE MARCH Billards Tournament

APRIL 7 Hippity Hoppity Hoppy Hour

APRIL 7 Let's Dance



"LAISSEZ LES BONS TEMPS ROULER" SENIOR PROM



THE FRENCH QUARTER MAY HAVE BOURBON STREET, BUT
OUR MARDI GRAS PROM IS GOING TO BE HARD TO BEAT!
JOIN US FRIDAY, FEBRUARY 17TH FOR COCKTAILS, DINNER,
DANCING AND BEADS TO SHARE!

FRIDAY, FEBRUARY 17 | 6:00 - 10:00PM
\$20 PER TICKET | ON SALE NOW

A LIMITED NUMBER OF TICKETS WILL BE SOLD FOR THIS JAZZY EVENING.
REGISTER BY FEBRUARY 10TH TO BE ENTERED TO WIN A DOOR PRIZE.
COURSE #57255. AGES 50+, BACA MEMBERSHIP NOT REQUIRED.

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

Monica Aplin

Recreation Assistants:

Bruce Beaumont

Debra Ramon

Bus Driver

Coming Soon

Custodians

Padraig (Pat) Lavin

Sabina Maldonado-Sibrian



**THANK YOU TO BARBARA LANGHAM FOR 11 YEARS OF SERVICE
TO THE LINE DANCE PROGRAM.
BEST WISHES ON YOUR NEXT ADVENTURE!**