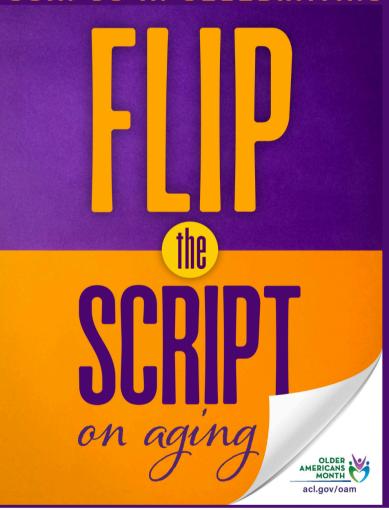
#### ALLEN R.

### BACA CENTER

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#### JOIN US IN CELEBRATING OLDER AMERICAN MONTH



## The 2025 theme, Flip the Script on Aging,

focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

## SEE PAGE 3 FOR COMPLETE LIST OF EVENTS

#### **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 26: Memorial Day | Closed June 19: Juneteenth | Closed

#### **WEEKLY ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-10:15 am	9:00-11:00 am	9:30-10:15 am	9:00 am-11:00 am	9:00 am-11:00 am
A.A.A.	Wood Carvers	A.A.A.	Non-competitive	9 Square in the Air
10:30-11:00 am			pickleball	
Sittercize	9:30-10:15 am	9:30 am-12:30 pm	Rating 1-3.5**	9:00 am-3:00 pm
11:30 am-1:00 pm	A.A.A.	Hearts	9:30-10:15 am	Open Game Play
Non-competitive	9:30 am-2:00 pm	10.00 12.20	A.A.A.	10:00-11:30 am
Pickleball	Crafty Critters	10:00 am-12:30 pm Mexican Train	10:00-11:30 am	Bingo*
Rating 1-3.5**	01411) 01111010	Wiexicali ITalii	Writing Club (Zoom)	During the summer
11:30 am-4:00 pm	10:30-11:00 am	10:30-11:00 am	10:30-11:00 am	months, bring your
Pinochle	Sittercize	Sittercize	Sittercize	grandchildren to
ADVANCED PLAY			11:00-11:15 am	play Bingo for only
12:30-4:00 pm	12:30-4:00 pm	12:15-3:30 pm	Balance	\$3.
American	Pinochle	Dominoes "42"	11:00 am-1:00 pm	
Mah Jong Club EXPERIENCED	12:45-4:00 pm		ALL Rating Levels	12:30-3:30 pm
	Texas Canasta	12:30-4:00 pm	Pickleball	Mexican Train
<b>12:45-3:30 pm</b> Dominoes "42"	Tenas Carrasta	Spades	12:00-4:00 pm	
	1:00-3:00 pm	1:00-3:30 pm	Open Game Play	Hand/Foot Canasta
<b>1:00-2:30 pm</b> Writing Club	Karaoke	Latin Dancing	12:30-3:45 pm	1.00 0.20
1:00-4:30 pm	Performance Group	Latin Dancing	Bridge for Fun Cribbage	<b>1:00-2:30 pm</b> Sing-A-Long
Duplicate Bridge		3:00-4:00 pm		Silig-A-Lolig
ADVANCED PLAY &	1:30-2:30 pm	Widowed Warriors	12:45-3:45 pm Racehorse Canasta	
MUST have partner	Kupuna Hula			
1:00 pm-2:00 pm	*Must register	4:30-8:30 pm	<b>1:00-3:00 pm</b> Competitive	
ALL Rating Levels	4:30-8:30 pm	Intermediate/	Pickleball	
Pickleball	ALL Rating Levels	Advanced	Rating 4-5**	
2:00 pm-3:30 pm	Pickleball	Table Tennis***	1:00-2:30 pm	
Competitive			Conversational	
Pickleball			Spanish Class	
Rating 4-5**			4:30-6:30 pm	
4:00 pm-6:00 pm			Beginner Table	
9 Square in the Air			Tennis***	
4:30-8:30 pm			6:30-8:30 pm	
Intermediate/			All Levels	
Advanced			Table Tennis	
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: <a href="www.usapickleball.org/tournaments/tournament-player-ratings/player-skill-rating-definitions/">www.usapickleball.org/tournaments/tournament-player-ratings/player-skill-rating-definitions/</a>
\*\*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	
Center Art Club	May 7 & 21 June 4 & 18	1:00-3:00 pm	
Open Studio	May 14 & June 11	12:00-3:00 pm	
Benefit Resources—one-on-one	May 13 June 10	10:00 am	
Book Discussion	May 13 June 10	1:00 pm	
Bunco	May 6 & 20 June 3 & 17	6:15-8:30 pm	
Garden Club	May 5 9:00 am June 2		
Hong Kong Mah Jong	May 1, 15 & 29 June 5	6:00-8:30 pm	
Sing for Joy	July 22	11:00 am	
Round Rock New Neighbors Bridge	May 21 12:00 pm * No June Program		

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 between 12:00 – 12:30pm.

Please note that OWBC is a separate entity from the Baca Center and

separate intake paperwork is required. To sign up as a client for the congregate lunch program, visit the OWBC office in the Dining Room, Monday - Friday between 9:00am & 1:00pm. Once all paperwork is complete, new clients may begin participating in the meal program the following Monday. New client signups are not available during the last five days of the month. Clients pay a suggested \$3 donation for meals and must participate in the meal program at least once a month to remain active.

For more information and complete Congregate Meal details, visit the OWBC Office in the Dining Room, call 512-255-4970, or email Site Director, Kelsey Ward <a href="https://www.kward@owbc-tx.org">kward@owbc-tx.org</a>.



#### MAY EVENTS AT THE BACA CENTER

"FALL PREVENTION SEMINAR" WORKSHOP

1:30PM - 3:00PM

06

FALL PREVENTION INVOLVES MODIFYING THE HOME ENVIRONMENT TO REDUCE HAZARDS. LEARN WAYS TO ENSURE GREATER SAFETY IN YOUR HOME

**EVENING UNDER THE STARS** 

7:00PM - 10:00PM

08

THIS EVENT WILL FEATURE MUSIC & DANCING, HORS D'OEUVRES & DRINKS IN THE CENTENNIAL PLAZA. \$15 EACH FOR AGES 50+; \$20 EACH STARTING MAY 1ST.

"AFFORDABLE HOUSING INFO TAX CREDIT PROGRAM"

WORKSHOP

10:30AM - 11:30AM

14

JOIN DMA PROPERTIES FOR A WORKSHOP PRESENTATION ON AFFORDABLE HOUSING OPTIONS IN OUR AREA FOR SENIOR CITIZENS

""AGING IN AMERICA: SURVIVE OR THRIVE"
DOCUMENTARY MOVIE

1:00PM - 2:15PM

20

A ONE-HOUR DOCUMENTRY NARRATED BY MARTIN SHEEN THAT CELEBRATES THE PROMISE OF INCREASED LONGEVITY WHILE ADDRESSING CRUCIAL AND UNPRECEDENTED PUBLIC POLICY CHALLENGES

"ALL ABOUT AGE" WORKSHOP

1:30PM - 3:30PM

28

LEARN HOW AGE OF CENTRAL TEXAS HAS BEEN SUPPORTING OLDER ADULTS AND THEIR CAREGIVERS SINCE 1986 THROUGH INNOVATIVE PROGRAMS.

#### **ORGANIZATIONS & CLUBS**

### BENEFIT RESOURCES—2nd Tuesday, 10:00 am May 13 & June 10 in the Baca Center Lobby

Visit with a representative from AGE of Central Texas, and they 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

 $Visitors\ always\ welcome!\ Contact\ centerart clubofrr@gmail.com\ for\ more\ information.$ 

**May 7** —Business meeting, art show and tell, Baca wall display change out.

**May 14**—Open studio, bring your art supplies and works in progress to create in a group setting. **May 21** —Demo day: The Art of Quilling presented by Jeanice Ullmann.

**June 4** —Business meeting, art show and tell, Baca wall display change out.

**June 11**—Open studio, bring your art supplies and works in progress to create in a group setting. **June 18** — Demo day: The Art of Handmade Bookmarks by Leslie Kjellstrand.

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

**May 13** — "The Curfew Tolls" by Stephen Vincent Benet **June 10** — "Father Wakes Up the Village" by Clarence Day Contact the Baca Center for more information.

#### GARDEN CLUB—1st Monday (except holidays), 9:00 am

**May 5–** Terri Augustine—Terri's Greenhouse Blog **June 2**—Melissa Rollman—Roses

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

Participants are welcome to share their writing and get feedback, read someone else's work or just come to listen. If you want to publish your work in the Club's next anthology, join now! To view the Club's six anthologies, search for Baca Writing Club on Amazon. For more information, email bacawritingclub@gmail.com.



#### **AARP Driver Safety Course**

Thursday, May 15, 5:00—9:00pm Thursday, September 11, 8:30am—12:30pm Tuesday, October 14, 5:00—9:00pm

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.

\$20 for AARP members & \$25 for non-members payable by CHECK ONLY 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: www.aarpdriversafety.org

#### **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 additional \$5 per month.

Wednesdays, May 7-28 9:00-10:00 am

\$38/4 classes

Course #: 25-10103CY-09

\*No class in June

#### Tai Chi Level I

Join our Tai Chi beginner's class designed specifically for seniors to improve balance, flexibility, and overall well-being. This gentle, flowing exercise emphasizes slow, controlled movements and deep breathing, making it ideal for enhancing mobility and reducing stress.

Thursdays, May 1-22 1:00-2:00 pm Thursdays, June 5-26 1:00-2:00pm

\$12/4 classes \$9/3 classes Course #: 25-10103TCLO-08 Course #: 25-20103TCLO-01

\*No class, June 19

#### Tai Chi Level II

Join our Tai Chi intermediate class designed specifically for seniors to improve balance, flexibility, and overall well-being. This class is for participants who have completed the Level 1 course or have prior experience with Tai Chi.

Mondays, May 5-19 6:00-7:00 pm Mondays, June 2-23 6:00-7:00pm \$9/3 classes \$12/4 classes Course #: 25-10103TC-09 Course #: 25-20103TC-01

#### Kupuna 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 **pahulaohana.rr@gmail.com**.

May 6-27, Tuesdays, 1:30-2:30 pm

Course #25-10103KH-10 FREE for Baca Members

\*No class, May 20

June 3-24 Tuesdays, 1:30-2:30 pm

Course #25-20103KH-01 FREE for Baca

#### **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 Monday prior 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, May & June, 9:30 am

\$5 for Baca members only





Join the Baca Center on the 4th Wednesday at 1:00 pm for our Cinema Movie Day.
All movies are FREE for Baca members and participants are welcome to bring snacks and drinks.

Cinema Day will take a break for the summer and resume in August.

If you have a movie suggestion, let us know.



# Mamma Mia! (The Sequel) Here We Go Again May 28

In 1979 young Donna, Tanya and Rosie graduate from Oxford University -- leaving Donna free to embark on a series of adventures throughout Europe. On her journeys, she makes the acquaintances of Harry, Bill and Sam -- the latter whom she falls in love with, but he's also the man who breaks her heart. In the present day, Donna's pregnant daughter, Sophie, dreams of renovating a taverna while reuniting with her mother's old friends and boyfriends on the Greek island of Kalokairi. Five years after the events of Mamma Mia! (2008), Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past.

#### **Round Rock Preservation Lunch and Learn**

The Old Settlers Association of Williamson County: Harnessing History for Today and the Future





#### Guest Speaker: Randy Michna

Old Settlers Association Grounds Manager and Caretaker

Tuesday, May 13, 12:00pm –1:00pm. Allen R. Baca Center, 301 W. Bagdad Ave.

Bring your lunch – We'll provide water and cookies.

The Old Settlers Association of Williamson County was organized for the sole purpose of gathering fragments of history and to perpetuate them for future generations. As a sixth-generation Texan, Randy and his family have been a part of the Old Settlers Association since its origination in 1904. Randy will bring the history of the Old Settlers Association alive for this history program, highlighting the educational impact it had on Williamson County from its beginning to today.

Before the days of mass media, 5,000–10,000 people would gather, camp out, socialize and learn about the happenings of the past year, trading information about crops, business and politics. Today, the OSA proudly holds years of history on its property located at 3300 E. Palm Valley Blvd. They offer educational programs to children throughout the year. The grounds are open daily for the public to see and enjoy a step back in history.

Randy is driven by his deep love for this community and a passion for preserving its heritage. He is dedicated to nurturing the culture and values of the Williamson County Old Settlers Association while fostering strong family connections.

Sponsors: Round Rock Preservation (254)289-0626 <a href="mailto:roundrockpreservation@gmail.com">roundrockpreservation@gmail.com</a>
Historic Preservation Office (City of Round Rock) (512)218-5422

# Celebrate Thursday, May 15th 4:00 - 6:00pm Round Rock







Join the Center Art Club of Round Rock, as we celebrate National Preservation Month with an evening of art, music, refreshments, and community. Enjoy a showcase of local artwork, fascinating stories, and historical insights honoring the rich heritage of Round Rock.

Come mingle with fellow art and history enthusiasts who share a love for our beautiful city!

Allen R. Baca Center Lobby

301 W. Bagdad Ave., Building 2

## KARAOKE PERFORMANCE GROUP PRESENTS:

# SINGER

WEDNESDAY, JUNE 25
BACA GRAND MEETING ROOM
1:00PM - 3:00PM

Want to join the Performance Group?

Sign up at the Kiosk located in the Baca Lobby

by June 17th

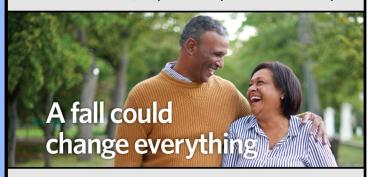
Come in a specific outfit worn by a particular musician or in a style associated with them.

Don't want to dress up. That's ok. Come have fun mimicking a musician of your choice.





Come join us on
Friday, June 13th
from 1:00pm - 4:00pm
for "On Your Feet", a dynamic fall prevention workshop



One in four people age 65 or older has a fall each year. You don't have to be one of them.

Experience "On Your Feet", a dynamic fall prevention workshop tailored for older adults. This 3-hour interactive session, led by the Trauma Injury Prevention Coordinator from St. David's Medical Center, will equip you with essential knowledge on home and community safety, vision changes, medication side effects, goal-setting, and light strength/balance exercises. Given that falls are the leading cause of injury-related deaths among adults over 60 and the primary cause of injuries in trauma centers nationwide, this workshop offers crucial insights to help you stay safe and independent. Don't miss this opportunity to learn valuable skills, enjoy an informative session, and take a step towards a safer future.

S!David's | Level II Trauma Center

at St. David's Round Rock Medical Center



# Baca Center MEMBER ORIENTATION AND COMMUNITY LUNCH



We are excited to invite you to the Baca Center's New Member Orientation. Whether you are a new member wanting to learn about the Baca Center or current member looking to deepen your engagement, this session is designed for you.

After the orientation session, all Baca Center members are invited to a Community Lunch. Bring a sack lunch to meet and socialize with fellow members in a relaxed atmosphere.

Sessions will be held quarterly, on the 4th Wednesday of that month. Orientation will begin at 11:30am, with lunch following at 12:00pm. Registration is not required.

Wednesday, July 23 | Wednesday, October 22 Orientation - 11:30am, Lunch - 12:00pm



**Come Join Us** Every 1st, 2nd & 4th Fridays From 7:00am - 8:00am At the Allen R. Baca Center

Rotary clubs focus on identifying and addressing community needs, organizing projects to improve local and global communities. Members participate in various service projects, from local initiatives to global initiatives. Clubs organize social events and activities, providing opportunities for members to connect and have fun.



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

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

### **SCAN YOUR** MEMBERSHIP CARD **BE ENTERED TO** WIN A PRIZE!











Scan your membership card each time you visit for a chance to win a prize. Members are limited to one entry per day. Five winners will be chosen at random each week.

THE BACA CENTER PRESENTS

# An Evening Under The Stars

MUSIC # DANCING

FEATURING DJ ROBERT RODRIGUEZ

HORS D'OEUVRES \* DRINKS

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\*FEE WILL INCREASE TO \$20 ON MAY 1ST. BACA CENTER MEMBERSHIP NOT REQUIRED

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THE ROUND ROCK PARKS AND RECREATION DEPARTMENT RESERVES THE RIGHT TO MODIFY, RELOCATE AND/OR CANCEL A SPECIAL EVENT DUE TO FORECASTED WEATHER AND/OR TURF CONDITIONS THAT MAY CAUSE THE EVENT SITE TO BE UNSAFE OR UNSUITABLE FOR EVENT ACTIVITIES. IF A SPECIAL EVENT IS CANCELLED, A PROGRAM CREDIT MAY BE GIVEN TO REGISTERED PARTICIPANTS AT THE DISCRETION OF THE PARKS AND RECREATION DIRECTOR. THIS WILL BE COMMUNICATED TO REGISTERED PARTICIPANTS VIA EMAIL WITHIN ONE WEEK AFTER THE EVENT DATE.

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#### MARK YOUR CALENDARS

MAY 9 Mother's Day Treats

JUNE 13 Father's Day Treats

MONTH OF JULY Park and Recreation Month

JULY 4 Independence Day, Baca Center Closed

**AUGUST 22** Summer Bunco Tournament

**SEPTEMBER 7** A Grand Afternoon - Grandparents Day Celebration

The Baca Center will once again be hosting Youth Special Interest Camps during the summer months. Please be welcoming to our visitors and pass along any concerns to the Front Desk.

## Local help with your Medicare questions.



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- LAKEWAY COMING SOON

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#### ALLEN R. BACA CENTER TEAM

Center Supervisor: Kelly Gaydos kgaydos@roundrocktexas.gov

Program Coordinator: Michael Crowell mcrowell@roundrocktexas.gov

Recreation Manager: Mary Hemenes mhemenes@roundrocktexas.gov Administrative Team: Anita Ouellette Christopher Payne Katie Grant

Recreation Assistants:
Bruce Beaumont
Debra Ramon
Bryan Goya Leon
Darlene Morales

Recreation Bus Drivers: Christal Acosta Carlos Guinea

Custodians: Corina Fernandez Robert Morales

