ALLEN R. BACA CENTER

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

REGISTER NOW TO DANCE THE NIGHT AWAY AT "EVENING UNDER THE STARS" ON MAY 9TH

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

1 6 200

HOLIDAY HOURS: Mar. 31: Easter Holiday | Closed May 27: Memorial Day | Closed

Join us on April 8 for a Total Solar Eclipse Party in Centennial Plaza

ACTIVITIES | EVENTS | WORKSHOPS | ORGANIZATIONS & CLUBS | PROGRAMS & CLASSES FOR ADULTS AGES 50+

BACA CENTER NEWSLETTER

MARCH / APRIL 2024

WEEKLY ACTIVITIES							
Monday	Tuesday	Wednesday	Thursday	Friday			
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-11:00 am 9 Square in the Air			
9:30-10:15 am A.A.A. 10:30-11:00 am	9:30-10:15 am A.A.A.	10:00-11:30 am Mexican Train	9:00 am-12:00 pm Non-competitive pickleball	9:00 am-3:00 pm Open Game Play			
Sittercize 11:30 am-1:30 pm Non-competitive	9:30 am-2:00 pm Crafty Critters	10:30-11:00 am Sittercize	Rating 1-3.5** 9:30-10:15 am A.A.A.	10:00-11:30 am Bingo*			
Pickleball Rating 1-3.5**	10:30-11:00 am Sittercize	9:30 am-12:30 pm Hearts	10:00-11:30 am Writing Club (Zoom)	12:30-3:30 pm Mexican Train Hand/Foot Canasta			
1:30-3:30 pm Competitive Pickleball Rating 4-5**	12:30-4:00 pm Pinochle	12:15-3:30 pm Dominoes "42"	10:30-11:00 am Sittercize 11:00-11:15 am	1:00-2:30 pm Sing-A-Long			
11:30 am-4:00 pm Pinochle ADVANCED PLAY	12:45-4:00 pm Texas Canasta 1:00-3:00 pm Karaoke Performance Group	12:30-4:00 pm Spades 1:00-3:30 pm Latin Dancing	Balance 12:00-3:00 pm Competitive Pickleball Rating 4-5**	Jilig-A-Lolig			
12:30-4:30 pm American							
Mah Jong Club EXPERIENCED	1:30-2:30 pm Hula Lessons	3:00-4:00 pm Widowed Warriors	12:00-4:00 pm Open Game Play 12:30-3:45 pm				
12:45-3:30 pm Dominoes "42" 1:00-2:30 pm	MUST register	4:30-8:30 pm Intermediate/Advanced Table Tennis ^{***}	Bridge for Fun Cribbage				
Writing Club 1:00-4:30 pm	4:30-8:30 pm ALL Rating Levels Pickleball		12:45-3:45 pm Racehorse Canasta				
Duplicate Bridge ADVANCED PLAY & MUST have partner	6:15-9:00 pm Evening Bridge		1:00-2:30 pm Conversational Spanish Class				
4:00-6:00 pm 9 Square in the Air	ADVANCED PLAY & MUST have partner		4:30-6:30 pm Beginner Table Tennis***				
4:30-8:30 pm Intermediate/Advanced Table Tennis***			6:30-8:30 pm All Levels Table Tennis				

*Requires registration and fee, non-members pay an additional \$1 walk-in fee. *Times listed are <u>start times</u>, arrive at least 15 minutes early if you wish to participate.*

Pickleball ratings: www.usapickleball.org/tournaments/tournament-player-ratings/player-skill-rating-definitions/ **Pickleball players can only play one level per day, but please do a self-assessment to choose the correct level. *Table Tennis ratings: www.usatt.org.

MONTHLY ACTIVITIES

Monthly Activity	Dates	Times
Art Club	March 6 & 20 April 3 & 17	1:00-3:00 pm
Open Studio	March 13 & April 10	12:00-3:00 pm
Benefit Resources—one-on-one	March 12 April 9	10:00 am
Book Discussion	March 12 April 9	1:00 pm
Bunco	March 5 & 19 April 2 & 16	6:30-8:30 pm
Garden Club	March 4 April 1	9:00 am
Hong Kong Mah Jong	March 7 & 21 April 4 & 18	6:00-8:30 pm
Sing for Joy	April 23	11:00 am
Round Rock New Neighbors Bridge	March 20 April 17	12:00 pm

Times listed are <u>start times</u>, 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 12:00 pm. To become a client and register for the congregate lunches, please visit the OWBC office in the Dining Room to obtain an intake form. Forms can be submitted between 11:00 am & 12:00 pm each week day. Meals can begin the day after submitting the intake form. Clients pay a suggested \$3 donation for meals.

www.owbc-tx.org/

Opportunities

512-255-4970

ORGANIZATIONS & CLUBS

BENEFIT RESOURCES—2nd Tuesday, 10:00 am March 12 & April 9 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

CENTER ART CLUB—1st & 3rd Wednesday, 1:00 pm; 2nd Wednesday, 12:00 pm
Visitors always welcome! Contact centerartclubofrr@gmail.com for more information
March 6 —Business meeting, art show and tell, Baca wall display change out
March 13—Open studio, bring your art supplies and works in progress to create in a group setting
March 20—Demo day: Artists share their unique art techniques
April 3 —Business meeting, art show and tell, Baca wall display change out
April 10 —Open studio, bring your art supplies and works in progress to create in a group setting
April 17 —Demo day: Artists share their unique art techniques

BOOK DISCUSSION—2nd Tuesday, 1:00 pm
 March 12 — Putois by Anatole France
 April 9 — Only the Dead Know Brooklyn by Thomas Wolfe
 Contact the Baca Center for more information.

GARDEN CLUB—1st Monday (except holidays), 9:00 am March 4—Houseplants by Melissa Rollmann – Round Rock Garden Center April 1—Plant Exchange

WRITING CLUB—Mondays, 1:00-2:30 pm & Thursday, 10:00 am (Zoom only) 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.



AARP Driver Safety Course

Tuesday, March 12, 8:30 am-12:30 pm FULL Thursday, April 18, 5:00-9:00 pm Thursday, May 16, 5:00-9:00 pm

The course enables drivers to get a 10% discount for 3 years on *most insurance plans*. Please check with your insurance provider. <u>You must pre-register at the Baca Center Front Desk</u>. Course does not dismiss traffic violations. You must have your AARP card to present at class. \$20 for AARP members & \$25 for non-members payable by <u>CHECK ONLY</u> to AARP. Individuals with AARP Medicare Supplement Plan insured by United Health Care may attend for no charge—MUST show UHC membership card as proof. For online course: <u>www.aarpdriversafety.org</u>

9 SQUARE

IN THE AIR

BACA CENTER NEWSLETTER

WHAT DO YOU GET WHEN YOU COMBINE **VOLLEYBALL AND THE PLAYGROUND** GAME FOUR SQUARE, PLUS A FEW SQUARES? IT'S 9 SQUARE IN THE AIR! THE **OBJECT IS TO ADVANCE THROUGH THE 9** SQUARES OF THE GAME TO THE CENTER SQUARE AND REMAIN THERE FOR AS LONG AS POSSIBLE. A PLAYER IS OUT FOR NOT RETURNING THE BALL TO ANOTHER PLAYER'S SQUARE; HITTING THE BALL **OUTSIDE THE STRUCTURE; OR DOUBLE** HITTING THE BALL. THE GAME IS EASY TO LEARN, WITH INSTRUCTIONS GIVEN AT THE START OF EACH PLAY TIME. COME JOIN THE FUN! AGES 50+.

> MONDAYS 4:00 - 6:00PM FRIDAYS 9:00 - 11:00AM

TABLE

TENNIS

WHETHER YOU ARE A CASUAL PLAYER OR A MORE SEASONED EXPERT, THE BACA **CENTER OFFERS A PLAY TIME JUST FOR** YOU.

ALL PLAY TIMES ARE ON A FIRST COME. FIRST SERVE BASIS WITH TWO TABLES. PLAY LEVELS ARE DETERMINED BY SELF-ASSESSMENT. RATINGS CAN BE FOUND AT WWW.USATT.ORG.

BACA CENTER TEAM MEMBERS DO NOT **DETERMINE SKILL LEVEL OR RULE** INTERPRETATION.

MONDAYS: INTERMEDIATE/ ADVANCED PLAY 4:30-8:30PM

WEDNESDAYS: INTERMEDIATE/ ADVANCED PLAY 4:30-8:30PM

BEGINNING MARCH 7:

THURSDAYS: BEGINNER PLAY 4:30-6:30PM

THURSDAYS: ALL LEVELS PLAY 6:30-8:30PM



PAGE 4



TO PARTICIPANTS THAT DO NOT HAVE

THEIR OWN.



PROGRAMS & CLASSES

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. *No class 11/22

Wednesdays, Mar. 6—27—9:00-10:00 am Wednesdays, Apr. 3–24 —9:00-10:00 am \$38/4 classes \$38/4 classes Course #24-10103CY-09 Course #24-10103CY-10

Guitar Group & Windjammers

Members can join the Guitar Group on Mondays 9:00-11:00 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 9:00-11:00 am in the music room. This group plays Blue-

grass, 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 Thursdays, 9:00 am FREE for Baca Members FREE for Baca Members

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. <u>Bring your laptop to the class</u>. If you have a PC do a print screen of your issue. <u>MUST register and pay by 5 pm the Monday prior</u> and if no registrations, instructor will not show up. This class DOES NOT teach computer skills and cannot assist with any Apple products. Please arrive promptly and call if not coming.

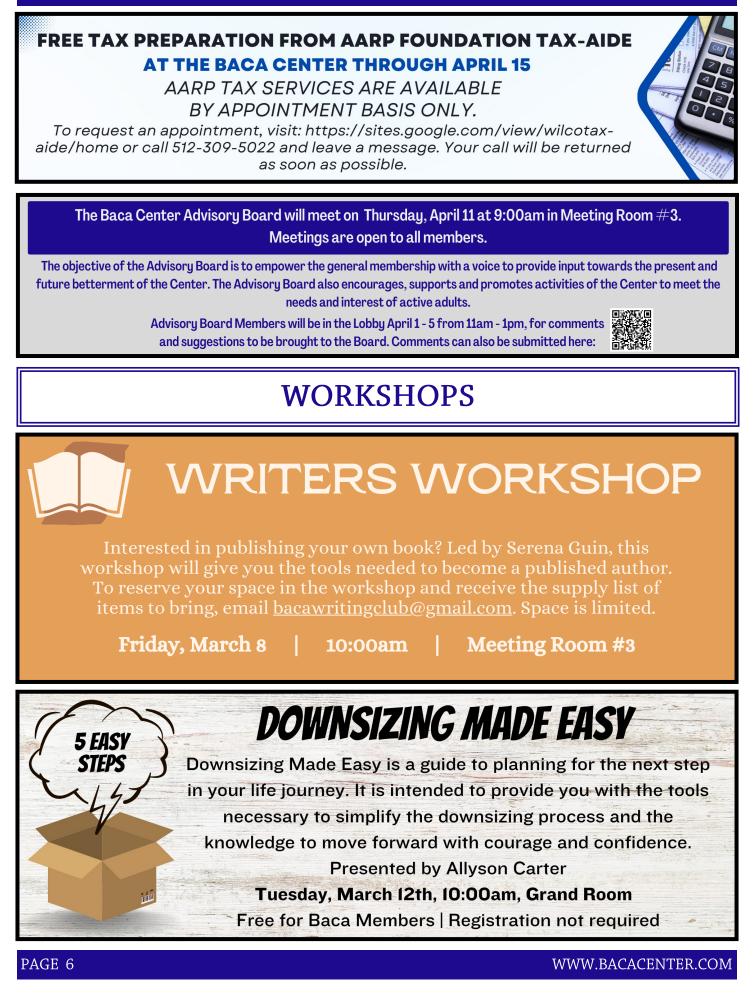
Wednesdays, March and April, 9:30 am

\$5 for Baca members only

Kapuna Hula with Kumu Ellie

This program is a session based program. All interested participants MUST register prior to the first class. The instructor will NOT be at the center unless there are registered participants. In this relaxed class, students will learn Hula dance techniques and simple language. The focus will be on modern Hula such as "Blue Hawaii". No registration after the first class due to missing pertinent information. For more information, e-mail <u>pahulaohana.rr@gmail.com</u>.

Mar. 5-26, Tuesdays, 1:30-2:30 pm Apr. 9-30, Tuesdays, 1:30-2:30 pm Course #24-10103KH-08 Course #24-10103KH-09 FREE for Baca members FREE for Baca members



CINEMA DAY

Join the Baca Center on the 4th Wednesday at 1:00 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.



The Adam Project Wednesday, March 27, 1:00 pm

Left home alone one evening while his widowed mother goes out on a date, Young Adam discovers a wounded man on his property at the start of THE ADAM PROJECT. The man turns out to be an older version of himself, and he eventually explains that he has traveled back in time to discover how his wife was killed, and maybe save her. Time travel is possible thanks to technology initially created by Adam's dad but put to nefarious use by his business partner, Maya Sorian. Big Adam has been followed back in time by Sorian and her robot-like soldiers, putting his life — and that of his younger self—in jeopardy.

Murder On The Orient Express Wednesday, April 24, 1:00 pm

A lavish trip through Europe quickly unfolds into a race against time to solve a murder aboard a train. When an avalanche stops the Orient Express dead in its tracks, the world's greatest detective -- Hercule Poirot -- arrives to interrogate all passengers and search for clues before the killer can strike again.



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 visit RoundRockTexas.gov/salt.

Thank you to our advertising sponsors!					
We Put the <i>Living</i> in Senior Living	Are you turning 65?	Maya Sharma 737-230-6263 (TTY: 711)			
DOUBLE CREEK ASSISTED LIVING AND MEMORY CARE	Call your local licensed Humana sales agent.				
Five-star Service Resort-style Amenities No Maintenance or Worries	Humana.				
DoubleCreekSeniorLiving.comTechRidgeOaks.com512-955-5045512-817-0998	Y0040_GHHHXDF	EN21a_BC_C			

SPECIAL EVENTS



BACA CENTER NEWSLETTER

MARCH / APRIL 2024

SPECIAL EVENTS

BACA CENTER TOTAL SOLAR ECLIPSE

PARTY

MONDAY, APRIL 8 CENTENNIAL PLAZA

Free eclipse glasses and treats for Baca Center Members beginning at 12:45pm. *while supplies last Total Solar Eclipse will occur at approximately 1:36pm Bring your chairs to enjoy this historical event! THE BACA CENTER PRESENTS

An Evening Under The Stars

MUSIC DANCING

HORS D'OEUVRES | DRINKS

MAY 9TH 7 - 10 PM CENTENNIAL PLAZA AGES 50+ \$15 baca center membership not required

REGISTRATION FEES WILL INCREASE TO \$20 ON MAY 2ND.

REGISTER NOW: WWW.ROUNDROCKRECREATION.COM 512-218-5499

EXCITING PROGRESS UPDATE ON THE LAKE CREEK TRAIL PROJECT! CONSTRUCTION FOR THE BRIDGE CROSSING, LOCATED BEHIND THE BACA CENTER, IS NOW UNDERWAY! ONCE COMPLETED, THIS TRAIL WILL LINK ROUND ROCK WEST PARK TO CENTENNIAL PLAZA AND DOWNTOWN ROUND ROCK. THE BRIDGE IS TENTATIVELY SCHEDULED FOR DELIVERY IN APRIL, WITH TRAIL COMPLETION IN LATE SUMMER/EARLY FALL 2024



WWW.BACACENTER.COM

PAGE 9

Please do not water the plants inside the Baca Center

MARK YOUR	CALENDARS				
MONTH OF MAY Older Americans Month					
MAY 9 Evening Under The Stars					
MAY 10 Mother's Day Treats					
MAY 27 Memorial Day, Baca Center Closed					
JUNE 14 Father's	Day Treats				
	Retire Well.				
Local help with your Medicare questions.	RESORT LIFESTYLE Retire Here.				
Luis Vallejo Licensed Sales Agent 512-470-3016, TTY 711	COMMUNITIESDiscover the difference of all-inclusive senior living at Provident Crossings!				
luisvallejo900@gmail.com	Call today: 512-270-6912				
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Thank you to our advertising sponsors!					
	AcuWorks Acupuncture Most Insurance Accepted ~Pain Management ~Chronic Low Back Pain ~Depression ~Female Disorders				

SAGE VALLEY SENIOR LIVING



ALLEN R. BACA CENTER TEAM

Center Supervisor: Kelly Gaydos kgaydos@roundrocktexas.gov

Program Coordinator: Coming Soon!

Fitness Coordinator: Sherry Leetham sleetham@roundrocktexas.gov

Recreation Manager: Mary Hemenes mhemenes@roundrocktexas.gov **Administrative Team:** Anita Ouellette Mike Crowell

Recreation Assistants: Bruce Beaumont Sara Moore Debra Ramon

Recreation Bus Drivers Christal Acosta Carlos Guinea

Custodians Padraig (Pat) Lavin Corina Fernandez





CONGRATS TO THE SPRING BUNCO TOURNAMENT PRIZE WINNERS! JOIN THE NEXT TOURNAMENT ON AUGUST 23!