ALLEN R.

BACA CENTER

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

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



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 1: Labor Day | Closed November 11: Veterans Day | 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.	Woodcarvers	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-4:00 pm
11:30 am-1:00 pm	A.A.A.	Hearts	9:30-10:15 am	Open Game Play
Non-competitive			A.A.A.	
Pickleball	9:30 am-2:00 pm	10:00 am-12:30 pm	10:00-11:30 am	10:00-11:30 am
Rating 1-3.5**	Crafty Critters	Mexican Train	Writing Club (Zoom)	Bingo*
11:30 am-4:00 pm	10.20 11.00		10:30-11:00 am	
Pinochle	10:30-11:00 am	10:30-11:00 am	Sittercize	12:30-3:30 pm
ADVANCED PLAY	Sittercize	Sittercize	11:00-11:15 am	Mexican Train
12:30-4:00 pm	12:30-4:00 pm		Balance	
American	Pinochle	12:15-3:30 pm		Hand/Foot Canasta
Mah Jong Club	rinocine	Dominoes "42"	11:00 am-1:00 pm	
EXPERIENCED	12:45-4:00 pm		ALL Rating Levels	1:00-2:30 pm
12:45-3:30 pm	Texas Canasta	12:30-4:00 pm	Pickleball	Sing-A-Long
Dominoes "42"	renas cariasta	Spades	12:00-4:00 pm	
1:00 pm-2:00 pm	1:00-3:00 pm		Open Game Play	
ALL Rating Levels	Karaoke	1:00-3:30 pm	12:30-3:45 pm	
Pickleball	Performance Group	Latin Dancing	Bridge for Fun	
1:00-2:30 pm	1	200400	Cribbage	
Writing Club	1:30-2:30 pm	3:00-4:00 pm	1:00-2:30 pm	
1:00-4:30 pm	Kupuna Hula	Widowed Warriors	Conversational	
Duplicate Bridge ADVANCED PLAY &	*Must register	4.20 0.20	Spanish Class	
	C	4:30-8:30 pm Intermediate/	1:00-3:00 pm	
MUST have partner	4:30-8:30 pm	Advanced	Competitive	
2:00 pm-3:30 pm	ALL Rating Levels	Advanced Table Tennis***	Pickleball	
Competitive Pickleball	Pickleball	Table Tennis	Rating 4-5**	
Rating 4-5**			12:45-3:45 pm	
3:30 pm-8:00 pm			Racehorse Canasta	
ALL Rating Levels			4:30-6:30 pm	
Pickleball			Beginner Table	
4:30-8:30 pm			Tennis***	
Intermediate/			6:30-8:30 pm	
Advanced			All Levels	
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: 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
Center Art Club	September 3 & 17 October 1 & 15	1:00-3:00 pm
Open Studio	September 10 *No Meeting October 8	12:00-3:00 pm
Benefit Resources—one-on-one	September 9 October 14	10:00 am
Book Discussion	September 9 October 14	1:00 pm
Bunco	September 2 & 16 October 7 & 21	6:15-8:30 pm
Garden Club	September 8 October 6	9:00 am
Hong Kong Mah Jong	September 4 & 18 October 2, 16 & 30	6:00-8:30 pm
Sing for Joy	September 16	11:00 am
Round Rock New Neighbors Bridge	September 17 October 15	12:00 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 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 kward@owbc-tx.org.

ORGANIZATIONS & CLUBS

BENEFIT RESOURCES—2nd Tuesday, 10:00 am September 9 & October 14 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 centerartclubofrr@gmail.com for more information.

September 3 —Business meeting, art show and tell, Baca wall display change out.

September 10 Open studio, bring your art supplies and works in progress to create in a group setting.

September 17 — Demo day: Mini-Sales Seminar. The Art of Selling.

October 1 —Business meeting, art show and tell, Baca wall display change out.

October 8—Open studio, Cancelled - No Meeting

October 15 — Demo day: The Art of Critique. Using Critique to Understand and Improve Your Art.

BOOK DISCUSSION—2nd Tuesday, 1:00 pm

September 9 — "The Door" by E.B. White

October 14 — "An Upheaval" by Anton Chekov

Contact the Baca Center for more information.

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

September 8– Evelyn Carlson—HEB Floral Department

October 6—Open Forum

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, September 11, 8:30am—12:30pm Tuesday, October 14, 8:30am—12:30pm Tuesday, January 13, 8:30am—12:30pm

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, September 3-24 9:00-10:00 am \$38/4 classes Course #: 26-10103CY-01 Wednesdays, October 8-29 9:00-10:00 am \$38/4 classes Course #: 26-10103CY-02

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.

Tuesday, September 2-23 3:00-4:00 pm	\$12/4 classes	Course #: 26-10103TCLO-10
Thursdays, September 4-25 1:00-2:00 pm	\$12/4 classes	Course #: 26-10103TCLO-01
Tuesday, October 7-28 3:00-4:00 pm	\$12/4 classes	Course #: 26-10103TCLO-11
Thursdays, October 9-30 1:00-2:00 pm	\$12/4 classes	Course #: 26-10103TCLO-02

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, September 8-29 6:00-7:00 pm	\$12/4 classes	Course #: 26-10103TC-01
Thursdays, September 4-25 6:00-7:00 pm	\$12/4 classes	Course #: 26-10103TC-10
Mondays, October 6-27 6:00-7:00 pm	\$12/4 classes	Course #: 26-10103TC-02
Thursdays, October 9-30 6:00-7:00 pm	\$12/4 classes	Course #: 26-10103TC-10

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, email pahulaohana.rr@gmail.com.

September 2-23 Tuesdays, 1:30-2:30 pm Course #26-10103KH-01 FREE for Baca members Course #26-10103KH-02 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. 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, September & October, 9:30 am

\$5 for Baca members

"A GRAND AFTERNOON"

Grandparents Day Celebration at the Baca Center

SUNDAY, SEPTEMBER 7

2:00 - 4:00PM

Grandparents and
Grand-friends are
very special in
children's lives - so
here's a day just for
you!



FREE
REGISTRATION NOT REQUIRED

Bring your grandchildren for an afternoon full of crafts, entertainment, refreshments & more!

RESOURCE EXPO 2025





FRIDAY, OCTOBER 3 9:00 - 11:30AM

- VENDORS WITH
 HEALTH AND
 AGING RELATED
 INFORMATION
- CRAFT SALE BY
 CRAFTY
 CRITTERS
 (CASH ONLY)
- **V** DOOR PRIZES
- **FLU SHOTS**
- **MAND MORE**

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, October 22

Orientation - 11:30am, Lunch - 12:00pm



Join us on
Tuesday, September 23rd
from 9:00am - 12:00pm
at the Allen R. Baca Center
for a Free "On Your Feet" Fall Prevention Workshop



National Fall Prevention Awareness Week

Falls are the leading cause of injury-related death to older adults, as well as the primary cause of injuries in trauma centers nation-wide. As part of National Fall Prevention Awareness Week (September 22-26), we invite you to join a free "On Your Feet" Fall Prevention workshop that will help you learn valuable tips that will lead to a safer future.

This 3-hour interactive course equips you with essential knowledge on home and community safety, vision changes, medication side effects, osteoporosis care, and light strength and balancing exercises. This event is led by the Trauma Injury Prevention Nurse Coordinator and a Physical Therapist from St.

David's Round Rock Medical Center.

S*David's | Level II Trauma Center

at St. David's Round Rock Medical Cente



ART FAIR

PRESENTED BY CENTER ART CLUB OF ROUND ROCK

LOOKING FOR HOLIDAY GIFTS? SOMETHING ONE OF A KIND, HANDCRAFTED AND SPECIAL? HAVE WE GOT A DEAL FOR YOU. ORIGINAL ARTWORK, PRINTS, CARDS, PHOTOGRAPHS & MUCH MORE! MEET THE ARTISTS!









SATURDAY, NOVEMBER 8, 2025 11:00AM - 5:00PM ALLEN R. BACA CENTER GRAND ROOM

W W W . F A C E B O O K . C O M / C E N T E R A R T C L U B



Pink Detober

This Pink October, let's stand together in the fight against breast cancer.

Spread love, hope, and awareness. We wear pink to stand with you and everyone who has battled with breast cancer.

BACA CENTER PINK OUT DAY!
WEAR PINK ON OCTOBER 24, 2025

Meet in the Lobby at 11:40am, for a group photo.



Williamsburg, Virginia, "Texas Style" The Army Colony, IH-35 and 1956 Round Rock, Texas



Guest Speaker: Tim Todd

Tuesday, October 28, 2025 12:00pm –1:00pm. Allen R. Baca Center, 301 W. Bagdad Ave.

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

Tim Todd's Round Rock roots run deep. Three generations of Todd men and their families have made a significant impact on Central Texas. Tim and wife Sally have lived in Georgetown since 1985. Tim will relate personal stories of the Todd family's contributions as they experienced the rapid changes in Round Rock during the "mid-century" years, as well as the growth and successes of these dedicated local historians.

Tim is owner of T.A. Todd Construction Inc., specializing in residential remodeling, located in Georgetown, Texas. Tim is a community leader in Georgetown and Round Rock, devoting much of his time giving back to the community where he lives and works. Among his many civic responsibilities, Tim currently serves as the Board President for the Williamson County Historical Museum

Tim learned valuable life lessons about community involvement from his grandparents, Col. W. N. Todd, Jr., and wife Nan; and from his parents Lt. Col. William Todd and wife Jean. His grandparents are known to Round Rock as being part of the Army Colony and renovating the old Mexican School, located in Old Town, and turning it into their residence in 1953. In 1976 Tim's parents returned to Round Rock after 26 years of service in the US Army and 10 years in Chicago as Executive Director at The Glenwood School for Boys. Lt. Col. William Todd was named a Round Rock Local Legend in 1995.

Sponsors: Round Rock Preservation (254)289-0626 roundrockpreservation@gmail.com

Historic Preservation Office (City of Round Rock) (512)218-5422

Fall/Winter 2025 Trip Guide

Registration Open

GET READY FOR EXCITING MEMORIES WE'LL HAVE TOGETHER THIS FALL/WINTER.
YOU DON'T WANT TO MISS OUT!









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.

If you have a movie suggestion, let us know.





COCOON 2 "THE RETURN" September 24

Five years after the first Cocoon, the friendly aliens from the planet Anterea return to Earth to rescue some incubation pods, which have been found by a team of scientists. The elderly people (Don Ameche, Wilford Brimley) who left Earth with them come along to visit with friends and family in Florida. Resuming their old lives proves alluring against the prospect of eternal life on Anterea. Meanwhile, the aliens try to rescue their children, with the help of scientist Sara (Courteney Cox).

HEADS OF STATE October 22

Heads of State is a 2025 American action comedy film directed by Ilya Naishuller. It stars Idris Elba and John Cena as the UK Prime Minister and US President, respectively, who are forced to work together when they become the targets of a foreign adversary.

WORKSHOPS

COME JOIN OUR NEXT SEMINAR "Pre-Planning of Funeral & Cemetery Services"

Learn the importance of planning ahead today.

A wise decision that shows you care.

Provides you and your family with peace of mind.

Protects loved ones from a financial burden.

Ensures your arrangements reflect your wishes.

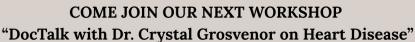
Tuesday, September 2 11:00am - 12:00pm Baca Meeting Room 3





Refreshments will be provided by Dignity Memorial.







For decades, heart disease has been identified as the leading cause of death in the United States. The statistics are not surprising. They include a wide range of cardiac conditions like coronary artery disease, heart failure, valve disease, and more.



Wednesday, September 17 9:00 - 10:00am Baca Grand Meeting Room

Thank you to our advertising sponsors!



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



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!



MARK YOUR CALENDARS

BEGINNING OF NOVEMBER Annual Nut Sale & Pecan Cracking

MONTH OF NOVEMBER Veterans Wall of Honor on Display

NOVEMBER 10 Veterans Breakfast, Open to all Members

NOVEMBER 11 Veterans Day, Baca Center Closed

NOVEMBER 18 Thanksgiving Luncheon

NOVEMBER 26 5:00PM - NOVEMBER 28 Thanksgiving Holidays, Baca Center closed

DECEMBER 9 Holiday Luncheon

DECEMBER 23 5:00PM - DECEMBER 25 Christmas Holidays, Baca Center closed

ADVISORY BOARD

APPLICATIONS NOW

AVAILABLE - SEE FRONT DESK FOR

MORE INFORMATION

Looking for a way to give back to the Baca Center? Apply to be a member of the Advisory Board! The objective of the Advisory Board is to empower the general membership with a voice to provide input towards the present and future betterment of the Center. The Advisory Board also encourages, supports and promotes activities of the Center to meet the needs and interest of active adults.

Applications are available at the front desk and must be returned by October 31, 2024.

Advisory Board Members will be in the Lobby the week of Sept. 29 from 11am - 1pm. for comments and suggestions to be brought to the Board.

The Baca Center Advisory Board will meet on Thursday, October 9 at 9:00am. Meetings are open to all members.

Thank you to our advertising sponsors!

Local help with your Medicare questions.



Luis Vallejo Licensed Sales Agent 512-470-3016, TTY 711 luisvallejo900@gmail.com





All-Inclusive Independent Living.

Call to learn more or schedule a tour: 512-270-6912

We Put the *Living* in Senior Living



Orthopedic Rehab: Injuries | Pre / post-surgery

Vestibular & Neuro: Vertigo | Parkinson's | M.S.

Balance Therapy: Prevent your 1st fall

Pelvic Health: Treatment for Incontinence!





Five-star Service | On-Site Therapy Services | No Maintenance or Worries

DoubleCreekSeniorLiving.com TechRidgeOaks.com 512-955-5045 512-817-0998

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:

Debra Ramon Bryan Goya Leon Darlene Morales Ashley Leonard

Recreation Bus Drivers:

Christal Acosta Carlos Guinea

Custodians: Corina Fernandez Robert Morales



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 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 – 2024 do not have to be resubmitted. Deadline to submit photos is October 24, 2025.

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 Monday, November 10 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 Baca Center Members & guests. Registration is required by November 5, 2025.

VETERANS DAY CELEBRATION

Join the City of Round Rock at Yonders Point Flag Plaza for our Veteran's Day Ceremony as we pay tribute to all those who have fallen and celebrate those who are serving our country. Ceremony will include a decorated guest speaker, presentation of colors and guest vocalists.

Yonders Point is located at 3103 Aten Loop. Tuesday, November 11th, 2025 | 11:00am





