ALLEN R.

BACA CENTER

301 W. Bagdad Avenue, Building 2
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www.BacaCenter.com



CHECK OUT WHAT'S "UP" IN THE GRAND ROOM ON MONDAY EVENINGS & FRIDAY MORNINGS



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 2: 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-12:00 pm	9:00 am-11:00 am
A.A.A. 10:30-11:00 am	Wood Carvers	A.A.A.	Non-competitive pickleball	9 Square in the Air
Sittercize	9:30-10:15 am	10:00 am-12:30 pm	Rating 1-3.5**	9:00 am-3:00 pm
11:30 am-1:30 pm	A.A.A.	Mexican Train	9:30-10:15 am	Open Game Play
Non-competitive	9:30 am-2:00 pm	10:30-11:00 am	A.A.A.	10:00-11:30 am
Pickleball Rating 1-3.5**	Crafty Critters	Sittercize	10:00-11:30 am Writing Club (Zoom)	Bingo*
1:30-3:30 pm	10:30-11:00 am	9:30 am-12:30 pm	10:30-11:00 am	12:30-3:30 pm
Competitive	Sittercize	Hearts	Sittercize	Mexican Train
Pickleball Rating 4-5**	12:30-4:00 pm		11:00-11:15 am	Hand/Foot Canasta
	Pinochle	12:15-3:30 pm	Balance	1.00.0.00
11:30 am-4:00 pm Pinochle		Dominoes "42"	12:00-3:00 pm	1:00-2:30 pm Sing-A-Long
ADVANCED PLAY	12:45-4:00 pm	12:30-4:00 pm	Competitive	Jilig-A-Lolig
12:30-4:00 pm	Texas Canasta	Spades	Pickleball	
American	1:00-3:00 pm	_	Rating 4-5**	
Mah Jong Club	Karaoke	1:00-3:30 pm	12:00-4:00 pm	
EXPERIENCED	Performance Group	Latin Dancing	Open Game Play	
12:45-3:30 pm		3:00-4:00 pm	12:30-3:45 pm	
Dominoes "42"	4:30-8:30 pm	Widowed Warriors	Bridge for Fun Cribbage	
1:00-2:30 pm	Pickleball	ALL Rating Levels Picklehall		
Writing Club	rendeban	4:30-8:30 pm	12:45-3:45 pm Racehorse Canasta	
1:00-4:30 pm		Intermediate/ Advanced	1:00-2:30 pm	
Duplicate Bridge ADVANCED PLAY &		Table Tennis***	Conversational	
MUST have partner			Spanish Class	
4:00-6:00 pm			4:30-6:30 pm	
9 Square in the Air			Beginner Table	
4:30-8:30 pm			Tennis***	
Intermediate/			6:30-8:30 pm All Levels	
Advanced			Table Tennis	
Table Tennis***			Table Tellillo	

*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	September 4 & 18 October 2 & 16	1:00-3:00 pm	
Open Studio	September 11, October 9	12:00-3:00 pm	
Benefit Resources—one-on-one	September 10 October 8	10:00 am	
Book Discussion	September 10 October 8	1:00 pm	
Bunco	September 3 & 17 October 1 & 15	6:15-8:30 pm	
Garden Club	September 9 October 7	9:00 am	
Hong Kong Mah Jong	September 5 & 19 October 3, 17, & 31	6:00-8:30 pm	
Instrumental Karaoke	September 11 & 25 October 9 & 23	6:00-8:00 pm	
Sing for Joy	October 22	11:00 am	
Round Rock New Neighbors Bridge	September 18 12:00 pm October 16		

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



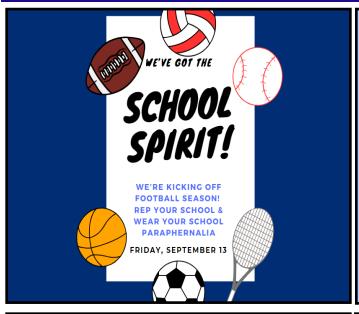
Daily Congregate Meals at the Baca Center

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 12:00 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/

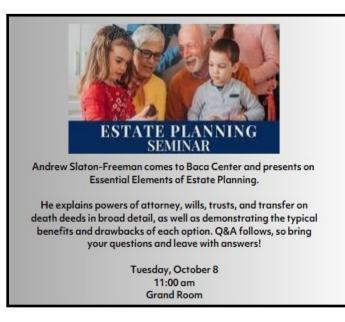
512-255-4970













ORGANIZATIONS & CLUBS

BENEFIT RESOURCES—2nd Tuesday, 10:00 am September 10 & October 8 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 4 —Business meeting, art show and tell, Baca wall display change out

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

September 18 —Demo day: Rebecca Sembrano creates 3 dimensional art from rocks and other objects

October 2 —Business meeting, art show and tell, Baca wall display change out

October 9 —Open studio, bring your art supplies and works in progress to create in a group setting

October 16 — Demo day: Rashmi Thackur demonstrates watercolor techniques

BOOK DISCUSSION—2nd Tuesday, 1:00 pm

September 10 — "The Man Higher Up" by O. Henry **October 8**— "The Summer of the Beautiful White Horse" by Guy de Maupassant

Contact the Baca Center for more information.

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

September 9– Tips & Tricks from the County Demo Gardens with speaker Jim Williams **October 7**—Plant Exchange

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 12, 8:30am—12:30pm Tuesday, October 15, 5:00—9:00pm Tuesday, November 12, 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.

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.

Wednesdays, September 4-25 9:00-10:00 am

\$38/4 classes

Course #: 25-10103CY-01

Wednesdays, October 9-30 9:00-10:00 am (no class 10/2) \$38/4 classes

Course #: 25-10103CY-02

Tai Chi

Join our Tai Chi 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.

Mondays, September 9-30 6:00-7:00 pm Mondays, October 7-28 6:00-7:00pm \$12/4 classes \$12/4 classes Course #: 25-10103TC-01 Course #: 25-10103TC-02

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 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 **pahulaohana.rr@gmail.com**.

September 10-24, Tuesdays, 1:30-2:30 pm October 8-29, Tuesdays, 1:30-2:30 pm Course #25-10103KH-01 FREE for Baca Members Course #25-10103KH-02 FREE for Baca members

Round Rock Preservation Lunch and Learn

Join the Round Rock Preservation on October 22 at 12pm for a presentation by Ricci Strayhorn and Ken Rogers of the Round Rock Parks and Recreation's Forestry Division about the Importance of Forestry and how it benefits Round Rock . Attendees will be provided water and a cookie and should bring their own brown bag lunch for your enjoyment. Sponsors for the program are the City of Round Rock and Round Rock Preservation.



Tuesday, October 22, 12:00 pm

Location: Baca Center, Grand Room

FREE for everyone

BACA CENTER



ADVISORY BOARD



APPLICATIONS NOW AVAILABLE

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.

One Baca Center appointed position is open for a 3 year term, January 2025 - December 2028. Applications are available at the front desk and must be returned by October 31, 2024.

The Baca Center Advisory Board will meet on Thursday, October 17 at 9:00am.

Meetings are open to all members.



THELMA- SEPTEMBER 25

THELMA POST IS A 93-YEAR-OLD GRANDMOTHER WHO LOSES \$10,000 TO A CON ARTIST ON THE PHONE. WITH HELP FROM A FRIEND AND HIS MOTORIZED SCOOTER, SHE SOON EMBARKS ON A TREACHEROUS JOURNEY ACROSS LOS ANGELES TO RECLAIM WHAT WAS TAKEN FROM HER.

TOP GUN: MAVERICK- OCTOBER 23

AFTER MORE THAN 30 YEARS OF SERVICE AS ONE OF THE NAVY'S TOP AVIATORS, PETE "MAVERICK" MITCHELL IS WHERE HE BELONGS, PUSHING THE ENVELOPE AS A COURAGEOUS TEST PILOT AND DODGING THE ADVANCEMENT IN RANK THAT WOULD GROUND HIM. TRAINING A DETACHMENT OF GRADUATES FOR A SPECIAL ASSIGNMENT, MAVERICK MUST CONFRONT THE GHOSTS OF HIS PAST AND HIS DEEPEST FEARS, CULMINATING IN A MISSION THAT DEMANDS THE ULTIMATE SACRIFICE FROM THOSE WHO CHOOSE TO FLY IT.

1:00 PM MEETING ROOM 4



"A GRAND AFTERNOON"

GRANDPARENTS DAY CELEBRATION AT THE BACA CENTER

Sunday, September 8, 2:00 - 4:00 pm FREE, Registration not required

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!





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



Wednesday, October 2, 2024, 1:00pm Baca Center Grand Room All are invited This event highlights senior-focused city services
as well as topics related to senior wellness and crime prevention strategies.
Visit with representatives from the Round Rock Police Department.
Refreshments will be served | Door Prizes



WEDNESDAY, OCTOBER 30 1:00 PM BACA CENTER GRAND ROOM

HALLOWEEN COSTUME DANCE







OCTOBER 25TH, 7-9:30PM \$10 MEMBERS | \$15 NON-MEMBERS

LIGHT REFRESHMENTS WILL BE SERVED.

COME DRESSED IN YOUR BEST HALLOWEEN COSTUME.

PRIZES FOR BEST COSTUME

AGES 50+



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 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 - 2023 do not have to be resubmitted. Deadline to submit photos is October 25, 2024.

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 Thursday, November 7th 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, 2024.

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 al 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.

Monday, November 11th, 2024 | 11:00am





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difference. We pride ourselves on being industry leaders and challenge ourselves to continuously improve.

The Baca Center will be an election site for the Joint General and Special Elections October 21 - November 1 and November 5.

Program Modifications and Cancellations will be shared in advance.

Please check the daily schedule for room changes.

Please do not water the plants inside the Baca Center

MARK YOUR CALENDARS

MONTH OF NOVEMBER Veterans Wall of Honor on Display

NOVEMBER 1

Nut Sales & Pecan Cracking Begin

NOVEMBER 7

Veterans Breakfast

NOVEMBER 11

Veterans Day, Baca Center Closed

NOVEMBER 19

Thanksgiving Luncheon

NOVEMBER 27 5:00pm - NOVEMBER 29

Thanksgiving Holidays, Baca Center Closed

DECEMBER 10

Holiday Luncheon

DECEMBER 24 - 25

Christmas Holidays, Baca Center Closed

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ALLEN R. BACA CENTER TEAM

Center Supervisor:

Kelly Gaydos kgaydos@roundrocktexas.gov

Program Coordinator:

Sondra Slate sslate@roundrocktexas.gov

Fitness Coordinator:

Sherry Leetham sleetham@roundrocktexas.gov

Recreation Manager:

Mary Hemenes mhemenes@roundrocktexas.gov

Administrative Team:

Anita Ouellette Mike Crowell Katie Grant

Recreation Assistants:

Bruce Beaumont Dana Duvall Sara Moore Debra Ramon

Recreation Bus Drivers:

Christal Acosta Carlos Guinea

Custodians:

Corina Fernandez Robert Morales







