

SUN VIEWS

ISSUE #177 • JULY 2016 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.

SUN CITY
ARIZONA
RECREATION CENTERS
OF SUN CITY

Sun City Property Holdings Company

Rationale for Formation

The Recreation Centers of Sun City, Inc. (RCSC) Board of Directors will be voting on a motion at the June 30, 2016 Board meeting to establish a new corporation, Sun City Property Holdings, Inc. (SCPH), which will be wholly owned by the RCSC.

This corporation is being formulated in case RCSC should foreclose on a suitable property without a superior lien for non-payment of RCSC fees and associated legal costs so that it can place a bid on the property to protect RCSC's interest and avoid unnecessary liability should it be awarded the property.

The RCSC Board of Directors is not interested in being in the real estate business or acquiring any Sun City AZ property. They are simply interested in upholding their fiduciary duty through due process of collecting all fees due the RCSC whenever possible. Therefore SCPH will simply place a bid to cover all RCSC fees and associated legal costs on a property being foreclosed on by the RCSC. If another bidder bids higher, which is what is expected, then all RCSC fees and associated legal costs will be paid for by the highest bidder and there will be no further action taken by SCPH. If in the unlikely event that no one outbids the SCPH, then SCPH would become the owner of the property. SCPH would then seek to sell the property to cover its costs, to include RCSC fees and associated legal costs.

The cost to the RCSC is about \$2,000 for establishing and filing the legal documents to form the corporation and \$1,000 to open a checking account, plus about \$200 a year for operating costs. This is a very inexpensive insurance policy for the RCSC, as it protects RCSC from any liability associated with such real estate.

While historically, RCSC has rarely, if ever, foreclosed on a property in Sun City AZ, it is very important for Sun City AZ homeowners to understand that could be a result of repeatedly not paying RCSC fees. If you assume because there was no such holding company created in the past it was not needed, that would be an incorrect

assumption. The number of properties that are delinquent with annual property assessments or other fees is a dynamic number that changes daily. The reasons for the delinquencies are as numerous as the number of property owners. Why a property owner is delinquent correlates, to some degree, whether a delinquent account is resolved before being referred to outside collections or before suit is filed with the courts. We have resolved delinquent accounts at each step in the collections process. When this occurs is dependent on the property owner.

As per Board Policy Resolution No. 28, RCSC files a lien on any property 60 days past due. Filing the lien is vital to protecting the RCSC and comes into play whenever someone tries to sell the property, as the lien must be paid in full to receive clear title. However, it does not provide the same benefit if the homeowner remains the owner. In these cases the only option is to pursue all legal avenues of collecting the debt, up to and including foreclosure.

Uncle Sam invites you to "Ring That Bell"

Recreation Centers of Sun City is pleased to announce the 38th Annual Ring That Bell Ceremony on Monday, July 4, 2016 in the Bell Center Social Halls beginning at 9:00 a.m.

This patriotic, time-honored tradition celebrates our nation's birthday in unique Sun City AZ style with our very own Uncle Sam (portrayed by Sun City resident Mike Lindquist) serving as the Master of Ceremonies.

The celebration continues in the Social Halls for RCSC Cardholders and their escorted guests as we salute America with an "indoor" picnic from 11 a.m. to 2 p.m. We'll have games, prizes, music, dancing and lots of good times for everyone!

We'll be serving all-American picnic fare - hot dogs, potato chips and bottled water for only \$3, with proceeds earmarked for the RCSC Management Team's 2016 fundraising beneficiary, The Sun City Foundation.

No birthday party is complete without cake and we'll have that, too! There will also be free bowling, shuffleboard, darts and billiards over at Bell Lanes to keep you cool on a hot afternoon.

Stop by and Ring That Bell! It is certain to be an all-American, only in Sun City AZ kind of event. Later in day, continue to show your pride and patriotic spirit at the Sun City All Stars Big Band 20th Anniversary Celebration at Mountain View (see page 21 for more info).



Mike Lindquist carries on the Uncle Sam tradition throughout the West Valley

**Stay in the loop!
Get RCSC News Alert
Emails, sign up at:
www.sunaz.com**

**Email addresses
remain confidential**

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**Cardholder Services
Lakeview Center
Monday - Friday
8:30 am to 4:00 pm
July Saturday Hours:
July 9, 2016
9:00am to noon**

Ad Hoc Long Range Planning Committee

In order to involve members in the decision making process, the RCSC Board of Directors is seeking members for the ad hoc Long Range Planning Committee to brainstorm ideas for potential uses for the recently purchased property at 10415 W. Grand Ave.

Those interested may request an application by email to boardoffice@suncityaz.org or in person at the Lakeview Corporate Office. Please be prepared to present your RCSC Member card (Privilege Cardholders are not eligible) and you must be a full-time Sun City resident.

The deadline for application submission is Friday, July 29, 2016. Interviews will then be scheduled with the Board.



We are here to give you a helping hand...



Serving the Northwest Valley since 1990!



Meet Our Staff

Standing L to R: Diana Swens, Staffing; Kay Spofford, RN; Shelley Ouimette, Scheduling Coordinator; Mary Jo Cuttell, RN; Natalie Henrichsen, Sales and Marketing.

Sitting L to R: Janice Grady, Office Manager; Lola Judy, Owner; Jane Keys, Memory Care Specialist; Dot Scherr, RN.

“Always know who you are doing business with. A life depends on it.”

Sun Cities CareGivers

provides help with personal care, household chores, transportation to appointments, exercises, good nutrition and, most importantly, makes it possible for people to stay in their own home.

Companion/Homemaker:

Assists with household chores & errands

Personal Care Attendant:

Assists with personal care needs

Certified Nurse's Aide:

Assists with doctor/nurse supervised care needs

Registered Nurse:

Sets up medication and supervises usage

FREE In-Home Consultation!

with mention of this ad.

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QR CODE
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Smart Phone!



Want a Bigger Voice in Sun City AZ?

Run for the Board; RCSC Candidate Packets Now Available

While the RCSC Elections may be months away, it is not too early to consider giving back to the community by becoming a candidate for upcoming Board vacancies. There will be three vacancies to fill in this year's December election, with each being a three year term.

Candidate packets are now available. Those interested in obtaining a packet must make this request in person at the Lakeview Corporate/Board Office (lower level) and present their RCSC Member card. The deadline for packet submissions is noon on Friday, September 30, 2016.

Requirements to become a RCSC Board candidate:

- Must be at least fifty-five (55) years of age;
- Must not be related by marriage or birth to any other member of the Board, Sr. Management Staff, or

- Board Candidate;
- Must be a Deeded Real Estate Owner of property in Sun City, Maricopa County, Arizona;
- Must be a Member in good standing;
- Must reside in Sun City, Arizona and be available at least ten (10) months of the year;
- Must meet the requirements to hold an Arizona liquor license (RCSC holds liquor licenses which require Board officers to be included on the licensing);
- Must be eligible and available to serve a three (3) year term; and
- Must be available to attend Board Candidate Orientation(s).

Candidates must also submit a fully completed RCSC petition, signed by 100 or more Members in good standing, along with all other forms provided in the RCSC Candidate Packet.

A successful candidate will:

- Have a strong desire to serve Sun City;
- Be fair and courteous;
- Use good common sense;
- Have good communication skills;
- Be willing to work as part of a team;
- Ability to prioritize - policy and projects; which will have the greatest benefit for the most members; and
- Be willing and able to dedicate the necessary hours to be an effective Director.

Candidates will be introduced at both the October and November Board meetings and candidate forums that will be held in the fall. Forum locations and dates will be announced at a later time.

For more information, please contact the Board Office at 623-561-4620 or email boardoffice@sunaz.com.



Corporate Office
Lakeview Center
10626 W. Thunderbird Blvd.
623-561-4600
www.sunaz.com
www.suncityaz.org

Member Services (Clubs) Office
Lakeview Center
623-561-4660

Cardholder Services Office
Lakeview Center
623-561-4603

Recreation Centers

Bell Center: 623-876-3040
16820 N. 99th Ave.

Fairway Center: 623-876-3044
10600 W. Peoria Ave.

Lakeview Center: 623-561-4675
10626 W. Thunderbird Blvd.

Marinette Center: 623-876-3054
9860 W. Union Hills Dr.

Mountain View Center: 623-876-3042
9749 N. 107th Ave.

Oakmont Center: 623-876-3046
10725 W. Oakmont Dr.

Sundial Center: 623-876-3048
14801 N. 103rd Ave.

Sun Bowl Amphitheatre
10220 N. 107th Ave.
(weather recording)
623-972-6014

Softball Field
10220 N. 107th Ave.

Duffeeland Dog Park
14610 N. Del Webb Blvd.

Sun City Visitors Center
1-844-4 SUN CITY or 623-977-5000
Located in the Bell Center at
16820 N. 99th Ave.

Renovations May Restrict Pool & Club Access

Due to closure of the Sundial pool and fitness areas (renovations scheduled to begin Monday, July 11 through Friday, September 16), RCSC Cardholders are advised that access may be limited at other facilities in order to accommodate all scheduled club and class activities. Oakmont and Fairway will be most impacted and Cardholders are advised to contact these Centers in advance to confirm open swim availability. We appreciate your cooperation and understanding as we strive to meet the needs of all during this period.

Beginning in July, Cardholders should also note that the Movies shown on Wednesdays at Marinette will be relocated to Sundial East Hall while the Auditorium, kitchen and restrooms at Marinette are under renovation. This work should be completed in early September. All club activities normally held in this Auditorium have been rescheduled or relocated during this period.

Many other renovations are scheduled this summer and RCSC Management and staff are working diligently to inform Cardholders of any impacts that may occur during this period. It is strongly advised that Cardholders sign-up to receive RCSC News Email Alerts at suncityaz.org under the Recreation Centers tab, in order to get the most accurate and up-to-date information regarding these and other projects as they occur over the next several months.

The Cover Ups

Wednesday,
July 20, 2016

Show • 7pm
Doors Open • 6pm
General Admission
Sundial Auditorium



Since 1997, The Cover Ups, an entertaining, unpredictable, classy group of accomplished musicians, have been rockin' the Valley of the Sun with the some of the best classic hits of all time – especially audience favorites from the 60s & 70s!

Free for RCSC Cardholders
& their escorted guests.

Be prepared to show your RCSC Member or Privilege Card (with photo) for entry; no key fobs accepted!

Golf Report

Pro Shops

For the first time this year we failed to meet our budgeted goals, with total revenue missing budget by \$12,409. While all categories failed to meet budgeted goals Daily Surcharge play and Public Play exceeded budgeted goals. Revenue heads into the summer months \$153,681 ahead of budget and \$260,366 ahead of prior year. Prior year revenue has been aided by having an additional course available for play.

“Get Golf Ready” class attendance totaled 110 students for the season. The attendance was relatively unchanged from the 109 students the previous year. The “Get Golf Ready” classes are a national PGA initiative to increase golf participation. Nationally in 2015, the “Get Golf Ready” program introduced 107,000 students to the game of golf. “Get Golf Ready” classes will begin again in November and are available to Sun City residents and guests.

Golf Courses

On Tuesday, May 17 we conducted our annual USGA visit with Brian Whitlark. Mr. Whitlark is an Agronomist for the USGA, representing the Southwest Region. During the visit we managed to visit all of our golf courses, with the exception of Quail Run. We began our day at Willowbrook, reviewing/discussing the upcoming renovation to both Willowbrook and Willowcreek. Due to the abnormal amount of turf (by today’s standard in Arizona), turf reduction has always been a topic of conversation. Mr. Whitlark was pleased with the Board’s decision to be pro-active removing turf from our golf courses as well as the decision to rebuild the greens at Willowcreek. Mr. Whitlark recommended a deep tine green aerification for most of our courses that would be in addition to our normal aerification process. The timing of overseeding was a major point of discussion, as we try to find the best window and keep golf available during this process. He was very pleased with the progress North has made since his visit last year and that his recommendations for tree removal were followed. His full report will be available online when it is received.

The irrigation project on Lakes East began as scheduled on May 2. To date, the main line has been laid from the pump station on hole number 5 green backwards towards hole number 1 and back again to the 6th tee. The pump station has been delivered and is awaiting in field modifications prior to final connections. Preparations are underway for the boring of the mainline under the parking lot and across Talisman Road. Landscape work will begin once more significant progress has been made to the irrigation system.

2016 Aerification Dates
Courses will be closed

Greens Aerification/Fairway Verticutting

Tuesday - Friday	July 5-8	South
Thurs, Fri & Mon, Tues	July 7-8 & 11-12	Quail Run
Monday - Thursday	July 11-14	North
Thurs, Fri & Mon, Tues	July 14-15 & 18-19	Lakes East
Monday - Thursday	July 18-21	Lakes West
Thurs, Fri & Mon, Tues	July 21-22 & 25-26	Willowbrook
Monday - Thursday	July 25-28	Willowcreek
Thurs, Fri & Mon, Tues	July 28-29 & Aug 1-2	Riverview

Course Consulting Service

ON-SITE VISIT REPORT

USGA

Check it out online at

www.suncitygolfing.com

under the “Resources” tab

The lake/pump station project for Willowbrook is well underway. This work is part of the 2017 irrigation renovation and aids that project by completing a significant amount of work ahead of time. Fish were removed the week of May 2 and transferred to other lakes on Willowcreek. This project is scheduled to be completed mid-July.

Fairway aerification began May 23 at South and continues through June 21 at Riverview. The only exception to this schedule is Lakes East. The full aerification schedule can be found on the sunaz.com website. Green aerification will begin July 5th at South. As a reminder courses will be closed longer for Green aerification, to give crews time to also verticut fairways.

Snack Shops

Snack Shop performance mirrored Pro Shop performance, missing budget by \$3,889. Despite the miss, Snack Shops enter the summer months with a healthy positive variance to revenue budget. Snack Shops are now closing at 3:00 p.m. on a consistent basis.

Lawn Bowl and Grounds

We are closely monitoring requests from the committee to plane the greens at the Bell Center. Unusually mild temperatures in May have been the determining factor in not starting. We have also met with a contractor to laser level and top dress the greens following planing. Both these practices are best accomplished during periods of vigorous growth, from the end of June through July.

The Lawn Bowl committee report 5,502 bowlers during the first quarter of 2016. The committee also reported a total of 14,397 bowlers in 2015. Reporting is voluntary and could result in an under reporting of attendance.



RCSC’s 8 Golf Courses

- Lakes East: (623) 876-3023
Closed for Renovation
- Lakes West: (623) 876-3020
10433 Talisman Rd
- North: (623) 876-3010
12650 N. 107th Ave.
- South: (623) 876-3015
11000 N. 103rd Ave.
- Willowbrook: (623) 876-3033
- Willowcreek: (623) 876-3030
10600 N. Boswell Blvd.
- Quail Run: (623) 876-3035
9774 W. Alabama Ave.
- Riverview: (623) 876-3025
16401 N. Del Webb Blvd.

RCSC’s 5 Snack Shops

Menu Available at
sunaz.com/snack-shops/

July Snack Shop Hours
Open Daily 6am - 1pm



Volunteer Ranger Program

For more information about joining our program, please contact Chris Linam, Pro Shop Manager, at 623-876-3025 or email at clinam@sunaz.com. Next meeting is Thursday, September 29 at 1pm in Talisman Hall.

Upcoming Bowling Tournaments

Century Doubles at Lakeview Lanes

Sunday, July 10, 2016

Qualifying • 9am | Finals • Noon | Entry Fee: \$50

Open to any USBC Certified Member | Doubles Partners Ages Must Total 100

No-Tap Tournaments at Lakeview Lanes

Every Saturday at 4:45pm

Cost: \$11

Colored Pins | 3-6-9 Pots | Mystery Scores

Summer No-Tap Tournaments at Bell Lanes

Last Sunday - July 31 & August 28 at 1pm

Cost: \$12

High Game | 3-6-9 Pots | Mystery Scores

RCSC Bowling Centers Locations & Hours

Summer Bowling Hours & Rates Now in Effect

Lakeview Lanes

10502 W. Thunderbird Blvd.

623-876-3055

Monday-Saturday: 8am-8pm | Sunday: Noon-6pm

Billiards at Lakeview
Lanes, too!



Darts, Shuffleboard &
Billiards at Bell Lanes!

Bell Lanes

16810 N. 99th Ave.

623-876-3050

Monday-Saturday: 8am-8pm | Sunday: Noon-7pm

Summer Bowling Rates - Cardholders: \$1.90 | Guests: \$2.15 (per Game)

Fridays = FUN DAY



at Lakeview Lanes

Cost: \$10 per person

Fun starts at Noon

Color Pins = \$\$\$ + Prizes

Escape the
summer heat...



Memo's Bistro

Inside Bell Lanes
623-933-8261

**** Wednesday & Friday ****

All-You-Can-Eat Alaskan Cod Fish Fry
with Cole Slaw & Potato Wedges

\$9.99

RESTAURANT HOURS:
M-F: 7am-8pm; Sa & Su: 7am-2pm

George's Lakeview Cafe

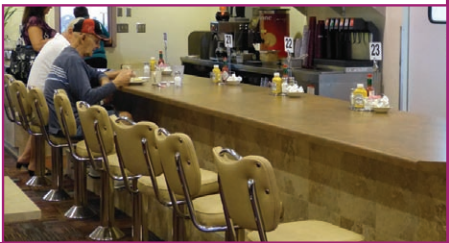
Restaurant Hours:
M-Sat 7am-8pm; Sun 7am-6pm
Inside Lakeview Lanes

623-876-3057

From our Family to Yours!

\$1.29 Coffee
with any Breakfast, Lunch or Dinner

Fish 'n Chips \$8.99
9 Ounces of Cod, Coleslaw & Potato
Wednesday & Friday



Uncertain about Pool Drainage?
Seek Assistance from Maricopa County

Property owners with swimming pools in Sun City are advised that there are very strict Maricopa County regulations regarding stormwater and the draining of pools, backwashing, and filter cleaning. Many residents are under the misconception that they can drain onto golf courses after business hours. Be advised that this practice is not permissible. If you are uncertain how to proceed with the care and upkeep of your pool, please contact a pool maintenance professional if necessary. Otherwise, please refer to the information below and seek further assistance from the Environmental Services Department at 602-506-5557 or online at www.maricopa.gov/stormwater.

Stormwater Managment Best Practices

Swimming pools must be maintained properly to ensure that chemicals do not enter the street or storm drain system where they can be discharged directly into our rivers and lakes. Products such as chlorine and bromine that control pH, bacteria, and algae can also pollute water and harm wildlife.

What Can I Do?

Drain pool using one of these methods:

- 1. Drain into sanitary sewer cleanout.
- 2. Drain onto your property making sure no water leaves the property.
- 3. Drain freshwater swimming pool water into street or gutter making sure the water has been de-chlorinated/de-brominated.

Filter Maintenance:

- Do NOT discharge filter backwash water into street or storm drain; use the sanitary sewer cleanout or maintain discharge on your property.
- Do NOT clean or rinse filter or cartridges into street or storm drain.

Did You Know?

Each municipality and even some HOAs have different rules for pool discharge. Consult your local municipality and/or HOA prior to draining your pool.



For additional information or questions, please contact:
Maricopa County Environmental Services Department
Stormwater Quality Program
1 001 N Central Ave, Ste 300
Phoenix, AZ 85004
602-506-5557
www.maricopa.gov/stormwater



Take a **GOLF** Lesson

Sun City resident PGA & LPGA Professionals are available to help you - whether you're just getting started or looking to you improve your game!

Business Cards are located in all RCSC Sun City AZ golf pro shops. Call to schedule an appointment. Both private and group lessons are available.

- Billy Edmondson - 602-625-7050
- Sarah Bakefelt - 623-875-3418
- Bob Jennings - 602-463-4533
- Bob Day - 602-818-1470

It's never too late to learn somthing new! Get started today!

On A Lighter Note -
Jesus and Moses on the Golf Course

Jesus and Moses are playing golf in Heaven when they come to the par-three 17th hole, a long carry over water to an island green. Moses tees off with a 3-wood and hits the green. Jesus takes out his 5-iron and says, "I'm going to hit a 5-iron because Arnold Palmer would hit a 5-iron from here."

Jesus tees it up and hits a lofted iron shot that finishes 25 yards short of the green and in the water.

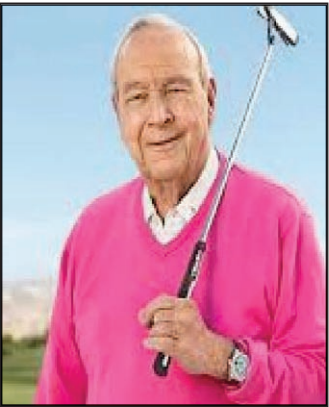
Jesus turns to Moses and says, "How about parting the water so I can play my ball where it lies?"

Moses says, "No way. You foolishly chose the wrong club because of your Arnold Palmer fantasy and I'm not going to be a party to it!"

Jesus shrugs and starts walking on the water to where his ball went in. Just then, a foursome approaching the tee box sees Jesus walking on the water.

One of them asks Moses, "Who does that guy think he is, Jesus Christ?"

Moses turns and says, "No, he thinks he's Arnold Palmer!"



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623-583-1555

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<p>EVERYDAY BREAKFAST</p> <p>2 EGGS, BACON OR SAUSAGE & HASHBROWNS</p> <p>\$4.99</p> <p>Includes Toast & Jelly • 6am-11am</p>	<p>EVERYDAY LUNCH & DINNER</p> <p>GOLDEN FRIED WALLEYE FILLETS</p> <p>\$8.99</p> <p>Includes 3 Sides • 11am- 8pm</p>
<p>MONDAY & TUESDAY</p> <p>BABY BACK BBQ PORK RIBS</p> <p>\$9.99</p> <p>Includes 3 Sides • 11am- 8pm</p>	<p>WEDNESDAY & FRIDAY</p> <p>BEER BATTERED COD FISH FRY</p> <p>\$8.99</p> <p>Includes 3 Sides • 11am- 8pm</p>
<p>THURSDAY & SUNDAY</p> <p>PRIME RIB ROAST</p> <p>\$11.99</p> <p>Includes 3 Sides • 11am- 8pm</p>	<p>SATURDAY SUPER SPECIAL</p> <p>JUMBO COCONUT SHRIMP</p> <p>\$7.99</p> <p>Includes 3 Sides • 11am- 8pm</p>

Dine in or Take Out 7 Days a Week
Breakfast • Lunch • Dinner

A Moment with President Schroeder -**Things to Do When It's Too Darn Hot!**

I think we would all agree that it's hot outside now that July has arrived, but that doesn't mean there isn't plenty around here to keep you busy and cool during the summer months. While Del Webb's original vision of an active adult community remains strong, there's something for everyone all year long right here in Sun City AZ - and beyond our white walls, too.

Rather than simply staying indoors at home, why not check out a few of these suggestions:

Swimming and summer go together like bacon and eggs and no place is better equipped than Sun City AZ where you're never far from a cool dip. The walking pools at both Bell and Fairway have shade sails and Oakmont's water volleyball club is always a fun time. Unfortunately, the indoor pool at Sundial (and fitness center) will be closed this summer for renovations, so be sure to use plenty of sunscreen!

Fairway's indoor track is a great alternative for walkers who find that it's too hot even early in the morning for a stroll around the neighborhood.

RCSC's bowling centers offer plenty of cool options besides league and open play on the lanes with billiards at both bowling centers in addition to darts and shuffleboard at Bell Lanes. Pssst...don't forget that there's billiards upstairs at Fairway Center, too!

And while you're at Bell Center, enjoy table tennis and racquet ball as well - in air conditioned comfort!

Share the company of others by joining a new RCSC Club. While some clubs have limited hours during the summer, others remain active and "open for business" as usual. It's a great time to take up a new hobby when fewer folks are around and you'll find many helpful club members willing to help you get started.

We've got movies on Wednesdays and Saturdays at 2:00 and 7:00pm where there's always free popcorn. Due to remodeling work at Marinette, the Wednesday movies will be shown in the Sundial East Hall (no movie on July 20); Saturdays are still at Mountain View. Make sure you're signed up for RCSC Email News Alerts to receive the monthly movie list or find it on the RCSC Web Portal.

Museums are a great get-away from the heat and Sun City AZ has several that you should check out.

Located next to newly renovated Oakmont Center and housed in one of the first model homes, is the Del Webb Sun Cities Museum - truly a must-see for residents and visitors alike.

The Sun City Mineral Museum at Sundial Center, operated by the Rockhound Club, is an absolute "gem" with a Fluorescent Room that you'll find simply amazing!

Next time you're south of the tracks on a Wednesday, stop by the Model Railroad display at Fairway Center where you'll go

back in time with an entire room full of boys and their toys (and women, too!) where they have a new interactive display put together specifically with kids in mind.

During the summer months, hours at these Sun City AZ venues have limited hours and it is suggested that you call ahead to make certain they're open. (Phone numbers and more information are listed at the end of this column for your convenience).

If you're willing to venture a little further from Sun City AZ, the Phoenix area offers a number of great cultural spots that might be to your liking.

If you're going toward the airport, take time to stop at the Hall of Flame Fire Museum (6101 E. Van Buren St.) where you'll see nearly an acre of fire history exhibits with over 90 fully restored pieces of fire apparatus dating from 1725 to 1969. There's also a gallery dedicated to the history of wildland firefighting. First responders definitely know HOT!

An easy drive over on the 101, take the Tatum Blvd. exit and head south to Mayo Blvd. where the Musical Instrument Museum collection of more than 15,000 instruments and artifacts from around the world provides an opportunity to explore and enjoy the wonders of the global language of music.

Venture into historic downtown Scottsdale where you'll find Western Spirit - Museum of the West (3830 N. Marshall Way). Within these modern and austere walls, you'll find art and artifacts from the Old West and exhibits that include works by Russell, Remington and O'Keefe.

There's also the soon-to-open OdySea Aquarium and the Butterfly Wonderland (both located at 9500 E. Via de Ventura) where you can get up close and personal with nature.

My last suggestion is to take US 60 "Out Wickenburg Way," where you'll find the Desert Caballeros Western Museum for more art and history of the American West or go for a walking tour about town.

Enjoy the Sun City AZ summer and stay cool! We're very glad you're here!

For additional information, please contact:

- Del Webb Sun Cities Museum - By appointment only May 16-Sept 14; call 623-974-2568
- Sun City Mineral Museum - Open Saturdays from 10am to 1pm (Call to confirm volunteer availability - 623-428-6442)
- Model Railroad Display - Open Wednesdays from 10am to 2pm



Dan Schroeder
RCSC Board President



2016 RCSC Board of Directors
Phone: 623-561-4620
email: boardoffice@suncityaz.org

Dan Schroeder, President
email: dschroeder@suncityaz.org

Rich Hoffer, Vice President
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Carol Lawry, Secretary
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Michael Kennedy, Treasurer
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Peter Lee, Director
email: plee@suncityaz.org

Ida Eisert, Director
email: ieisert@suncityaz.org

Gary Cotten, Director
email: gcotten@suncityaz.org

Ron Smith, Director
email: rsmith@suncityaz.org

Jerome Walczak, Director
email: jwalczak@suncityaz.org

This Month @ The Board

There are no Board or Committee Meetings during the months of July & August

NEXT MEETING:

Board/Member Exchange
Monday, September 12
Lakeview Social Hall #3 @ 6pm

Management Updates

Financial Report:

We have completed April 2016 well within our operating and capital budget. Every division has operated better than budget year-to-date. Today the Board will be voting on a motion to purchase a tract of land and building located at 10415 West Grand Avenue, Sun City, Arizona. The purchase price of this property is \$750,000 and will be funded by operating capital. Despite the fact that this is an unbudgeted purchase, we have accumulated the necessary funds to make this purchase by continuing to operate better than budget. Therefore, the funds are coming from prior years' carryforward excess to make this purchase.

Bowling:

The 28th Annual Sun City Open Senior Bowling Tournament was held on the last weekend of April producing \$5k in income. Bowlers from all over Arizona participated in the event.

Bell Lanes will begin the monthly summer No-Tap bowling tournaments which are held the last Sunday of each month, the first tournament will be held on May 29th. All bowlers are welcome whether USBC certified or not.

Bowling scores were outstanding for the 2015/2016 season, Lakeview Lanes had fifty-five 300 games and Bell Lanes had twenty-one 300 games. Both RCSC Bowling Centers remain the top scoring centers in the state.

Cardholder Services:

Payments on past due assessments in April maintained the increased level from last month. Overall accounts receivables decreased in April with all past due categories seeing a decrease while the current category increased due to April being our highest annual property assessment billing month of the year. Payments from our third party collections firm were very strong in April and year to date payments total \$75,226 which impacts the overall accounts receivables positively.

Historically we have focused on the accounts receivables balance in tracking receivables over time. Looking at this a little differently, we have seen the count of property owners who are past due decrease over the past several years. At the end of April the number of past due owners has decreased 15% from 2015 and 46% from 2012.

In April, property transfer related balances decreased by 3.4% and lender owned related balances decreased by 30%. Outstanding balances related to property transfers represent approximately 53% of all receivables due and 52% of past due balances.

Payments made by Cardholders through the online RCSC Web Portal in April totaled \$93,615. This is below last month's high but continues to represent a growing adoption of the online web portal by property owners to make payments. Year to date web portal payments total \$351,200.

Trustee sale notices on Sun City properties decreased to 41 properties at the end of April. The number of properties owned by lending institutions decreased slightly this month to 29 properties.

Preservation and Improvement Fees collected in April were \$879,800, which is \$298,800 over the amount budgeted. Year to date PIF fees are \$2,763,400, which is \$834,900, or 43%, over budget for the year. The year to date total is up 17% from 2015. Again a reminder that we intentionally budget PIF income very conservatively to assure that we have the cash on hand for any planned project as we remain debt free.

In April we saw 5 additional closings within the new Four Seasons at the Manor development. A total of 11 closings have completed year to date with another 7 pending. Due to the uncertainties of a new development outside the control of RCSC the closings for this development were not included in the 2016 PIF budget.

Human Resources:

The voluntary CPR/AED/First Aid training classes that RCSC is providing to its employees have begun. So far, four sessions have been held with 39 employees in attendance and all have received a two year certification verifying satisfactory completion. Additional classes are being scheduled over the next few months.

Recently, HR completed a review of employee work related injuries from January 1, 2015 to date, a period of approximately 17 months. There were 26 on-the-job injuries reported as follows: 16 in Golf and Grounds Maintenance; 1 in the Pro Shop; 1 in the Snack Shop; 2 in Bowling; 6 in Centers. All accidents are responded to immediately including filing the proper paperwork and follow up for accident prevention purposes.

Safety is a primary concern and we are dedicated to providing a safe environment for employees, as well as those who use the facilities.

Member Services:

Johnny K & Kompany were back by popular demand and many are requesting that they come again, so we are bringing them back in 2017 for our next Senior Prom. Watch the Sun Views for this event coming in April 2017, as it will book up quickly and is limited to 500 people.

Our closing show of the Sun Bowl spring series was Yesterday Once More. The band entered the stage in their impressive, all black and white attire. When the first note was played, the dance floor filled up and stayed full until the second encore was finished. This band was so full of energy, and they kept the place hopping. What a great way to end the spring series.

Our next free show will be Wednesday, June 29, as we welcome to the Sundial Auditorium stage Eddie Diamond with his tribute to Neil Diamond. Please note this

(continued on page 11)

Financial Report

Period Ending - April 2016
For a more detailed financial statement, please visit www.suncityaz.org/financials

BALANCE SHEET			
For the Period Ending April 30, 2016			
	Current Y-T-D	Prior Y-T-D	
Unrestricted Funds:			
Cash Invested/On Hand/In Bank	9,997,230	9,941,984	
Cash Reserves	2,500,000	2,500,000	
Sub-Total Unrestricted	12,497,230	12,441,984	
Restricted Funds:			
PIF/Capital Reserve	12,618,745	8,057,044	
Total Cash & Investments	25,115,975	20,499,028	
Other Current Assets:			
Accounts Receivable	2,594,484	2,516,360	
Deposits & Prepaids	1,666,874	1,700,905	
Inventory	110,876	82,009	
Total Current Assets	29,488,209	24,798,302	
Fixed Assets:			
Land, Improvements, Buildings	95,499,900	82,328,636	
F, F & E and Vehicles	26,600,970	26,131,201	
Less: Accumulated Depreciation	(61,783,770)	(57,801,200)	
Work In Progress	8,962,344	18,285,377	
Total Fixed Assets	69,279,444	68,944,014	
TOTAL ASSETS	\$98,767,653	\$93,742,316	
Current Liabilities:			
Accounts Payable and Other	1,541,211	1,944,681	
Deferred Income	7,202,397	6,941,208	
Pre Billed Assessments	2,090,018	2,015,945	
Total Current Liabilities	10,833,626	10,901,834	
Other Liabilities:			
Lease Purchase	0	22,341	
Total Liabilities	10,833,626	10,924,175	
Net Worth:			
Current Net Worth	87,934,027	82,818,141	
TOTAL LIABILITIES and NET WORTH	\$98,767,653	\$93,742,316	

STATEMENT OF INCOME AND EXPENSES			
For the Period of April 30, 2016			
	Current Y-T-D	Prior Y-T-D	
Operating Income:			
Property Assessments	3,794,507	3,623,140	
Transfer & Access Fees	264,432	259,989	
Privilege & Guest Cards	368,467	356,756	
Food / Liquor Sales	300,719	286,967	
Bowling Fees	285,963	277,011	
Golf Fees	2,665,599	2,417,392	
Cart Rentals	105,271	97,542	
Merchandise Sales	83,124	79,377	
Activities Income	280,749	208,915	
Rental Income	105,514	97,184	
Contributions	9,577	9,280	
Miscellaneous Income	8,786	64,821	
Total Operating Income	8,272,708	7,778,374	
Cost of Sales:			
Total Cost of Sales	308,778	267,131	
Gross Income	\$7,963,930	\$7,511,243	
Operating Expenses:			
Salaries and Wages	2,523,663	2,088,131	
Payroll Taxes and Benefits	728,882	619,022	
Repairs and Maintenance	854,775	708,039	
Utilities Expense	822,253	770,833	
General Operating Expenses	659,077	607,069	
Total Operating Expenses	5,588,650	4,793,094	
Net Operating Income	\$2,375,280	\$2,718,149	
Other Income:	34,546	32,538	
Other Expenses:			
Property Taxes	49,804	54,312	
Insurance	144,363	144,363	
Other	(1)	11,888	
Net Income Before Depreciation	2,215,660	2,540,124	
Depreciation:	1,283,821	1,291,350	
NET INCOME / (LOSS)	\$931,839	\$1,248,774	

RCSC Management Reports are presented at RCSC Board of Directors meetings each month, posted on the website at www.suncityaz.org (under the Recreation Centers), and are sent via email to RCSC Cardholders who have signed up to receive RCSC News Alert Emails. These reports were presented to the Board on May 26, 2016.

Project Updates

General Information

- The Building and Infrastructure Department is in the process of launching a web based work order and preventative maintenance tracking software called “Facility Dude.” This new software will help resolve communication issues, provide an improved way to track preventative maintenance and reduce administrative time currently required by the Building and Infrastructure Coordinator. The software will also be used to report landscaping issues to the Grounds Department.
- Re-roofing and fascia repairs of all RCSC on-course restrooms is now completed with toilet and lavatory replacements underway. Bids are being requested for the twelve new hollow metal doors needed at various course restrooms. Contractor for roof repairs was DFG Builders. (Cost – \$24,104)

Oakmont Center

- The Oakmont renovation project is beginning to wind down with mainly the stucco, card access and restrooms work left to complete. This project should be completed sometime in June 2016. The increased cost below is due to electrical, plumbing, insulation, carpentry and termite repairs discovered when the outside siding was removed from the buildings. Contractors are Ken McIntyre Construction and Accel Electric. (Cost – \$387,323)

Mt. View Center

- The grinding and resurfacing of the two existing tennis courts was completed May 18, 2016. Contractor was U.S. Tennis Court Construction Southwest. (Cost – \$10,500)
- The Mt. View Auditorium interior will be re-painted June 13-24. Contractor is Exquisite Painting. (Cost – \$9,678)
- The metal shade canopy by the pool will be prepared and repainted June 13-24. Contractor is Exquisite Painting. (Cost – \$1,585)

Fairway Center

- Crack repairs, seal coating and re-striping on the Fairway parking lot is now completed. Contractor was Regional Paving. (Cost – \$8,050)
- The hardwood flooring of all four Arizona Rooms were prepared and recoated with polyurethane on May 15-20, 2016. Contractor was Enmar Hardwood. (Cost – \$3,847)
- The three dry wells connected to the Fairway Storm water system require some minor repairs and a thorough inside cleaning. Contractor is Torrent Industries. (Cost – \$3,900)

Lakeview Center / Duffeeland Dog Park

- The drinking fountain has been installed at Duffeeland but the two new shade canopies are awaiting permit approval. Once the permit is approved the canopies will be fabricated and installed. Contractors are USA Shade and the RCSC Skilled Trades Department. (Cost – \$18,496)
- The installation of the new light fixtures on the Lakeview Mini Golf Course is underway. Contractor is the RCSC Skilled Trades Electrician. (Approximate Cost – \$2,400 after APS rebate)
- Contractor proposals continue to be delayed for remodeling the east Lakeview Lanes restrooms and the upstairs restrooms, by the red entrance, at Lakeview Center.
- New flooring will be installed June 6-11 in the Lakeview Sew N Sew club room. The new flooring will replace the existing deteriorated vinyl tile and reduce RCSC labor costs associated with waxing the old floor. Contractor is Resource Flooring. (Cost – \$19,136)
- The Lakeview Sew N Sew clubroom will receive a fresh coat of paint, including the built-in wall cabinets, May 23- June 6. Contractor is Exquisite Painting. (Cost – \$8,785)
- Re-paving of the roadway to the upper gazebo at the Hillside Park is underway. Contractor is Regional Paving. (Cost – \$9,975)
- Replacement of bollard lighting circuits, conduit and wiring for the roadway to the upper gazebo will be completed soon. Contractor is Accel Electric. (Cost \$18,812)

Quail Run Golf Course

- The block wall, which runs around the perimeter of the Quail Run golf course, has now been pressure washed in preparation for re-painting. Re-painting includes the wall on the golf course side and a couple of locations on the Grand Avenue side. Contractor is Ken McIntyre Construction. (Cost – \$15,744)

- Remodeling work on the Quail Run Ramada structure is now completed. Work included replacement of all fascia boards, installation of a new ceiling, re-work of the two gable ends, replacement of the ceiling fans and replacement of the rusted out florescent light fixtures with LED lighting. This work was necessary to keep the structure in good repair, improve lighting and stop the pigeons from roosting in the pocket areas where the roof trusses and the walls come together. Contractors were DFG Builders and Supercharged Electric. (Cost – Carpentry/Drywall, \$11,390; Electrical, \$6,850)

Bell Center

- Three new steel base cabinets with stainless steel counter tops and sinks will be installed in the Bell Silvercraft Club on June 2-3. Contractors are RCSC Skilled Trades Department for demolition of the existing base cabinets and Wasserstrom & Sons for construction and installation of the new cabinets and counter tops. (Cost – \$10,876)
- Two new sets of very long, wood base cabinets and new stainless steel counter tops and sinks will be installed in the Bell Crafts Club on June 2-3. Contractors are RCSC Skilled Trades Department for demolition, construction and installation of the new base cabinets, and Wasserstrom & Sons for construction and installation of the new stainless counter tops and sinks. (Estimated Cost – \$7,750)
- Contractor proposals continue to be delayed for the complete remodeling of the Bell Library restrooms, west Bell Lanes restrooms and Clubs restrooms.
- The Bell Craft Club is receiving a fresh coat of paint. Contractor is the RCSC Skilled Trades painter. (Estimated Cost – \$400)
- New flooring will be installed May 26-31 in the Bell Craft room. The new flooring will replace the existing deteriorated vinyl tile and reduce RCSC labor costs associated with waxing the old floor. Contractor is Resource Flooring. (Cost – \$15,493)

Sundial Center

- The auditorium and East/West halls are receiving (May 23-June 22) new LED lighting with electronic dimming controls. The auditorium stage front is getting a facelift and new projection screens are being mounted at strategic points in the auditorium. Contractors are the RCSC Audio/Video Team, Accel Electric and Ken McIntyre Construction. (Cost – \$155,250)
- The maple hardwood flooring in the auditorium and East/West halls will be prepared and recoated with polyurethane June 23-26. Contractor is Enmar Flooring. (Cost – \$16,192)

Riverview Pro / Lakes E-W Snack Shop

- A new Stainless Steel counter with stainless top and a new condiment counter with stainless steel top are being fabricated for the East/West Snack Shop. Contractor is Wasserstrom & Sons. (Cost – \$7,204)

Skilled Trades Department

- The RCSC Skilled Trades Department completed 213 work orders during the last two weeks of April 2016 and the first two weeks of May 2016.

Centers Operations

- Congratulations go out to Michael Carmen (South Area Supervisor), Ed DeBruyne (North Area Supervisor) and Chris Brunson (Pool/Spa Mechanic) for acquiring their “Aquatic Facility Operator” (AFO) certifications.
- Summer hours at Lakeview, Oakmont and Mountain View will begin Saturday, May 28, 2016 and continue through Monday, September 5, 2016. The new hours are Monday through Saturday 6:00am – 8:00pm and Sunday 8:00am – 7:00pm. For additional information, including hours at all RCSC recreation centers, please check our website at www.suncityaz.org. Click on Recreation Centers then Centers and choose the center of interest.
- New outdoor furniture has been purchased and placed at the Willowcreek/Willowbrook snack shop and pro shop patio areas.
- Congratulations to the following employees for their service milestones with the RCSC: Nancy Carlock recently celebrated her 10-year anniversary; Bill Hankins, Lance Northcutt and Mel Loucks all recently celebrated their 5-year anniversaries.
- New pool rail covers have been replaced at all pools just in time for summer. These covers make it much more comfortable while using pool and spa hand rails in the summertime.



News from Friends of the Libraries

Friends of the Sun City Libraries, Inc.

Summertime, and the livin' is easy!

Does that headline make you think of your younger days listening to your LP of Porgy and Bess; or, does that make you think of your Sun City life today? Either way, it should bring a warm spot to your heart, Arizona pun intended.

In Books Around the Corner

How about a jigsaw puzzle from our broad selection as an easy living inside activity during our hot weather? We still have a large selection of music CDs for an inspiring background while working that puzzle. Not a puzzler? Get one of our many 50 cent hardback books or 25 cent paperbacks for an inexpensive relaxing read. Brush up on your state's history with our wide selection of Arizona books. If these ideas are just too passive for your temperament, we still have many Civil War and World War II books.

With A Book Buddy

Stuck in the house because of a recent injury or surgery? No way to get to the Library to keep up on your Summer Reading Program? Problem solved! Call 602-651-2014, leave your name and number, and you will be contacted by a Book Buddy.

As A Friends Board Member

Congratulations to our newest Board member, Sue Blechl. Sue joined the crusade to support our two excellent Libraries. Board openings are still available. Join the other easy livin' members. If you have an interest in graphic arts, working on web sites, finance, or computers, we would love to explore together how we could help each other. Applications are available at our Bookstore, or at suncitylibraryfriends.org.

In A Library Program

Talk about easy livin', check out these hot summer programs at the Bell Library.

Summer Reading Program: Sign up (maricopacountyreads.org) and track reading. For 20 minutes read, 20 points earned. Earn points by attending a Summer Reading Program (SRP), visiting the Fairway model train club, or ringing the bell at the Bell Recreation Center. Participants can win Chipolte coupons and a free book as prizes.

Have Passport--Will Travel: Wednesday, July 13, 10 to 11am. Paula G. Cullison will discuss her travel writing and photography. Her travel photographs will be exhibited at the Bell Library throughout the summer. SRP points earned. Registration required.

Mother Goose: Friday, July 15, 3 to 4pm. At Bell, join Mother Goose who has delighted thousands of children with stories, songs, poems, face painting, balloons, smiles. Sponsored by the Friends. SRP points earned. Registration required.

Juggling and More Fun: Friday, July 29 from 3 to 4pm. James Reid delivers big tricks at Bell like eating apples while hula hooping, yo-yo and Chinese yo-yo, sports and bowling ball juggling. Comedy will keep all ages involved and laughing. Sponsored by the Friends. Registration required.

One of these mornings you're going to rise up singing!

In case you have forgotten, that is the second line to the Porgy and Bess "Summertime" song. Get out this summer and enjoy our Sun City summertime. With these exciting activities, one of these July days might be your morning to rise up singing!

Water Conservation

More Water Saving Thoughts & Suggestions

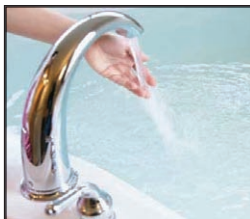
Do you have gutters and downspouts on your home? If so, direct the downspouts toward a tree, shrub or plant. You can direct the bleed-off water from an evaporative cooler to trees and shrubs as well.



Turn water treatment and softener units off while on vacation.

If you have a water-softening system, run only the minimum number of regenerations necessary to maintain softness. Softening systems consume 15-120 gallons of water per 1,000 gallons processed. Doesn't sound like a lot, but think back to the average daily consumption per person mentioned in earlier articles.

Did you know that "reverse osmosis" (RO) water purifications wastes 2-9 gallons of drinking water for every gallon processed?



Hopefully you are already plugging your tub right from the start when running the water for a bath. If you collect the cool/cold water and adjust it with the hot water it will save.

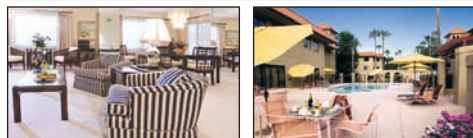
Avoid over fertilizing as it not only increases plant growth and the need for water, but it is also a source of water pollution. And keep in mind - more plants die from over-watering than under-watering.

Drink responsibly. If you're not going to drink the entire glass of water you just had to order at your favorite restaurant, then only order a small glass or a half-glass. Better yet, don't order it all. Now they have to wash the glass you only had four sips out of.

Do one thing every day to save water, even if it's as simple as reporting an errant sprinkler to the property owner or water provider. Every person can make a difference and remember, every drop counts.



El Dorado of Sun City Condominiums



**Enjoy Independent Living
with all the benefits and
control of ownership.**

*Current condominium prices
start at \$45,000*

Low monthly HOA fee includes:

- * One meal a day in our elegant dining room
- * Weekly housekeeping with linen service
- * Chauffeured transportation, both scheduled and by reservation
- * Health, fitness and activity programs
- * Some condominiums available for lease



Call Drew Sargent to schedule a tour
623-428-9490
www.eldoradosc.com
10330 W. Thunderbird Blvd., Sun City



Management Updates

(continued from page 8)

show had to be rescheduled from the originally announced date of June 15. Doors open at 6pm and the show starts at 7pm. Please be sure to bring your RCSC membership card for admittance. Key fobs will not be accepted.

The full 2017 line-up is booked, and it is even more exciting than this year! The list of performances will be released on the website at www.sunaz.com, and will be available at the Lakeview Clubs Office in July 2016. Check SunViews for the procedure to purchase season tickets which will be available for purchase by RCSC Cardholders only and only during the month of November 2016. No individual show tickets will be sold until December 2016, when they will be available to RCSC Cardholders only. Then beginning January 2017, if there are any tickets left they will be available on a first come first served basis to both Cardholders and non-Cardholders.

General:

For those who may not be aware, the monthly management reports are available on our website www.sunaz.com under the corporate tab. Also, if you have not done so already, please sign up on the RCSC email list where you can designate topics of interest and stay in the loop with RCSC news alert emails!

Dive-In Movie



& Ice Cream Social

Saturday, August 13

Mt. View Pool

Fun begins @ 6pm; Movie begins @ Dusk

featuring DreamWorks "Home"



Free for RCSC Cardholders & their escorts guests
Children are encouraged to attend!



Free Movies *

Wednesdays at Sundial East Hall
Saturdays at Mountain View
Afternoons at 2pm
Evenings at 7pm

To find out "What's Playing?"

- 1) Sign up for Movies & Events emails at sunaz.com and a list will be sent to you on the last Wednesday of each month;
- 2) Log onto the RCSC Web Portal; or
- 3) Pick up a flyer from the Lakeview Clubs Office (please be prepared to show your RCSC Card). All movies are projected onto a screen from a DVD.

FREE RCSC Events are paid for by RCSC Cardholders and are therefore intended for RCSC Cardholders and their escorted guests only. Your cooperation and understanding is greatly appreciated!

Now with FM Transmission at all locations!
Bring your device and tune to 96.1 FM.

PLEASE NOTE: Movies in July & August on Wednesdays will be in Sundial East Hall. There will be no movie on Wednesday, July 20.



ALWAYS
FREE
POPCORN!

NOW
SERVING
BOTH

SALTED &
UNSALTED

Sun City Visitors Center

See all that Sun City AZ has to offer!

Join our volunteer guides on a walking tour of the Bell Recreation Center & take a ride on our 12-passenger bus to see all seven RCSC recreation centers with quick stops at Viewpoint Lake & Sundial Center (if time allows), Duffeland Dog



Park, the Sun Bowl, Banner Boswell Medical Center and shopping areas. Learn more about our great community service organizations in just two short hours! Space is limited and pre-registration is required! Please note that the tour cannot to accommodate wheelchairs.

Stop by the Sun City Visitors Center located in the Bell Center on 99th Avenue just south of Bell Road for more information. Please register online at www.suncityaz.org under the "Learn More" tab or call 623-777-1191 to sign up!

Reserve your seat for a Sun City AZ Bus Tour today!

Summer Hours: Monday-Friday • 8:30am to 4:00pm
No Saturday hours June through September; Closed Sundays

Sun City Gives Back Fairway Ceramics Hops into Spring at Luke Elementary; Promises to Return

For a second year, the Fairway Ceramics & Porcelain Club coordinated a project this past spring with the third grade classes at Luke Elementary School, helping 78 children create a pair of unique marbled ceramic eggs in time for their Spring 2016 break.

In March, over 20 members of the club helped the young students and their teachers (Mr. Guadalupe Alejos, Ms. Lisa H. Felix, and Ms. Sarah E. Coelho), decorate ceramic eggs in clouds of shaving cream with swirled colors. The children's involvement in this hands-on project led to shaving cream "up to the shoulders" for one enthusiastic boy, and several incidents of shaving cream in some of the girls' hair.



After the eggs were glazed and fired back in Sun City, club members made a return visit to the students and teachers later that same month. In one class, there was a boy who had been absent the day of the decorating



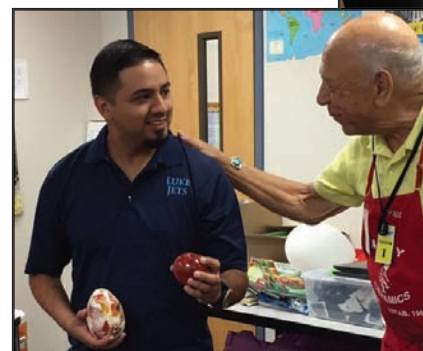
project, and another boy happily gave him one of his eggs. In each class, a ceramic floppy-eared bunny was presented to the winning student of a drawing. All three teachers

were also presented with two completed ceramics pieces - a larger egg with "Thank You" and an apple, which one teacher described as looking "good enough to eat!"

Luke Elementary School serves Luke Air Force Base and the surrounding community, located only 11 miles from Sun City. The majority of the students are children of military families, which was one of the reasons the Club reached out to this school. Many of these children experience the frequent absence of the military parent, often over holidays, and it was the hope of Club members that this project would bring some delight and joy to the students. Students are also often living far from their grandparents, and many Club members are, in fact, grandpas and grandmas. The students' warm response

and frequent spontaneous hugs and expressions of thanks made this experience very worthwhile and memorable to the Club members, as well.

An official thank you letter was later delivered to Ms. Molly Garcia, the school Principal. Both she and her administrative staff expressed appreciation for the investment of time and energy with their third graders, and asked that the Club return. Fairway Ceramics treasures this ongoing relationship with our neighbor, Luke Elementary School, and will honor their request to "please come back" in 2017."



Far Left: FWC&P Club Member Mary Jo Kaler gives instruction to students; Center: Students decorating eggs; Right, top: Shaving cream spurs creativity of one youngster; Above: Club members Nancy Rice & Jill Neely help with the learning process; Near left: Teacher Guadalupe Alejos receives thank you egg and apple from club member Paul Sigwalt.

FIRST

BAPTIST CHURCH

Sun City Arizona

Services:

Sunday

9:00 am Bible Study

10:30 am Worship Service

Wednesday

4:00 pm Bible Study & Prayer

11019 W. Peoria Avenue

Sun City AZ 85351

(623)933-6600

www.firstbaptistsuncity.com

CHURCH

ON THE

GREEN

15TH ANNUAL

INDEPENDENCE DAY

CELEBRATION

"This Is My Country"

July 3, 2016

Sunday, 10:00 AM

Guest Speaker: Tim Barton

Tim is a speaker for WallBuilders, a national pro-family organization that presents America's forgotten history and heroes, with an emphasis on our religious, moral and constitutional heritage.

- Stirring patriotic music by choir with video
- Soloists & Ensembles
- Recognition of Veterans, Military, Law Enforcement, Firefighters, EMTs
- Corporate Prayer for our Nation
- Complimentary Lunch Following The Service

(Reservation Deadline: Monday, June 27)

Directed By Rev. Loren Gerdes

Freewill Offering

19051 R H Johnson Blvd., Sun City West

(at Camino Del Sol behind Walgreens)

Dr. Ben Leonard, Senior Pastor

623.546.6386 www.churchonthegreen.com

Attention: RCSC Chartered Clubs

Showcase the good deeds and charitable work your club does for local, state and national organizations/causes in SunViews!

"Sun City Gives Back" highlights a different club each month. Let us know what you're doing so we can let others know!

Submit entries for consideration to Joelyn Higgins via email to jhiggins@suncityaz.org or call 623-561-4616 for more information.

Welcome to RCSC Club Events

We've reorganized the Clubs Events and Announcements that appear in SunViews each month so that it's easier to find the activities you're looking for. Clubs are welcome to submit information to this section every month and should include the date, time and location of the event along with cost and contact information. Let us know what you think by sending an email to sunviews@sunaz.com.

- Page 13 General Information, New Interest Groups, Other Interests
- Page 14 Cards, Games and Social Clubs
- Page 15 Sports & Outdoors; Monitored Activities
- Page 16-17 Club Directory
- Page 18-19 Fitness, Health
- Page 20-21 Arts & Crafts, Performing Arts
- Page 22 Dances
- Page 23 Educational Classes

General Information

Sun City Rockhounds Mineral Museum at Sundial

The Sun City Rockhound Club meetings are suspended until October. Summer Hours for the Mineral Museum at Sundial: Saturdays 10:00am-1:00pm May through September FMIC 623-428-6442 or email scrockmuseum@gmail.com

Del Webb Sun Cities Museum

Next to Oakmont Center

May 16 - September 14

By Appointment Only - Call 623-974-2568 or email to staff@DelWebbSunCitiesMuseum.org



Model Railroad Club at Fairway

Summer Hours: Wednesdays from 10am-2pm
May 1 - September 30

Home Delivery of SunViews

Did you know you can start and stop home delivery of SunViews while you're out of town? Simply contact the Daily News-Sun Circulation Department at 623-977-8347 or email to pfreedman@yourwestvalley.com. And don't forget - another way you can stay in the know is by getting SunViews online at www.sunaz.com.

Submit Your Club Events by email to: sunviews@sunaz.com

All submittals must be received no later than close of business on the 5th day of the month for the next month's edition. Please include the date, time and location of the event along with cost and contact information. If you need assistance, please contact Joelyn Higgins, Communications and Marketing Coordinator, at 623-561-4616.

New Interest Groups

Looking for Birders



Looking to form a club specializing in field trips to identify birds, raise community awareness, enjoy nature and have fun educational classes with ornithological themes. Beginning to advanced birders are welcome. As an experienced former Audubon field trip leader and birding instructor for Parks and Recreation, I can lay the foundation for the field, classroom and research library infrastructure. No experience needed! You'll love discovering the joys of birding! Contact Tom or Helen Locascio at 623-977-4992 or locascio2000@hotmail.com

Native American Flute

If you are interested in the music of the Native American flute (for flute players and those who simply want to listen), please contact Linda Schonewald at 425-308-4310 or email tomandlinda12@yahoo.com

Political Clubs



Sun City Democratic Club

Democrats and Independents invited to movie night, Thurs 7/7, 6pm at Fairway. Popcorn & drinks served, or bring your own beverage. Showing: "Where to Invade Next" (by award-winning director, Michael Moore): a look at how other countries view work, retirement, education, prisons, healthcare, and life in general. Rated 4 out of 5 stars, it's quite an eye opener! The critics call it funny and poignant. Also, join us 9am for informal coffee every Monday at Starbucks on 99th Ave & Bell. A great opportunity to make new friends & social connections with like-minded people. We share information with new Arizonians on how to vote and be counted in their new home state. Mark your calendars for every first Thursday, 6pm, at Fairway and for coffee every Monday, 9am at Starbucks, 99th Avenue and Bell. RCSC members and escorted guests always welcome to our events.

Other Interests

Book in Hand Club

The Book in Hand Club is a group of well-read people with a variety of opinions and life experiences that foster great conversation. Jeri Hauff monitors the discussions. The book club meets year round at 1pm second Fridays in Room 217 of Fairway Center. Books include fiction, non-fiction, biography, classics and an occasional fantasy. "Every book we read, we take something from," says President Ashley Hibbard. There are no dues. Sun City residents must present a current recreation card. Books selected by consensus.

July : The Rent Collector by Camron Wright;

Aug: A Brief History of Phoenix by John Talton;

Sept: The Woman Who Would Be King by Kara Cooney.

Fairway Branch Library reserves copies from the Maricopa County Library system for members with library cards a month in advance. FMIC 623-933-7361.



Community Garden

We meet October through May on the 3rd Saturday from 9-11am. Join us each month to help improve the community garden or just have a tour and see what we are all about. Start planning your garden now! Located west side of EPCOR water plant on Northwest corner of 91st Ave & Greenway. Bringing you own work gloves, rakes and shovels is helpful. Garden plots available to RCSC Cardholders in the Sun City Community Garden. Please call 623-875-5921 or visit the Garden Club Office at Oakmont for more information.

Armchair Photo Explorers Club

We meet every Wed at Fairway AZ Room 1. Show at 7pm: doors open at 6:30pm. Please arrive early to sign in and be seated before show begins. Club open to all RCSC Cardholders; membership dues: \$3. Cardholders welcome to attend three times before joining. Escorted guests welcome; must pay \$2 each visit. First Wed each month coffee & cookies served. FMIC - Ron Yankowski 623-476-2881. So, come and join us for our adventures. We have a blast!

Sun City RV Club

The RVers have made plans to move north & migration to cooler temps has begun. We will meet again once summer is over & the days turn cooler in October. But remember, we are a group of people who enjoy potlucks, card games, day trips, rallies, and RV caravans. No RV is required for membership. Sun City RV Club is for RCSC Cardholders & guests only. The club meets October-April. Our next potluck and caravan is in October and will be at Sundial. Caravan meetings are for the latest information on planned outings, (like when the temps get too hot and we leave for cooler places). We hope to see you in the fall when the weather is cooler. Visit www.scazrvclub.com for further information or Call Judy 623-444-4224.



Cards & Games

Duplicate Bridge (ACBL)

Offers a variety of competitive games during July, including four North American Pair Games and two Unit Wide Games. North American Pairs Games held Monday, 7/4; Thursday, 7/7; Sunday, 7/10 and Friday, 7/15. Unit Wide Games held Friday, 7/8 and Monday, 7/18. Regular summer games scheduled every Monday, Thursday, Friday and Sunday at 1pm. Players should plan to arrive by 12:45pm to find a table. Doors open 12:15pm. The Club is fragrance free. Please be considerate of your fellow players. FMIC Paul Weader, Club Manager, at 928-240-0341, or pweader@hotmail.com. Check out our web page at SCDBC.com.

One Partner Bridge

One Partner Bridge is the largest contract bridge club. Meets Thursday 6:45-9:30pm in Lakeview Social Hall #1. Partners required. If you need a partner, please contact Eleanor at (623) 583-2785. Annual membership: \$3. Each evening costs \$1 per couple, which goes into evening's prize fund. Annual surprise: "free play" night is given. All grand slams rewarded & designated small slams also paid. Birthdays celebrated with cookies. If you wish to come for an evening, the cost is \$1 for RCSC Cardholders; \$2 for escorted guests, plus the \$1 prize fund.

Saguaro Bridge

Saguaro Bridge meets Fridays, 6:45-9:30pm at Lakeview Social Hall #1. Must have partner, please call Andy at 623-933-7972 if you need a partner. \$3 and current RCSC Member Card required to join; .50 Cents each night for prize fund. Come visit and try it out for \$1. We'll have fun!

Kachina Bridge

Play bridge? Interested in getting into the game? Come join us! Don't let duplicate bridge scare you; we will help. We are a non-sanctioned duplicate bridge club that meets on Monday and Thursday (play once or twice a week) at Sundial 12:15-4pm. Closed July and August. Annual membership: \$10 to all RCSC Cardholders in good standing (covers both days); plus \$2 each play for prizes. We welcome players to visit to see how duplicate bridge is played. No partner, don't worry. FMIC Sharon at 623-251-4858 or Lee 974-0237.

Monday Night Pinochle

We play both single & double deck at Oakmont every Monday; 6:30pm. Arrive 6:15pm. Membership dues \$3/year w/ valid RCSC card. Play fee: 50 cents/evening. Escorted guests pay \$2/evening plus play fee of \$1. Punch cards or daily card accepted. FMIC Kim at 623-251-4155

Oakmont Pinochle Club

Play Pinochle at Oakmont on Tuesday and Saturday. Tuesday play: 1pm; players must be present no later than 12:45pm. Saturday play: 11:30am; players must be present no later than 11:15am. FMIC Mrs. Tommie Crudo 623-876-1895 or Ralph DePollo at 623-977-3278. Meeting at Fairway AZ Room #4 starting July 19

Mixed Cards

Like to play cards? Join us Saturdays at Oakmont. Games begin 6:30pm. Annual Dues: \$3; \$.50 a night to play. Singles welcome, or bring partner. We play both single & double deck. Club open to all RCSC Cardholders. FMIC Bea or Pat 623 933-1953.



Euchre Club

The Euchre Club meets on the 1st & 3rd Tuesday from 1-4pm in Sundial East Hall; Tuesdays 6-9:30pm at Fairway Arizona Rooms 2-4. Beginners welcome. FMI please call Fred at 314-374-4530.



Bunco Broncos

We've outgrown our Oakmont "corral" and have moved to a new location at Fairway, Arizona Rooms 1 & 2. We still meet 4th Monday every month year round. Join us for an afternoon of fun! Doors open 11:45am, play at 12:30pm. Must be an RCSC Cardholder to join. Annual membership \$3; \$2 to play. FMIC 602-526-3495 or 326-7055.

Backgammon Club of Sun City

We welcome all levels of players. Classes offered to help from basic play to more advanced strategies. Meet 1st & 3rd Thurs 7-9pm & every Saturday from 1-5pm at Lakeview Social Hall #3. Lessons available 2nd & 4th Saturdays at 1pm, Lakeview Social Hall #3. FMIC John 623-229-9887

Mah Jongg

Due to renovations, Mah Jongg is on the move! Find us Sun 7/3, 12-4pm in Marinette Auditorium. Beginning Thurs 7/7, 6-9pm in Sundial East Hall; Beginning Sun 7/10, 12-4pm Sundial West Hall. Entire months of July & August. Contact Susan at 910-1271 or Linda at 240-9586.

Social

Michigan Friends in Sun City Club

Happy Summer-ing to Michigan Friends in Sun City club members. Many of you are back home in Michigan but many of you remain here; so, those of us here will do a few things together until you return! Jot down these dates and watch your email for updates. Newbies are welcome along with friends and guests.



Thurs 7/21: Winery 101 in Peoria for wine tasting & appetizers. Meet there at 3pm. The owners will talk about Arizona wines. Bring an appetizer to share. Cost TBD, but around \$10-\$15. Pay there. Email Cheryl to reserve a seat by July 18.

Thurs 8/25: Potluck Lunch at Cassady's Camp Verde home plus a visit to the Verde Valley Archaeology Museum. Minimal walking at both locations. This is a joint potluck with the Central Arizona Michigan Friends Club. Bring a Michigan-themed food item. RSVP, questions/reservations to Cheryl Cassady, Michigan Friends in Sun City Club by August 20; michigan2arizona@cox.net or call/text Cheryl; 623-910-1522.



NextGen is a social club designed to be operated

by Sun City residents younger than 67, but open socially to all RCSC Cardholders. Meetings held at Bell Social Halls on the first & third Wednesdays unless posted otherwise. Annual dues: \$5. Proof of age & valid RCSC card required.

Learn more about monthly activities by visiting the website calendar <http://www.nextgensuncity.org> & use activity link www.signupgenius.com. NextGen offers a wide variety of activities year-round. May calendar includes golf, bowling, card games, happy hour, breakfast gathering, pool party, shuffleboard and more. Great place to meet new friends and have fun no matter what your interests!

Must be member, visitor (RCSC Cardholder), or escorted guest to participate. For more information, (email) nextgen@gmail.com or visit nextgensuncity.org.

Sun City Women's Social Club

Gathering place at Lakeview for women to play cards (canasta, bridge or poker) or board games (Rummikube or Mexican Train). Hours: Daily 10am-4:30pm. FMIC 480-249-0862.

Sun City Singles Social Club

Club welcomes single Sun City seniors with current RCSC card (visitors). Guests (without RCSC card) need to be single & escorted by a club member.

Annual membership fee: \$6.

Club Pot Luck meets first Friday every month: 5:45pm; bring food to feed 10-12.

Game Night every third Friday: 5:45pm, may bring snacks to share.

BYO drink for each activity. Location: Fairway AZ Rm #4.

Weekly activities:

Saturdays: Breakfast, Royal Café, 8:45am.

Wednesdays: Billiards, Lakeview Lanes, 1pm.

July Activities:

Sat, 7/9: Dinner, Dominic's Bistro, 10001 W Bell Rd, 4:30pm.

Sat, 7/9: Indoor Shuffleboard, Bell Center, 6pm.

Sun, 7/10: Dinner, Abuelo's, 16092 N Arrowhead Fountains Center Dr, 4:30pm.

Sun, 7/17: Dinner, Black Angus Steakhouse, 7606 W Bell Rd, 5:30pm.

Fri, 7/22: Dinner, Memo's, 16820 N 99th Ave inside Bell Lanes, 4:30pm; Darts to follow, Bell Center, 6pm.

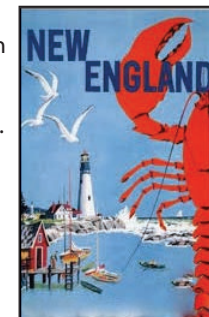
Mon, 7/25: Lunch, Black Bear, 6039 W Bell Rd, 11:30am.

Fri, 7/29: Dinner (fish fry) Peoria Café, 8405 W Peoria Ave, 4:30pm.

FMI and list of activities visit www.simple-site.com/myclub or contact Ellen 623-583-2307 or Janet 1-615-574-9960.

New England Club

Happy Summer and safe travels all who travel - for those who stay here during the summer, the club still has get-togethers (for lunch or breakfast) at local restaurants and other activities. FMIC Barbara at 815-6722 or Betty at 583-3912



Sports & Outdoors



Sun City Lawn Bowling Clubs
Closed for Summer. FMIC Len 623-974-3214/ Micky 928-852-6991. website: www.bowlsaz.com

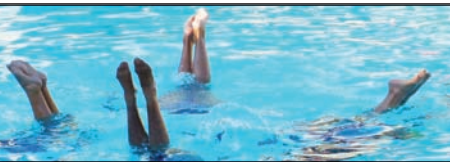
Dart Club at Bell Lanes
5 leading-edge, soft-tip, electronic dart boards, preset games, 1-8 players. House darts available or use yours. All skill levels welcome. **Club Play:** Mon: Game Night, 5:30-8p; Tue: Count-Up 5:30-8p; Wed: Monitor’s Choice 5:30-8p; Thu: Ladies 2-4pm. **Practice:** 1st & 3rd Sat 1-3pm. Arrive 15 min early to sign in & allow for team formation. FMIC Jerry Ida 623-875-4523; Bob Howicz 630-531-0391; Judy Clark 623-760-6926. Membership open to all RCSC Cardholders.

Bell Shuffleboard Club
Come play the “Quarters Game” with Bell Shuffleboard Thursdaysat 1pm (12:45 sign in). Bring two quarters & you could go home with four quarters. What will you do with all the money? Come join us. Never played shuffleboard? We will teach you. FMIC Dennis 623 972-3169.

Sundial Shuffleboard Club
We play evenings at Bell, but we are the Sundial Club. Come join the fun at 5:45pm on Thursdays. We will play all summer as long as we have willing participants. All RCSC cardholders are welcome so if you’re not yet a member of our club, now’s your chance. Don’t know how to play? Don’t worry - a quick lesson is available. Dress comfortably. Sometimes the center is a bit on the chilly side. FMI contact Russ (623) 208-9921.

Bocce Club of Sun City
As mentioned last month, the summer schedule for Bocce Club play is limited during the summer months. Even volunteers need some time off. You can always check the posted schedule outside the Club house. When Club play is not scheduled, feel free to use the courts for your own enjoyment. Bring your own balls or use the RCSC balls available at the Mini Golf site. Open play - Tuesdays & Thursdays, 8:30am. Friday night 25 cent play, 7pm. Note: Sunday open play is not scheduled for the month of July. Appropriate, modest attire is required at the courts. The courts are available to all RCSC cardholders in good standing. FMI or to schedule lessons contact Dennis (623) 693-2881 or Edith (623) 271-0092

Synchronized Swimming
Do you love the water but walking and lap swimming isn’t for you? Come try the synchronized swimming and learn things you never thought you could do. We do dolphins, spearfish, catalinas, kips, surface dives and more. Join in the fun M-W-F from 8-10am at Lakeview Pool. FMIC Nancy at 623-238-8608



Senior Softball
Open practice at Sun Bowl field Su/M 6:30a, League play: Tu/Th 8a. New players M 8:30a; Summer sessions: June-July, Aug-Sept. FMIC 623-444-9402 or 503-351-2036 or www.azsrssoftball.com

Fun Water Volleyball Club
Plays M & W noon-2pm; F & Su 2-4pm at Oakmont Pool. Annual membership \$10. RCSC Card required. For those who are able to compete in a fast-paced sport with like-minded & friendly people. FMIC 623-377-5091 or email WVCofSC@gmail.com

Pickleball Club
Looking for a new sport? Sun City Pickleball Club would love to introduce you to the game & teach you how to play. “Pick-leball” is more than a game with a funny name. It’s a great way to exercise, work on balance, hand-eye coordination & a great way to meet new people. You don’t have to be an athlete to enjoy the game, but you can find all the competition you might want. This could be your new sport! Club membership open to all RCSC Cardholders. Introductory Class: Mon 11:30am-1pm Call Peter (575)779-1154 to enroll. Couples Play & Grab a Bite Night: Fri 5pm. Check our website suncitypickleballclub.org or Facebook page (Sun City Pickleball Club). FMIC Dave Sinclair (623)322-3420 (Club President)



Conservation & Sportsmen Club
Hunting, Fishing & Shooting Sports. Weds, 7:30am, Trap & Skeet Shooting, Ben Avery Shooting Range (Les: 623-876-8714). Fri, 7:30am, Rifle & Pistol Shooting, Ben Avery Shooting Range. Wed, July 13 – Social Dinner, 4:30, Black Bear Diner, 6039 W Bell Road New members always welcome. FMIC call Bob, 630-531-0391

Monitored Activities

Basketball	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Billiard Tables	
Bell Lanes	M-Sa: 8a-8p; Su: Noon-8p
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Bingo	
Sundial Center	No Bingo - June, July, August - Resumes 9/1/16
Boating/ Fishing	
Lakeview Center	M-Sa: 6a-8p; Su: 8a-7p (or Dusk)
Bocce Courts	
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p
Bowling Lanes	
Bell Lanes	M-Sa: 8a-8p; Su: Noon-7p
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p
Dog Parks	
Duffeeland	May thru Sept: 6am-8pm Closed last Wed/month for Maintenance
Darts	
Bell Center	M-Sa: 8a-8p; Su: Noon-8p
Fitness Centers	
Bell Center - 18+ only	M-Sa: 5a-9p; Su: 8a-8p
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Lakeview Center	M-Sa: 6a-8p; Su: 8a-7p
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View Center	M-Sa: 6a-8p; Su: 8a-7p
Oakmont Center	M-Sa: 6a-8p; Su: 8a-7p
Sundial Center - 18+ only	M-Sa: 6a-9p; Su: 8a-8p Sundial Fitness Closed 7/11-9/16
Horseshoe Courts	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View Center	M-Sa: 6a-8p; Su 8a-7p

Jogging / Walking Track	
Indoor	
Fairway Center	M-Sa 5a-9p; Su: 8a-8p
Sundial Center	Daily 6a-8a
Outdoor	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Sun Bowl	Dawn to Dusk
Library (602) 652-3000	
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p
Fairway Center	M-F 9a-4p
Mini Golf	
Bell Center	M-Sa: 6a-9p; Su: 8a-8p
Lakeview Center	M-Sa: 6a-8p; Su: 8a-7p
Mountain View Center	M-Sa: 6a-8p; Su: 8a-7p
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p
Pickleball	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View: Outdoor	M-Sa: 6a-8p; Su: 8a-7p
Racquetball	
Bell Center Courts A & B	M,W,F: 5a-10a, 3-9p; Su 8a-8p Tu & Th: 5a-5p; Sa: 5a-7a; 12-9p
Shuffleboard	
Bell Lanes: Indoor	M-Sa: 8a-8p; Su: Noon-8p
Lakeview: Outdoor	Daily 6a-8p; Su 8a-7p
Spas	
Bell Center - 18+ only	M-Sa: 5a-9p; Su: 8a-8p
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Lakeview Center	M-Sa: 6a-8p; Su: 8a-7p
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View Center	M-Sa: 6a-8p; Su: 8a-7p
Oakmont Center	See Pool Hours
Sundial Center - 18+ only	M-Sa: 6a-9p; Su: 8a-8p
Sundial Spa Closed 7/11-9/16 for Renovations	

Table Tennis	
Bell Center: M,W, F: 6a-10a, 3p-9p; Tu: 6a-10a, 12p-9p; Sa: 6a-10a, 12p-9p; Su: 8a-1p, 3p-8p	
Tennis	
Bell Center: 623-977-3325 M-Sa: 6a-9p; Su: 8a-8p	
Lakeview Center: 623-561-4676 M-Sa: 6a-8p; Su 8a-7p	
Mountain View: 623-876-3042 M-Sa: 6a-8p; Su 8a-7p	
Swimming Pools - Open Swim Hours	
Bell Center - 18+ only:	
Lap pool: M-Sa:5a-9p; Su: 8a-8p; Closed for class: M-F 7a-9a	
Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Fairway Center	
Lap Pool: M,W, F,Sa: 5a-9p; Tu & Th 5a-3p, 4p-9; Su 8a-8p	
Walking Pool: M,W,F,Sa: 5a-9p; Tu & Th 5a-3p, 4p-9; Su 8a-8p	
Lakeview Center	
M-Sa: 6a-8p, Su: 8a-7p; Closed for class: M, W, F: 8a-10a	
Children's Pool Hours for Ages 4-15 yrs: Daily 4p - Close;	
Marinette Center	
M-Sa: 6a-9p, Su: 8a-8p; Closed for class: M, T, Th, F: 8-9a	
Children's Pool Hours for Ages 4-15 yrs - Daily 1p - 4p	
Mountain View Center	
M-Sa: 6a-8p; Sun: 8a-7p;Closed for Class: M,Th:8a-10a; 5:30p-6:30p	
T,F 8a-9a; 5:30p-6:30p	
Children's Pool Hours for Ages 4-15 yrs - Daily 10a - 1p	
Oakmont Center	
M: 6-8:45a, 10a-12p, 2-8p; Tu: 6a-8:45a, 9:45a-4:30p, 5:30p-8p;	
W:6a-12p, 2-8p; Th:6a-8:45a, 10a-8p F:6-8:45a, 9:45a-2p, 5:30p-8p;	
Sa: 6a-8p; Su: 8a-2p, 4-7p	
Sundial Center - 18+ only	
Large Pool:	
Exercise Pool:	
7/1 - 7/10: M-Sa: 6a-9p	7/1 - 7/10: M-W-F,Sa: 6a-9p
Su: 8a-8p	Tu & Th: 6a- 12p; 2p-9p; Su: 8a-8p
Both Large & Exercise Pools Closed 7/11-9/16 for Renovations	

Art and Craft Clubs		
Artists by the Lake: LV 877-9366 or 623-810-9112	T 1-4p, W 9a-4p, Th 9a-noon	
Artistic Stained Glass: BC 974-4765	M-F 8a-3:30p, Sa 8a-1p, M,W,Th 5-8:30p	
Artistic Weavers & Fiber Artists: OM 974-6108	M-F 9a-noon	
Calligraphy: SD 210-9137	Fri 9-11a	
Camera Guild: SD 293-8824 & 360-461-4801	T, W, Th 9a-noon	
Carvers: LV 388-3051	Th, Sa: 7:30a-noon SH #3; Items on display & for sale during club hours.	
Ceramics & Porcelain: FW 972-5818	M-F 8a-12p	
Ceramics & Porcelain: LV 933-8118	M-F 9a-1p	
Ceramics: BC 974-6750 or 623-972-4182	M-F 9a-3p	
Ceramics: OM 319-431-5242	M-Thu 8a-3p; Tu, Thu 5:30-9p, Sa 9a-1p	
China Painting: FW 623-256-6784	M, W, Th & F 9a-noon; T, 9a-3p	
Clay Club: LV 933-0899	Tu - Th, 8:30am-8:30pm F - Sat, 8:30am-4:30pm	
Clay Corner: MC 977-3167	M,T,W 8a-9p; Th,F 8a-5p Sa: 9a-5p Picnic 7/19 11a-3p	
Crafts: BC 974-3497	M-Sa 9a-3p; W,Th 6-9p	
Crafts: SD 977-5494	M 8a-1p & Th 8a-11a	
Creative Quilters: LV 623-251-0124	M & F 8a-4p; Tu & W 9a-3:30p	
Friendship Quilters: BC 602-625-6761	M 9a-8p; W 12p-5p; Th & Sa 9a-3p	
Grandmothers: OM 876-2016	Closed for Summer	
Handweavers / Spinners: SD 933-0397	M,F 9a-12p; W,Th 12-3p	
Knitters: FW 972-9736	F: 8:30a-2:30p	
Lapidary: BC 977-1803	M,T,Th,F,Sa 8a-noon, W 6-9p	
Lapidary / Silver: OM 319-431-3563	W-F 8a-12p	
Leathercraft: MC 594-6591	M-F 8a-11:30p	
Metal: BC 974-8206	M, Wed-Sa 8a-4p, Tu 8a-8p Member Mtg 7/11 9-11:00a MPRs	
Needle Arts / Crafts: OM 972-2609	Th: 8a-11:30a July 21 & 28 at FW AZ #3	
Palo Verde Artist: SD 933-7572	M-Su: 9a-5p	
Sew-n-Sew: LV 977-9460 - www.sewnsew.info	Boutique sales, Sewing & Donations Tues, Sat 9:30a-3p; Thurs 11:30a-3p	
Silver Stones: SD 623-349-8840	Tu, W, Thu 8a-noon	
Silvercraft: BC 933-8442	M-Sa 8a-3:30p if monitor available	
Sterling & Stones: FW 977-2208	M-F 8a-4p; Sa 8a-noon	

Stitchers: BC 972-8491	Tu 9a-2p, W 9a-noon, F 9a-2p
Woodworking: BC 974-6058	M-F: 8a-4p; Sa: 8a-noon Tu 4-8p when staffed
Woodworking: FW 972-4385	M, Tu, Th 8a-12p; W & F 12-4p
Woodworking: LV 933-2355	M-F: 8a-2p

Card and Game Clubs	
500: FW 979-8676 Instruction Available	M 5:30-10p, FW AZ Rm 3&4
Backgammon: LV 623-229-9887	1st & 3rd Thursday 7-9p;Sa noon-5p Member Mtg 1st Sa noon-1p LV SH#3
Bunco Broncos: FW 602-526-3495 or 326-7055	4th M noon-3:30p FW 1 & 2
Canasta: OM 566-6408	F: 10a-3p OM Aud July 22 & 29 at Bell Multipurpose Rooms
Euchre: FW 314-374-4530	Tu: 6-9:30p, FW AZ Rms 2, 3 & 4 1st/3rd Tu1-4p SD East Hall
Mah Jongg: MC Susan 623-910-1271	7/3 12-4p MC; Th, beginning 7/7 6-9p SD East Hall; Su beginning 7/10 12-4p SD
Linda 623-240-9586	West Hall Sun Thu7/7-8/28 relocated to SD

Mixed Cards: OM 623-933-1953 (Bea)	Sa 6:30-9:30p OM Aud Bell MP Room on July 23 &30
Mixed Cribbage: LV 594-0797	Tu 1-4p; W 5:30p-9:30p, LV SH #3
Monday Night Pinochle: OM 251-4155 (Kim)	M 6:30-9:45p, OM Aud Beginning 7/18 M 5:15-10p FW AZ#1
Pinochle: OM 977-3278	Tu 1-4:30p Sa 11:30a-3:30p Beginning 7/19-8/9 Meets at FW AZ #4

Contract Bridge Clubs	
Card Sharks: LV 933-7972	M: 6:00-10:00p LV SHs 1 & 2
One Partner: LV 623-815-9703	Th: 6:00p-9:30p LV SHs 1 & 2
Saguaro: LV 466-6567	F: 6:15p-9:45p LV SHs 1 & 2
Wednesday Afternoon: OM 977-2871	W: 12:30-3:30p, OM Aud at Fairway AZ #4 7/20 & 7/27
Thursday Afternoon: OM 933-9671	Th: 12:30p-3:30p OM Aud at Fairway AZ 4 7/21 & 7/28
Friday Afternoon: FW 933-9671	F, noon-4:00p FW AZ 3

Duplicate Bridge Clubs	
Duplicate (ACBL) 928-240-0341 SCDBC.com	M, Th & F 1-4:30p; Su 1-4:30p LV SH
Kachina: SD Sharon Henrich 623-251-4858 Lee Bone 623-974-0237	Closed for Summer

Dance Clubs	
Ballroom Dance: BC SH 623-387-6731; 623-533-6236	Dances Su 7-9:30p, 6:30p Free Dance Lesson w/pd admission
Bell Tea: BC 933-8873	Closed for Summer
Classic Rock Dance Club: FW 628-4401	Dance 1st & 3rd Sat 6:00-9:00pm FW AZ Rms
Country Dance Club: SD 242-9535 or 972-5127	Sa 7/2, 7/16, 6:30-9:30pSD; W, 6-9pOM July 20 & 27 LV SH#1, 6-9p
Friday Night Dance: SD 623-215-8718	F: 7p-10p
Karaoke & Dance Club: BC 209-380-8029	Grand Opening: Sat 7/2, 6:30-9:45p 1st & 3rd Saturdays
Line Dance: SD 623-972-5127 or 231-557-6555	Tu and Thu 10a-1p, SD Aud
Rockin' Thru The Years: BC 332-7894	Sa: 6:30-10p 7/9, 7/23, 7/30
Squares: BC 875-2642 (Mary Sue) suncitysquares@q.com	Closed for Summer May 1- November 1
Sun City Poms: MC 602-392-4242 scpoms@yahoo.com	Th 8-11a BC Soc Hall #2
Tip-Top Dance: MC 974-9830	M,Tu,W beginning 7/5, 8a-12p MV; F, 8-12 SD East Hall; MTTB-T, TH 1p BC Aerobics Rm Pilates Mat M&F 1p BC Aerobics Rm
Educational Clubs	
Apple Macintosh: SD 933-5300 Life Long Learning: FW 623-533-5756 PC Computer Club: FW 933-8953	Tu & Thu 8:30-10:30a Next General Meeting: 11/12 Classes resume in October M-F 8a-noon
Spanish Club: FW SunCitySpanishClub@gmail.com	See Class Page for Schedule or Bulletin Board at Fairway
Fitness Clubs	
Aerobic: BC 455-1818	M, W, F: 8a, 9a, 10a 7/4 Cancelled due to RCSC Event
Aqua Fitness Club aquafitnesssuncity.com	Classes in session Call club in reference to club hours
Nancy 623-330-4242	BC: Tu 9-10a; SD: W 9-10a; MV: F 9-10a
Dance for Fitness 623-933-7021 or 515-975-1683	
Handi-Capables: SD 933-6515	July 12,14,19,21,25 & 28 FW Walking Pool and Lap Pool Soc Mtg 1st M: 11:30 at FW AZ 1&2
Hatha Yoga: SD www.hathayogaclub.org	Check communications board at Sundial classroom for details
Ladies Exercise: OM 573-579-5320	Tu & F; 8-9a July 29,22,26,29, Meet at LV SH1
So Grand Exercise: FW 977-6885	M, W, F 7:30-9:00a suncitygopclub@gmail.com
Stretch and Slim: BC 628-4401	M-Sa 8a, 9a
Tai Chi: FW 623-972-6159	LV SH#3 Tu 6-7p;BC SH#2 Th 11:30a-12:30p & F 12:45-1:45pm; Member Mtg 7/14, BC 1-2p
Zumba Fitness: 623-972-0099	BC: M&W, 11:30a-12:30p;SD: Tu 6:30-7:30p Th 6:30-7:30p July 7,14,21 28 at SD West Hall Sa, 8-9:30a, July 9-30 at SD West Hall

Club Directory

Hobby Clubs	
Armchair Photo Explorers: FW 933-0791	No Meeting
Best Friends Dog Club: FW 266-6905	Closed for Summer
Duffeeland Dog Park-Talisman 928-221-6052	
Garden: OM 875-5921	M, W, F: 9a-12p
Model Railroad: FW 271-8223	W, 10-2pm
Model Railroad Museum: FW 974-2846	May 1- Sept 30: W 10a-2p
Rockhounds: SD 974-0550	No Meeting
Mineral Museum: SD 428-6442	Sa: 10a-1p
RV Club: SD 602-616-4835	Closed for Summer
Stamp Club: MC 974-9943	Closed for Summer
Vintage Vehicles 503-522-0029	

Performing Arts Clubs	
Chamber Orchestra: FW 933-1568	Closed for Summer
Choraliers: FW 933-7202 (Carol)	Closed for Summer
Concert Band: FW 972-4767	Closed for Summer
Handbell Ringers: FW 933-6645	Closed for Summer
Piano: SD 876-0645	Closed for Summer
Players Theater: MV 920-988-7339	
Readers Ensemble: LV 974-3384	Fridays 1-4p LV 2&3
Rhythm Ramblers: FW 876-8464	Closed for Summer
Ukulele: FW 594-6591	Summer Strummers Thu 3-5p FW Music
Women's Chorus: FW 480-236-1602	Closed for Summer

Political Clubs	
Democratic:FW 623-977-4660	1st Thurs 4:30-8:30p FW AZ Rm 1&2 informal coffee Mondays; call for details
Republican: SD 713-557-5800 suncitygopclub@gmail.com	Closed for Summer

Social Clubs	
Book in Hand: FW 933-7361	2nd Fri 12:30-3p FW Rm 217
Gourmet Social: OM 920-716-2862	Closed for Summer
Men's: SD 977-5116	M-Sa 7a-4p, Clubroom@SD Closed 7/4

Michigan Friends In SC michigan2arizona@cox.net	TH 7/21 - Winery 101 at 3pm. Make reservation by email by 7/18
New England: LV 815-6722	Closed for Summer
NextGen: FW 314-423-0123	Social Mtg Thurs, 12:30-4p BC MPRs and Weds, 6:30-9:30p, BC SHs
Sun City Hospitality: MC 933-5158	Friendship Corner (974-4529) Sa 11a 7/9, 16, 23, 30 & 8/6 LV SH #2 Chess Wed/Thur 1p LV SH#3 Remainder Closed for Summer
Singles Social Club: FW 615-574-9960	Pottluck 1st Fri, 6-9p FW AZ 3&4 Game Night 3rd Fri, 6-9p FW AZ 3&4
Wisconsin Club:SB 623-242-6318	
Women's: LV 480-249-0862	Sun-Sat 10:30a-4p LV Clubroom

Sport Clubs	
Billiards: Bell Billiards Room 315-806-0068	Instruction, Friday 8:30-11a BC Billiards Tournaments, Wed 8a-1p BC Billiards
Billiards: LV Billiards Room 602-319-0783	Ladies M & Sa: 8:45-10:30a, Th:9:51 11:30a, Couples W: 6-7:30p; Men Singles M & F: 8a-12p Men Doubles Tu & Th: 8a-12p Fridays 7p
Bocce: SD 271-0092	
Conservation/Sportsmen: LV 612-741-5923	Closed for Summer
Dart Club jerome_ida@hotmail.com	623-875-4523 or M/Tu/W 5:30-7:30p; 1st & 3rd Sa 1-3pm
Lawn Bowls: BC 972-3248	Sun, Mon, Wed, Fri Indep Day Pty 7/4 12:30p BC MPR-B
Lawn Bowls: FW & MV 933-5066	No Club Bowling scheduled for summer Greens available for self-monitored games & practice. Club bowling resumes 10/15
Lawn Bowls: LV (Sun City Club) 583-0625	Closed for Summer
Lawn Bowls: LV 974-3214	T/Th/Sa 7a-9a, 7-9p
Lawn Bowls: OM 792-5202	Closed for Summer
Mini-Golf: LV 217-2290	Closed for Summer
Pickleball pickleball.suncity@gmail.com	Open Play M/Tu/W/Thu 5-9 MC Crts M/W/F 9-11a Tu/Thu 4-7p MV Crts Check for additional times

Racquetball Club: BC 986-1754	Mon/Wed/Fri 11a-1p,Sa 11a-1p, plus M/W/F 1-3p, T/Th 5:30-7:30p, Sa 7-9a
Shuffleboard Bell: BC 623-972-3169 - Dennis	Mon/Tu/Fri 1-4p BC Courts
Shuffleboard Outdoor: LV 688-4823	Closed for Summer
Shuffleboard Sundial: BC 208-9921	Wed 1-3p, Thu 1-3p, 6-8p
Six Shooters-Horseshoe: MC 505-7465	Tu/Thu 7:30-10:30p, Wed 6:30p MC

Softball (Senior): Sun Bowl 623-444-9402 or 503-351-2036 www.azsrsoftball.com	Open Practice Su/M 6:30a, New players M 8:30a,League Play Tu/Th 8a
Swim Lessons: LV 583-5894	Wed 8-10a LV Pool
Swimmers Master: BC 876-1233	Mon-Fri 7-9a BC Lap Pool
Swimmers Synchronized: LV 583-5894	Mon/Wed/Fri 8-10a LV Pool
Table Tennis: BC 875-9991	M-W-F 9a-3p; Su 1-3p
Tennis: BC Joe: 623-251-3969 jvolson@loretel.net	Call Club for Times, Locations
Water Volleyball: OM 377-5091	Fri, Sun 2-4p; Mon, Wed 12-2p @ OM

Club Directory Key:	
M = Monday	BC = Bell Recreation Center
Tu = Tuesday	FW = Fairway Recreation Center
W = Wednesday	LV = Lakeview Recreation Center
Th = Thursday	MC = Marinette Recreation Center
F = Friday	MV = Mountain View Recreation Center
Sa = Saturday	OM = Oakmont Recreation Center
Su = Sunday	SD = Sundial Recreation Center
a = A.M. & p = P.M.	SB = Sun Bowl
All area codes are 623 unless otherwise noted.	

Important Dates for Clubs to Remember!

- July
5 SunViews submissions due for August
11 Guest Attendance Register & guest fees due

- August
5 SunViews submissions due for September
10 Guest Attendance Register & guest fees due

- September
5 SunViews submissions due for October
10 Guest Attendance Register & guest fees due

- October
1 Club Membership Roster due
5 SunViews submissions due for November
10 Guest Attendance Register & guest fees due

- November
6 SunViews submissions due for December
10 Guest Attendance Register & guest fees due

- December
5 SunViews submissions due for January
10 Guest Attendance Register & guest fees due
31 RCSC Chartered Club Officers Form BP:12-3

Clubs & Activities Office

623-561-4660

email: clubs@suncityaz.org

RCSC Clubs & Activities: There’s something for everyone! Why not join a club this summer?

Fitness & Fitness Classes

Aqua Suns

Do you love the water but walking and lap swimming isn't for you? Come try the synchronized swimming and learn things you never thought you could do. We do dolphins, spearfish, catalinas, kips, surface dives and more. Join in the fun M-W-F from 8-10am at Lakeview Pool. FMIC Nancy at 623-238-8608 Swim Annual Club membership: \$3.

Dance for Fitness

With a current RCSC Membership you may enjoy three free sessions with us. Can't beat that deal, and then you may join for only a \$5 annual fee. Come once, twice, or three times a week (whatever fits your schedule). We have no per-lesson fee. Classes meet on Tuesday at Bell, Wednesday at Sundial and Friday at Mt. View and all classes are from 9-10am. FMIC Penny at 623-933-7021 & Donna at 515-975-1683

Swim Club Announcement

Sun City Swim lessons have moved to Lakeview from 8:30-10am on M, W, F. Beginning & intermediate classes available, along with advanced group workout. Annual fee: \$3 per RCSC cardholder. FMIC Tere Kearney 623-583-5894.

Zumba Fitness Club

Zumba fuses Latin rhythms and easy to follow fitness moves to create a dynamic full body workout. It keeps you moving & grooving & makes fitness fun. The hour includes a warm-up, cardio workout, and cool-down. Mondays: Bell Social Halls 11:30am-12:30pm; Tuesdays: Sundial West Hall 6:30-7:30pm; Wednesdays: Bell Social Halls 11:30-12:30pm; Thursdays: Marinette Auditorium 6:30-7:30pm. Debbie Reiss, Instructor. Saturday class: 8:30-9:30am, Marinette Auditorium, Sherry Possner, Instructor. Cost: \$3 per class session. Annual Membership: \$5 FMIC Jan at 623-972-0099.

Hatha Yoga

Our Yoga Club meets at Sundial in the Yoga Club room. Classes are multi-level and do not assume prior yoga experience; all classes taught by certified instructors. Please arrive 15-20 minutes before a Mat class and bring a yoga mat, small blanket or a beach towel, your current RCSC card, \$3 class fee and \$5 yearly membership. Wear loose, comfortable clothing for a warm environment. Refer to our website for more information: <http://hathayogaclub.org>

Yoga Mat classes:

Mon: 8:30-10am & 6:30-8pm*
Tues: 8-9:30am, 10-11:30am & 1-2:30pm (Beginner)
Wed: 8:30-10am & 6:30-8pm*
Thurs: 8-9:30am (Beginners) & 10-11:30am
Fri: 9-10:30am
Sat: 8-9:30am & 10-11:30am

*evening classes

Chair Class* Times: Pre-registration & pre-payment required for chair yoga classes.

Wednesday: 10:30-11:45am; Thursday & Friday: 1-2:15pm

*FMIC Carlyn for Chair classes: 623-972-9602



Stretch & Slim

Crank up your metabolism, strengthen your heart, & have a blast in our 9am class. We do a variety of the new "HIT intervals"-short "bursts" of medium cardio alternating with brisk (or boosted) walking DVDs. Hand weights & bands are used along with cardio every other day for toning. 8am class is lower intensity using DVDs to incorporate cardio & strength training to build a strong body & alert mind. Classes: Mon-Sat in Bell Aerobics room (across from Fitness Center). Come enjoy 3 free sessions before joining. Annual Fee: \$5. Extra \$2 Guest Fee. Guests must be accompanied by RCSC Cardholder. FMIC Donna 623-628-4401

Oakmont Ladies Exercise Class

Join us for low impact exercise designed for women over 50. Tues & Fri 8am-9am. Annual Membership Dues: \$5 - 3 free trial visits. FMIC 573-579-5320.

Aqua Fitness Club

Meets M/TH or T/F for 8-week sessions at Marinette, Mt View & Oakmont (no Sundial; under renovation). Qualified instructors teach three classes of varying intensities: Free Standing; Poolside & Aqua Stretches. No swimming involved; members stand in waist/chest-deep water. All classes "Co-ed;" must be an RCSC Cardholder to join club. Annual Dues: \$5; \$15 per eight-week session. Registration held by lottery at Sundial; "Try It Before You Buy It" allows you to attend any class to see if it fits your needs. FMI please visit aquafitnesssuncity.com or call Nancy 623-330-4242

Sun City Tai Chi Club

Sun City Tai Chi Club All of our classes are ongoing & open to all RCSC members & their escorted guests. Wear comfortable clothes & shoes, & join us. No pre-registration required. All classes \$3 for members & visitors. Escorted guests must pay \$5 per class. Club membership: \$5 annually.

Foundations for Tai Chi & Balance Class - teaches very basic movements related to Tai Chi; develops balancing & centering your movements. Mondays, 9am, Fairway, AZ Room #3. Qi Gong Class - an ancient Chinese system that integrates physical postures, breathing techniques & focused intention. Mondays, 10:15, Fairway, Arizona Room #3.

Intro to Tai Chi 108 Yang Style Class: Introduction to the beginning of 108 Yang Style movements. Intended for new students who have never done Tai Chi before; also meant for new students with prior Tai Chi experience (until they learn the form used by our teacher and our club). Tuesdays, 6pm, Lakeview Social Hall #2 and Thursdays, 11:30 am, Bell Social Hall #2. As skill levels improve students can progress to more advanced classes.

FMIC sctaichi@yahoo.com

Bell Aerobics

Come join this friendly group for a complete 45-minute workout of gentle stretching on Monday, Wednesday and Friday at 8, 9, or 10am at Bell Social Hall. Membership is \$3/year with valid RCSC card; there are no class fees. There will also be a holiday potluck social in December for all club members. Looking forward to having you join us as club meets year-round. FMIC Brenda at 623-455-1818.

New Business Open House

- Refreshments • Drawings • Discount Coupons •
- New Fitness Classes • Personal Training Information •
- Meet Dick & Jane • Call 623-696-6820 •



Tuesday, July 12, 2016 • 3 to 5 pm

in the Bell Multi-Purpose Room (Building near Lawn Bowl)

Fitness Tips for Seniors -

Toning-Up vs. Bulking Up

“When I talk with people about strength training, I often hear the statement: I don’t want to bulk-up, I just want to tone-up,” states Get Fit for Life trainer Dick Fortier. “In reality, what those people really want is to become leaner (which requires losing fat) and improve muscle definition and strength. That is exactly what strength training does. To better understand this, let’s clarify some myths about Toning-Up and Bulking-Up.”

Myth #1: Lifting light weights will tone the body; lifting heavy weights will bulk you up.

While there is some truth to the idea that lifting lighter weights for more reps does a better job of increasing muscle endurance, lighter weights will not help you “tone” better than heavy weights. Lifting heavier weights builds muscle strength and tissue, thereby helping to increase metabolism and fat burn. To gain good muscle tone, fat burn is necessary. Lifting heavier weights with fewer reps (8-12 on average) and working to muscle-fatigue is more effective at reaching toning goals than lifting lighter weights. Lifting heavier weights is more time efficient too.



Trainer Dick Fortier monitors form and technique, as John Crawford uses the Biceps Curl Machine at Bell Fitness

Myth #2 - Building Muscle and Bulking-Up are the same thing.

If you have avoided lifting weights because you thought building muscle would bulk you up, you were wrong. When you lift weights that are challenging, you create micro-tears in the fibers. These tears are then repaired by the body in the next “day’s rest.” It’s this phenomenon that makes muscles stronger and builds tissue. Muscle tissue is dense and tight to the bone, adding little volume to the body. Muscle tissue is what burns fat. That fat burn creates a leaner body. Bulking-Up involves specific lifting techniques with extremely heavy weights and many hours in the gym, not to mention a restricted diet and possible supplements.

Myth #3 - Lifting light weights won’t help you get stronger.

The secret to getting stronger isn’t about the amount of weight you lift. It’s about working your muscles to fatigue – that point at which you can’t do another repetition. The time it takes to reach this state of muscle fatigue is much longer with lighter weights. Most people’s time is valuable, so it makes more sense to go heavy and go home. If bone density is an issue, lifting heavier weights activates the cells that build bone density much more effectively than lifting light.

Myth #4 - Women and Men should lift weights differently.

Despite gender, to lose weight, tone-up and get lean, a person must have a strength training plan in place that works every major muscle group in the body at least 8-12 times, using a weight that is heavy enough that the last two repetitions are extremely hard to lift. Only then is the body challenged enough to change, grow and adapt, making one stronger, leaner, and lighter in weight.

Contact Get Fit for Life to get assistance with developing a strength exercise program that gets results. Trainers are available in all of the RCSC Sun City Fitness Centers. Call 623-696-6820 to schedule a consultation.

LaTouch Wellness Massage Therapy Shares...

Self-Care Healing Therapies

In the world today and in our daily lives, many of us have so many responsibilities and spend most of the time taking care of other people, we forget or neglect to take care of the most important person - ourselves. Self-care is taking intentional actions important for your physical, mental and emotional well-being. While we cannot control all the challenges that life throws at us, we can take control of our general health by committing 30 minutes each day to nurture our body, mind and spirit. Self-care for better health starts with eating well, getting enough sleep and daily exercise. There are also some alternative therapies available that will support good health and your overall well-being. LaTouch Wellness Massage Therapy offers such self-care therapies that compliment and support you toward feeling your ultimate best. Listed here are some of our individual self-care therapies in addition to our general massage offerings:



Reflexology Massage: The application of pressure to specific reflex points on the feet or hands that corresponds to different areas, organs and systems of the body. When the energy of the body becomes imbalanced it begins to produce discomfort and disease, reflexology is a way of restoring balance. Reflexology massage is not used to diagnose or cure health disorders, it is used to enhance and improve your health in conjunction with other treatments and therapies.

Acupressure/Trigger Point Therapy: This therapy also utilizes the application of pressure to specific points throughout the whole body along the 12 different energy meridian channels. Acupressure/Trigger Point Therapy is an effective and easy way to restore health and balance to the body.

Aroma Therapy: Incorporates the use of fragrance through essential oils to enhance health and promote feelings of well-being. This is accomplished because aromas can have positive effects on your moods. The olfactory response is immediate, corresponding directly to the brain. This is the only place where our central nervous system is directly exposed to the environment. That is why inhalation directly affects the central nervous system.

Guided Imagery Meditation: Offers you the opportunity to replace negative thought patterns with positive ones by using guided imagery and meditation. When you think positively, it enhances your health and well-being. This therapy takes advantage of the connection between the visual brain and the involuntary nervous system; this can have positive effects on both your physical and emotional states.

LaTouch Wellness Massage Therapy, located in the Fairway Recreation Center, offers the above-mentioned self-care therapies that can be combined with various massages and techniques into your one hour, 1-½ hour or 2 hour therapeutic session. Please contact Laura at (623) 201-0378 to schedule your appointment today! Visit our website at www.LaTouchWellness.com for additional information.

Group Equipment Demos

On hiatus until September

Member Fitness & Massage Services

 <div>Get Fit for Life Fitness Training 623-696-6820</div>	<div>Sundial Center Free Spirit Massage 623-225-8582</div> <div>Bell Center Jan Najera 623-521-0771 Lisa McCoy 623-210-2707</div>	<div>Fairway Center Laura Moore 623-201-0378 latouchwellness@massagetherapy.com</div>
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Arts & Crafts

Oakmont Needle Arts & Crafts
Sun City's hidden Jewel of a Club-a place to learn basic knitting, crocheting and embroidery. Every Thursday of the month, mentors are available to get you started on your adventure into needle arts. Every fourth Thursday members show and tell current or completed projects. Come to Oakmont Auditorium any Thursday, 9-11am to learn, socialize and enjoy jokes and treats. FMIC Phyllis 972-2609.

Camera Guild
Exciting classes, social events, competitions & Grab (your camera) & Go outings. Club Room, Sundial (2nd floor). Contact club for details. We love to share ideas. FMI visit cameraguildsuncity.org

Lakeview Ceramics
We offer classes in ceramics, porcelain & stoneware. Beginners Workshop on Wednesdays 9am-1pm; get one-on-one instruction. Club hours: Mon 9am-3pm, and Tues-Fri 9am-1pm. Tuesday evening classes no longer available. Annual Membership: \$5 w/current RCSC card. FMIC 623-974-5979 or stop by. Visitors (RCSC Cardholders) are always welcome. If you are looking for a relaxed place to do your ceramics, porcelain, or stoneware, this club is ideal for you.



Creative Quilters
Meet on second floor at Lakeview. The Lakeview Quilting Room for Creative Quilters is currently closed until 6/25 Due To Construction in the room.
Regular Club Hours:
Mon & Fri: Open sewing, 8am-4pm
Tues & Wed: Open sewing with Sew N Sew, 9am to 3pm
Mon: Quilting technique open discussions, 9am
Fri: Business meeting, announcements, programs, 9:30am
Boutique items available for purchase during club hours.

Upcoming Events:
July 1 Show and Tell
July 15 Program
July 22 Featured Quilter
July 29 Charity Work Day

Stash Busters: Includes instructions and demonstration of a block for using your stash. Mon 7/18 \$2 per session. Regularly reoccurring class 3rd Monday each month
Summer Quilt Camp: August 2-4 Fall Quilt Camp: October 18-20

Membership/participation is open to all RCSC Cardholders

SewNSew Club
Membership open to all RCSC cardholders: \$5 annual dues. Closed on July 4. Show and Tell/Potluck July 7; wear red, white, and blue! Boutique & Open sewing Tues & Sat 9:30a-3p; Thurs: 11:30a-3p.

Boutique sales include doll clothes to fit the American Girl Doll. SewNSew appreciates fabric donations that help us serve our community. Donations accepted during open sew times.

Certification required for all machine use. Sign up in club room for:

Brother sewing machine: 1– 3hour class; cost \$6

Baby Lock Imagine Serger jet-threading machine: 1– 3hour class; cost \$6

Baby Lock Embroidery machine: 2– 3hour classes; cost \$12

Cover Stitch Machine:1-3hour class; cost \$6

Heavy Duty machine for bulky fabrics: 1– 3hour class; cost \$6

Sewing classes on topics requested by members are scheduled. See reservation list in club room for specifics.

Reference materials, club patterns and embroidery designs available to members during open sewing hours

FMIC 977-9460 or <http://www.sewnsew.info/>

Artistic Stained Glass at Bell
Open weekdays: 8am - 3:30pm Mon-Fri; 8am-1pm Sat; and 5-8:30pm on Mon, Wed, Thurs. Come in and visit to see all the great work happening there and sign up for a beginner's class.

Fairway Woodworking
Come take a look around. Join us and enjoy a great club and rewarding hobby in a large club room containing the latest equipment and tools.
Summer Hours (May 2 thru Oct 3):
Monday, Tuesday, Thursday - 8am to noon
Wednesday & Friday - Noon to 4pm
FMIC 972-4385

Lakeview Woodworkers
Many beautiful wood crafts to see; come take a look! You brave men & women who summer here might consider tapping into your creative-self & creating something with your own hands. It's a wonderful feeling (& the woodshop is cool). We always make a lot of sawdust & usually something special to show for it. Our club is a fun & happy place; members always willing to help. We're open Mon-Fri 8a-4p & Sat 8a-12p. Summer hours: Mon-Sat 8a-12p. Annual Membership: \$20. FMIC 623-933-2355

Bell Craft Club
Currently closed while the club space is being renovated. This work is estimated to be completed by June 20. During this period, Happy Hearts yarn donations can still be made by contacting Ann Powley at 480-299-3316. Normally open Mon-Sat 9am-3 pm, and Thurs 6pm-9pm. Many different classes/workshops available, including (but not limited to): Bead weaving, Greeting Cards (4), Copper Enameling (2), Placemats, Candle making, Quilling & Cross Stitch, Painting, Plastic Canvas, Knitting, Crocheting, Silk Flowers, Craft Beading, Polymer Clay, and Brazilian Dimensional Embroidery. All classes taught by active members. If you have a craft you think others would enjoy, become a member and teach. Boutique open to all for purchase of unique handcrafted gifts made by our members. General Meetings second Thurs, Sept- May. Annual Dues: \$10. New members joining July 1-Dec 31: \$5. All regularly scheduled classes free to club members. Membership open to all current RCSC Cardholders. FMIC 623-974-3497.

Lakeview Art Club
Meets in Lakeview Art Room. New classes have begun for watercolor, drawing, acrylics, oils, pastels, & general art classes. FMIC Janene Geisner 623-810-9112.

Learn Leather Craft
Sun City Leather Club is open to all RCSC members. Annual Dues: \$10. Beginner classes held Tues/Thurs, 8am. Learn carving, stamping, garment and construction. Lessons, patterns and tools furnished. We meet at Marinette; winter hours: 8am-2:30pm; summers hours: 8am-noon, Mon-Fri. Learn to make all kinds of leather goods, from belts to purses, holsters and even mini saddles. It's a great group of people and a wonderful craft. FMIC 623-594-6591 or 623-933-8831.

Handweavers & Spinners Guild
Classes held Oct–May at Sundial. Class Schedule: Mon 9am–12pm Beading; Tu 9am–12pm Shirret; Rug Weaving Tu 12-3pm; Tatting Tu 1-9pm; Beg weaving Wed 9am-12pp & 1-3pm Intermediate; Hardanger, Th 9 am-noon; Th 12–3pm Inkle and Spinning; Fri 9-3 Basket Weaving. Gen mtg: First Mon, 1pm. FMIC Guild room phone 623-933-0397.

Grandmothers & Friends
Grandmother & Friends meet Mondays at Oakmont, 9am, for workshops where we make favors etc. for various area charities. We also create placemats (and other crafts) made from recycled greeting cards (generously donated to our club) for the Arts & Crafts Festival and other events. Social meetings second Monday each month at noon. FMIC Shirley: 623-876-2016

Happy Hearts
Needed: Yarn for our veterans. “Happy Hearts” at Bell Craft Club donate their time to make lap robes and afghans for our Veterans. These donated items are distributed to needy Veterans throughout the area by the American Legion and Auxiliary. To help with the growing need, we are reaching out to the community requesting yarn donations to assist us with our cause. Please call 480-299-3316 for donation location. Thank you for your assistance, and our deeply felt appreciation to our Veterans for their service.

Sun City Clay Club at Lakeview
Summertime and the living is hot, hot, hot! But it's cool at the clay club and we are active. Working with clay is fun as well as therapeutic. New members are always welcome, with or without experience. Classes for beginning potters available based on demand in the summer. Now is a good time to learn about pottery and how it's made as classes are generally smaller. Two free workshops offered in July for those of us who stay in the dry, summer heat and want to get together, socialize and learn something new. Our instructors are all clay club members who will help develop your artistic creativity. Stop in for a visit and tour. We are located on Lakeview upper level. Note change of hours through September! Summer hours: Tues-Thurs, 8:30am-8:30pm; Fri-Sat, 8:30am-4:30pm. FMIC 623-933-0899 or visit www.suncity-clayclub.com

Marinette Clay Corner
We are busy this summer creating our “Yard Art” pieces, which continue to be a success. The option of building a pole from pieces of your choosing makes each piece unique. Stop and visit us, we are happy to assist you in building your own personalized piece! Some Clay Corner members are “Snow Birds,” but many stay during those hot summer months. Thank you to all those who stay and build these pieces, which contributes to the success of the Club. Fun Shops scheduled for the summer include classes for making lizards, bird-houses, embellishments for your pottery, and table top water fountains. If you are a member of Marinette Clay Corner, be sure to sign up for one or more of these Fun Shops. If you would like to join Marinette Clay Corner stop by and talk to one of our members. Please remember Marinette Clay Corner Club membership is available for all RCSC cardholders

Current (Summer) hours:
Mon-Wed: 8a-9p
Thurs-Fri: 8a-4p
Sat: 9a-5p
Sun: Closed

Visit marinetteclaycorner.org for additional information or call 623-977-3167

Arts & Crafts (continued)



Sun City Calligraphy Society

Club room at Sundial open on Fridays from 9-11am during the month of July. We are there each week practicing beautiful writing and using equipment and papers available to members to create wonderful cards. Feel free to stop by for a visit and see what our members are creating. Membership is open to all RCSC cardholders. FMIC John Staggs at 623-210-9137.

Artistic Weavers/Fiber Artists

The Artistic Weavers and Fiber Artists' Club at Oakmont is open from 9am-noon, Tuesdays-Fridays from May through September. Members will be working on knitting, crocheting, loom weaving and basketry projects throughout the summer. Stop by the club room to purchase a handcrafted item, to see what's happening, or just to say "Hi." We'd love to have you join us!



Oakmont Ceramics

Annual Dues: \$5
Club hours: Mon-Thurs, 8am-3pm; Tues 5:30-9pm; New Hours! Sat 9am-1pm; closed on Fridays. Oakmont Ceramics has expanded its hours to meet our members' needs. Whether you are a beginner or advanced ceramist, Oakmont Ceramics, The Friendly Club is for you. See Sign-up sheets in Club for special classes/workshops. FMIC 623-363-3908 or come by the Club during Club hours.

Bell Silver Craft Club

You are invited to visit our fully, professionally equipped silver craft workshop & sales room. We offer beginning classes in basic silver work, introducing students to silvercrafting fundamentals. We also offer lost wax casting classes, turning wax models into beautifully cast silver or gold, and classes in chainmaille for stunning bracelets & necklaces. Other specialty classes/demonstrations offered throughout the year. Feel welcome to tour our club & see the possibilities. Jewelry sales store hours: Monday-Saturday 9am-3 pm. Silver-crafting hours: Monday-Saturday 8am-3:30pm. We are located right around the corner from the visitors center at Bell. FMIC 623-933-8442.

Fairway Ceramics & Porcelain Club

Ah, July! The month we celebrate our Independence! Did you know that this is also the month to begin creating gifts for the holidays? A special plate or bowl for the table or a special piece for a friend or family member. So many opportunities await you at Fairway Ceramics & Porcelain Club! All Guests and Visitors are invited to enter a Free monthly drawing for an awesome door prize. Come have a cup of coffee; we would love to meet you! Classes are fun and low-cost: airbrushing, clay lifting, glazing, brushstrokes, decorating with translucents, Zentangle, underglaze pencil, clay building, overglaze application, stoneware, and many other techniques. All skill levels welcome. Annual membership (Jan-Dec) \$10 per RCSC cardholder; family memberships (for 2 at the same address): \$15. A basic orientation helps new members get started in a friendly, encouraging environment. Greenware, tools, and supplies available for purchase on site. We have new molds! Including: wall-hangings, mushrooms, dramatic showpieces with carved-in pueblos, birdhouses, and casseroles, to name but a few. Summer Hours (June thru August): 8a-12p, Mon-Fri. FMIC 623-972-5818, or Dott McDaniel at 623-748-3313. Located on 2nd floor of Fairway.

Bell Metal Club

Love metal? Love art? Come to Bell Metal Club to be innovative and artistic with metal! Not only can you work with metal, we can fix and replace your garbage can lids or make your mailbox secure by adding a locking security box. We have all the equipment to cut, weld and machine metal; we even build small engines. Come visit our shop and/or join us Monday-Saturday, 8am-4pm. Membership is open to all RCSC Cardholder and is \$10 per year. Call us to see if we can repair or fix your broken metal items. FMIC 623-974-8206.

Fairway Knitters

Knit and crochet items for the military, care centers, and school children as well as for the homeless of Phoenix and other charities. Join us any Friday 8:30am-2:30pm. Club provides the yarn, you provide your time and skill, and we all have fun learning from each other. We meet in AZ Room 4 at Fairway. Annual membership is \$3. FMIC 623-972-9736.

Sun City China Painting

Try a different kind of art work that's purely artistic yet practical. All RCSC Cardholders are invited to stop in Fairway (Room 217) to learn more and to see the many kinds of art work used on china and china-like surfaces, such as tiles. There are many places where hand-painted tiles can be used. FMIC 623-256-6784 after 4pm.

Performing Arts

Sun City All Stars Big Band
20th Anniversary Celebration

Monday, July 4, 2016

Mountain View Auditorium • 3pm and 6pm



Sponsored by the Sun City Players Community Theater, this event is free and open to the public.

The Sun City All Stars Big Band began with a group of 20 handpicked former professional musicians who retired in the Sun City area. Twenty years later, the average age is now 78. The group's oldest member at 96 years young is a veteran of the "big band" era who played with the Dick Jergens' Orchestra as trumpet soloist and band arranger. The youngest member of the band is 56 year old Dan Reed, who serves as their musical director and featured solo trumpeter.

Known throughout the West Valley for her vocal talent, featured female vocalist Jane Higgs is without peer and sings in various groups in the area. She also has a CD release titled "Jane Higgs Sings with the All Stars." Featured male vocalist is Bill Lohmeyer, who is well known and featured in many "Sun City Players Community Theater" musical productions.

This is certain to be a 4th of July performance that will keep the audience wishing for more. Donations will be graciously accepted at the end of the concert to help defray expenses.

Readers' Theater Ensemble

Readers' Theater Ensemble encourages acting & oral reading. We give short plays at various organizations. Meetings are workshops to help improve talents. We do not memorize; we read from scripts. If you are shy, we can help you gain confidence. We meet every Friday at noon in Lakeview Social Halls 2-3. Come observe; don't be surprised when you decide to keep coming back. FMIC 623-972-4580. Open to all RCSC Cardholders. Annual dues: \$1.

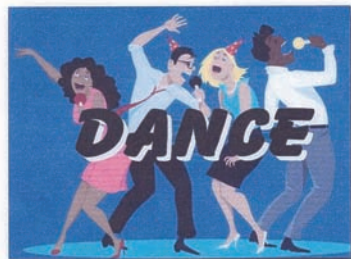
Sun City Choraliers

The Choraliers of Sun City are looking for those experienced choral vocalists who want to sing good choral literature in a small ensemble setting. The Choraliers are under the capable direction of Jane Brambilla who has over forty years of successful vocal experience. The Choraliers are an auditioned group which performs approximately twenty times from December to April. Rehearsals are Mondays starting 9/12 at 8:30-11:00am at Fairway in the second floor music room. So if you are looking for a place to satisfy your musical fulfillment please stop in to listen to us, or check out our website www.suncitychoraliers.com.

Dances

Sun City Karaoke and Dance Club

Grand Opening Night at Bell Center on July 7/2/16 in Social Halls 1 & 2! Event open to all RCSC cardholders and their escorted guests who are interested in being a part of this exciting new club experience. We provide a large variety of music to sing and dance to, or bring your favorite USB/CD+G or MMC Card and we will play it for you. Annual membership: \$7. Dance/Singing Admission: Members/\$3; Escorted Guests/\$5. On our Grand Opening night our members will vote for officers and on rules and regulations of Sun City Karaoke and Dance Club. Doors open: 6:30pm; singing & dancing: 7-9:45pm. Sun City Karaoke and Dance Club will meet on the 1st and 3rd Saturdays each month. We are looking forward to nights full of fun and laughter! For a calendar upcoming events, please check our website at www.sunaz.com/karaoke-club/ or FMIC Bill at 209-380-8029.



Sun City Friday Night Dance Club

Singles and couples invited to join us for social & ballroom dancing at Sundial, Friday evenings, 7-10pm. Whether you love to slow dance, are an accomplished ballroom dancer, or somewhere in between, you'll enjoy dancing to some of the best live music in the Valley. Free dance lesson with paid admission: 6:20pm. No partner required for lesson; Students rotate so everyone has an opportunity to dance. We also have a couple "Mixers" and a couple of "Line Dances." Admission: \$5/members; \$7/escorted guests. Enjoy socializing and the opportunity to make new friends. Be comfortable, but please - no jeans, shorts, pullover shirts, hats, tennis shoes or flip flops. Coffee, ice and cups provided. FMIC Bob (623) 215-8718 or visit our website at: www.suncitysingledanceclub.com. Open to all RCSC Cardholders and their escorted guests. **July Dates: 7/1 Manuel Dorantes; 7/8 Bob Ropollo; 7/15 Mike Carollo; 7/22 The Breeze; 7/29 Bob Roppolo**

Sun City Ballroom Dance Club at Bell



July brings some changes beginning with Mike Corolla performing on the first Sunday of the month starting 7/3. The club also has a "Western Theme Dance" July 7/10 so dress accordingly. We meet at Bell Social Hall and dance on a beautiful floor in air conditioning every Sunday. Dance is open to all RCSC cardholders and escorted guests. Please join us for a fun evening. Dancers of all levels are welcome. Yearly club membership: \$3. Weekly dance: 7-9:30pm. Members: \$4; escorted guests: \$6. Professional DJ music and free lessons, except June 12 and the first

Sunday of month (starting in July) when Mike Corolla performs. Free dance lesson: 6:30 pm w/paid admission. Coffee, ice & cups supplied; bring your own snacks. Visit www.suncity-ballroomdanceclub.com FMI

Sun City Line Dance Club at Sundial

Line Dance is happy to be back at Sundial for all dances starting 7/5! We enjoyed Lakeview's hospitality, but it will be nice to dance in a newly refurbished auditorium. We dance every Tues & Thur, 10a-1p, with lessons 15 minutes before the dance. Our quarterly Night Line Dance is 7/30 at Sundial. "Line Dance Teach" at 6:30pm, dance from 7-9:30pm. Members, Visitors and Escorted Guests all welcome. Serving cookies & water; BYOB. There is space for couple dancing and Partner Pattern dancing. DJ is a local instructor everybody knows & enjoys. For future planning, August dances are every Tues & Thurs at Sundial, 10a-1p.

Sun City Squares

Closed for the Summer Season (May thru October). We will begin dancing again in November 2016. Check back here and at <http://sunaz.com/sun-city-squares/> for more information about lessons and dancing this fall. Have a great summer!



Country Dance Club at Sundial

Come dance with us on the first and third Saturdays in July. Both dances are from 6:30-9:30pm. Doors open 6pm. Admission: \$3/members and \$5/ escorted guests. There is something for everyone; a good mix for couples, couples pattern, & line dancing. Dress casual or dress up, country or otherwise. Cups & ice provided; bring your own drinks & snacks. FMIC 623-972-5127 or visit www.countrydanceclubsc.com. **7/2 at Sundial and 7/16 at Sundial**

Rockin' Thru the Years – Saturday Nite Fever

Only dance club dedicated to Classic Rock And Roll, Disco, DooWop and Country Rock. We have our own sound system and use 2 different DJs to play music from the 50s thru today. Will play requests as long as they fall in R&R genre. Singles & couples welcome; No Dress Code! We furnish cups & ice; BYO snacks & favorite beverage. Admission: \$3/members; \$5/escorted guests. Annual RTTY membership: \$3 w/valid RCSC Membership. Remember: No partner or dance lessons needed to enjoy dancing to R&R & Disco. Dances at Bell; Doors open 6:30; dance 7-10pm. FMIC 623-332-7894 or visit website at rockinthrutheyears.com.

Saturdays: 7/9 - DJ Ryan Blair; 7/23 - DJ Ryan Blair; 7/30 - DJ Ryan Blair



Classic Rock Dance Club

Classic Rock dance club's New DJ will rock you with 50s, 60s & 70s rock & roll 7/2 & 7/16 at Fairway. We will have a special celebration for Independence Day on 7/2. Every member/ escorted guest receives a ticket for a hot dog, chips & cupcake. Serving (While supplies last) 5:30-6:30pm, Cookies, cups, ice, & napkins provided, BYOB. Doors open at 5:30, dancing 6-9pm. Singles and couples welcome; casual attire, open to RCSC cardholders and escorted guests. Annual club membership: \$3 W/ Valid RCSC membership. Admission: \$3/Members; \$5/escorted guests FMI <http://sunaz.com/classic-rock-dance-club/> or 623-628-4401; or 360-350-8160



Bell Tea Dance

Dances on Wednesdays from 2-4pm at Bell. Music provided by local keyboard artists. Dance consists of Foxtrots, Waltzes, Latin, Swing and Rock; two mixers and line dance included. Coffee, tea & cookies provided. Singles welcome. Admission: \$4/Club Members, \$6 Escorted Guests. FMIC 623-933-8873. **Bell Tea Dance is dark July and August. Please join us for our next dance on 9/7 with Mike Carollo**



Dances Lessons

Tip Top Dance Club

Tap classes at all levels; men and women welcome. Beginners: Mon 10am; Intermediate: Tues 9am; Non-Performing: Wed 9am; Advanced Tap: Tues 10:15 & Fri 10am; Advanced Variety: Mon 8:45am & Fri 9am; Moving to the Beat: Low Impact Aerobics Dance Class that will get you ready for future dance classes - Tues & Thurs 1pm; Pilates Mat Class: Mon, 1-2pm Bell Aerobics Room. Annual membership: \$10. Tap Class fee \$12 monthly. Moving to the Beat \$3 per class. Open to all RCSC Cardholders and their escorted guests. Marinette Social Hall; FMIC Christine 623-322-3138

Sun City Ballroom Dance Club Group Ballroom Dance Lessons

Monday and Thursday evenings at Bell Social Hall

Mon: 6 pm - Cha Cha; 7 pm - Foxtrot; 8 pm - East Coast Swing
Thurs: 6 pm - NC 2-step; 7 pm - Waltz; 8 pm - Waltz II

Cost per lesson: \$5 members; \$7 escorted guests. FMIC Kat 623-387-6731 or Julie 623-533-6236 or visit www.suncityballroomdanceclub.com



Educational Classes



Computer Club of Sun City

Our members come here to share computer knowledge and experiences, including current Microsoft Operating Systems, Chromebooks, Android Smartphones

and tablets in a fun social environment. This includes Windows 10, the internet, mobile devices, media, home, office and social. Members of the Club can come anytime that we are open and use our computers in the Member's Lab to check email, read the news and visit favorite websites. They use our scanner to scan their important documents, precious old pictures, prints, slides and negatives. Classes, special interest group discussions and presentations are both interesting and educational.

We have two entire classroom equipped with Windows 10 computers and many classes using Microsoft 10 are scheduled. Classes are usually announced at least two weeks before and require club membership. You'll need to come to the club to pre-register. Register early as they do fill up fast!

All RCSC cardholders are welcome to join the fun! In July, you can join by attending a short "Join Us" presentation on any Wednesday. Come in anytime between 9a to 10:30a. It only takes a few minutes to join! Come to our club for more information, or visit our Club Website: www.firstsuncity.com

The Computer Club of Sun City is on the 2nd floor of the Fairway Recreation Center
Summer Hours: Mon - Sat: 8am to Noon.

First Week

Round Table Discussion, July 1 at 9a
Computer Clinic, July 8 at 9a
Investors SIG, July 9 at 9a

Second Week

Internet Email SIG, July 11 at 9a
File Explorer - Windows 10 Class July 11, 12, 14 from 9a to 11a
Microsoft Windows 10 Workshop, July 13 at 9a
Computer Backup and Recovery SIG, July 14 at 9a
Computer Clinic, July 15 at 9a

Third Week

Android for Beginners SIG, July 18 at 9a
Android Workshop, July 20 at 9a
Computing 101 Class, July 19, 20 and 21 from 9a to 11a
Computer Clinic, July 22 at 9a

Fourth Week

Webmail using Gmail Class, July 26, 27, 28, 29 from 9a to 11a
Microsoft Windows SIG, July 25 at 9a



Spanish Club - El Círculo Español

There are exciting changes coming to the Spanish club! On Mondays beginning October we will have a 3pm introductory Spanish class. This is the perfect way to begin learning in a fun and relaxed environment. There are about 10 other class selections from which to choose that include watching and discussing a Spanish mystery series, conversation for all levels, and classic book instruction. The fun never stops. There is a Spanish conversation class starting in June for all levels. We not only have social outings in the summer, but throughout the year!

Membership dues: \$7 and any classes can be taken. Many social events allow members to bring a guest. FMI SunCitySpanishClub@gmail.com or visit Sunaz/Spanish-club/ or 623-466-5011

Life Long Learning

The Lifelong Learning Club of Sun City offers learning opportunities for residents presented by volunteer instructors who bring a lifetime of teaching, learning and experience in many facets of life. Membership is open to all RCSC Cardholders.

Classes are held at Fairway Recreation Center. Annual dues of \$20 allow club members to attend up to 15 classes each semester and must be paid upon registration. Also required is a valid picture RCSC ID card. FMIC 623-533-5756



SunMacs Computer Club

Summer hours, when our club is open only in the mornings on Tuesday and Thursday, 8:30 - 10:30am, begin on May 3 and end on October 27. We are closed from August 1 - September 12 for our Summer Break. Our next General Meeting will be on Saturday, November 12. Topic will be announced later. Visit our website . . .

P.S. We're always looking for suggestions of programs you really want and need in our monthly-meeting programs. Please let us know what you'd like!

We specialize in assisting our members with Apple Products and Software. Located at Sundial; RCSC card required for membership. Annual dues: \$20 single/\$30 couple. We offer Classes, Round Tables and Socials free to club members. Some classes require pre-registration. Visit www.sunmacs.org or our club room (933-5300) FMI

🍅 Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad. Philosophy is wondering if that means ketchup is a smoothie. And common sense is not drinking ketchup. 🍅

RCSC Travel & Tours

Make your plans now to get-away!

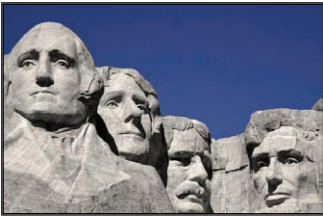
RCSC works exclusively with tour providers who offer travel opportunities that promise to meet or exceed your expectations. With safety and comfort in mind, each trip is planned to the last detail, ensuring your experience is a memorable one. Detailed itineraries for each trip are available that include all information on travel arrangements, which meals are provided (if applicable), tours scheduled and the like. Whether your getaway includes a flight across the country or a leisurely motorcoach ride to one of the area's outstanding tourist attractions, you'll find traveling with RCSC tours a great value for your vacation dollar!

Tours can be purchased Monday through Friday in the Lakeview Clubs Office or by phone from 8:30am to 4:00pm. Visa, MasterCard, Discover, cash or checks accepted. Tours are for RCSC Cardholders and their guests only. Cardholders should have member card available, must accompany each trip and may purchase a maximum of six tickets. Day tours depart from Bell Center. All tours are non-refundable. Please inquire about trip cancellation protection offered by All Aboard America (AAA) and Free Spirit Vacations (FSV) for overnight tours. Call 623-561-4660 for more details or visit www.sunaz.com/travel where you can now find the complete itinerary for every trip!

Overnight Trips

August 1-3, 2016 (Monday-Wednesday)
Camp Free Spirit | FSV
\$495pp double | \$675pp single | \$450pp triple | \$375pp quad | \$100 deposit

August 10-13, 2016 (Wednesday-Saturday)
Explore the Wild West of South Dakota:
Mt. Rushmore, Crazy Horse, Deadwood & Custer
National Park | AAA
\$1,435pp double | \$1,759pp single | Airfare included |
\$250pp deposit; balance due July 1



August 15-19, 2016 (Monday-Friday)
Broadway Meets the National Parks –
Tuacahn and Brighams Playhouses | FSV
\$595pp double | \$725pp single | \$100pp deposit;
balance due July 1



August 29-September 1, 2016 (Monday-Thursday)
Pageant of the Masters | AAA
\$799pp double | \$1,099pp single |
\$200pp deposit; balance due July 22

September 15-18, 2016 (Thursday-Sunday)
USA Fleet Week – San Diego and Yuma | FSV
\$625pp double | \$825pp single | \$100pp deposit; balance due July 31

Visit www.sunaz.com/travel for a complete list of tours and more information including full itineraries

Day Tours



August 9, 2016 (Tuesday)
Williams and Bearizona | FSV
Depart 7:30am | Return 6:00pm (est)
\$99pp

August 15, 2016 (Monday)
New York Mets vs Arizona Diamondbacks | AAA
Depart 5:15pm | Return 10:30pm (est)
\$77pp

Second Date Added! August 21, 2016 (Sunday)
My Fair Lady with Lunch at RigaTony's | AAA
Depart 10:30am | Return 5:30pm (est)
\$99pp (Tickets must be purchased by July 1, 2016)

September 7, 2016 (Wednesday)
Verde Valley Wine Trail | AAA
Depart 8:00am | Return 4:30pm (est)
\$99pp

September 9, 2016 (Friday)
Musical Instrument Museum | FSV
Depart 9:00am | Return 9:00pm (est)
\$99pp

September 11, 2016 (Sunday)
A Cowboy Western Evening at Handlebar J | AAA
Depart 9:00am | Return 9:00pm (est)
\$99pp

September 26, 2016 (Monday)
The New OdySea Aquarium – An Oceanic Adventure in Scottsdale | AAA
Depart 10:15am | Return 3:00pm (est)
\$90pp

October 2, 2016 (Sunday)
San Diego Padres vs Arizona Diamondbacks | AAA
Depart 10:15am | Return 4:30pm (est)
\$77pp

October 3, 2016 (Monday)
Enjoy the Day in Algodones, Mexico | AAA
Depart 7:00am | Return 8:30pm (est)
\$80pp



October 9, 2016 (Sunday)
Apple Annie's in Wilcox | FSV
Depart 8:00am | Return 6:00pm (est)
\$99pp

Copies of itineraries can be requested in the Lakeview Club Office, Monday-Friday from 8:30am-4:00pm and are also available online at www.sunaz.com/travel. Single residents can request their name be added to a list for "sharing a room by gender" with another resident for overnight tours.

RCSC Proudly Announces the 2017 Sundial Concert Series

The great entertainment continues as we proudly announce the line-up for the 2017 Sundial Concert Series. We'll continue to have reserved seating in the Sundial Auditorium for all of these great shows so there's no more need to arrive early and wait in line! Relax and enjoy these fantastic performances at an unbelievable price – all right here in Sun City AZ!

Season tickets will be available to RCSC Cardholders only for \$154 (that's just \$14/show) and will be sold from November 1-30 only at the Lakeview Clubs Office or by phone (623-561-4660) using Visa, MasterCard or Discover (no voice mail or email orders accepted). Single Concert Ticket Sales to RCSC Cardholders only will begin Thursday, December 1, 2016; tickets will be \$17 per person for individual shows. Beginning January 2, 2017, non-RCSC Cardholders may purchase tickets (depending upon availability) for \$20 per person. Please note that tickets are transferable but that all ticket sales are final; no exchanges or refunds.

- Journey Unauthorized

Wednesday, January 11, 2017 at 7pm
- Tribute to The Righteous Brothers

Wednesday, January 25, 2017 at 7pm
- Strait Country - George Strait Tribute

Wednesday, February 1, 2017 at 7pm
- The "Original" Grass Roots

Wednesday, February 8, 2017 at 7pm
- Fairchild Blues - Blues Brothers Tribute

Wednesday, February 15, 2017 at 7pm
- Yesterday – Beatles Tribute

Wednesday, February 22, 2017 at 7pm
- Desperado – Eagles Tribute

Wednesday, March 1, 2017 at 7pm
- Bee Gee's Gold

Wednesday, March 8, 2017 at 7pm
- Bobby Wilson (Son of Legendary Jackie Wilson)

Wednesday, March 15, 2017 at 7pm
- Tina Turner Tribute by Cookie Watkins

Wednesday, March 22, 2017 at 7pm
- The Heart of Rock & Roll – Huey Lewis Tribute

Wednesday, Marcy 29, 2017 at 7pm
- ** Season Tickets are transferrable for those not able to attend all shows!



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| ■ 2011 HYUNDAI TUCSON SUV
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| ■ 2012 FORD FOCUS 5DR SE
#160921A \$11,995 | ■ 2012 INFINITI G37 4DR SPORT SEDAN
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| ■ 2012 KIA SEDONA MINIVAN LX
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#167054C \$24,995 | ■ 2015 FORD TRANSIT
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| ■ 2013 CHEVY MALIBU LS
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#167725A \$26,995 | ■ 2014 ACURA MDX SUV
#166844B \$32,995 |
| ■ 2013 FORD FUSION 4DR
#FT5900E \$13,995 | ■ 2015 TOYOTA TUNDRA CREW
#167347B \$27,995 | ■ 2016 FORD EXPLORER 4WD XLT
#27577 \$32,995 |
| ■ 2011 KIA SORENTO SX
#157620A \$14,995 | ■ 2014 HONDA PILOT SUV
#27674A \$29,995 | ■ 2013 JEEP WRANGLER RUBICON
#167721A \$34,995 |
| ■ 2014 VW PASSAT 4DR SE
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#27728 \$38,995 |
| | | ■ 2013 FORD SHELBY MUSTANG
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2016 Fall Sun Bowl Concerts

Free for RCSC Cardholders and their Escorted Guests*

Faded Jeans

Sunday, September 25, 2016 at 7pm

This energetic, five-piece band promises to start the 2016 Fall Sun Bowl Concert Series with a performance that will keep the audience dancing throughout the show and calling for more at the end of the night! Faded Jeans has something for everyone – from classic rock, R&B, pop and oldies to funk, rockabilly and the blues! As they say, “Nothin’ Fits like Faded Jeans!”



RealTones

Sunday, October 2, 2016 at 6:30pm

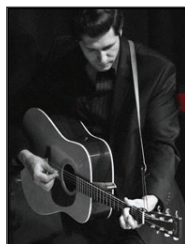
Sun City AZ favorites, The RealTones, will be back with all the memorable hits from the 50s through the 80s, pleasing the audience with tunes that promise to keep the dance floor jumping! For the RealTones, the fun begins on stage. For the audience, the fun begins the moment the music starts with this crowd-pleasing band!



Johnny Cash Tribute

Sunday, October 9, 2016 at 6:30pm

James Garner's Tribute to Johnny Cash celebrates the life and music of the Man in Black with strong conviction and stunning accuracy. Garner and his band faithfully recreate Cash's biggest hits, such as “Folsom Prison Blues,” “I Walk the Line” and “Ring of Fire,” incorporating historical accounts and personal anecdotes about America's most beloved singer-storyteller in this not-to-be-missed musical event. The show promises to be a fun, classy and toe-tapping trip down memory lane honoring Johnny Cash's life and music, and the boom-chicka-boom sound of his signature band, the Tennessee Three.



CC Ryder Express

Sunday, October 16, 2016 at 6:30pm

Another great local band that guarantees a superb evening of entertainment, specializing in music from the 1950s through today's hits including the timeless classics to jazzy saxophone numbers and just about everything in between. Get to the Bowl and get in the mood for an incredible night of song and dance.



The Southwest Surfers – Beach Boys Tribute

Sunday, October 23, 2016 at 6:30pm

Get ready for a spectacular evening of oldies and surfin' tunes as the Southwest Surfers bring their unforgettable Beach Boys tribute to Sun City AZ. So “Hang on Sloopy” and “Help Me Rhonda” – we're gonna have some “Fun, Fun, Fun” tonight until Daddy takes the T-bird away!



Heartbeat

Sunday, October 30, 2016 at 6:30pm

Direct from Tucson, this great band returns to Sun City AZ for an encore show featuring the greatest top-40s rock and roll hits with music from the 60s, 70s and 80s – just the way you remember it. This show is certain to be a blast from past!



Company B: Veterans USO Show – Andrews Sisters Tribute

Sunday, November 6, 2016 at 6pm

Company B's tribute to The Andrews Sisters is extraordinary! Their passion for entertaining spans for nearly two decades and has been internationally recognized. Brimming with energy, excitement and camaraderie, these three ladies bring the 40's era back to life with some of the finest music ever recorded. These 'Sweethearts of the USO' are certain to captivate all who attend this special tribute to our veterans event with the rich vocal blend that only true sisters have. Their “can-do” singing style is truly distinctive and this show promises to be one heck of an impressive evening as you as you sing along to these great hits. You won't believe your ears!



Mark these dates on your calendar today and plan to spend some great evenings of fun under the stars with this superb line-up of concerts at the Sun Bowl!

* Be prepared to show your RCSC Member or Privilege Card (with photo) for entry; no key fobs accepted.

Free RCSC Events are paid for by RCSC Cardholders and are therefore intended for RCSC Cardholders and their escorted guests only. Your cooperation and understanding is greatly appreciated!



Gourmet Food Vendors arrive 1-1/2 hours prior to each show for your dining pleasure. Don't forget to bring your lawn chair or blanket!

Rain Location:

Sundial Auditorium at 103rd & Boswell Blvd.

For information regarding rain location and a recorded message, call 623-972-6014.