

SUN VIEWS

ISSUE #186 • APRIL 2017 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.

SUN CITY
ARIZONA
RECREATION CENTERS
OF SUN CITY

“Grand Ideas” Discussion Nears End

The ad hoc Long Range Planning Committee, convened strictly for the purpose of determining the potential uses for the RCSC-owned property on Grand Avenue, has been hard at work.

After months of interviewing and re-interviewing clubs that were interested in being considered for the space, three town hall-style meetings were conducted to gather input from the community regarding possible non-club uses. Nearly 20 ideas were ultimately proposed.



Above: The building entrance facing Grand Avenue will give much exposure to finalists for this space.

The ad hoc committee intends to meet on three occasions during April and will be conducting final interviews with the clubs that remain interested in possible relocation. The committee intends to make their final recommendation to the RCSC Board of Directors at the end of May. The Board will then decide on the final

use(s) of this property along with required renovation schedules and budgets when the time is appropriate.

The Board wishes to thank the members of the committee for their continued dedication to this project and looks forward to providing the community with additional facilities that will maintain Sun City AZ as a desirable retirement destination for both current and future residents.



Left: This 10,000 plus square foot structure on the 3-acre parcel is located at 10415 W. Grand Ave. and was purchased by the RCSC last year for \$750,000. The property is currently valued at \$1.4 million. Large windows allow for plenty of natural light into the spacious interior which could benefit many of the proposed uses being considered.

On your mark, get set, go!

Hop on Over to the Sun Bowl for Easter Fun!

The Recreation Centers of Sun City invites RCSC Cardholders and their guests to come to the Sun Bowl on Saturday, April 15, 2017 from 9am to noon for the annual Easter Egg hunt.

The Easter Bunny will be here with plenty of fun, eggs and prizes for all. D bar T Stables will provide a petting zoo with chicks, ducks, bunnies, goats and more - all for free. Pony rides and face painting will also be available.

We promise to have lots of eggs for the age-restricted egg hunts which will begin promptly as follows:

- 9:15am for children ages 2 to 4
- 9:30am for children ages 5 to 8, and
- 9:45am for children ages 9 to 12.

Please note that no registration is required to participate in the Easter Egg Hunt. We would also like to thank the volunteers who graciously helped us to fill 6,000 eggs with candy and prizes for this event.

On Easter morning, we'll be back at the Sun Bowl for our annual Sunrise Service beginning at 7:00am. with services provided by United Church of Sun City. Bring your lawn chair and take part in this joyous celebration with family, friends and neighbors as we

observe this sacred and splendid holiday the way Sun City AZ has for over 50 years.

In recognition of this holiday, Cardholders are reminded that all RCSC Offices will close at noon on Good Friday and the Sun City Visitors Center at Bell will also be closed on Saturday, April 15. All recreation centers will be open regular hours over this weekend.



Stay in the loop!
Get RCSC News Alert
Emails, sign up at:
www.suncityaz.org

Email addresses
remain confidential

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Connect with Sun City AZ



2017 Spring Sun Bowl Concerts

Free for RCSC Cardholders & their escorted guests!



Join us for the remaining shows in this annual tribute to spring as we welcome RCSC Cardholders and their escorted guests to the final Spring 2017 Sun Bowl Concerts. Bring your lawn chair or blanket and have your RCSC Member or Privilege Card for entry (no key fobs accepted). Come early and enjoy offerings from gourmet food vendors who arrive 1-1/2 hours prior to each show. Or bring your own! Either way, plan for a great evening of entertainment every Sunday evening as we bring these great acts to the Sun Bowl stage. The Sun Bowl is located on 107th Ave. just south of Peoria Ave.

Doobie Brothers Tribute Sunday, April 2 at 6:30pm

This show promises to take you right back to those sweet summer nights (or great springtime Arizona evenings) with the music of a band like no other – The Doobie Brothers! You'll be "Rockin' Down the Highway" with over 40 years of hits that could only come from the Doobie's unique sound – an infectious combination of rock, country, R&B, jazz and folk/Americana



Mogollon Sunday, April 9 at 6:30pm

Mogollon, (pronounced Mug-e-on) began in the small Northeastern Arizona town of Overgaard. The name of the band is derived from the "Mogollon Rim." Playing music was a good way for a few high school buddies to impress the girls and to combat the boredom of a small town. After a few performances, people agreed this "hobby" of

theirs had potential - and they were right! Today, Mogollon has earned the reputation as one of the Premier Country Rock Entertainment groups in the West. Their performances are truly amazing – playing just about anything, from Hank Williams to Pink Floyd to their own original songs. This should be an evening of Arizona home-grown fun.

Savor – Santana Tribute Sunday, April 16 at 6:30pm

Savor was formed to honor the 40-year career of Latin-rock legend Carlos Santana – from the raw power of the self-titled album issued in 1969 to the recent spate of hits with current stars that makes Santana's music so well-loved. These consum-



mate musicians churn out hits like Oye Como Va, Black Magic Woman, Evil Ways, and more. You'll close your eyes and think you're listening to your favorite Santana album. Do not miss this band!

The Hamptons Sunday, April 23 at 6:30pm

AGet ready for another great evening of entertainment as we welcome The Hamptons back to Sun City AZ for another encore performance! From today's hits to the oldies everyone knows by heart and everything in between, the dance floor in front of the Sun Bowl stage will be standing room only, for sure!



Jumping Jack Flash – Rolling Stones Tribute Sunday, April 30 at 6:30pm

"Let's Spend the Night Together" at the Sun Bowl with this repeat performance which promises all of the high energy antics and super stage presence in this great tribute to who many say are the rock & roll icons of music history – The Rolling Stones.

Doo-Wah Riders Sunday, May 7 at 7pm

We'll end the Spring 2017 Sun Bowl concert series with a little bit 'o country as the Doo-Wah Riders come back to Sun City AZ for this final show of the season. Possessing the rare combination of many years' experience and youthful drive, this band defines their sounds as "high energy country with a Cajun twist." Tight musicianship and powerful arrangements of both classic and original songs make them favorites where ever they go! Ooo-eeee!!



PLEASE NOTE: In the event of inclement weather, shows are moved indoors to the Sundial Auditorium at 103rd & Boswell Blvd. For information regarding rain relocation and a recorded message, call 623-972-6014.

Don't forget your lawn chair or blanket!

Dancing with the Sun City Stars 2017



The judges, above, did their best to both rate and berate the dancers but had little influence over the audience who cast their votes to decide who would bring home the trophy this year. Thanks again to both Norm Thielking (left) and Bill Pearson (right) for their help and wit.

A big round of applause for this year's Dancing with the Sun City Stars participants - they all did a fantastic job! In the photo above (from left to right) with their Utah Ballroom dance partners are: Bill Williams (who danced the Foxtrot with Marina), Julie Loegering (Night Club 2-Step with David), Ralph "Reb" Black (Mambo with Dani), Cathy Hrushesky (Cha-Cha with Gary), Mike Mardell (Swing with Chloe) and Betty Grantham (Polka with Joey).

Sun City AZ "Senior" Prom Masquerade Ball



Saturday, April 8, 2017 at 6pm
Sundial Auditorium

Johnny K & Kompany will provide the evening's entertainment with their unique blend of timeless standards and great hits from the 1950s-70s. Experience the joys of yesterday with the mystique of masquerade at this semi-formal affair. Photo props and opportunities will abound. Bring your smartphone or camera. Corsages & Boutonnieres will be available for purchase at this event. Punch will be served or you may bring your own refreshments. Couples, singles, all are welcome to attend!

**Free for RCSC Cardholders
& Their Escorted Guests**

Tickets must be obtained in advance no later than 4pm, Monday, April 3 at the Lakeview Clubs & Activities Office (Limit 500 Tickets)



This year's DWSCS winner, Mike Mardell (above) and runner-up Betty Grantham (below) are all smiles by the end of the evening.



SUN CITY ARIZONA

Corporate Office

Lakeview Center
10626 W. Thunderbird Blvd.
623-561-4600

Hours: Monday - Friday 7:30am to 4pm

www.suncityaz.org

Member Services (Clubs) Office

Lakeview Center
623-561-4660

Hours: Monday - Friday 8:30am to 4pm

Cardholder Services Office

Lakeview Center
623-561-4603

Hours: Monday - Friday 8:30am to 4pm
1st Saturday each month: 9am to noon

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.

Mt. 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
16824 N. 99th Ave.

Golf & Grounds Report

Pro Shops

Public play on our golf courses is often a topic of discussion in committee meetings. We did see an increase in public play in 2016, mostly due to having all courses available for play during the peak season. In 2016, public play accounted for 6.9% of our total rounds played, guest play accounted for 11.5% of our total rounds. Annual Surcharge Fee pass holders accounted for 51.9% of our total rounds.

On Monday, March 6, we will be hosting a demo day at Riverview Golf Course from 9:00am to 2:00pm. This year we will be adding Callaway Golf as a vendor; other vendors include Ping, Wilson, Taylor-Made and Cleveland/Srixon.

On February 9, Lakes East/Lakes West hosted the 9th Annual Teal Ribbon Tournament. The event was successful once again due to the efforts of Laurel Pracht and many volunteers. This year, the event raised in excess of \$19,000 for the Arizona Cancer Center for Ovarian Cancer Research. Sincere thanks to those that participated in this fun event. If you did not play this year, we hope to see you next year.

On Thursday, March 9, the 3rd Annual Can/Am tournament will be held at the South Course. The format will be a two person best ball with an 8:00am shotgun start. The cup will be awarded to the team with the most winning pairs. In addition to the cup, prizes will be awarded equally between the American and Canadian teams, as well as prizes for longest drive and closest to the pin. A Pebble Beach vacation will be awarded for a hole in one on hole eleven.

Golf Courses

We are entering our busiest time of the year as more people come to enjoy our beautiful spring temperatures. The warmer temperatures also provide for better growing conditions, allowing turf to grow with more vigor and damage to heal more quickly. Though damage does heal faster, we still need golfer assistance in repairing ball marks and filling divots. With increased play, slow play instances become more likely. We ask everyone to please practice ready golf by: playing your shot as soon as possible, when it doesn't interfere with your playing partners or the group ahead, move to your ball whenever it is safe to do so, avoid excessive practice swings, read your putt ahead of your turn and recording scores on the following tee box.

The warmer temperatures will also begin to bring bermuda out of dormancy. We will begin to increase watering, particularly in the roughs. Mowing heights will also be adjusted lower to open up the grass canopy and allow the bermuda to receive more sunlight. We do understand that a good percentage of our golfers prefer a higher (than industry standard) cut, however lowering the cut is necessary as we enter the transition phase between winter rye and summer bermuda.

Grounds and Lawn Bowling

Prior to this past weekend's rains, greens were beginning to need light watering. Watering this time of year is strictly dictated by mois-



Register now for upcoming sessions of the "Get Golf Ready" program.

\$99 includes 4 group lessons, with the 5th lesson being a round of golf. Lessons held at Willowcreek Golf Course (unless otherwise noted). There are a variety of days and times, so pick the class that best fits your schedule. Sessions are limited to 8 students for each group, so be sure to sign up early!

Upcoming Sessions • April-May

April 2017

Golf Professional: John Martin (final day of play at Willowbrook)
Mondays & Wednesdays, Play on Friday - April 3, 5, 10, 12 at 1:00pm and, Friday, April 14 - Play a round of golf at 1:00 pm (Meet at 12:30pm)

Golf Professional: Bob Day (final day of play a Willowbrook)
Tuesdays & Thursdays, Play on Friday - April 11, 13, 18, 20 at 1:00pm and, Friday, April 21 - Play a round of golf at 1:00pm (Meet at 12:30pm)

April-May 2017 (Last class of season)

Golf Professional: Sarah Bakefelt (all lessons & final day of play at Willowbrook)
Wednesdays, Thursdays and Fridays - April 26, 27, 28, May 3 at 10:30am and Friday, May 5 - Play a round of golf at 9am; Second Group at 11am (Meet at 10:30am)

Contact Chris Linam @ 623-876-8419 or email to: clinam@suncityaz.org

ture level readings of the greens. Data is gathered through the use of an electronic moisture meter. Though the bermuda is dormant light water is needed to keep the roots from becoming desiccated. Overall moisture readings were slightly lower than January and with the exception of Oakmont, green speeds were slightly slower.

Weed control is always a topic this time of year, the mild winter and heavy rain have made them exceptionally problematic this year. The grounds crew has weed control as a top priority and with the assistance of the golf course superintendents, have been spraying weeds both for immediate relief and for long-term control. Weeds in high visibility areas are removed mechanically.

**Find more Golf News
on Page 12**



RCSC's 8 Golf Courses

Lakes East: (623) 876-3023
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 W. Boswell Blvd.

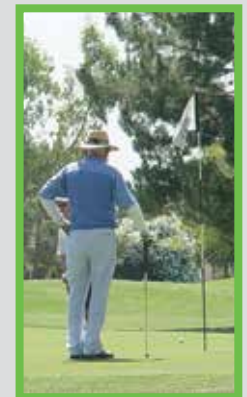
Quail Run: (623) 876-3035
9774 W. Alabama Ave.

Riverview: (623) 876-3025
16401 N. Del Webb Blvd.

RCSC's 5 Snack Shops

Menu Available at
suncityaz.org/golf/snack-shops/

**April Snack Shop Hours
Open Daily 6am - 3pm**



2017 RCSC Course Maintenance Schedule

Fairway Vericutting:

Thursday & Friday, May 11-12 • Riverview
Monday, May 15 • Quail Run
Thursday & Friday, May 18-19 • South
Monday & Tuesday, May 22-23 • Lakes West
Thursday & Friday, May 25-26 • Lakes East
Thursday & Friday, June 1-2 • North
Monday & Tuesday, June 5-6 • Willowcreek
Thursday & Friday, June 8-9 • Riverview

Fairway Aerification:

Monday & Tuesday, June 12-13 • Riverview
Thursday, June 15 • Quail Run
Monday & Tuesday, June 19-20 • South
Thursday & Friday, June 22-23 • Lakes West
Monday & Tuesday, June 26-27 • Lakes East
Thursday & Friday, June 29-30 • North
Thursday & Friday, July 6-7 • Willowcreek
Monday & Tuesday, July 10-11 • Willowbrook

Greens Aerification:

Thursday & Friday, July 13-14 • Riverview
Monday, July 17 • Quail Run
Thursday & Friday, July 20-21 • South
Monday & Tuesday, July 24-25 • Lakes West
Thursday & Friday, July 27-28 • Lakes East
Monday & Tuesday, July 31-Aug 1 • North
Thursday & Friday, Aug 3-4 • Willowcreek
Monday & Tuesday, Aug 7-8 • Willowbrook

Overseed Schedule:

- Riverview, Lakes West, Willowbrook and South • Closes October 9 & Opens October 28 • Cart Path Only until November 10
- North, Lakes East, Willowcreek and Quail Run • Closes October 23 & Opens November 11 • Cart Path Only until November 24

Volunteer Ranger Program

For more information about joining our program, please contact Chris Linam, Pro Shop Manager, at 623-876-8419 or email clinam@suncityaz.org. Next meeting is Thursday, April 27, 2017 at 1pm in Talisman Hall.

February 2017 High Scores							
MEN'S HIGH GAME				WOMEN'S HIGH GAME			
Earl Lucas	300	Tim Walker	287	Lynda Bettini	289	Nora Lewis	243
Tracy Stevenson	300	Roger Althaus	286	Brenda Burns	279	Julie Subica	242
Alan Wagner	300	Greg Poteete	286	Jacqueline Smith	267	Linda Travaglio	235
Kevin Gawelko	298	Pat Crowley	282	Shirley Braverman	266	Sharon Mccauley	234
Roger Beebe	289	Tom Adamowich	280	Cori Larsen	263	Alice Miller	234
Fritz Haverstick	289	Tim Gothro	280	Juli Bayer	257	Denise Matich	227
Jeff Kulpins	289	Glenn Hitchcock	280	Barbara Daniels	253	Barbara Bonner	226
Larry Spitali	289			Vera Mcfadden	246	Lynn Ryan	225
MEN'S HIGH SERIES				WOMEN'S HIGH SERIES			
Fred Jones	823	Larry Beranek	720	Lynda Bettini	760	Vera Mcfadden	673
Don Meyer	812	Alex Balok	718	Shirley Braverman	705	Barbara Daniels	650
Tim Walker	804	Lloyd Johnson	718	Cori Larsen	702	Kathy Crowley	637
Larry Neb	777	Johnny Gonzales	716	Brenda Burns	751	Shirley Trapp	629
Tim Gothro	775	Amedee Gregoire	716	Jacqueline Smith	722	Julie Subica	608
Matt Silvers	767	George Weston	715	Juli Bayer	685		
Mike Marranca	764	Warren Riemer	714				
Jeff Kulpins	753	Martin Purnell	713				
Roger Althaus	752	Scott Hecke	712				
Fred Fulmer	748	Adan Jazo	709				
Mike Friedrichs	744	Mike Lantz	709				
James Snodgrass	741	Charlie Price	708				
Larry Spitali	739	Charles Vrana	708				
Fred Glendenning	738	Mark Funk	707				
Richard Slager	737	Wayne Roberts	707				
Alan Wagner	737	Bill Slinkard	707				
Cal Shirey	736	J.R. Banks	705				
Bill McDonald	735	Roger Beebe	705				
Tom Adamowich	732	Bob Wade	705				
Gary Demeny	729	Chuck Rehbock	704				
Brian Lawlor	729	John Babbitt	703				
Fritz Haverstick	728	Mitch Kelsey	702				
Tracy Stevenson	728	John Marvel	702				
Bill Spiva	727	Dick Ohnstad	702				
Tim Walker	726	John VanDrie	702				
Mike Knudson	724	Curt Huff	701				
Dana Barrette	723	Rich Matich	701				
Bruce Lamb	723						



Get signed up today!



Bowling Leagues

Get ready for some cool times this summer at both RCSC Bowling Centers.

Pick a day, pick a time, pick a center - we've got lots of league options for you - both team & individual spaces available!

Stop by either Lakeview or Bell Lanes and get signed up today.

George's Lakeview Cafe

From our Family to Yours!

Spaghetti & Meatballs \$6.99
Add Soup or Salad for \$1.00
Sunday & Monday - 1pm to Close

Fish 'n Chips \$8.99
9 Oz. Cod or Walleye, Coleslaw & Potato
Wednesday & Friday



**Hours: M-Sat 7am-8pm;
Sun 7am-6pm**
Inside Lakeview Lanes
623-876-3057

29th Annual SUN CITY Open Tournament

ARIZONA

April 29-30 & May 6-7 @ Lakeview & Bell Lanes

All squads start at 10am

Cost/Bowler: \$20/Event • All Events: (Optional) \$4

Open to all USBC Certified Bowlers 50+ years old

- Low cost lineage - more to the prize fund!
- No price increase!
- Optional Scratch Event!
- Kegel Lane Walker!
- Kegel Fire Lane Conditioner!
- House Pattern – No Surprises!
- Brunswick ProLane!
- Lanes conditioned between each squad!

- Clean, state of the art, high-scoring bowling centers!
- Easy access from freeways!
- Standings posted on web promptly!
- Ample parking at both centers!
- Bowlers welcome from other states and associations!
- No USBC transfer fees!

Entry forms are online at www.suncityaz.org under the Bowling tab
For more info call 623-561-4652 or email suncityopen@suncityaz.org

RCSC Bowling Centers

Lakeview Lanes

10502 W. Thunderbird Blvd.
623-876-3055

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

Billiards at Lakeview Lanes, too!

Bell Lanes

16810 N. 99th Ave.
623-876-3050

Monday-Saturday: 8am-9pm
Sunday: Noon-8pm

Darts, Shuffleboard & Billiards at Bell Lanes!



Year-Round Bowling Rates - Cardholders: \$2.65 | Guests: \$2.90 (per Game)

The restaurant space at Bell Lanes is currently under renovation!

Watch this space for the grand opening of George's Cafe at Bell coming in Summer 2017!

Same great food with two Sun City AZ locations!

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.suncityaz.org/travel where you can now find the complete itinerary for every trip!

Overnight Trips

April 6-14, 2017 (Thursday-Friday)
Washington Cherry Blossom Fest | FSV
\$2,875pp double | \$3,399pp single |
Includes airfare

April 18-20, 2017 (Tuesday-Thursday)
Canyon de Chelly & Petrified Forest
National Park | AAA
Depart 8:30am | Return 6:00pm Thurs (est)
\$480pp double | \$585pp single



May 9-11, 2017 (Tuesday-Thursday)
Lake Powell with Canyon Adventure Boat
Tour & Jeep Tour of Antelope Canyon | AAA
\$678pp double | \$849pp single | \$150pp
deposit; balance due April 9

May 11-17, 2017 (Thursday-Wednesday)
Holland Tulip Fest & Mackinac Island | FSV
\$2,825pp double | \$3,775pp single |
Includes airfare | \$700pp deposit



July 1-2, 2017 (Saturday-Sunday)
An Evening with the Stars and the 84th
Annual Hopi Festival in Flagstaff | FSV
\$240pp double | \$325pp single

August 17-25 2017 (Thursday-Friday)
WA State Waterways & Nat'l Parks | FSV
\$2,575pp double | \$3,650pp single |
\$100pp deposit; balance due July 3



October 9-12 2017 (Monday-Thursday)
Northern California National Parks &
Wonder Valley Ranch | FSV
\$1,695pp double | \$3,182pp single |
\$600pp deposit; balance due August 29

October 10-13, 2017 (Tuesday-Friday)
2017 Albuquerque Balloon Fiesta | AAA
\$885pp double | \$1185pp single |
\$200pp deposit; balance due Sept 10
Reservations must be made 90 days in
advance of departure!



Day Tours

April 4, 2017 (Tuesday)
Tombstone | FSV
Depart 7:30am | Return 8:00pm (est)
\$150pp

April 5, 2017 (Wednesday)
Hassayampa Inn Hotel Tour & Lunch | AAA
Depart 8:30am | Return 4:30pm (est)
\$105pp



April 9, 2017 (Sunday)
Wild West Saloon Crawl | FSV
Depart 9:30am | Return 6:00pm (est)
\$99pp

April 12, 2017 (Wednesday)
Lake Saguaro on the Desert Belle | AAA
Depart 10:45am | Return 4:00pm (est)
\$99pp

April 14, 2017 (Friday)
Desert Botanical or Phoenix Zoo | FSV
Depart 9:00am | Return 3:00pm (est)
\$115pp



April 25, 2017 (Tuesday)
Butterfly Wonderland | AAA
Depart 9:45am | Return 2:00pm (est)
\$65pp



April 27, 2017 (Thursday)
Verde Canyon Railroad | AAA
Depart 9:00am | Return 7:30pm (est)
\$125pp Coach – \$175pp First Class

May 9, 2017 (Tuesday)
Out of Africa & Pioneer Living History | FSV
Depart 8:30am | Return 6:00pm (est)
\$99pp



June 9, 2017 (Friday)
Classic Homes Tour with Lunch | FSV
Depart 9:00am | Return 5:00pm (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.suncityaz.org/travel.
Single residents can request their name be added to a list for "sharing a room by gender" with another resident for overnight tours.

Space on tours is very limited! Make your reservations with RCSC Travel & Tours today!

A Moment with President Hoffer -

What is the RCSC?

It seems like an easy enough question. The Recreation Centers of Sun City, Incorporated is the place you go to enjoy your retirement. It's one of the things that makes Sun City AZ great. But beyond that, there's a lot of misconception as to what RCSC is and what it is RCSC does.

First off, we are a private 501(c)(4) not-for-profit corporation. We are like every other 501(c) corporation out there in that we have no owner, just as your church, or Easter Seals doesn't have an "owner" per se. And because of that, we follow some different rules than you might think. We aren't a governmental unit of any kind, which means we aren't a city council, and we really don't take political stands on most issues unless they effect the entirety of Sun City AZ.

We own and operate eight golf courses, seven recreation centers, five snack shops, two bowling centers, two (leased) restaurants, the Sun Bowl amphitheater, a 33-acre man-made lake, and a dog park. We have over 130 clubs that fall under our umbrella. We have \$95 million in assets with an annual budget of around \$22 million. We employ over 375 people, full and part-time, and about 65% of those folks live right here in Sun City AZ.

We sometimes are mistaken for having jurisdiction over the entire community, and nothing could be further from the truth. We don't have anything to do with your neighborhood (that's SCHOA or your individual condo association). We don't control the medians and the roads (that's Maricopa County). And we have nothing to do with the myriad of businesses that set up shop here.

Unlike most private corporations, RCSC is actually very open. We have two open meetings with the Board of Directors every month. We have a Board/Member Exchange, where members of the RCSC can come in and discuss issues with the Board that usually occurs the second Monday of each month (except July and August when there is no meeting, and November and December when it's the first Monday of the month). We have a Board Meeting open to the public on the last Thursday of each month (again except in July and August when there is no meeting, and November and December when it's a week earlier). We now video tape both meetings and put them on the Sun City AZ YouTube site. And we make time on the third Friday of the month for "One-on-One with The Board" sessions where you can meet with Board members and discuss your issues in private.

RCSC is here to serve the Members. Without you, there is no reason for RCSC to exist. After all, the REAL secret to Sun City AZ's success is the people!



Rich Hoffer
2017 RCSC Board President

NEW for 2017!

Meet with The Board

One-on-One; No Hassles, No Crowds! Share your ideas!

Come and discuss your individual situation or concerns at the next session of Meet with The Board:

- Friday, April 21, 2017 - 1 to 3pm
- By appointment only from 2-3pm - Call 623-561-4600 to schedule a meeting time (limited to 10 minutes)
- Lakeview Board Office (Lower Level)



2017 RCSC Board of Directors

Phone: 623-561-4620
email: boardoffice@suncityaz.org

Rich Hoffer, President
email: rhoffer@suncityaz.org

Jerry DeLano, Vice President
email: jdellano@suncityaz.org

Stella VanNess, Secretary
email: svanness@suncityaz.org

Carol Lawry, Treasurer
email: clawry@suncityaz.org

Ida Eisert, Director
email: ieisert@suncityaz.org

Ron Smith, Director
email: rsmith@suncityaz.org

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This Month @ The Board - April 2017

****PLEASE NOTE: All dates are subject to change. For the most up-to-date information, check suncityaz.org or pick up a copy of "This Month @ The Board" at the Lakeview Corporate Office.**

Board/Member Exchange	Monday, April 10, 2017 @ 9:00am	Lakeview Social Hall #3
Regular Board Meeting	Thursday, April 27, 2017 @ 6:30pm	Fairway Arizona Rooms 1-2
Committee Meetings:		
Bowling Committee	Thursday, April 6, 2017 @ 9:00am	Lakeview Board Room
Ad Hoc Long Range Planning Committee	Friday, April 7, 2017 @ 11:00am	Lakeview Board Room
Outreach & Communications Committee	Tuesday, April 11, 2017 @ 9:00am	Lakeview Board Room
Lawn Bowling Committee	Tuesday, April 11, 2017 @ 1:00pm	Lakeview Board Room
Club Organization Committee	Wednesday, April 12, 2017 @ 1:00pm	Lakeview Board Room
Elections Committee	Wednesday, April 19, 2017 @ 1:00pm	Lakeview Board Room
Golf Advisory Committee	Thursday, April 20, 2017 @ 8:30am	Lakeview Board Room
Ad Hoc Long Range Planning Committee	Friday, April 21, 2017 @ 11:00am	Lakeview Board Room
Entertainment Committee	Tuesday, April 25, 2017 @ 1:30pm	Lakeview Board Room
Insurance Committee	Tuesday, April 25, 2017 @ 3:00pm	Lakeview Board Room
Ad Hoc Long Range Planning Committee	Friday, April 28, 2017 @ 11:00am	Lakeview Board Room
The following committees do not have meetings scheduled this month: Finance & Budget and Properties		

Sun City
Foundation



“Neighbors Helping
Neighbors”

The next Sun City Foundation meeting will be held on Thursday, April 13, 2017 at 1:00pm in the Lakeview Center Board Room.

Management Updates

Financial Report:

We have operated well within our operating and capital budget year to date. Each financial division has ended January 2017 in a positive variance from budget, regardless of the fact that all of the divisions, excluding bowling, had less income than budgeted for the month.

Be sure to join us at the Sundial Auditorium on Monday, February 27 at 6pm for the Annual Membership Meeting where the 2017 Annual Budget will be presented.

Bowling:

The 29th Annual Sun City Open Senior Bowling Tournament will begin April 29 and will run for two weekends. The tournament produces income of \$5k to \$6k. The tournament is open to all senior bowlers in Arizona. It is always a joy to receive the compliments from the bowlers about the cleanliness and upkeep of our two RCSC bowling centers.

Both centers now have lane bumpers installed. Two lanes were installed at each center. The lane bumpers will make the bowling experience more enjoyable for young grandchildren because the bumper will not allow the bowling ball to fall into the gutter.

Bowling Leagues are beginning to wind down, most leagues will finish their season by mid-April and shortly thereafter summer leagues will begin.

Cardholder Services:

Payments on past due assessments started the year positively and jumped in January to 12% of past due balances. While total accounts receivable increased by 1.8% in January the overall past due balances decreased in January by 2.4%. The reduction in past due balances was offset by a larger increase in current category receivables. December assessments went 30 days past due at an increased 7.5% rate, which tops last month as the highest monthly rate in 3 years. November assessments went 60 days past due at a 3.9% rate which is 20% higher than the prior 12-month average.

Payments from our third party collections firm started the year well in January by doubling the January 2016 payment total and being greater than the monthly average in 2016. The total of payments in January was \$18,617.

Payments made by Cardholders through the online RCSC Web Portal also started the year strong with payments in January totaling \$97,580 from 242 property owners.

In January property transfer related balances increased by almost 8% and lender owned related balances decreased by 34%. Outstanding balances related to property transfers represent approximately 55% of all receivables due and 53% of past due balances. Trustee sale notices on Sun City properties decreased to 50

properties at the end of January. The number of properties owned by lending institutions decreased slightly this month to 14 properties.

Human Resources:

For participation in RCSC’s voluntary wellness program, 96 employees completed a biometric health screening for the 2017 calendar year. The next step for those employees is to complete an online Health Risk Assessment. Those employees who complete the process receive a reduction in their share of the monthly medical premium.

RCSC currently has 167 full time employees and we consider 96 participants to be a good rate since approximately 47 employees have medical coverage elsewhere and some employees chose not to participate for personal reasons.

We hear good results of the program such as weight loss, blood pressure reduction, better cholesterol levels and decrease in waist circumference. Raising health awareness is providing goal setting for our employees with the desired results of good health and controlling medical premium rates for both employee and employer.

The Occupational Safety & Health Act (OSHA) requires employers to post information on work-related injuries and illnesses, as well as the average number of employees and total hours worked by all employees each year. Information for 2016 is now available on OSHA Form 300A and is posted on employee bulletin boards throughout RCSC until April 1. Form 300A reports the average number of employees throughout 2016 to be 376 with 523,435 total hours worked. There were 20 reportable on the job injuries.

Member Services:

February’s entertainment started when Kevin Sterner and his band gave us the most true-to-life George Strait tribute performance in the valley today. Followed by the Original Grass Roots, which mesmerized the audience with their talent and style. Then we welcomed a tribute to the Blues Brothers by the Fairchild Blues Band, which was full of high energy and thoroughly entertained the crowd. Last night, the #1 rated Tribute Artist of Las Vegas “Yesterday,” a Beatles Tribute took Sun City AZ by storm performing to our second sold-out crowd of this season!

Back by popular demand, on Wednesday, March 1 One of These Nights, the #1 Eagles Tribute Band will perform to another sold-out crowd. On Friday, March 3, we will present our 5th Annual Dancing with the Sun City Stars free to RCSC Cardholders and their escorted guests. Doors open at 6pm and the performance begins promptly at 7pm. Then on Wednesday, March 8, all the way from Las Vegas Bee Gee’s Gold will be performing to yet another sold-out crowd.

(continued on next page)

Financial Report

Period Ending - January 2017
For a more detailed financial statement, please visit www.suncityaz.org/financials

BALANCE SHEET		
For the Period Ending January 31, 2017		
	Current Y-T-D	Prior Y-T-D
Unrestricted Funds:		
Cash Invested/On Hand/In Bank	8,242,973	8,167,737
Cash Reserves	2,500,000	2,500,000
Sub-Total Unrestricted	10,742,973	10,667,737
Restricted Funds:		
PIF/Capital Reserve	15,584,732	10,607,517
Total Cash & Investments	26,327,705	21,275,254
Other Current Assets:		
Accounts Receivable	2,794,712	2,910,981
Deposits & Prepaids	1,707,323	1,741,607
Inventory	115,336	120,859
Total Current Assets	30,945,076	26,048,701
Fixed Assets:		
Land, Improvements, Buildings	102,199,026	95,499,900
F, F & E and Vehicles	27,951,033	26,600,970
Less: Accumulated Depreciation	(65,340,421)	(60,823,994)
Work In Progress	5,378,085	8,187,725
Total Fixed Assets	70,187,723	69,464,601
TOTAL ASSETS	\$101,132,799	\$95,513,302
Current Liabilities:		
Accounts Payable and Other	1,290,590	1,287,123
Deferred Income	7,027,586	6,738,355
Pre Billed Assessments	2,416,516	2,300,000
Total Current Liabilities	10,734,692	10,325,478
Other Liabilities:		
Lease Purchase	0	0
Total Liabilities	10,734,692	10,325,478
Net Worth:		
Current Net Worth	90,398,107	85,187,824
TOTAL LIABILITIES and NET WORTH	\$101,132,799	\$95,513,302
STATEMENT OF INCOME AND EXPENSES		
For the Period of January 31, 2017		
	Current Y-T-D	Prior Y-T-D
Operating Income:		
Property Assessments	957,498	934,076
Transfer & Access Fees	76,268	52,538
Privilege & Guest Cards	148,527	130,453
Food / Liquor Sales	65,363	68,102
Bowling Fees	77,297	77,986
Golf Fees	601,232	604,022
Cart Rentals	19,046	21,221
Merchandise Sales	14,085	15,183
Activities Income	48,944	46,366
Rental Income	41,158	35,238
Contributions	5,372	4,613
Miscellaneous Income	3,005	2,447
Total Operating Income	2,057,795	1,992,245
Cost of Sales:		
Total Cost of Sales	58,511	51,452
Gross Income	\$1,999,284	\$1,940,793
Operating Expenses:		
Salaries and Wages	594,194	544,907
Payroll Taxes and Benefits	178,261	165,315
Repairs and Maintenance	218,383	94,811
Utilities Expense	226,802	218,314
General Operating Expenses	140,235	138,498
Total Operating Expenses	1,357,875	1,161,845
Net Operating Income	\$641,409	\$778,948
Other Income:	2,557	21,337
Other Expenses:		
Property Taxes	12,491	12,438
Insurance	36,091	36,091
Other	1,269	1,237
Net Income Before Depreciation	594,115	750,519
Depreciation:	356,369	324,045
NET INCOME / (LOSS)	\$237,746	\$426,474

RCSC Management Reports are presented at RCSC Board of Directors meetings each month (except July and August), posted on the website at www.suncityaz.org (under the RCSC tab), and are sent via email to RCSC Cardholders who have signed up to receive RCSC News Email Alerts. These reports were presented to the Board at the meeting on February 23, 2017.

Project Updates

General Information

- The new Viewpoint Lake boat dock was opened on January 6, 2017. The new dock is outfitted with four paddleboats and two rowboats which are available free of charge to RCSC cardholders. Can you believe that the paddleboats alone were used by 527 cardholders from January 6 through February 17? This pleasurable activity is becoming very popular with RCSC cardholders so why not bring a friend and join in the fun at RCSC's Viewpoint Lake located at Lakeview Center. The boats can be checked out at the mini golf facility attendant station during normal operating hours.

Sundial Center

- New parking lot light poles and LED fixtures have been installed throughout the Sundial parking lot. The new fixtures have improved overall lighting in the parking lot and will also reduce electrical usage. Contractor was Accel Electric (cost – \$34,134).
- The broken tile cap on the block walls leading into the mall area, from the east and west, is being replaced with a colored solid 16" x 8" x 4" block. Contractor is Ken McIntyre Construction (cost – \$10,060).
- Preparations are underway to re-level, re-carpet and paint the eleven Sundial Bocce courts. The repair project will commence sometime after March 18, 2017. Contractor is Ken McIntyre Construction (cost – \$111,709).

Riverview Snack Shop

- New window blinds were installed in the south facing windows of the snack shop meeting room. Contractor was Budget Blinds (cost – \$665).

Willowcreek / Willowbrook Patio

- Two in-stock outdoor rated aluminum bulletin boards and a counter with two metal drawers were installed at the Willowbrook/Willowcreek patio area. Counter fabrication and bulletin board installations were completed by the RCSC cabinet maker (cost – \$150).

Bell Center

- A new Facility Attendant welcome desk is being installed in the fitness lobby. Contractors are Lee's Countertops and the RCSC Skilled Trades cabinet maker (estimated cost – \$4,500).
- New parking lot handicap signs and posts have been installed in the east lot. Contractor was the RCSC Skilled Trades Facility Maintenance Technician (estimated cost – \$1,800).
- A trench drain has now been installed at the north end of the metal shop to divert water away from the building. Contractor was Ken McIntyre Construction (cost – \$3,847).
- The Bell Visitor Center remodel is now completed and reoccupied by RCSC employees as of February 13, 2017. General Contractor was Ken McIntyre Construction (cost – \$132,152).

Lakeview Center

- Lakeview Social Halls 1-3 will receive new window and arcadia door vertical blinds in early March 2017. Contractor is Budget Blinds (cost – \$3,552).

Willowcreek/Willowbrook Maintenance

- The Willowcreek/Willowbrook/Skilled Trades maintenance building is progressing very nicely. The steel structure is up and steel siding and roofing panels applied. Masonry work on the block walls is completed and interior framing, mechanical, plumbing, sprinkler, electrical and compressed air rough-ins are completed. Drywall and site grading is now underway. Contractors include Doege Construction (formally DVP Professional Builders), CCBG Architectural and Bunger Steel (PIF Cost – \$1,881,825)

Skilled Trades Department

- The RCSC Skilled Trades Department completed 371 work orders during the last two weeks of January 2017 and the first two weeks of February 2017.

Centers Operations

- The months of January and February have seen increased daily usage at all seven recreation centers. In addition, Mountain View has been busy with The Sun City Players Community Theater production. Some other events include: A successful art show at Bell, a number of well-attended concerts at Sundial, and a Pickleball tournament at Marinette that generated a large number of participants.
- A new automatic robotic pool cleaner was recently purchased for the Lakeview pool to replace one that no longer worked. This device is placed in the pool overnight and cleans debris from the bottom of the pool.
- Some new mini-golf clubs were recently purchased for use at the Bell Center.
- Congratulations to Domenic Scarano at Mountain View for his recent 5-year anniversary with the RCSC, and to Rick Oster at Lakeview and Dick Willey at Oakmont on their recent 10-year anniversaries. All three employees perform their jobs with much enthusiasm and attention to detail.

Management Updates

(continued from previous page)

On Sunday, March 12, we kick off the Sun Bowl spring series with Sam Morrison and Turn the Page, a tribute to Bob Seger. Remember, all shows at the Sun Bowl in March start at 6pm.

On Wednesday, March 15, we are back at Sundial to watch the incredible performance of Bobby Brooks Wilson the son of the late, great legend and Motown recording artist Jackie Wilson. On Sunday, March 19 it's Rob Caudill as Rod Stewart at the Sun Bowl. Then at Sundial on Wednesday, March 22, another great Las Vegas performer, Cookie Watkins as Tina Turner. On Sunday March 26 at the Sun Bowl for the Eric Clapton Experience. Then we close out this amazing month of March entertainment and the Sundial season with a Huey Lewis tribute, the Heart of Rock & Roll.

Remember, all Sun Bowl shows are free for RCSC Cardholders and their escorted guests. Be sure to have your RCSC Member or Privilege Card (with photo) at each of these events as key fobs are not accepted.

General:

For those who may not be aware, the monthly management reports are available on our website www.suncityaz.org under the RCSC 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!

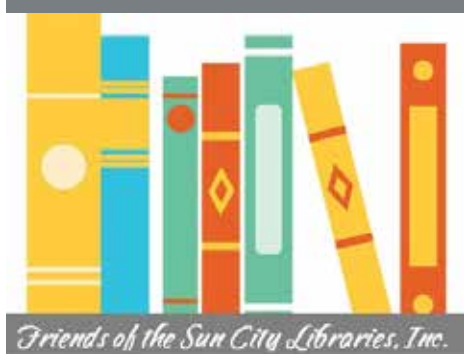
Hey! Sun City Gives Back!

RCSC Chartered Clubs:
Let others know about the good deeds you do!

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

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

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



News from Friends of the Libraries

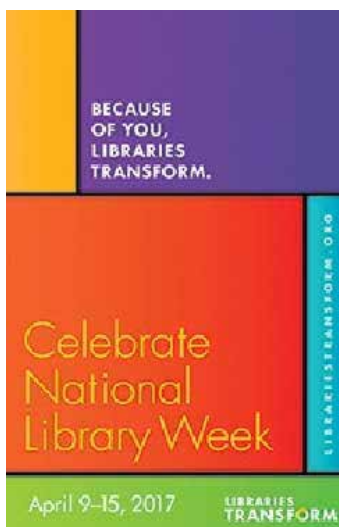
Another Banner Year!

That is how Friends President Marcia Davis described 2016 in her annual report to the Board of Directors in February. In that report, which can be read in full at our web site at suncitylibrariesfriends.org, Marcia listed the following highlights:

- Six new board members
- Nearly 100 volunteers donating approximately 10,000 hours
- Three excellent volunteer recognition events
- A volunteer survey showing volunteers love what they do
- Over 500 hours devoted to delivering library materials to the homebound
- New Book Friend program to read to memory care patients
- New Friends and Library History flyer
- A book mark contest
- Many Independent Newspaper stories
- More community outreach
- Record Bookstore sales of \$38,783
- Web site unique visitor increase of 74%
- Well managed investments for long term protection
- Nearly \$30,000 in donations to Libraries and supportive organizations
- Excellent cooperation with the Maricopa County Library District and the Recreation Centers of Sun City

Marcia summarized her report by stating, "Overall in 2016, the Friends certainly enhanced the community through support for the Sun City libraries [the Friends Mission Statement]. These enhancements, courtesy of our wonderful volunteers and partners, help set the stage for an even more exciting 2017."

That excitement in 2017 at Books Around the Corner for April includes: a half price sale on all books by Jack Higgins; a big supply of jigsaw puzzles; and some best sellers marked down from \$4 to \$1 or \$2 during the week of April 3 through 8. Watch the Independent ad for the dates of the Friends April book sale at Fairway.



April 9 through 15 is National Library Week. National Library Week is a national observance sponsored by the American Library Association (ALA) and libraries across the country each April. It is a time to celebrate the contributions of our nation's libraries and librarians, and to promote library use and support. Tuesday, April 11 is National Library Workers Day, a day for library staff, users, administrators, and Friends groups to recognize the valuable contributions made by all library workers. Come to one of our great libraries to see why we have so much to celebrate.

That's our banner for April.

Water Conservation

Water Savings in the Kitchen & Bath

To start in the kitchen, first use a scraper or paper towel to wipe leftovers and FOG (Fat, Oils and Grease) into the garbage. Second, stopper the sink and run a small amount of water for pre-soaking plates, utensils and other heavily soiled dishes instead of rinsing under running water. After that, a quick swipe with a dishrag makes them ready for the dishwasher. Keep in mind that most new dishwasher models clean more thoroughly and require less pre-rinsing than older models and most new detergents work better when dishes are more soiled.

Designate a glass each day for water instead of using a fresh glass every time you need a drink.

Do not use running water to thaw frozen food. Not only does it waste a preposterous amount water, but it's unsafe. As soon as any part of defrosting food becomes warmer than 40 degrees Fahrenheit, bacteria present before freezing can begin to multiply.

Select the correct size pan for boiling veggies and pasta to avoid using more water than needed. Then reuse the leftover water from steamed/boiled food to start a nutritious and tasty broth for soups or gravy. This can be frozen in a freezer container, a baggie (when cooled), or an ice cube tray, a good option that allows you to use on a "per-cube" basis. If you don't want to go to the trouble of freezing it, put it in a jar in the fridge and the next time you make a smoothie be sure to add some of this nutrient rich juice. Just don't let it sit too long in the fridge before using. If you have a little one coming to visit, you can also use it to make pureed baby food from scratch.



Drop some ice cubes? Don't kick them under the fridge! Instead, place them in a plant or a pet's water dish to avoid wasting them. If you're not an ice-chewer, you can also dump remnants of ice water and tea (unsweetened) on plants as well. (Probably not in Fido's water bowl however, especially if there is any remnant of adult beverage on them, including tea!)

Wash fruits and vegetables in a bowl in your sink, then reuse the water for house or outdoor plants (but only if you don't pre-rinse your dishes in it). Keep a jug under your sink and dump your fruit/vegetable water and all those half-glasses of unfinished water, melted ice cubes, Fido's old water from yesterday, etc. When you have enough, you can water any indoor or outdoor plant. It's also convenient if you're on a tight schedule and there's no time for wandering around the house every time you have a few ounces of water. If you keep it in a jug or bucket under the sink, you might be more apt to save and use it appropriately instead of tossing it down the drain.



In the bathroom, keep a bucket in the shower and collect water while waiting for hot water. You can use this to flush the toilet, mop the floors, water landscape, wash the car... you get the idea. If the bucket is clean to start with, the water could easily be used for washing vegetables if it doesn't sit too long.

Have a glass in your bathroom? Fill it up (if it's a small one), take a sip and swish your mouth, dip your toothbrush, add toothpaste and brush to your heart's content. Take another mouthful, swish, rinse and spit; pour remainder over toothbrush to rinse the brush. You just brushed your teeth using 8 ounces of water or less instead of leaving the tap run while your electric toothbrush sings for 2 to 3 minutes. Nicely done, because...



Every Drop Counts!
Do your part to help conserve!



Sun City Gives Back

Sundial Crafts Give to School Children in Several Ways

Stitches of Love

Sundial Crafts Club supports several charities that help area school children and one such project is the "Back-to-School Clothing Drive" Program that is affectionately known as "Stitches of Love."

In 2016, club members made and donated 2,426 items to this program. Items made by members included the following: For Boys - hats, wallets, shirts, pillowcases, bookmarks, and keyrings; For Girls - hats, purses, hair accessories, scarves, dresses, bracelets, and bookmarks.

Each year before school starts in August, the "Back-to-School Clothing Drive" program holds distribution days when children come and select their new clothes and accessories. Five Sundial Craft members in 2016 also helped the children at the distribution site.

If you are interested in this annual project for community children, visit our webpage at www.suncityaz.org under Recreation, Clubs or stop by our meeting room located on the second floor of the Sundial Recreation Center. Club hours are Mondays 8am to 1pm and Thursdays 8am to 11am.



The photo below shows just a small fraction of the clothing distributed to children in need before the start of each school year through the Stitches of Love program.



Dysart Community Center

Priscilla Duenaz, Youth Education/Recreation Director at Dysart Community Center (left) and Sundial Crafts Club member Shirley Gerhart with just a small amount of the yarn being donated to this organization during a recent visit. The community center will be teaching children in their after-school program how to use looms to make hats and scarves. As the children learn, their first hat has to be donated to a child in need. If you or your club would like to donate to this project (looms are also still needed), please call Shirley at 623-240-2241 or drop off your donation to Sundial Crafts Club on Mondays from 8:30am to 1:00pm.

"Hats off" to Sundial Crafts for showing another great example of how Sun City AZ gives back to the community!

Sun City Gives Back

Vintage Vehicles Club Helps Clothe the Homeless



Looking to help make life a bit easier for others less fortunate, the Vintage Vehicles Club of Sun City collected gently used clothing during one of their recent meetings. With the entire bed of this pick-up truck full, they left from Lakeview Center and delivered the goods to the Phoenix Rescue Mission in Phoenix (below). Once again, thanks for giving back, Sun City!



2017 Home & Garden Expo

Sponsored by:
Sun City Home Owners Association

Wednesday, April 12
9:00 a.m. – 1:00 p.m.
Sundial Center
Mark your Calendar!!

Registrations are now being accepted.
For further information, contact
Marketing@suncityhoa.org
623 974 4718, ext. 211

Input Sought Regarding New Golf Rules for 2019

New USGA Rules of Golf are scheduled to take effect on January 1, 2019. By previewing the proposed changes and creating a period of feedback and evaluation, the USGA hopes to create an open forum that allows all who are interested to give their perspective on the proposed new Rules.

USGA intends to finalize work on the new Rules code in 2018 and will allow for a substantial period for education so that both golfers and golf officials will have considerable time to learn the new Rules before they take effect.

You can see written and video resources at usga.org/rules to help you understand these new rules and to give your feedback. The key changes are shown in the graphic below.

In addition, two educational Question & Answer seminars with Missy Jones, USGA rules official, have been scheduled to explain the proposed changes so that RCSC/Sun City golfers can try them out and get their feedback to the USGA. These sessions are open to both men and women and will be held in Fairway Center Arizona Rooms #3-4 as follows:

- Tuesday, April 4, 2017 at 8:30am, and
- Wednesday, April 26, 2017 at 8:30am.

Your thoughts and comments during this review period are important. It is hoped you'll be able attend one of these sessions or will submit your concerns to USGA directly.

MODERNIZING GOLF'S RULES: KEY CHANGES

The R&A and the USGA released a preview of golf's proposed Rules, which are due to take effect on January 1, 2019. Here are five of the most significant changes.

How to Drop a Ball

You will be able to drop a ball from any distance above the ground, provided it doesn't touch anything and falls through the air when dropped.



Time for Ball Search

Three minutes will be the maximum allotted time to search for a ball, rather than the current five minutes.



Repairing Spike Marks

It will be OK to repair spike marks and any other damage done by shoes, damage from a club and almost all other damage on the putting green.



Leaving Flagstick in the Hole

If you make a stroke from on the green and your ball hits the flagstick in the hole, there will be no penalty.



Relaxed Rules in Penalty Area

You are allowed to ground your club and move loose impediments in a penalty area (an expanded concept of water hazards).



Tell us what you think about the proposed Rules changes.


We welcome feedback at usga.org and randa.org through August 31, 2017. The new Rules will go into effect January 1, 2019.



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Free Movies *

Wednesdays at Marinette
Saturdays at Mountain View
Afternoons at 2pm
Evenings at 7pm



ALWAYS
FREE
POPCORN!
NOW
SERVING
BOTH
SALTED &
UNSALTED

To find out "What's Playing?"

- 1) Sign up for Movies & Events emails at suncityaz.org 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!
Tune your device to 99.1 FM.



SUN CITY ARIZONA FARMERS MARKET

THURSDAYS
Bell Center
9am-1pm

Fresh Fresh Fruits & Vegetables
Baked Goods | Jams & Jellies
Pastas & Pickles | Spices
RCSC Clubs

Sorry, no pets are allowed on RCSC properties!

Welcome to RCSC Club Events

We've reorganized the Clubs Events & Announcements that appear in SunViews 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.

Page 13	General Information, New Interest Groups, Other Interests/Hobbies
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

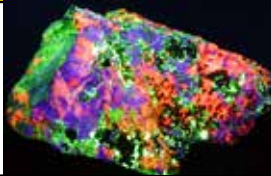
General Information

Home Delivery of SunViews

Did you know you can start & stop home delivery of SunViews while you're out of town? Simply contact the Sun City Independent Circulation Dept at 623-445-2831 or email to nkilpatrick@newszap.com.

General Interest/Museums

Sun City Rockhounds Mineral Museum
Hours of Operation:
October thru April: 10am-1pm; Closed Thursday and Sunday
May thru September: Saturdays only from 10a-1pm,
FMI email scrockmuseum@gmail.com or call 623-428-6442
during museum hours. Come check out our fluorescent room!



Model Railroad Club at Fairway
Located in the Fairway Recreation Center at 107th and Peoria.
Club membership open to RCSC Cardholders.
Open to the Public: Monday - Saturday 10am-2pm

Del Webb Sun Cities Museum
Next to Oakmont Center
Open Monday - Wednesday - Friday 1-4pm
Call 623-974-2568



New Interest Groups

Indoor Basketball or Volleyball

Would you be interested in the opportunity to play **indoor volleyball or basketball** in Sun City? I am gauging the level of interest to see if RCSC would be willing to accommodate these popular sports. FMI Charles Peterson 206-459-3242 orcharlespeterson@comcast.net

Whisper Ball

Looking for RCSC Cardholders interested in Whisper Ball, a game similar to Racquetball & played on same courts. The only thing you need is white soled shoes; safety glasses & racquets available at Bell Courts monitor station. If you enjoy a game that requires hand-eye coordination but is safer, quieter and slower, Whisper Ball could be the ticket. FMI Rick Steiner 412-419-9578 or stop by Bell Racquetball, 1:30pm, Tues or Thurs & give it a try.

Political Clubs

Sun City Republican Club

Annual Sun City Republican Club Picnic Fundraiser at Quail Run Pavilion, Friday, 4/21, from 6-8:30pm. Former AZ GOP Chairman Robert Graham is the special guest speaker, along with other dignitaries. Tickets: \$15/pp or at the door. Must RSVP by 4/18. FMI Patti 713-557-5800 suncitygopclub@gmail.com

Sun City Democratic Club

Meet first Thursday every month, 6pm, year around. Next meeting: Thurs, 4/6, 6pm at Fairway. April meeting is two-fold: AARP presents a short, informative talk on services, discounts & the many benefits offered AARP members. Second purpose is to hear from & join watch groups. Learn what our active groups are doing & tailor your activities to what is working. We also meet every Mon, 9am, at Starbucks, 99th Ave & Bell. This convivial group discusses issues & makes plans with like-minded people. See you at our monthly meeting and/or weekly meeting. All RCSC cardholders & their escorted guest invited. FMI Email suncitydemocraticclubofaz@gmail.com

Other Interests/Hobbies

Community Garden

We meet Oct-May every 3rd Sat, 9-11am. Join us to help improve the community garden or just have a tour & see what we are all about. Start planning your garden now! Located west side of EPCOR water plant on NW corner of 91st Ave & Greenway. Bring your own work gloves, rakes & shovels. Garden plots available to RCSC Cardholders in Sun City Community Garden. FMI 623-875-5921 or visit Garden Club Office at Oakmont.

Fairway Readers Club (formerly Book in Hand)

Meet 1pm second Fri, Rm 217 at Fairway. Jeri Hauff moderates discussions. No annual dues; club meets year round. Books chosen by consensus. April: The Five People You Meet in Heaven, by Mitch Albom; May: The River of Doubt – Theodore Roosevelt's Darkest Journey, by Candice Millard. Some books available on reserve at Fairway Branch Library a month in advance for those w/library cards. Members must present valid RCSC card at first session. FMI 623-933-7361.

Armchair Photo Explorers Club

April Explores: Iceland; Hawaii; the Missions of California; and Wildflowers, from Louisiana to Alaska. We meet every Wed at Fairway AZRM1. Show starts 7 pm; doors open 6:30. Please arrive early to sign in & 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 \$2.50 each visit. First Wed monthly coffee & cookies served. FMI - Ron Yankowski 623-476- 2811. Come join us on our adventures.

Sun City Stamp Club

Meets 7pm first Mon every month in Marinette Social Hall. Set up/inspection of auction stamps: 6:30pm. All RCSC Cardholders & escorted guests welcome. No meetings June, July, Aug. New & old stamps from all countries available at auctions, books & albums at excellent values, 50% or more of current catalogue prices. Join us to start/improve your collection. FMI contact: Mike O'Neill 623- 974- 9943 mshane2009@prodigy.net; Bernard Heath 623- 977-2332 or BCstamps@cox.net; Wayne McKenzie 480-249-1278 or Wayne.Mck@shaw.ca

Best Friends Dog Club of Sun City

BFDC celebrates the love of dogs with pet-friendly activities, training opportunities & shared friendship. We meet in Fairway AZ Rooms every 3rd Tues, Oct-April (people only). Social hour: 9am; Meeting: 9:30am. We exchange ideas, info & often have a guest speaker. We offer an extensive program of dog (& people) training classes. Other activities include dog walks (parks & shaded neighborhoods), brunch with dogs & Yappy Hour. We have an annual Holiday (people only) party & a seasonal picnic (Bark in the Park w/dogs). We welcome new members & new ideas! FMI, class schedules & upcoming activities, visit www.bestfriendsdogclub.org or call 480-524-6893. Annual member dues: \$5; open to all RCSC Cardholders.

Sun City RV Club

A group of people who enjoy potlucks, card games, day trips, rallies, and RV caravans. No RV required! Club open to RCSC Cardholders & escorted guests only. Club meets Oct-April. April potluck: Tues 4/25, 5:30pm at Sundial. BYO eating utensils, paper plates, drink & a dish to share with 10-12 people. Entertainment this meeting: "Sun City Tip Top Dancers." April caravan meeting: Fri 4/28th, 9:30am at Sundial. Caravan meetings are for latest information on planned outings; donuts & coffee supplied. Club hosts card games at Bell MPR B 5-9pm Wed 4/5 & Tu 4/24. FMI www.scazrvclub.com or call Judy 623-444-4224.

Sun City Birding Club

This new club specializes in field trips to: identify birds, raise community awareness, enjoy nature & holds fun, educational classes with ornithological themes. Beginning to advanced birders welcome. No experience needed! You will love discovering the joys of birding! April meeting in Bell Multipurpose Room on 4/7 at 10am. FMI Tom Locascio at 623-977-4992 or locascio2000@hotmail.com

Vintage Vehicle Club of Sun City

Love vehicles? This club is for you. Open to all RCSC Cardholders to restore, preserve, maintain, modify or build all cars, trucks, tractors, motorcycles, etc. including antiques, classics, customs, hot rods & more. Professionals, amateurs or those who simply like to socialize about cars. Car shows, cruise-ins, tours & charitable work are a few activities. Working toward a garage in Sun City where we can meet, work, learn & socialize. Mtgs 1pm, 3rd Tues each month, Lakeview SH2. Breakfast mtg every Thurs, 8am, Bobbie's Café, 15472 N 99th Ave. Cruise-in every Wed, 5-9pm, McDonalds 99th & Bell. FMI visit www.vintagevehiclesofsuncity.com, email vvvsuncity@outlook.com, or (509)430-1625.

Cards & Games



Sun City Duplicate Bridge (ACBL)

Sanctioned Club hosts three Club Championship games in April: Mon, 4/10, Thu, 4/13, & Fri, 4/14. Also, Unit

Wide game held Mon, 4/24. Club located in Lakeview Social Halls 1 & 2 (upper level). Club meets every Mon, Thu & Fri for regular sanctioned games. Games begin: 1pm. Doors open: 12:15; please arrive by 12:45. Card fees: \$2 for members; \$4/\$5 for escorted guests. Please remember club is fragrance free. FMI visit our website at scdbc.com or call Club Manager Paul Weader at 928-240-0341.

Hand and Foot Club

New Kid On The Block! Hand & Foot is a variation of Canasta. Games played with 4-6 standard decks, ideally designed for 4 players but 6 can play by forming teams of two or three. Usually, number of decks used is one more than number of players but it is not standard. We meet at Lakeview SH 1 & 2 every Wed: 4/5, 12, 19 & 26, LV SH 1 & 2; 5:50pm sign in, play 6-9:30pm.

Special April Sundays: 4/2, 9 & 16, & **Tuesday:** 4/25 LV SH 1 & 2; 12:50 sign in; Play 1-5pm. Must be valid RCSC Cardholder to join; Annual membership: \$4. FMIC: Edith (623)271-0092 or Camilla (623)972-0673

One Partner Bridge

One Partner Bridge is the largest contract bridge club. Meets Thurs 6:45-9:30pm, Lakeview SH #1. Partners Required! If you need a partner, contact Andy: (623) 933-7972. 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 paid. Birthdays celebrated with cookies. If you wish to come for an evening, cost is \$1 (RCSC Cardholders); \$3 escorted guests, plus \$1 prize fund.

Saguaro Bridge

Saguaro Bridge meets Fridays, 6:45-9:30pm at Lakeview SH#1. Must have partner. Contact Andy at 623-933-7972 or Frank Spriggs (623) 594-7785 if partner needed. \$3 & current RCSC Member Card required to join; .50¢ each night for prize fund. Try it out for \$1. We'll have fun!

Euchre Club

Euchre Club meets on Tuesday from 6-9:30pm in Fairway AZ Rms; 1st & 3rd Thurs 1-4pm at Talisman Hall. Beginners welcome. FMIC 623-533-5705

Oakmont Pinochle Club

We play at Oakmont Tues & Sat from 12-4pm; please arrive 11:30am to sign in and find a table. FMIC Mrs. Tommie Crudo 623-876-1895 or Ralph DePolo at 623-977-3278.

Kachina Bridge

Play bridge? Interested in getting into the game? Join us! Don't let duplicate bridge scare you, we'll help. We are a non-sanctioned club that meets Mon & Thurs (Play once or twice a week) at Sundial 12:15-4pm. Annual membership: \$5 for RCSC Cardholders plus \$2 each play for prizes. We welcome players to visit & see how duplicate bridge is played. No partner? Don't worry. FMIC Sharon 623-251-4858; Lee 974-0237. Summer hours vary; call FMI.

Mixed Cribbage Club

Play every Tues 1-4pm & Wed 6:30-9:30pm in Lakeview Social Hall 3. No Partner needed. Open to all RCSC Cardholders. Cost \$3 to join & .50¢ to play. RCSC Cardholders may play 3 times as visitor. Please arrive 15 minutes early to sign in & find a table. FMIC Marvin: 623-594-0797 or Dianne: 408-799-9040.

Monday Night Pinochle

Like to play pinochle? Can't get four people together? Perfect Answer: come to Oakmont, Mon. 6:15pm (register), play 6:30pm for a great evening! Singles welcome; no partner needed. Play single or double deck. Annual membership: \$3; plus 50¢ nightly. Escorted guests: \$3.50. RCSC visitors: \$1. Prizes awarded accordingly. After six hands, individual scores added, winners advance. Losers stay but do not play each other. This allows playing each game with a different partner & a great social time. Come join us. FMIC 623-972-3263.

Mah Jongg

Game Play Sundays at Marinette SH 12-4pm; Tuesdays at Sundial WH 12-4pm, Thursdays at Marinette SH 6-9pm. FMIC Linda 632-240-9586 or Sue 623-933-4823



Backgammon Club of Sun City

We welcome all levels of players. Meet every Saturday from 1-5pm at Lakeview SH #3. FMIC John 623-229-9887 or Don 623-933-0146

Mixed Cards

Oakmont Mixed Card Club meets every Saturday. Doors open 6:15pm; play begins promptly 6:30pm. We play Pinochle, Bid Euchre and Progressive Hand & Foot (or any other game of choice). Bring your own refreshments or to share. Weekly fee: 50 cents; yearly membership \$3. Non-member/RCSC Cardholder (Visitor) is additional \$1; escorted guests \$3. FMIC Bruce (719)671-9043 or Lil (623)972-1703

Bunco Broncos

Hey Pard'ner, we meet at Fairway AZ Rms 1-2, 4th Monday every month. 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.

Social



Michigan Friends in Sun City Club

Hi Michigan Friends, Visitors & Escorted Guests: We have plans for you in April & May. Please RSVP (below).

Sat 4/1, 12pm: Cottonwood/Clarkdale (1 hour, 25 minutes north). A combined MI Friends in Sun City & Central AZ MI Friends, potluck lunch/white elephant party. Spend the night (3 extra bedrooms) at Cassidy's home in Camp Verde. Details emailed to those interested. Respond by 3/24

Mon 4/3, 10am: Board Meeting, Bell MPR B; last one until October

Wed 4/19, 3pm: Monthly Social Time, Bell MPR A&B. Bring own drinks/snacks to share

Thurs 4/27, 10am: ?Mystery Trip & Lunch; Meet 10:15am at Bell, SE corner of parking lot. We'll be back by 1:30pm. RSVP with check made out to Cheryl Cassidy (address below) for \$17 pp by 4/20

Tues 5/9, 5:30pm: Depart/carpool to Detroit Tigers vs. AZ D-Backs, Chase Field. Grp tickets (middle tier), about \$38-\$48. Send email if interested by 4/9

Wed 5/17, 3pm: Monthly Social Time, Bell MPR A&B. Bring own drinks/snacks to share

Activity updates emailed to club (paid) members. Visitors/Escorted Guests join us for just \$5/person! Pick up brochure at Visitors Center & send it in. Many of us are around in summer & meet at local restaurants for chow n chatter.

RSVP To: Michigan Friends in Sun City Club c/o Bell Rec Center Mailbox 16820 N. 99th Avenue Sun City, AZ 85351 email: michigan2arizona@cox.net; Cheryl Hall Cassidy, Club President call/text 623-910-1522

Sun City Women's Social Club

SCWSC is a wonderful club that provides unlimited opportunities for women who enjoy playing cards & board/table games with other Sun City women. Club is open to RCSC Cardholders only 7 days a week, 9:30am-4:30pm on 2nd floor at Lakeview. Always looking for additional members to join us in Bridge, Mahjong, Hand & Foot, Canasta, poker, Texas hold-em & many other games. Annual Membership: \$10. Please come meet our fun group of women. FMIC 480-249-0862.

New England Club

Next Meeting: 4/8 at Lakeview SH1. This is a Birthday Month meeting. We will serve soup & birthday cake. Meeting at 5pm; Dinner at 5:30, followed by horse racing game; lots of fun! FMIC Lucille at 623-271-8906.

NextGen

NextGen is a social club operated by Sun City residents for RCSC Cardholders. Meetings are held the first and third Wednesdays of the month at Bell Social Hall unless posted otherwise. The NextGen club operates year round. Dues are \$5 annually. A valid RCSC card is required.

Upcoming activities include Ponytail cards, Texas Hold'Um, 9-Hole Golf Scramble, Happy Hour, Hike, Bike Ride, Shuffleboard & Dinner, Breakfast Get-together, Potluck Meeting & Trivia. To learn more and/or to sign up for any activity, check our website calendar at <http://www.nextgensuncity.org> & use the activity links for www.SignUpGenius.com. Dates, times & locations subject to change. Please check our website calendar for current information. FMI inquire at nextgensc@gmail.com.



Must be member, visitor or escorted guest to participate.

Sun City Singles Social Club

Sun City Singles Social Club welcomes single Sun City residents with a current RCSC card (visitors). Guests (without RCSC card) need to be single & escorted by a club member. Annual membership fee: \$6.

Club meets monthly on first Friday (Pot Luck 5:45pm) bring food to feed 10-12 people. Third Friday (Game Night 5:45pm) can bring snacks for people to share; also, bring your own drink for each activity. Location: Fairway AZ room #4.

Weekly Activities:

Saturdays: Breakfast at Brothers Family Restaurant 8:45am.
Weds: Billiards, Lakeview Lanes, 1pm

April Activities:

Tu, 4/11: Dinner, Famous Dave's, 16148 N 83rd Ave (south of Bell); 4:30pm.
Thurs, 4/13: Mini Golf, Mt View, 1pm
Mon, 4/17: Brunch, Mimi's Café, 7450 W Bell 10:30am
Wed, 4/19: Dinner, Pedro's Mexican Restaurant, 4938 W Glendale Ave, 4pm.
Tu, 4/25: Lunch, JB's Family Restaurant, 9889 W Bell, 11:30am.
Thurs, 4/27: Mini Golf, Lakeview, 2:30pm
Fri, 4/28: Dinner, Bennie's Burgers 10001 W Bell (SW corner 99th/Bell) 5pm.
Fri, 4/28: Darts, Bell, 6:30pm

Additional information/activities available on club web site, www.simplesite.com/myclub or contact Ellen 623-583-2307 or Janet 615-574-9960.

LGBT Club of Sun City

Next Meeting: TH 4/13
Oakmont Auditorium
Meet 6-7p; Social 7-8:30p
FMIC 623-363-1123




Sports & Outdoors

Bocce Club of Sun City

There will be no play at the Sun City Bocce Club until towards the end of April at the earliest. Construction to redo all the courts began in March and although we would like to be able to tell you exactly when the courts will reopen for play it is not possible at this time.

We will do our best to provide updates, but you must be patient. The renovation to the courts is something we have wanted for quite some time. When the courts do reopen, we hope you will all appreciate the sacrifice of not being able to play for a few weeks.

For intermittent information you may email Edith at etkylady178@gmail.com
No phone calls, please.



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 Andrew Esaena 480-284-0904; Bob Howicz 630-531-0391; Judy Clark 623-760-6926. Membership open to all RCSC Cardholders.

Bell Shuffleboard Club


We play every Mon, Tues, Fri: Start time: 1pm; finish by 3:30pm. If you wish to join us, please show up a few minutes early to sign in for assigned court & starting position. We play three games, getting a new partner each game. Our courts are very fast with a slight curve, making it challenging to score. Instructors available to help you learn the rules. FMIC Dennis 623-972-3169, or just stop by & check us out during regular play.

Swim Club Announcement

Beginning Wed 4/5, Sun City Swim lessons move to Lakeview pool. Lessons start 8:30am until 10am and include beginning lessons and intermediate classes, along with an advanced group workout. Annual fee: \$3 for any RCSC cardholder. FMIC Tere Kearney 623-583-5894.

Sundial Shuffleboard Club

April may find some of our winter visitors thinking about returning to their summer destinations but we will still be holding our usual Thursday evening sessions of shuffleboard with the Sundial Shuffleboard Club. We play on Thursday at 7p and always have a good time. Please arrive by 6:45 to get signed in and your quarter paid before game time. If you are lucky you may take home double your money or break even. If you need a quick lesson, come to the courts at Bell Center a bit before 6:30. All equipment is furnished and club members are always willing to help and ensure you have a good time. Annual membership dues are a mere \$2.50 per person. Join us at the courts or call Russ at 623-208-9921.



Sun City Pickleball Club

See if this Court Sport is for you in April (& the rest of the spring) snowbirds included. Meet new Sun Citians. Spread the word. Take the game back home. Background in tennis, racquetball, table tennis or badminton? Or just want to try something new? Pickleball may be for you. It's addicting. 27 courts at 2 recreation centers, (7 outdoor at Mt View, 20 at Marinette, including eight indoor). Much play takes place during a.m. hours, but courts are lighted for p.m. competition. Chartered in 2003, we now have over 800 members, welcome every level of player & offer free instructional clinics. Annual membership: \$10; open only to RCSC cardholders. Busiest open-play periods: Mon, Wed & Fri, 8am-noon; the best opportunity to get acquainted with the club. No partner required, just come to the courts & join the fun. Necessary equipment: a paddle. We help you find the appropriate level of play. Always improving website (suncitypickleballclub.org) provides details on clinics, tournaments, news and where to purchase paddles.

Monitored Activities

Basketball		Jogging / Walking Track		Table Tennis	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Indoor		Bell Center: M,W, F: 6a-10a, 3p-9p; Tu: 6a-10a, 12p-7p; Sa: 6a-10a, 12p-9p; Su: 8a-1p, 3p-8p	
Billiard Tables		Fairway Center	M-Sa 5a-9p; Su: 8a-8p	Tennis	
Bell Lanes	M-Sa: 8a-8p; Su: Noon-8p	Sundial Center	M-Sa only: 6a-8a	Bell Center: 623-977-3325	M-Sa: 6a-9p; Su: 8a-8p
Lakeview Lanes	M-Sa: 8a-7p; Su: Noon-6p	Outdoor		Lakeview Center: 623-561-4676	M-Sa: 6a-7p; Su 8a-7p
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Mountain View: 623-876-3042	M-Sa: 6a-7p; Su 8a-7p
Bingo		Sun Bowl	Dawn to Dusk	Swimming Pools - Open Swim Hours	
Sundial Center	Doors Open: Th @ 4:30p. Bingo 6:15p \$7 for all 18 games w/3 special games Open to the Public	Library (602) 652-3000		Bell Center - 18+ only:	
Boating/ Fishing		Bell Center	M: 9a-7p; Tu-Sa: 9a-5p	Lap pool: M-Sa:5a-9p; Su: 8a-8p; Closed for class: M-F 7a-9a	
Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p (or Dusk)	Fairway Center	M-F 9a-4p	Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Bocce Courts		Mini Golf		Fairway Center	
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Bell Center	M-Sa: 6a-9p; Su: 8a-8p	Lap Pool: M-Sa: 5a-9p;Su 8a-8p;	
Bowling Lanes		Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p	Walking Pool: M-Sa: 5a-9p;Su 8a-8p;	
Bell Lanes	M-Sa: 8a-8p; Su: Noon-8p	Mountain View Center	M-Sa: 6a-7p; Su: 8a-7p	Lakeview Center	
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	M-Sa: 6a-7p, Su: 8a-7p; Closed for class: M, W, F: 8a-10a	
Dog Parks		Pickleball		Children's Pool Hours for Ages 4-15 yrs: Daily 4p - Close;	
Duffeeland	October - April: 7am-6pm Closed last Wed/month for Maintenance	Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Marinette Center	
Darts		Mountain View: Outdoor	M-Sa: 6a-7p; Su: 8a-7p	M-Sa: 6a-9p, Su: 8a-8p;	
Bell Center	M-Sa: 8a-8p; Su: Noon-8p	Racquetball		Closed for Class: M: 4/3, 4/10, 4/17, 4/24 9-10a; Th: 4/6, 4/13 9a-10a	
Fitness Centers		Bell Center Courts A & B	M,W,F: 5a-10a, 3-9p; Su 8a-8p Tu & Th: 5a-5p; Sa: 5a-7a; 12-9p	Children's Pool Hours for Ages 4-15 yrs - Daily 1p - 4p	
Bell Center - 18+ only	M-Sa: 5a-9p; Su: 8a-8p	Shuffleboard		Mountain View Center	
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	Bell Lanes: Indoor	M-Sa: 8a-9p; Su: Noon-8p	M-Sa: 6a-7p; Sun: 8a-7p; Closed for Class: M: 4/3, 4/10 9-10a;Th: 4/6 & 4/13: 9-10a	
Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p	Lakeview: Outdoor	Daily 6a-7p; Su 8a-7p	Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Spas		Oakmont Center	
Mountain View Center	M-Sa: 6a-7p; Su: 8a-7p	Bell Center - 18+ only	M-Sa: 5a-9p; Su: 8a-8p	M-Sa: 6a-7p,Su: 8a-7p; Closed for class: Every Su:2-4p;M:4/3 & 4/10: 9-10a, Every M: 12-2p; Tu: 4/4 & 4/11: 9-10a; every Every W: 12-2p; Th: 4/6 & 4/13, 9-10a; F: 4/7 & 4/14: 9-10a; Every F: 2-4p	
Oakmont Center	M-Sa: 6a-7p; Su: 8a-7p	Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	Sundial Center - 18+ only	
Sundial Center - 18+ only	M-Sa: 6a-9p; Su: 8a-8p	Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p	Large Pool: M-Sa: 6a-9p; Su: 8a-8p;	
Horseshoe Courts		Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Closed for Class: M: 4/3 & 4/10: 8-10a & 5:30-6:30p; Tu: 4/4 & 4/11: 8-10a;Th: 4/6 & 4/13: 8-10a, 4/6 & 4/13: 5:30-6:30p; F: 4/7 & 4/14 8-10a	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Mountain View Center	M-Sa: 6a-7p; Su: 8a-7p	Exercise Pool: M-Sa: 6a-9p; Su: 8a-8p; Closed for Classes:	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Oakmont Center	See Pool Hours	M: 4/3 & 4/10: 10a-12p & 4:30-5:30p; Tu: 4/4 & 4/11: 10a-12p, & 4:30-6:30p; Every Tu: 12-2p; Th: 4/6 & 4/13: 10a-12p & 4:30-5:30p; Every Th: 12-2p F: 4/7 & 4/14: 10a-12p & 4:30-6:30p	
		Sundial Center - 18+ only	M-Sa: 6a-9p: Su: 8a-8p		

Club Directory

Art and Craft Clubs	Stitchers: BC T&F: 9a-2p BC, W: 9a-12p BC 972-8491 4/12 Mem Mtg	
	Woodworking: BC M-F: 8a-4p, T: 4-8p, S:8a-12p BC 974-6058 Mem Mtg: 1st Tu 10a-3p SH1 Mem Mtg 4/25 Club Room	
	Woodworking: FW M-F: 8a-4p, S 8a-12p FW 972-4385 4/13 Mem Mtg	
	Woodworking: LV M-F: 8a-4p, S: 8a-12p LV 933-2355 4/4 Mem Mtg	
	Card and Game Clubs	
	500: FW M: 5:30-10p FW AZ 3 & 4 623-974-5615 (Erma)	
	Backgammon: LV Th: 6-9p, Sa 12-5p, LV SH 3 623-229-9887	
	Bunco Broncos: FW 4th Monday:12 - 3:30p FW AZ 1 & 2 602-526-3495 or 326-7055	
	Canasta: OM F: 10a- 3p OM Aud 623-444-8690 (Melissa) No play 4/21	
	Euchre: FW Tu:6-9:30pm FWAZ 2-4 623-533-5705 1st/3rd Th:1-4p Talisman	
Ceramics & Porcelain: FW 972-5818	Hand and Foot Club W: 5-9:30pm LV SH2 623-271-0092 Tu 3/28, Su 4/2, 4/9, 4/16 & Tu 4/25, 1-5p LVSH1	
	Mah Jongg: MC T: 12-4p, SD Th: 6-9p, MC, Linda 632-240-9586 Su: 12-4p MC	
	Sue 623-933-4823 Mixed Cards: OM 4/4 Mem Mtg 719-671-9043 Bruce or Sa: 6 - 9:30p OM Aud 623-972-1703 Lil	
	Mixed Cribbage: LV T: 12-4p, W: 5:30-9:30p, LV SH 3 594-0797	
	Monday Night Pinochle: OM M: 6:15-9:30pm OM Aud 623-972-3263	
	Pinochle: OM T: 11:30a-4p, S, 11:30a-4p OM Aud Gladys: 623-876-1895	
	Contract Bridge Clubs	
	Card Sharks: LV M: 6:40-9:20p LV SHs 1 & 2 933-7972	
	One Partner: LV Th: 6p-9:45p LV SHs 1 & 2 623-815-9703	
	Saguaro: LV F: 6p-9:45p LV SHs 1 & 2 466-6567	
Ceramics & Porcelain: LV 933-8118	Wednesday Afternoon: OM W: 12-4p, OM Aud 977-2871	
	Thursday Afternoon: OM Th: 12:30p-4:30p OM Aud 933-9671	
	Friday Afternoon: FW F: 12:30-4:30p FW AZ 4 933-9671	
	Duplicate Bridge Clubs	
	Duplicate (ACBL) M, Th, F: 12:15-4:30p; LV SH 928-240-0341	
	SCDBC.com	
	Kachina: SD M 12:15-4p SD West Hall T,W,Th: 9a-3p LV Sewing Room Th 12:15-4p SD East Hall	
	Sharon Henrich 623-251-4858 Lee Bone 623-974-0236	
	Needle Arts / Crafts: OM Social Mtg/Workshop Th 8-11:30a 972-2609	
	Palo Verde Artist: SD Su-Sa: 9a-5p 623-551-0402 Mem Mtg 1st M 12-2:30p SD Aud	
Calligraphy: SD 210-9137	Sew-n-Sew: LV T,W,Th: 9a-3p LV Sewing Room Mem Mtg Th 9:30-11a	
	Silver Stones: SD M-F: 8a-3p, S: 8a-12p SD 623-349-8840	
	Silvercraft: BC M-Sa: 8a-3p, M: 3:30-5:30p 933-8442 4/14 9:30a Mem Mtg	
	Sterling & Stones: FW M-Sa: 8a-12p; Th 4-8p 4/10 Mem Mtg FW AZ 1 & 2	
	Crafts: BC M-Sa 9a-3p 974-3497 Mem Mtg 2nd Th 11a-3p BC SH #1	
	Crafts: SD M 8a-1p, Th 8a-11a (815)315-2387 Mbr Mtg/Luncheon 4/10 8a-1p SD East Hall	
	Creative Quilters: LV M & F 8a-4p, Tu & W 9a-3p 623-251-0124	
	Friendship Quilters: BC M 9a-3p/5-8p, W 12-8p, Th/Sa 9a-3p 602-625-6761	
	Handweavers / Spinners: SD M-F 9a-3p 933-0397 Mem Mtg 4/3 1-3p	
	Knitters: FW F 8:30a-2:30p FW AZ Rms 3 & 4 602-469-2505	
Camera Guild: SD cameraguidsyncity.com	Lapidary: BC M/Tu/Th/F/Sa 8a-3p, W 8a-12p 6-9p 977-1803	
	Jewelry at Oakmont M-F 8a-1:30p, Sa 8a-12p until 4/15 319-431-3563 After 4/15, M-F 8a-12p, Sa 9a-12p	
	Leathercraft: MC M-F 8a-12p 594-6591 Closed August	
	Metal: BC M-Sa 8a-4p 974-8206 Mem Mtg 2nd M 9-11a	
	Needle Arts / Crafts: OM Social Mtg/Workshop Th 8-11:30a 972-2609	
	Palo Verde Artist: SD Su-Sa: 9a-5p 623-551-0402 Mem Mtg 1st M 12-2:30p SD Aud	
	Sew-n-Sew: LV T,W,Th: 9a-3p LV Sewing Room Mem Mtg Th 9:30-11a	
	Silver Stones: SD M-F: 8a-3p, S: 8a-12p SD 623-349-8840	
	Silvercraft: BC M-Sa: 8a-3p, M: 3:30-5:30p 933-8442 4/14 9:30a Mem Mtg	
	Sterling & Stones: FW M-Sa: 8a-12p; Th 4-8p 4/10 Mem Mtg FW AZ 1 & 2	

Dance Clubs	
Ballroom Dance: BC SH 623-387-6731; 623-533-6236	Dance Su 7-9:30p (Lessons 6:30p); Group Lessons-M & Th 6-9p BC No Dance 4/16 (Easter Sunday)
Bell Tea: BC 933-8873	W, 2-4p
Classic Rock Dance Club: FW 623-628-4401	Dance 1st & 3rd Sa 5:30-9p FW AZ Rms
Country Dance Club: SD 623-242-9535 or 623-972-5127	1st & 3rd Sa, 6-9:30p SD; Tu 6:30-9p OM
Friday Night Dance: SD 623-215-8718	F: 7p-10p
Karaoke & Dance Club: MC 209-380-8029	Tu 5-9:30p MC Aud
Line Dance: SD 623-972-5127 or 231-557-6555	Tu and Th 10a-1p, SD Aud 4/29 5-10p Dance & Party SD Aud
Rockin' Thru The Years: BC 332-7894	2nd, 4th & 5th Sa: 6:30-10p
Squares: BC 875-2642 (Mary Sue) suncitysquares@q.com	Tu & F 6-9p Lessons; Tu 1:30p, BC ; Th 1p MC
Sun City Poms: MC 602-392-4242	Practice M/F MC Aud, T/Th MC Soc Hall
scpoms@yahoo.com	Call for Class Times
Tip-Top Dance: MC 933-3947	M,Tu,F: 8a-12p, T/Th 1-2:30p MC SH Pilates Mat F 1p BC Aerobics Rm
Educational Clubs	
Apple Macintosh: SD 933-5300	M-Th 8:30-10:30a, 12:30-2:30p, 1st/3rd F 12:30-2:30p
sunmacs.org	Mem Mtg 4/15
Life Long Learning: FW 623-533-5756	Classes resume in October
623-533-5756	
PC Computer Club: FW 933-8953	M-F 8a-4p, Sa 9a-noon
Spanish Club: FW SunCitySpanishClub@gmail.com	See Class Page for Schedule or Bulletin Boardat FW:Mbr Mtg 4/11 11a
Fitness Clubs	
Aerobic: BC 455-1818	M, W, F: 8a, 9a, 10a
Aqua Fitness Club aquafitnesssuncity.com	Registration 4/8 8a SD Aud Classes in session
Nancy: (623)330-4242	Call club in reference to club hours
Terry: (619)818-4380	
Dance for Fitness 623-933-7021 or 515-975-1683	BC: Tu 9-10a; SD: W 9-10a; MV: F 9-10a
Handi-Capables: SD 933-6515	SD: wm wtr exrcs pool: Tu, Th noon-2p Soc Mtg 1st M: 12:30a, FW AZ 1&2
Hatha Yoga: SD www.hathayogaclub.org	M & W, 7a-8:30p; Tu/Th/F, 7a-3p; Sa, 7a-1p
Ladies Exercise: OM 573-579-5320	Tu & F: 8-9a Exercise & Breakfast 4/21
So Grand Exercise: FW 977-6885	M, W, F 7:30-9a
Stretch and Slim: BC 628-4401	M-Sa: 6:45-8a, 8-9a, 9-10:15a;10:15-11:30a M & W 5-7p (Jan -Apr)
Tai Chi: BC, LV & FW Phone: Elisa (480)710-8497	Classes as follows: M, FW: 8 Form & 24 Form; Tu, LV: Qi Gong;
email:sctaichi@yahoo.com sctaichi.wix.com/sc-tai-chi-club	Th, Bell: Golf Tai Chi & 108 Form; F, Bell: 108 Form
See website for class times, details, & special events	
Zumba Fitness: 623-972-0099	BC:M&W Zumba Gold 11:30a-12:30p, SD: Tu Zumba Gold 6:30p-7:30p; Zumba Fitness MC: Th 6:30-7:30p & Sa, 8:30-9:30a

Fitness & Fitness Classes



Sun City Tai Chi Club

Special “Balance” event 4/13, 3:30-4:30pm, at Bell Social Hall 2.

Balance becomes increasingly important to us as we age & what once were simple stumbles can instigate a trip to the ER. Adam Montoya, no stranger to our special events, leads the class.

In March, Adam brought us our first workout with push-hands, an ancient exercise in sensing and directing the energy in and around us. Tai Chi practice can be divided into internal and external and all Tai Chi forms possess both. One starts by learning the external movements of a form. As you progress, a greater awareness is gained about the body & how to maximize results while minimizing effort. New mind/body connections are made giving us better balance. The practice becomes internal & we find ourselves connected not just within, but to everything external, allowing us to participate in the energy around us.

Check our website for push-hands & other classes. Besides the health benefits & gains in balance, it’s a whole lot of fun! Join us in this special event, open to all RCSC Cardholders & their escorted guests. \$10 day of event \$7 pre-register, escorted guests extra \$2.

FMI on classes, please visit <http://sctaichi.wixsite.com/sc-tai-chi-club>

Oakmont Ladies Exercise Class

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

Hatha 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, 10:30am-12pm, & 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.
Monday: 1-2:15pm
Wednesday: 10:30-11:45am; Thursday & Friday: 1-2:15pm
*FMIC Carlyn for Chair classes: 623-972-9602



Zumba Fitness Club

Zumba fuses Latin rhythms & 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, & cool-down.

Mon: Bell Social Halls, **Zumba Gold**, 11:30am-12:30pm, Debbie Reiss, Instructor;
Tues: Sundial West Hall, **Zumba Gold**, 6:30-7:30pm, Debbie Reiss, Instructor;
Wed: Bell Social Halls, **Zumba Gold**, 11:30am-12:30pm Debbie Reiss, Instructor;
Thurs: Marinette Aud, **Zumba Fitness**, 6:30-7:30pm; Jeff Larsen, Instructor.
Sat: Marinette Aud, **Zumba Fitness**, 8:30-9:30am, Jeff Larson, Instructor.

Cost: Members: \$2 per class; Visitors \$2 per Class; Escorted Guests \$4 per Class.
Annual Membership: \$5
FMIC Jan at 623-972-0099.

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.

Swim Club

Beginning Wed 4/5, Sun City Swim lessons move to Lakeview pool. Lessons start 8:30am (until 10am) and include beginning lessons and intermediate classes, along with an advanced group workout. All classes taught by excellent teachers. Annual membership: \$3 for any RCSC Cardholder. Annual fee: \$3 for any RCSC cardholder. FMIC Tere Kearney 623-583-5894.

Aqua Fitness Club

Meets M/TH or T/F at Marinette, Mt. View, Oakmont & Sundial pools. 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. Annual Dues: \$5; \$15 per eight-week session. “Try It Before You Buy It” allows you to attend any class to see if it fits your needs. FMI please visit aquafitness-suncity.com or call Nancy 623-330-4242 or Terry 619-818-4380.

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

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.

Arts & Crafts News
Handweavers & Spinners at Sundial Celebrate 47 Years!

In 2017, the Sun City Handweavers & Spinners celebrate their 47th year as an RCSC chartered club. The Guild invites any RCSC Cardholder interested in the fiber arts to join us. We welcome all skill levels from beginner to professional. We are mainly a teaching guild and have many skilled and dedicated instructors in weaving, spinning, basketry, tatting, hardanger and beadweaving among our members. Classes and workshops are held throughout the year. Weaving classes begin mid-October and run for 10 weeks, and are repeated in January. Special Interest Groups (SIG) meet weekly year-round in our clubroom at the Sundial Recreation Center.

Annual dues is \$10. For a nominal fee, or sometimes no fee, members can sign up for a variety of classes, or meet one-on-one with instructors and skilled crafters during SIG hours. The clubroom is well-equipped with all the tools and supplies necessary to take a course or try out a new skill. Once a member has established a basic level of expertise they are free to come to the club during open hours and use the equipment, when available, to work on personal projects.

General membership meetings are monthly (October through May) on the first Monday at 1p.m. Often an informative speaker or demonstrator presents a brief program. Afterward, club members enjoy snacks and socializing. In addition, members meet for several fun social events during the year, including a Halloween party, Christmas luncheon and Spring Omelet brunch. Club hours are 9am to 3pm Monday through Friday, October through May (summer hours vary).

There are many beautiful handcrafted items for sale in the club room whenever it is open, and many guild members participate in the Sun City Arts & Crafts Festival and other craft sale events during the year.

For further information on joining Sun City Handweavers and Spinners Guild or for class info, please check the guild page on the RCSC website at www.suncityaz.org or call 623-933-0397.

Tips from Get Fit for Life -

Which is More Important? Aerobic or Strength?

"The answer to this question is simple," states Jane Fortier, senior fitness specialist for Get Fit for Life. "Aerobic and Strength exercise are equally important. Because of physiological changes in every aging body, Aerobic exercise and Strength exercise become a necessity. They serve different purposes, each having an impact on the way we feel and the way that we function. A smart workout routine, for anyone over the age of 50, would include both Aerobic and Strength exercise."

Aerobic exercise is continuous motion - doing an activity that has a rhythm, and staying at that activity for a period of time. Outdoor exercising like hiking, walking, jogging, swimming, bicycling, and Indoor exercising with the treadmill, rowing machine, elliptical, stationary bicycle, or NuStep all qualify as Aerobic exercise. The goal of Aerobic exercise is to improve Aerobic Capacity, or the body's ability to utilize oxygen. Aerobic Capacity diminishes by five to 15% every decade after the age of 30. Your Aerobic Capacity will determine how much energy, stamina, and endurance you will have in a 24-hour period. "How Much Time" you spend at aerobic exercise is not as important as "How Hard You Work" during aerobic exercise. Elevating heartrate into the Cardio Zone is required, to improve aerobic capacity. Doing so, also improves glucose management, increases overall stamina and endurance, keeps working muscles in good condition, and results in residual fat burn after exercise is complete.

Strength Exercise is entirely different than Aerobic. It isolates individual muscle groups and takes those muscles to total fatigue. The exercise is done in repetitions with weighted resistance. It's not about raising heartrate and pumping fresh oxygenated blood to muscle groups. It's about exhausting a particular muscle group as quickly as possible. Striations or micro-tears occur in the muscle, as it fatigues. The body repairs those striations in the day's rest, that must follow the workout. This process, when done correctly, builds muscle strength and muscle tissue. A balanced, full body strength workout is necessary, so that muscle "in-balances" don't occur. Muscle moves the body and dictates metabolism. As we age, we lose muscle - Sarcopenia is the name given to muscle loss - due to aging. Studies reveal that the average adult loses five to seven pounds of muscle every decade, unless using strength exercise. Muscle makes daily functioning easier, and provides structural support for joints in motion. It needs to be a part of every senior's exercise regimen.

If you are new to exercise, or need some help in organizing an effective exercise routine, Get Fit for Life trainers can help. Workouts are customized - taking needs goals, and medical issues into consideration. To get additional information about working with a personal trainer, call 623-696-6820, or visit Get Fit for Life, Sun City on Facebook.



Above: Jill Denney uses both Aerobic and Strength exercise, in the comprehensive workout created for her by personal trainer Jane Fortier

LaTouch Wellness Massage Therapy Shares...

The Benefits of Energy Work

The human body is a complex and marvelous work of art that includes an electromagnetic aspect as well; quantum physics can now detect and measure the energy field of the body.

The massage therapists at La Touch Wellness incorporate techniques that consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental and spiritual health. There are several energy systems throughout and surrounding the body, these energy field that are surrounding the body are called the aura. There is another energy field that runs throughout the body called the chakra system; there are seven major chakras and additional minor chakras that have a direct effect on the health and wellbeing of the body. There are also other areas to consider when focusing on the electromagnetic fields of the body including the zones and meridians which run throughout the body. A skilled bodyworker knows how to simultaneously enhance and restore balance to these energetic systems.

When energy becomes blocked within these systems, this can contribute to the experience of discomfort and disease within our bodies. By restoring and enhancing the free flow of energy promotes health and wellbeing. Massage therapists that use energetic healing have the ability to influence and enhance the function of these energetic systems.



Laura has been in the healing profession for over 20 years and utilizes reiki, reflexology, acupressure, aromatherapy, guided imagery and additional energetic practices along with her massage therapy services, her mission statement reads "Enriching the Lives of All We Touch!" Body, Mind and Spirit. During a "Wellness Session" Laura places great value on having the opportunity to assist her clients in exploring their soul's journey, uncovering additional aspects that may need to be addressed, resulting in an individual's overall health and wellness.

LaTouch Wellness Massage Therapy is located within the Fairway Recreation Center. We offer Swedish Massage, Deep Tissue Massage, LaStone Massage, Sports Massage, Aroma Therapy, Reflexology, Acupressure, Reiki Energy Healing and Guided Imagery Sessions. 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 in April

Bell Center	Wednesday, April 5 @ 11:30am with Dick
Marinette Center	Wednesday, April 12 @ 11:30am with Dick
Fairway Center	Wednesday, April 19 @ 11:30am with Jane

Note: Pre-registration is required for group equipment demonstrations. Please sign up with the Facility Attendant at the appropriate fitness center in advance as space is limited.

Member Fitness & Massage Services


Fitness Training
623-696-6820

Sundial Center
Free Spirit Massage
623-225-8582

Bell Center
Jan Najera
623-521-0771
Lisa McCoy
623-210-2707

Fairway Center
Laura Moore
623-201-0378
latouchwellness@massagetherapy.com

Arts & Crafts

Oakmont Needle Arts & Crafts

Sun City's hidden Jewel of a Club; a place to learn basic knitting, crocheting & embroidery. Every Thurs, mentors start you on your adventure into needle arts. Every fourth Thurs members show & tell current/completed projects. We meet at Oakmont, Thurs, 8-11:30am. Come: learn, socialize & enjoy jokes & treats. FMIC Phyllis 972-2609.

SewNSew Club

Membership open to all RCSC cardholders: \$5 annual dues. Boutique & Open Sewing Tues&Sat 9:30-3p;Thurs:11:30-3p. Boutique sales include clothes to fit American Girl Doll. SewNSew appreciates fabric donations (during open sew times) to help us serve our community. **Monday Mending at Olive Branch Senior Center 8:30-10:30a** each Monday when center is open 4/4: Beg Garment Sewing, 9a-12p; \$6 ea class (limit 6)
4/5: Anita Good Design Machine Embroidery w/Joy Olcott, 9a-4p, \$20
4/6: Show & Tell/Potluck, 9:30a, Open Sew 11a-3p
4/11: Beg Garment Sewing, 9a-12p; \$6 ea class (limit 6)
4/13: Mary Korpall Progarm
4/18: Beg Garment Sew, 9a-12p; \$6 ea class (limit 6)
4/19: Embroidery SIG 9:30a-3:30p
4/20: Apron Boutique Work Shop, 9:30a
4/25: Beg Garment Sewing, 9a-12p; \$6 ea class (limit 6)
4/27: "History of Del Webb" Guest Speaker Certification required for all machine use. Sign up in club room for:
Brother sewing machine: 1 3-hour class; \$6
Baby Lock Imagine Serger jet-threading machine: 1 3-hour class: \$6
Baby Lock Embroidery machine: 2 3-hour classes; \$12
Cover Stitch Machine: 1 3-hour class; \$6
Heavy Duty machine for bulky fabrics: 1 3-hour class: \$6
Sewing classes on topics requested by members scheduled. See reservation list in club for specifics. Reference materials, club patterns & embroidery designs available to members during open sewing hours. FMIC 977-9460 or www.sewnsew.info/

Fairway Woodworking

Come take a look around. Enjoy a great club & rewarding hobby in our large club room containing the latest equipment & tools. Winter Hours: Mon-Fri, 8am-4pm; Sa, 8am-12pm FMIC 972-4385

Lakeview Woodworkers

Come see our many beautiful wood crafts! Men & women welcome; consider tapping into your creativity & making something with your hands. It's a wonderful feeling. We make a lot of sawdust, but usually something special to show for it. Our club is a fun & happy place; members are always willing to help. Open Mon-Fri 8a-4p, Sat 8a-12p. Summer hours: Mon-Sat 8a-12p. Annual Membership: \$20. FMIC 623-933-2355

Learn Leather Craft

Open to all RCSC Cardholders. Annual Dues: \$10. Beginner classes Tues/Thurs, 8am. Learn carving, stamping, garment & construction. Lessons, patterns & tools furnished. We meet at Marinette. Hours: 8am-12pm; Mon-Fri. Closed August. Learn to make leather goods: belts, purses, holsters, even mini saddles, etc. A great group of people & a wonderful craft. FMIC 623-594-6591 or 623-933-8831.

Artistic Weavers/Fiber Artists

Regular club hours: Mon-Fri 9am-3pm. Stop by our club room at Oakmont for details & sign up for classes. Spinning Instructions are fun, free & available most Wed. Annual membership: \$12. Open to all RCSC Cardholders. Workshops & classes on Overshot, Bound Weave, Inkle & Beginners Too are being scheduled. Stop in for details. We'd love to have you join us!

Lakeview Ceramics

April's here & we have several more classes before our winter residents go home. Pat Johnson teaches dry brushing techniques, which look wonderful on animals. She does such beautiful work; stop by & see her Native Americans. Take her class. Back by popular demand, Paula Bauer teaches her wash technique on a Christmas favorite, poinsettia dish. It's fun, quick & you'll want to do many for gifts. For a \$5 annual fee & two monitoring sessions per month, you can participate in classes for the cost of supplies only. Our helpful, friendly members would love to meet you. Come on down to start or continue your ceramic adventure.

Fairway Sterling and Stones

All RCSC Cardholders are welcome to tour our club. People new to jewelry making, lapidary, & glass fusion may arrange classes convenient to them & instructors who teach: Silver Craft, Various Types of Chain Making, Wire Wrap, Reticulation, Lost Wax Casting, Viking Knit, Steam Punk Jewelry, Glass Fusion, Lapidary. Annual Dues: \$15. Jewelry Store Open to Public, 8am-12pm, Mon-Fri or by appointment; call 623-977-2208 during business hours. Craft Supply Store open 10am-12pm, Mon-Fri & by appointment. Jewelry Store & Work Rooms (Fairway Rm 136 next door to the Trains) open 8am-Noon, Mon-Fri & times we have volunteers. FMIC 623-977-2208

Sundial Silverstones

No Experience Necessary! Membership open to all RCSC Cardholders. Beginning classes offered (minimal fees) in basic silver, glass fusion, mold making, lost wax/casting, lapidary, chain making, wire wrapping & faceting. Our well-equipped club is open M-F 8am-3pm & Sat 8am-noon. Jewelry store open to all for purchase of member-crafted items, M-F 8am-3pm & Sat 8am-noon. Come take a tour of our facility.

Fairway Knitters

Knit and crochet items for the military, care centers, school children and the homeless of Phoenix as well as other charities. Join us any Friday between 8:30am-2:30pm. You can work on your own projects using your own yarn or you can work on projects for the club using club yarn. We also have items for sale if you like to shop. We meet in Fairway AZ Room 4. Annual membership: \$3. FMIC 623-972-9736.

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 1-3pm; 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.

Bell Ceramics

Bell Ceramics Club is for beginner-to-advanced ceramists. Classes offer various techniques including: stains, oils, glazes, underglazes, chalk, clay add on, banding, carving & more. Annual Membership: \$7 (RCSC card required). Additional fees for classes from \$8-20. Each club member must volunteer if they wish to use club kilns, take classes or sell finished pieces in club store. Store has greenware, paints & other supplies for sale. Members can choose from over 1,300 molds. Club Hours: M-F 9am-3pm; Sat 9am-noon & every Thur from 5:30-9pm. Please stop by & show your interest in attending during these hours. FMIC 974-6750 (club room).

Friendship Quilters

Our club was built on friendship & the common interests of quilting/creating projects with fabric. We welcome new members of all levels & interest. Many members have found quilting sisters at the club. We encourage you to stop by the Bell Craft Village Quilting room on one of our meeting days. Come in & enjoy with us our contemporary version of the "Quilting Bee." We are open Mon, Thurs & Sat: 9am-3pm & 5-8pm on Mon; Wed: noon-8pm. Annual dues \$5. Membership/participation open to all RCSC Cardholders. FMI visit www.friendshipquilters.us

Bell Metal Club

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

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. FMIC Dan 480-363-2702. Additional information about activities, classes & social events found at: www.cameraguildsuncity.com. Please visit club room on Sundial Upper Level, Mon-Fri, 9am-noon.



Marinette Clay Corner

Reminder! On 5/1 Marinette Clay Corner changes to **Summer Hours:** May 1 - Sept 30: M-W 9a-9p & Th-Sat 9a-5p Closed on Sundays

If you are a member & stay for the summer, don't forget we offer Fun Workshops all summer; check Club for schedule. Stop & visit, we always have items for sale! Each piece of pottery for sale is made by a Club member. We meet at Marinette, the NW corner of 99th/ Union Hills, Building A. FMI about joining our club, call 623-977-3167. New members always welcome! Annual dues: \$15. Visit www.marinetteclaycorner.org for additional information. Please remember Marinette Clay Corner is available for all RCSC Cardholders

Jewelry at Oakmont

October 1- April 15 club hours: Mon-Fri, 8am-1pm; Sat 8am-12pm. Classes offered in lapidary, silvercraft, glass fusion, faceting, beading, wirewrap, and scrimshaw. FMIC Contact John Schmidt 623-322-4595

Artists by the Lake

Artists by the Lake, Meets in the Lakeview Art Room, 2nd floor. FMIC Janene Geisner 623-810-9112.

Sundial Crafts

Upcoming Workshops: Beaded Nite-lite

Cover: Instructor Shirley Trapp presents a workshop on how to make one beaded nite-lite cover. Two hour workshop held Tues 4/11, 6-8pm Sundial Crafts Club room (second floor). Cost: \$1.50 for supplies. Bring needle-nosed pliers if you have one. **Learn How to Crochet:** Claire Wright presents crochet workshop Wed 4/12, 9-11am in Sundial Crafts Club room. Participants need to bring a "G" crochet hook. Other classes to make a project or learn knitting will be discussed at the workshop. Please bring your RCSC card. There is a \$5.00 fee to join our club. FMIC Carol 815-315-2387.

Arts & Crafts (continued)

Sun City Calligraphy Society
April general meeting 9am on 4/7 in Club's Sundial meeting rooms. Tangling workshop continues meeting Mon, 9-10am. Come see what you can do with doodling.
Sign up for Card Making Class (offered 4/5 & 4/12, 8-11am) presented by April Olson. Cost: \$6 per session.
We work weekly on our Love Cards; lots of time for practicing our Beautiful Writing! Cards for sale to public during regular club hours, Thurs/Fri, 9-11am. Samples of cards available for purchase are displayed in our case at Sundial. If you wish to participate in any club event, membership is open to all RCSC cardholders. FMIC John Staggs at 623-210-9137.

Creative Quilters
Regular Club Hours: Mon & Fri: Open Sewing 8am-4pm; Tu & Wed: Open Sewing w/Sew N Sew to 3pm; Fri: Bus. meeting, announcements, programs 9:30am. Boutique items available for purchase during Club hours. **Upcoming Events:** Watch our news items & stop by Club room to look at class book for more details as they become available. Membership/participation open to all RCSC Cardholders

Palo Verde Artists
Members encouraged to renew social connections. Current RCSC cardholders welcome to check out our friendly artists' group. Annual membership: \$10; makes you eligible to sign up for classes & workshops, for beginners to experienced painters & sketch artists. Classes & workshops may entail additional fees. Our club holds many free events such as artists' demos, "Paint-Ins," Open Painting, friendly critiques and video lessons, as well as social events.

Sun City China Painting
You are invited to come paint with us. We meet four days a week at Fairway, room #217 (second floor). Every Tuesday, 10am-12pm, we have free beginning classes. Supplies for the classes furnished. If interested call Arleta 623-810-9863 or come to our room & sign up. Everyone is very friendly and willing to help new members.

Bell Silver Craft Club
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 classes in lost wax casting, turning wax models into beautifully cast silver or gold, chainmaille for stunning bracelets & necklaces. Other specialty classes/demonstrations offered throughout the year. You are 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
Ceramics: a fun, engaging hobby that offers a multitude of ways to create items for home & garden. Looking for a gift that is unique? You might find it in our Club! All Escorted Guests /Visitors invited to enter a free monthly drawing for an awesome door prize. Classes are fun & low-cost: air-brushing, clay lifting, glazing, brushstrokes, decorating with translucents, Zentangle, underglaze pencil, clay building, overglaze application, stoneware & many other techniques. All skill levels welcome. Annual membership (Jan-Dec) \$10 per RCSC Cardholder; family memberships (for 2 at same address) \$15. Annual dues after June 30 are half price. Orientation helps new members begin in a friendly environment. Greenware, tools & supplies available for purchase on site. Hours: 9a-3p, Mon-Fri, & Saturdays, 9a-1p. FMIC 623-972-5818, or Dott McDaniel 623-748-3313. Located at Fairway, 2nd floor.

Sun City Clay Club at Lakeview
We are busy with new & exciting Spring projects. March Workshops inspired many creative ideas. Our Juried Show & Sale (Feb) was extremely successful. Linda Gray won "Best of Show" with her amazing mosaic entry. Many thanks to the artists who entered their pottery and to all club members who volunteered time and talents. There are workshops as well as ongoing beginning classes in April. Spring Luncheon on 4/20 at Rio Mirage Restaurant. Sign up in the club room. FMI & to see pictures from the Juried Show, visit suncityclayclub.com. Open Mon-Thurs, 8:30am-8:30pm; Fri-Sat, 8:30am-4:30pm. Located on Lakeview upper level.

Oakmont Ceramics
Annual Dues: \$5 Club hours: Mon-Th, 8am-3pm; Tu/Th 5:30-9pm; Sat 9am-1pm; closed Fridays; Whether you're a beginner or advanced ceramist, this 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 Craft Club
Open M-Sa 9am-3pm & M,W,F 6-9pm. Classes/workshops available include: 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. Classes taught by active members. If you have a craft you think others would enjoy, become a member & teach. Boutique open for purchase of unique handcrafted gifts made by our members. General Meetings 2nd 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.

Performing Arts



Piano Club of Sun City
Broadway Hits, the last music program of the season! The Piano Club of Sun City will shower you with music from your favorite Broadway shows! Join us 9:30am Friday, April 21 at Sundial Auditorium. RCSC visitors and escorted guests are welcome. FMIC 623-792-7266.

We are closing for the summer after this wonderful music program. Look for more great music next fall.

Handbell Ringers of Sun City
Sunday, April 2, is the Handbell Ringers of Sun City 50th Anniversary Concert. We are one of the few, if not the only, handbell groups in the U.S. to have rung continuously for 50 years! Entitled "Pieces of Gold," the concert takes you through our favorite pieces performed throughout our 50 years as an RCSC Club. We will be ringing everything from spirituals to patriotic to classical to jazz as well as a brand new piece commissioned by the group just for the occasion. Please join us 4/2 at 3pm at American Lutheran Church in Sun City and help us celebrate! Concert is open to the public; tickets can be purchased from any of the ringers or at the door for \$5.

Readers' Theater Ensemble
Readers Theater provides a venue that encourages & support members interested in performing drama without having to memorizing a script. This helps members learn & gain experience in developing/showcasing their talents by reading a variety of material using voice, facial expression & body language to enhance the spoken word. Readers perform one act plays for many organization & clubs throughout the year to fulfill their entertainment needs. For bookings contact Ann Case 612-730-9699; for general information call President: Cecilia Simonelli 623-210-1810. Club membership open to all RCSC cardholders. Meetings: Fri 1-3 p.m. in Social Hall #3 LV.

Choraliers of Sun City
The Choraliers are an auditioned choral group composed of men and women with a wide variety of musical backgrounds. Our group performs a wide variety of music for social functions, churches, health care facilities, and retirement communities. We are currently very interested in increasing our tenor, baritone, and bass voices. Rehearsals are from 8:30-11:00am, Mondays, in the second floor music room at Fairway. 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 wsuncitychoraliers.com.

Sun City Womens Chorus
The 75 member Womens Chorus is gearing up for its 55th Annual Spring Concert "The Sounds of Music," 2pm, April 2 at Sundial Auditorium. Musical selections include "The Hills Are Alive," "Bridge Over Troubled Waters," "Alexander's Ragtime Band," "I Sing a Song Of America," and other favorite oldies. Tickets: \$5 at the door. The chorus is open to women of all musical backgrounds who enjoy singing in a local choir setting. Rehearsals every Thurs, 8:45-11am in Fairway Music Room. FMIC 623-583-1988.



Dances

Sun City Ballroom Dance Club at Bell

Club meets at Bell Social Hall every Sunday evening throughout the year except Christmas and Easter Sunday. Dance open to all RCSC cardholders and escorted guests. Join us for a fun social evening of music and dance. Dancers of all levels, couples and singles welcome.

Come early at 6:30 pm to warm up your dance steps or learn a new one from some of our experienced dancers. Dancing from 7-9:30 pm. Annual membership: \$ 3; admission: members \$5, escorted guest \$8. Coffee, ice & cups provided or bring your own favorite refreshments and snacks.

April live music schedule: 4/2 Manuel Dorantes; 4/9 Bob Roppolo; 4/19 Easter Sunday, no dance; 4/23 Michael Carollo; 4/30 Bob Roppolo

FMIC Julie (623) 533-6236 or visit: www.suncityballroomdanceclub.com

**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; \$6/ 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 6:30pm; dance 7-10pm. FMIC 623-332-7894 or visit: rockinthrutheyards.com.

We play videos with our music on our 10' x 5' video screen!
April Dances: 4/8 – DJ Jamee Soulez; 4/22 – DJ Ryan Blair;
4/29 – DJ Jamee Soulez

**Sun City Singles Dance Club**

Singles and couples invited to join us for social & ballroom dancing at Sundial, Friday, 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 "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.suncitysinglesdanceclub.com. Open to all RCSC Cardholders and their escorted guests.

April Dates: 4/7 Bob Roppolo; 4/14 Manuel Dorantes; 4/21 Mike Carollo;
4/28 Rich & Brad.

Sun City Line Dance Club at Sundial

Dance on a beautiful wood dance floor every Tuesday and Thursday 10am-1pm in Sundial ballroom/auditorium. Free dance lessons start 15 minutes prior to each dance. Exceptions: 9:30am early start to 12:30pm April 4; April 29 Special Saturday Night Dance 6:30-9:30pm Sundial. Serving cookies, pretzels, mints, coffee, and water. Members, visitors, and escorted guests welcome. Club membership \$5. Daily dance is \$2 members; \$5 visitors, and \$6 escorted guests. FMIC Walter 623-972-5127; [suncitylinedanceclub.facebook](https://www.facebook.com/suncitylinedanceclub) containing links to teaching sessions for our dances; website: www.suncitylinedanceclub.com

Bell Tea Dance

All dances on Wednesdays from 2-4pm at Bell Social Hall. Music provided by local keyboard artists. Dances 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.

April Schedule: 4/5 Mike Carollo; 4/12 Bobby Freeman;
4/19 Manuel Dorante; 4/26 Bobby Roppolo

**Country Dance Club at Sundial**

Come dance with us on the first and third Saturdays in April at the fabulous Sundial ballroom. There is something for everyone; a good mix for couples free-style, couples pattern, & line dancing. We even have a dedicated dance floor just for the line dancers. Will play requests that are considered Country. Dress casual or dress up, country or otherwise. Bring your own snacks and beverage. Ice, water, cups & cookies provided. Both dances are 6:30-9:30pm. Free dance lesson: 6pm. Doors open 5:30pm. Admission: \$3/members and \$5/visitors and \$6/escorted guests. Annual club membership is \$5 with valid RCSC photo ID. FMIC 623-972-5127 or visit www.countrydanceclubsc.com.

April 1 – line dance lesson, 6pm;
April 15 – Beginner East Coast Swing dance lesson, 6pm

**Rhythm Ramblers Dance**

The Rhythm Ramblers perform Tuesday afternoon, April 4 at Sundial Auditorium from 2:30-4:30. Admission: \$5 for current RCSC cardholders and \$7 for escorted guests. Dress is casual. Bring your own drinks and snacks; cups, ice and napkins are provided. This is the last dance until October. Come one, Come All! See you there!

Classic Rock Dance Club

Join us for a rocking good time April 1 at Fairway, with DJ John Urzi spinning your favorite 50s, 60s & 70s classic rock & roll hits. **Flower Power Dance April 15:** Join us and have a groovy time while we celebrate the 50th anniversary of "Summer of Love" (1967). Besides our normal list of classic rock, DJ Ron West has music videos from '67, such as San Francisco, (Be Sure To Wear Flowers In Your Hair) by Scott McKenzie, Summer in the City, Magic Carpet Ride. Dress in your favorite flower power costume or dress casual, it is your choice. Photo ops in front of the juke

box to show on our video screens. DJs play requests that fall within our R&R genre. Cookies, cups, ice, & napkins provided, byo beverages. Doors open: 5:30pm, dancing 6-9pm. Singles & couples welcome. Open to RCSC cardholders and their escorted guests. Annual Classic Rock membership: \$3 W/ Valid RCSC membership. Admission: \$3/Members; \$6/escorted guests. FMIC Donna 623-628-4401/360-350-8160; Classicrockdanceclub@gmail.com or visit sunaz.com/classic-rock-dance-club/

**Sun City Squares**

Tuesday April 21, Graduation Dance and last dance of this season, Dee dee dougherty, caller 7:00 mainstream/plus dance. Honoring Dennis Farrar for 60 years of square dance calling
Tu Regular Dance, 6:30-7pm Pre-Rounds; 7-9pm Mainstream/Plus Square Dance Dee Dee Dougherty, Caller
FMI email: suncitysquares@q.com or call 623-930-7513 / 623-875-2642
Dances open to RCSC Card Holders and their Escorted Guests. \$5/ members; \$7 escorted guests and visitors



Dances Lessons

Country Dance Lessons

Couples Pattern Dance lessons offered every Tuesday at Oakmont 6:30-9pm. Once you learn some of these dances, you will be all set to join the pattern dancing at the Country Dance Club's Sundial dances on 4/1 & 4/15. Cost, which covers the entire 2 1/2 hours: \$4 club members, \$5 RCSC cardholders & \$6 escorted guests. FMIC 623-972-5127 or 623-242-9535.

Tip Top Dance Club

Tap Dance Classes: All Levels of Experience Welcome, Men & Women Welcome
Tap Classes at Marinette: Tap 1: Tues, 9am; Tap 2: Mon, 10:15am; Advanced Variety: Mon & Fri, 9am; Advanced Tap: Tues & Fri, 10:15am; Fri 10:30am. Cost: Annual Dues: \$10; plus \$12-24 per month, depending on classes. FMIC Christine 623-933-3947. **Moving to the Beat:** Tues & Thurs, 1pm; \$10 annual dues plus \$3 per class. **Pilates Classes at Bell:** Mon & Fri, 1pm; \$4 per class; FMIC Betty Grantham, 623-505-3028 Open to all RCSC Cardholders and their escorted guests. FMIC Christine (623) 933-3947

Sun City Ballroom Dance Club

Group Ballroom Dance Lessons
Monday and Thursday evenings at Bell Social Hall
Mon: 6 pm - Cha Cha; Thurs: 6 pm - NC 2-step;
7 pm - Rumba; 7 pm - Waltz;
8 pm - Swing 8 pm - Tango
Cost per lesson is \$5 members, \$8 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 to our Club in the Fairway Recreation Center to share computer knowledge and experiences, including current Microsoft Operating Systems, 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, workshops 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 register. Sign up early as they do fill up fast.

Our Workshops are focused, informal, hands on, and with smaller groups. Membership is required. Topics of the Workshops are targeted to a specific topic and will be related to PCs or Android Devices. Tables are arranged for members to use with their own laptop, tablet, or phone.

All RCSC cardholders are welcome to join the fun! In April, you can join by attending a short "Join Us" presentation in our Club on any Wednesday or Friday. Come in anytime between 9a to 10:30a. It only takes a few minutes to join! Come to our club. For more information, call 623-933-8953 or visit our Club Website: www.firstsuncity.com

The Computer Club of Sun City is on the 2nd floor of the Fairway Recreation Center
Clubs Hours: Mon - Fri: 8a to 4p, Sat: 8a to Noon

First Week

Web Team meeting on April 1 at 9a
Android Devices SIG on April 3 at 9a
File Explorer using Window 10 Class, April 3, 4 and 5 from 9a to 11a
Club Board Meeting on April 6 at 9a. Open to all Club members
Round Table Discussion on April 6 at 9a
Investor SIG on April 8 at 9a

Second Week

Internet Email SIG, April 10 at 9a
Operating System, Windows 10 Class, April 10, 11, 12 and 14 from 9a to 11a
Genealogy SIG, April 12 at 9a
Windows 10 Workshop, April 13 at 9a
Computer Clinic, April 14 at 9a

Third Week

Android Beginners SIG on April 17 at 9a
Windows 10 Workshop, April 18 at 1p
Android Beginners Workshop, April 19 at 1p
Computer Backup and Recovery SIG on April 20 from 9a to 10:30a
Monitor Training on April 20 at 11a
Computer Clinic, April 21 at 9a
Investor SIG on April 22 at 9a

Fourth Week

Microsoft Windows SIG on April 24 at 9a
Computer Clinic, April 28 at 9a



Spanish Club - El Círculo Español

A fun, low pressure way to expand your mind and make friends. We have about a dozen classes and an all-level conversation class during the summer. If you haven't yet joined, don't wait! Annual Dues: \$7, which include all classes you care to attend. Start or stop a class according to your schedule. We are user friendly. We assist in finding free or low cost books. We try to arrange carpools for our outings.

Spring Meeting / Potluck Lunch April 11, at 11:30am in Fairway AZ rooms 1&2. This is a fun and informative gathering. New members are welcome! FMI: our president, Lidwina 623-256-8376

Mondays:

9-11a: Beg Lvl 2 (Handouts)
11-1p: Beg Lvl I: Inter Conversation
1-3p: Beg Conversation
3-5p: Introductory Spanish made Simple

Wednesdays

8-10a: Beg Lvl 2 "Spanish made Simple"
10-12p: Beg Lvl 1 "Spanish made Simple"
12-2p: Destinos (Video class)
2-4p: Beg Lvl 1; Chap 1-14 Spanish made Simple"
**Above classes held FW class room #129

Thursdays

9-10:30a Beg Lvl3; Chap 28-38 "Spanish made Simple"
10:30-12:00 Inter Conversation
**Above two classes held FW Room #133

Summer (June, July, August Room #133)

1-2:30p: All Lvl's practice/conversation

FMI: SunCitySpanishClub@gmail.com or visit [Sunaz/](http://Sunaz.com)
Spanish-club/or call 623-256-8376 Lidwina or 480-262-4461 Boots



SunMacs Computer Club

Regular Hours: M-Th, 8:30-10:30a & 12:-2:30p

General Meeting 8:30-10:30a on Saturday 4/15 in Sundial West Hall. Coffee and treats available before the 9a program. Also, renew your membership if necessary!

April Meeting is on the **Third** Saturday, April 15, 8:30-10:30am.

Our April Meeting is one of your favorites: "Ask the Experts." Ask them "almost anything about your Macs, iPhones and iPads." Isaac Bonifas will be moderator for our very own Experts Panel: Colonel Dilmore, Mike Graham, Bud Sanford.

Thanks to our terrific membership for your loyalty in attending our General Meetings each month. This will be our last one until fall (November 11) so please plan to be with us!

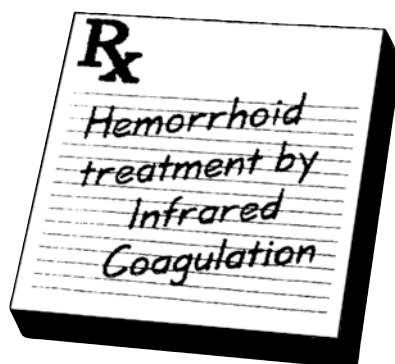
We specialize in assisting our members with Apple Products and Software. Located at Sundial; RCSC card required for membership. Annual dues: \$20 single/\$30 couple. Collection of 2017 dues will end on April 15th. We begin collecting 2018 dues in November.

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



Life Long Learning

The Sun City Lifelong Learning Club offers 30-40 lectures and multi-session classes each "semester" at Fairway. Classes offered October-December and February-March. Topics include art, music, history, health & well-being, finances, current affairs & entertainment. Instructors are volunteers & residents of Sun City & nearby communities with wide & varied experience. Local organizations also volunteer staff members as instructors. Dues: \$20 per calendar year. If interested, please email sczlifelong@gmail.com or call 623-533-5756. Fall classes currently listed on Life-long Learning webpage at www.sunaz.com. Find our brochure on the bulletin board outside the Fairway Room 129 and at the Lakeview Clubs Office.



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Welcome to Sunshine Service

People, meeting needs of people is what Sunshine Service is all about. Sunshine Service lends medical and children's equipment to residents of Sun City and we have been doing so for over 54 years. We are a charitable non-profit Arizona corporation and are funded by voluntary contributions and memorial gifts.

While the equipment is available for the use of all residents or visitors staying with residents, the equipment must not be taken out of Sun City on a permanent basis. As a matter of control, equipment is loaned only to Sun City residents.

Records show that as the population of Sun City grew, so did use of our medical equipment. Savings for Sun City residents have been calculated periodically; in 2015, it was estimated that residents saved over two million dollars in cost of equipment for that year alone.

Sunshine Service, Inc has received local, state and national recognition. Awards received include the George Washington Honor Medal for services to the sick and handicapped from the Freedoms Foundation of Valley Forge in Pennsylvania.

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