

SUN VIEWS

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SUN CITY
ARIZONA
RECREATION CENTERS
OF SUN CITY

New Uncle Sam, Same Great Patriotic Celebration



Sun City AZ has a long been home to veterans, patriots and civic-minded individuals. We vote, volunteer and are proud of our country and the democratic process. Sometimes we agree to disagree. As Bob Dylan eloquently put it so long ago, "The times they are a-changin'!"

But one thing that has not changed around here is the annual Ring That Bell Ceremony. Held on the 4th of July at Bell Center (see back page), what makes this event extra special is the appearance of our very own Uncle Sam. While clothes may make the man, those who volunteer for this role are a truly special breed.

Let's give a big welcome this year to Joe Delgado, who has agreed to take over these duties from Mike Lindquist, who served in the role for the past eight years and the original Uncle Sam, Ray Mills, who dedicated more than 10 years committing to community events throughout the West Valley.

Delgado promises to bring his own unique approach to the role of Uncle Sam based upon his experiences.

Boys Scouts taught him to be prepared but circumstances early on created setbacks. Life in the Boston ghetto was rough and Delgado dropped out of high school. Friends were going to war in Viet Nam and not coming home. He soon realized it was time



Above: Mike Lindquist (shown at last year's Ring That Bell Ceremony) graciously served as Uncle Sam for the past eight years, with a kind spirit, tender heart and words of thanks to and about those who served.



Left: Joe Delgado took over the role of Uncle Sam earlier this spring and helped with the Memorial Day Service at Sun City's Sunland Memorial Park. Dedicated to those veterans that have sacrificed for the freedom that we all share as Americans, Delgado is proud to carry on this volunteer role assisting with various veteran and community events.

for a change. He finished high school and eventually went on to earn a Master's Degree in Education Administration from Northeastern University. He served as Assistant to the Mayor of Boston and in various government administrator positions. Over 20 years of experience teaching history and civics, together with coaching basketball at high school and college levels, made him a natural at motivational speaking as well. His positive attitude gave him the ability to dream the impossible dream – and succeed.

Delgado continues to believe in public service and civic duty in his role as Voting Rights Advocate for Arizona Secretary of State Michele Reagan, traveling throughout the state connecting with schools, libraries, clubs and civic groups to educate voters on the electoral process and encourage citizens to register to vote. He also volunteers with the Sun City Community Assistance Network.

The image of Uncle Sam has always symbolized America's patriotic values and beliefs. Delgado's involvement is symbolic of America today - and its future.

"Experience Sun City AZ" Now Online

The Sun City AZ Visitors Center is pleased to announce the recent posting of "Experience Sun City AZ" – a virtual video tour of all things Sun City AZ including Recreation Centers of Sun City, Inc. (RCSC) recreation centers, golf courses, amenities and club activities, in addition to home styles, service organizations and helpful information for both potential and existing residents.

Learn about the Sun City AZ community and much of what it has to offer at your convenience by visiting www.suncityaz.org and clicking on the YouTube icon at the bottom of the homepage. Or, reserve a space online for a guided presentation and tour of Bell Center under Sun City AZ Experience.

"We are very excited with the initial launch of 'Experience Sun City AZ' posted to the RCSC YouTube channel," stated Polly Corsino, Sun City AZ Visitors Center and Marketing Manager. "This virtual video tour allows anyone in the world to see much of what Sun City AZ has to offer. Even our volunteers are learning something new!"

The Sun City AZ Visitors Center is located at 16824 N. 99th Ave. in Sun City, AZ. Contact RCSC at 1-844-4 SUN CITY or 623-977-5000.

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

Email addresses
remain confidential

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Board Appoints Hoffer to Fill Vacancy

The RCSC Board of Directors has appointed Rich Hoffer to serve through the end of the year to fill the vacancy due to the resignation of Ron Smith. Hoffer is to be sworn in at the Board Meeting on Thursday, June 28, 2018 in the Sundial Auditorium.

Hoffer previously served on the Board from 2015-2017, during which time he served one year as President in 2017 and chaired several committees during this time. "Rich has graciously accepted to come back and serve on the Board, which is great since he understands all of the current issues and board operations," stated RCSC Board President Jerry DeLano. "We are grateful that he is willing to fill this short-term vacancy."

Connect with Sun City AZ



dive in movie

& Ice Cream Social

Saturday, August 18, 2018 @ Mountain View Pool

6:00pm - Movie starts at dusk



We'll be showing "The Spiderwick Chronicles" on the big screen! Of the three Grace children, Jared (Freddie Highmore) has always been thought of as the troublemaker. So when strange things happen after his family's move to a relative's dilapidated estate, sister Mallory (Sarah Bolger), twin brother Simon and their mother assume that Jared is behind it all. However, magical creatures roam the grounds, and they all want a special book that Jared has found: a field guide to fantastic creatures, penned by Arthur Spiderwick. (Rated PG | 2008 | 96 min)

FREE for RCSC Cardholders & their escorted guests only!

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NOTE: No children allowed under the age of 4; proof of age (birth certificate or passport) required for 4 & 5 year olds. Photo copies & electronic images are acceptable. Be prepared to show your RCSC Member or Privilege Card for entry; no key fobs accepted. Also, no host punch card needed for guests at this event.



Main Event Band

Wednesday,
July 25, 2018
7pm
Sundial
Auditorium

The Main Event Band returns to Sun City AZ for an encore performance featuring their smooth jazzy sounds and cool tunes for your listening pleasure. Relax and unwind!

Free for RCSC Cardholders & their escorted guests only!

You must present your RCSC Photo Member or Privilege Card for entry; no key fobs accepted.

General Admission Seating
Doors Open at 6pm

SUN CITY
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OF SUN CITY

We'll See You Back in September with More Great Sunday Evening Sun Bowl Shows!



Johnny K & Kompany
September 23 @ 7pm



Strait Country
September 30 @ 7pm



Thaddeus Rose Band
October 7 @ 6:30pm



Faded Jeans
October 14 @ 6:30pm



Furious George
October 21 @ 6:30pm



The 8-Tracks
October 28 @ 6:30pm



'56 Rock N Roll
November 4 @ 6pm



Tribute to Our Veterans
November 11 @ 6pm

Sun Bowl shows are FREE for RCSC Cardholders & their escorted guests!

Please be prepared to show your photo RCSC Member or Privilege Card for entry; no key fobs accepted. Food trucks arrive 1-1/2 hour before show.

RCSC Elections: Why Not Pick Up A Candidate Packet Today?

With candidate packets now available, you have plenty of time to complete the paperwork and collect the necessary signatures to get your name on the ballot for this year's RCSC Board of Directors Election. There will be three vacancies to fill in this year's December election, with each being a three year term.

To obtain a candidate packet, you must make the request in person at the RCSC Corporate/Board Office at the Lakeview Center (lower level) and present your RCSC Member card. The deadline for packet submissions is no later than noon on Friday, October 5, 2018.



Requirements to become a RCSC Board candidate:

- Must be at least fifty-five (55) years of age;
- Must not be related by marriage or birth to any other member of the Board, Senior Management Staff, or Board Candidate;
- Must be a Deeded Real Estate Owner of property in Sun City, Maricopa County, Arizona;
- Must be a RCSC Member in good standing;
- Must reside in Sun City, Arizona and be available at least ten (10) months of the year;
- Must meet the requirements to hold an Arizona liquor license (RCSC holds liquor licenses which require Board Officers to be included on the licensing);

- Must be eligible and available to serve a three (3) year term; and
- Must be available to attend Board Candidate Orientation(s).

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

A successful candidate will:

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

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

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



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.

Cardholders are asked to please keep the following in mind!

While you're out and about enjoying all that RCSC has to offer, please be aware of the following items which require Cardholder attention when using any of the recreational facilities:

- All RCSC Cardholders are required to check in with their Member or Privilege Cards (key fobs accepted for entry to fitness, pools and spas; not concerts or free events)
- Neither Sun City AZ residents nor spouses of RCSC Cardholders are eligible to be guests. With proper documentation, privilege cards may be purchased at the Cardholder Services Office at Lakeview Center in order to use the facilities.
- Host punch cards are purchased by and belong to the Cardholder, not the guest. Host punch cards can be purchased at RCSC Facility Attendant Stations (exact cash or check only), Cardholder Services at Lakeview, RCSC Bowling Centers.
- Guests may be requested to show government-issued photo ID when checking in to use RCSC facilities.
- Proof of age for 4 and 5 year olds (birth certificate or passport) is required for access to swimming pools. Photo copies or electronic images are acceptable.
- Free concerts and events are paid for by RCSC Cardholders and are intended for RCSC Cardholders and their escorted guests only. Always be prepared to show your RCSC Member or Privilege card (with photo) when attending concerts and events. Key fobs are not accepted for entry.
- Lakeview Hillside Park is now gated and Cardholders must present Member or Privilege card to attendant for access.

Please refer to the RCSC Cardholder Guide and Board Policies for more information regarding these matters. Your continued cooperation is appreciated!



No matter what state you're from, while you're here in Sun City it is much appreciated if you would park in only one space (note the white line under car) and save these smaller spaces for golf carts - as designed.



Be scent sensitive! Overuse of scented body products such as colognes, perfumes, after-shave lotions and the like can be irritating and even caustic to others. Perspiration and water from pools, spas can make matters even worse.

Golf & Grounds Report

Pro Shops

Through April, 149,839 rounds of golf have been played throughout our eight courses, which is slightly ahead of last year's pace and is due to a strong January. April rounds were 1,941 fewer than prior year as the other courses were unable to fully absorb the 6,726 rounds lost due to the closure of Willowcreek/Willowbrook. Among the regulation courses, Riverview has taken the overall lead in rounds played with 24,110, followed by Lakes West (23,342), South (22,412) and North (22,370). Lakes East has played the most rounds among the executive courses. During the month of April, 56% of rounds were played by annual pass holders and annual surcharge pass holders. Year to date, the Golf Division has exceeded revenue goals.

We have had an increase in complaints from neighbors along our golf courses concerning golfers trespassing onto private property to retrieve golf balls. While there are some homeowners that are not bothered by golfers retrieving errant shots, there are many that feel violated when someone enters their property to retrieve a ball. Please remember that when retrieving an errant shot on a homeowner's property, you are trespassing, unless you have been given permission to do so. We ask for your cooperation in respecting the property of others.

Golf Courses

On May 1, we conducted the first of our bi-annual USGA visits with Brian Whitlark, an USGA Agronomist for the West region. Brian's full report is now available online through the RCSC website, under Resources on the Golf Page. Mr. Whitlark was impressed with the Willowcreek/Willowbrook renovation project and in particular the water saving aspects of the redesign, such as lake lining, tee top specific irrigation and overall turf reduction. We also discussed putting greens, green surrounds, fairway transition, roughs, practice tee conditions and bunker maintenance, while touring North and Riverview.

Mainline installation at Willowcreek has moved to the front side, with progress through the fifth hole. Lateral line and sprinkler head installation is complete on the back 9 and is complete through hole #2 on the front nine. Work has begun on the shaping of the back 9 greens, holes 14-18 have been completed and the remaining greens have material in place and are expected to be finished by the first week in June. Coring of greens is complete on the front 9 and installation of drainage is nearing completion. The liner and shotcrete edge installation is finished on the back 9 and the lakes have been filled. The new pump station is in place and we expect to have it operational by the 1st of June. The project remains on target, with grassing of the greens to commence June 25 and be completed on July 13.

Snack Shops

The temporary clubhouse trailer has been delivered prior to the South clubhouse demolition and construction. As a reminder, food and beverage options during construction will be extremely limited and we ask for your patience. Beginning June 1st the closing time for snack shops will be 1:00pm.

Grounds/Lawn Bowl

The Bell Lawn bowl greens have reached the grow-in stage. The cooler than expected temperatures have slowed the process, otherwise the greens are responding as expected. Both greens have been fertilized several times with starter fertilizer to encourage root growth and have begun to receive organic material to encourage lateral growth of the plant. Once established, mowing will

Tips from a Pro

Align Yourself for Success

Golf is a "target" game, yet many people dismiss the importance of proper alignment. Others attempt to line up to the target but do so improperly. Remember, alignment doesn't only affect direction, it can also affect distance and contact with the golf ball.

Let's discuss a good routine with proper alignment.



First, stand directly behind your ball (facing the target) and find something on the ground that is lying in-between the ball and the target. This could be a divot, leaf, tee, etc. To make it easy, pick something as close to the ball as possible.

Second, from your address position place the club behind the ball aiming it at the spot that was chosen. (Similar to how you would aim your putter towards the hole.) Once it is in place position the hands on the grip being careful not to move the clubhead away from the spot.

Third, step the feet in position so that they are parallel to the target line. (the same way you would position your feet in putting, not aiming them towards the hole but parallel to it.)

Last, make the swing, feeling the confidence you will have in knowing that your alignment is correct, and your swing has a better chance of staying on the right path!

Robin Eichten has been teaching professionally since 1987 and is an LPGA Life Member and Certified Teacher. For lesson info or sign-up call/text Robin at 623-322-6300 or email to golfinwithrobin@aol.com.

All RCSC Golf Professionals are here to help you!

Whether you're just starting to play
or want to improve your game!

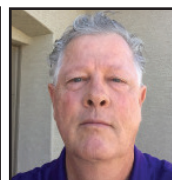
Schedule an appointment with one today!



Bob Jennings
602-463-4533



Bob Day
602-818-1470



John Martin
623-202-6717



Robin Eichten
623-322-6300

commence followed by a laser topdressing. We expect to have the greens available for play sometime in August.

All other Lawn Bowl greens have seen summer agronomic practices, including verticutting and aeration. During verticutting we have been removing 6-7 barrels of material from the greens. Verticutting helps to remove the thatch layer of the greens providing a firmer surface for bowls.

"Battle of the Weeds" 2018 has begun throughout the centers and though they are resilient, we have the upper hand. Pre-emergent was applied throughout the centers in an effort to reduce weed germination, weeds that survived this process are now being removed manually.



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
Closed for Renovation

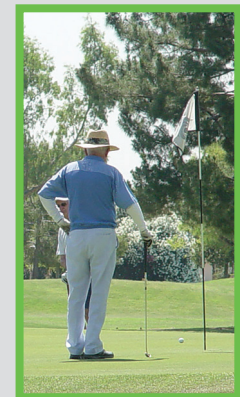
Quail Run: (623) 876-3035
9774 W. Alabama Ave.

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

RCSC's 5 Snack Shops

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

July Snack Shop Hours
Open Daily 6am - 1pm



Volunteer Ranger Program

For more information about joining our program, please contact Chris Linam, Pro Shop Manager, at 623-876-8419 or email clinam@suncityaz.org. Next meeting is Thursday, July 26, 2018 at 1pm in Talisman Hall.

May 2018 High Scores

Well done! Nice job! Bravo! Yahoo! Congratulations!

MEN'S HIGH GAME				WOMEN'S HIGH GAME			
Dewaine West	300	Larry Ely	287	Juli Bayer	277	Sherry Day	258
				Lynda Bettini	277	Andy Lewis	258
				Mari West	276	Cori Larsen	255
MEN'S HIGH SERIES				WOMEN'S HIGH SERIES			
Tim Walker	777	Johnny Gonzales	719				
Mike Maynard	750	David Dunn	718	Sherry Day	722	Andy Lewis	679
Adan Jazo	748	Kevin Gawelko	716	Juli Bayer	699	Cori Larsen	625
Kevin Paige	747	Lee Spiva	707	Lynda Bettini	696		
Frenchy Laberge	739	Steve Greer	704				
Dana Barrette	729	Dennis Klein	702				
Phil Jameson	726	Robert Hayden	700				
Bruce Lamb	725	Martin Purnell	700				
Bob Reed	720						

Need Help Planning Your Next Party or Event?

Why not have RCSC Bowling Staff plan a Bowling Party for your group or organization?

Reasonable group rates available!

Contact: Randy Johnson 623-876-3055,
Denise Matich 623-876-3050 or
Vicki Eber 623-876-3055 for more info today!

Same great food now at two Sun City AZ locations!

Stop by & check out our Daily Specials

Breakfast Special
\$5.49

2 Eggs, Bacon or Sausage,
Hash Browns & Toast
M-S 7-11a; Sun 7a-noon

Walleye 'n Chips
\$9.99

9 Oz. Walleye,
Coleslaw & Potato
Wednesday & Friday

Fish 'n Chips
\$8.99

9 Oz. Cod,
Coleslaw & Potato
Wednesday & Friday

George's Lakeview Cafe

Inside Lakeview Lanes

Phone: 623-876-3057

George's Cafe at Bell Center

Inside Bell Lanes

Phone: 623-518-4525

Hours: Mon-Sat 7am-8pm; Sun 7am-6pm

Bowling Fun Facts & Trivia

1. The maximum number of holes allowed to be drilled into a bowling ball is 12.
2. The first indoor bowling lanes were built in New York City in 1840.
3. The first televised bowling games appeared in 1950.
4. The largest bowling center in the world is located in Japan - Inazawa Grand Bowling Center which has 116 lanes!
5. The largest luxury bowling center in the US is in Las Vegas, Nevada – Red Rock Lanes. It is the second largest bowling alley in the world with 72 lanes.
6. It's called a "Golden Turkey" when you bowl nine strikes in a row.
7. Reno, Nevada is home to a bowling stadium. Yes - an actually stadium for bowling and referred to as the "Taj Mahal of Tenpins" by The Los Angeles Times.
8. Fried heads are the dried up portion of the first 15 or 20 feet of the lane.
9. There is no minimum weight requirement on a bowling ball. The lightest one ever made weighed only four pounds.
10. A bowling ball is allowed to weigh no more than 16 pounds (for ten pin bowling).
11. A bowling pin is required to be 15 inches in height.
12. Evidence found in an Egyptian grave suggests that bowling dates back to 3200 BC - around the same time as the first forms of the written word.
13. Nine year old bowling prodigy Hannah Diem just became the youngest person in the United States to bowl a perfect game.
14. The headquarters for the Professional Bowlers Association is located in Seattle, Washington.
15. The International Bowling Museum is now located in Arlington, Texas

Friday is FUN DAY at Lakeview Lanes

Cost: \$11 per person
Fun starts at Noon
Color Pins = \$\$\$

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)

Architect's Report

New Irrigation Pump Station & Mainline Now Water Willowcreek

by Gary Brawley, ASGCA
Gary Brawley Golf Design

What a difference one month makes!

When the month of June started we did not have any of the greens or green surrounds grassed, for that matter many were not even ready. One month later we have 11 green and green surrounds grassed and the balance of the greens on scheduled to be completed by mid-July. The mid-July is the targeted grassing date as this is typically when the humidity starts to build in and allows us a good 90 days of growing weather before the maintenance staff needs to start preparing for winter dormancy.

The entire Willowcreek Golf Course is now being watered through the new irrigation pump station and mainline. This is a big improvement as this system provides more pressure and flow to the northern part of the golf course, the furthest point from the irrigation lake and pump station. Along with this we have all of the road crossings in so as we approach the major roads we are able to connect to our new crossings and keep bringing water with us.

In addition to the greens being planted the new landscape areas are starting to see plants and decomposed granite installed. The landscape contractor has gone ahead of their install crews and installed new drip irrigation in these areas for all the plants so when it comes time to install the plants all water is ready to go and be run by the golf course irrigation controllers.

Construction will continue on to the front nine of Willowbrook so we can make the irrigation connection into the Willowbrook pump station, which was installed last year.



Connection of mainline from Willowcreek and Willowbrook will allow either golf course to be watered from either pump station

Test “drive” select Ping Demo Clubs at Riverview!

We’ve got with a great selection of drivers, fairway woods, hybrids and putters for on-the-course trials right now at Riverview! Don’t forget - We can match pricing on current year models vs. the “big box” stores!

* Credit card number required in case of loss or damage.
** Monday thru Friday only (no weekends)



Plant installation in new perimeter landscape area

2018 AERIFICATION/VERTICUTTING DATES			
Golf Course will be Closed			
<u>Fairways Aerification</u>			
Monday-Tuesday	June 25-26	Lakes East	
Thursday-Friday	June 28-29	North	
<u>Greens Aerification</u>			
Thursday-Friday	July 12-13	Riverview	
Monday	July 16	Quail Run	
Thursday-Friday	July 19-20	South	
Monday-Tuesday	July 23-24	Lakes West	
Thursday-Friday	July 26-27	Lakes East	
Monday-Tuesday	July 30-31	North	
2018 OVERSEED SCHEDULE			
Golf Course will be Closed			
Course	Overseed	Opens	Cart Path Until
North	October 1	October 20	November 9
Lakes West	October 1	October 20	November 9
Quail Run	October 1	October 20	November 9
Riverview	October 22	November 10	November 23
South	October 22	November 10	November 23
Lakes East	October 22	November 10	November 23
Willowcreek	October 22	November 10	November 23
Willowbrook	October 22	November 10	November 23



Sod being installed around hole 15 green

A Moment with President DeLano

Half Over, Half Baked, Half Empty, Half Full

It's hard to believe that 2018 is half over. Whether you see the glass as half empty or half full, or you sometime wonder if our actions are somewhat half baked, we are truly doing our part and doing our best to serve our community. Once summer is behind us, only a few months will remain as we evaluate the work we've done and what we have yet (hopefully) to accomplish.

While attendance at Board Meetings and Board/Member Exchanges changes ever so slightly depending upon current matters (but always far from standing room only), the decision in 2017 to begin video- taping and posting these meetings on the RCSC YouTube channel has proven to be a very smart and useful tool for members. Over 500 members typically have viewed these meetings each month versus the well below 50 who actually attend in person.

Speaking of video, the Sun City AZ Visitors Center is pleased to present "Experience Sun City AZ" – a virtual tour of all things Sun City including recreation centers, golf courses and home styles along with club activities and tons of information to help both potential and existing residents learn about our community and all it has to offer. Watch it from the comfort of your own home at www.suncityaz.org or schedule a viewing and tour of Bell Center online if you're planning to be in town.

Both the Outreach & Communication and Long Range Planning committees are busy determining what resident needs will be well into the future. As with all of the RCSC Committees, volunteer members bring ideas for discussion and then may make recommendations to the Board. This is one of the many great ways you can give back to the community and understand the process. Call the Board Office at 623-561-4620 to learn about all of the options available. Or why not consider attending a few meetings this fall?

While PIF (Preservation & Improvement Fund) projects were on hold in 2017, we are now in the process of working on long awaited endeavors such as the Willowcreek/Willowbrook renovation and turf reduction project (anticipated to save precious water resources well into the future) and the South Course Clubhouse rebuild which promises to bring Sun City AZ's second golf course into the 21st century.

The Vintage Vehicles Club is settling in nicely into their "temporary" home in the previous Skilled Trades Building behind Lakeview Lanes while planning, preparation and permitting move forward for the Grand Avenue property. Very exciting times ahead.

Lawn Bowling greens have been extra getting attention as Sun City AZ prepares to welcome the U.S. Open Tournament this fall. Bowlers from over 10 countries are currently considering traveling to the Sun Cities to take part in this event. More information will be released as November gets closer but make plans to come cheer as the best of the best compete.

Enjoy all that Sun City AZ has to offer this summer. Stay cool and take care of yourself. Travel safely if your plans take you out of town. Keep an eye out for your neighbors and offer to assist if necessary. But be ready to get down to work when the Board is back in session come September.

There's still much to be accomplished.



Jerry DeLano
2018 RCSC Board President



2018 RCSC Board of Directors

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

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Dan Schroeder, Vice President
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Dale Lehrer, Secretary
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email: svanness@suncityaz.org

Jerome Walczak, Director
email: jwalczak@suncityaz.org

David Wieland, Director
email: dwieland@suncityaz.org

Rich Hoffer, Director
email: rhoffer@suncityaz.org

This Month @ The Board

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

NEXT MEETING:
Board/Member Exchange
Monday, September 10, 2018 @ 9am
Lakeview Social Hall #3

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, July 20, 2018 - 1 to 3pm
- Appointments only from 2 to 3pm
- Call 623-561-4600 to schedule a meeting time (limited to 10 minutes)
- All "Meet with The Board" sessions are held in the Lakeview Board Office (Lower Level)



Once summer is over, the RCSC Board Committees listed below will resume meeting and several are looking for new members. Committees review rules and policies and make recommendations to the Board of Directors. If you have an area of interest, consider volunteering on a committee. Please attend a meeting this fall or contact the Board Office at 623-561-4620 for more information.

- Bowling Committee
- Club Organization Committee
- Election Committee
- Finance & Budget Committee
- Golf Advisory Committee
- Insurance Committee
- Lawn Bowling Committee
- Long Range Planning Committee
- Outreach & Communication Committee
- Properties Committee

Management Updates

Financial Report

For the first time in my tenure I have to report that RCSC has ended April 30, 2018 over its net operating budget year to date by \$141,141 due to a miscalculation in budgeted annual property assessment income by approximately \$600k. The good news is that this miscalculation will balance itself out before year end and the negative variance will be remedied. All divisions, excluding Building & Infrastructure due to the miscalculation, have a positive variance from budget in net operations year to date.

Bowling

The summer maintenance program has begun for the bowling pinsetters. The mechanics will perform various preventive maintenance tasks which include inspections, lubrication and annual maintenance. Recently, both pinsetter mechanics attended a seminar about lane conditioning and lane machine repair and maintenance. The mechanics gained knowledge that will help in maintaining consistent lane conditions and increasing the life of lane machines.

The 30th Annual Sun City AZ Open Senior Bowling Tournament was held the last weekend of April producing \$6k in revenue. This year, we had 82 entries and 70 teams making this the most successful Sun City AZ Open ever! A total of 300 bowlers from all over Arizona participated in the event. The tournament scores were excellent! There were seven 300 games bowled during the tournament. Bowlers return to the Sun City AZ Open year after year due to the cleanliness of the centers, pinsetter operation and consistent lane conditions. This year, we had one bowler from the Phoenix area that has bowled in all 30 tournaments!

Monthly summer no-tap tournaments are held on the last Sunday of each month until September 2018. All bowlers are welcome whether USBC certified or not.

Cardholder Services

Payments on past due assessments in April were 10.5% of past due balances. Overall accounts receivables decreased in April by just under 3%. The largest increase this month was in the 60 day category while both the 30 and 90 day categories showed decreases. March assessments went 30 days past due at a rate of 4.3%. February assessments went 60 days past due at a 2.8% rate.

Payments from our third-party collections firm totaled \$20,261 in April and are 64% over the 2017 year to date amount. Payments made in April through the online RCSC Web Portal totaled \$125,353 from 291 property owners. Year to date web portal payments total \$515,901 from 1,149 property owners.

In April, property transfer balances decreased by just under 1% and lender related balances decreased by 60% as properties turn over. Outstanding balances related to property transfers represent 52% of all receivables and past due balances. At the end of April, trustee sale notices on Sun City AZ properties ended at 42 and properties owned by lending institutions at 16.

Preservation and Improvement Fees year to date are \$2,807,710 which is \$879,210 over budget for the year. The year to date total is down 6% from 2017. A reminder that we intentionally budget PIF income very conservatively to assure that we have the cash on hand for planned projects as we remain debt free.

Human Resources

Three CPR/AED/First Aid training classes were recently conducted for RCSC employees. Twenty-six individuals attended and received certification. Additional training will be offered in early fall and will accommodate those whose certifications expire this year. Training is offered to employees on a voluntary basis through annual spring and fall classes. One hundred fifty-five employees have been certified since spring 2016 which is shortly after the AEDs were installed in RCSC facilities. Initial training was done prior to that time.

The corporation's uniform policy and related forms have recently been updated. Costs of uniform items missing or damaged when returned have been updated to include a laundry fee for items returned unlaundered. Uniform items returned in good condition are recycled which helps control costs. The uniforms have proven to be helpful for identifying "employees on duty" when assistance is needed by Cardholders or guests that frequent our facilities.

Year to date we have had 28 new hires, which is lower than normal due to the closing of Willowbrook/creek golf course. We were able to assimilate those employees into positions that otherwise would require a new hire. All but two employees were placed into other open positions within the company.

Member Services

The Sun Bowl Spring Series ended on Sunday, May 6 at 7pm with Chad Freeman & Redline. Unfortunately due to the excessive heat warning we moved this show inside to the Sundial Auditorium. This performance deserves to be at the Sun Bowl so we will be bringing them back in 2019 for another opportunity to enjoy the sounds of Chad Freeman & Redline.

We look forward to seeing you on Wednesday, June 13 at 7pm for the Americana concert being held at Sundial
(continued on next page)

Financial Report

Period Ending - April 2018
For a more detailed financial statement, please visit www.suncityaz.org/financials

BALANCE SHEET		
For the Period Ending April 30, 2018		
	Current Y-T-D	Prior Y-T-D
Unrestricted Funds:		
Cash Invested/On Hand/In Bank	12,803,488	10,520,657
Cash Reserves	2,500,000	2,500,000
Sub-Total Unrestricted	15,303,488	13,020,657
Restricted Funds:		
PIF/Capital Reserve	23,808,705	17,143,568
Total Cash & Investments	39,112,193	30,164,225
Other Current Assets:		
Accounts Receivable	2,390,414	2,640,907
Deposits & Prepaids	1,500,760	1,589,777
Inventory	115,463	109,827
Total Current Assets	43,118,830	34,504,736
Fixed Assets:		
Land, Improvements, Buildings	103,457,841	102,199,026
F, F & E and Vehicles	31,523,878	27,951,033
Less: Accumulated Depreciation	(70,926,950)	(66,390,210)
Work In Progress	6,904,734	6,483,969
Total Fixed Assets	70,959,503	70,243,818
TOTAL ASSETS	\$114,078,333	\$104,748,554
Current Liabilities:		
Accounts Payable and Other	3,798,679	1,723,789
Deferred Income	7,662,984	7,546,032
Pre Billed Assessments	2,274,164	2,230,764
Total Current Liabilities	13,735,827	11,500,585
Other Liabilities:		
Lease Purchase	0	0
Total Liabilities	13,735,827	11,500,585
Net Worth:		
Current Net Worth	100,342,506	93,247,969
TOTAL LIABILITIES and NET WORTH	\$114,078,333	\$104,748,554
STATEMENT OF INCOME AND EXPENSES		
For the Period of April 30, 2018		
	Current Y-T-D	Prior Y-T-D
Operating Income:		
Property Assessments	4,117,666	3,922,186
Transfer & Access Fees	269,572	380,275
Privilege & Guest Cards	395,831	390,658
Food / Liquor Sales	325,966	302,057
Bowling Fees	311,485	283,830
Golf Fees	2,756,952	2,729,029
Cart Rentals	102,347	100,586
Merchandise Sales	110,986	84,402
Activities Income	281,741	317,140
Rental Income	105,560	112,347
Contributions	14,225	11,869
Miscellaneous Income	8,621	6,857
Total Operating Income	8,800,952	8,641,236
Cost of Sales:		
Total Cost of Sales	308,005	340,889
Gross Income	\$8,492,947	\$8,300,347
Operating Expenses:		
Salaries and Wages	2,933,238	2,862,909
Payroll Taxes and Benefits	732,725	802,707
Repairs and Maintenance	633,220	833,228
Utilities Expense	894,620	841,107
General Operating Expenses	561,791	653,105
Total Operating Expenses	5,755,594	5,993,056
Net Operating Income	\$2,737,353	\$2,307,291
Other Income:	47,748	97,976
Other Expenses:		
Property Taxes	51,052	50,355
Insurance	174,764	167,164
Other	4,196	35,752
Net Income Before Depreciation	2,555,089	2,151,996
Depreciation:	1,504,100	1,406,158
NET INCOME / (LOSS)	\$1,050,989	\$745,838

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 at the Board meeting on Thursday, May 31, 2018.

Find RCSC Management Reports on the website at: <http://suncityaz.org/rcsc/management-reports/>

Project Updates

Building and Infrastructure:

Multiple Locations

- Renovations of the restrooms at several centers are planned for 2018. These include: Lakeview Center 2nd Floor, Lakeview Center Fitness, Sundial Center Clubs and Bell Center Social Hall. We have begun work with an architect to develop the space planning and construction documents along with bid specifications. This work product will take approximately four weeks to complete and will be used for contractor bids for completion of these renovations.

Bell Center

- Replacement of the damaged ceiling in the Bell Center indoor spa was completed on May 23, 2018. Work included the removal of the existing ceiling, replacement of existing lighting with dimmable LED fixtures, replacement of the ceiling and painting of the ceiling and walls. During the completion of this project we identified a problem with the floor drain in this room. The spa will remain closed until we have identified a resolution to this issue. Contractor is DFG Construction and Spray Systems. (Cost – \$45,351)
- Work in the Bell Metal Shop to add lighting to exterior grinding and sandblasting areas and upgrade the welding area exhaust fans are in progress. Work is being completed by Accel Electric, DFG Construction and RCSC Skilled Trades staff. (Cost – \$12,000)
- Work in the Artistic Stained Glass club to replace the flooring, paint the club room space and complete some woodworking tasks for tables and slot storage began the week of May 28. The club room space will be closed for approximately two months to complete this work. Contractors are Spray Systems, DFG Construction and Desert Coatings. (Cost – \$24,640)

Fairway Center

- Work is in progress to replace a failed lighting inverter component that provides the emergency lighting around the pool and spa areas at Fairway Center. Due to this failure, some lights around the pool and spa are not functioning. The replacement inverter required custom design and fabrication. When installed, the emergency lighting in these areas will be functional again. Work is being completed by RCSC Skilled Trades. (Cost – \$6,800)

Grand Ave

- Work on club room space allocation is nearing completion. Additional work to design the Garden Club greenhouse is still pending. Elevation design renderings are being worked on by the architect.

Lakeview Center

- Wind screens around the Lakeview Center Outdoor Shuffle Board courts have been replaced. Contractor was Custom Courts and Tile (Cost – \$1,140)

South Golf Course

- Permit review and comments from Maricopa County have been received. Responses to the comments will be submitted by May 31, 2018 with final permit approval anticipated in 2-3 weeks. The project was published on Dodge Construction's web site for review and bidding by interested general contractors. At the close of the bidding on May 24, no bids had been received. Based upon this, RCSC is working with the architect to identify general contractors for work on this project. Interviews are expected with contractors within the next week. This will delay the start of this project until a general contractor has been selected.

Sundial Center

- Roofing repair at Sundial Center around the dehumidifier pool paks has been completed. Contractor was Renco Roofing. (Cost – \$4,960)

Management Updates

(continued from previous page)

Auditorium. This is a free show so be sure to have your full-sized photo RCSC card as key fobs are not accepted.

Look for the upcoming 2019 Season Ticket Concert Series in the SunViews in the not too distant future.

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!



Sun City Foundation

“Neighbors Helping Neighbors”

The next meeting of the Sun City Foundation will be held on Thursday, September 13, 2018 at 1:00pm in the Lakeview Center Board Room.

The mission of the Sun City Foundation is to assist those in financial need. It is our privilege to serve RCSC members who need assistance with their annual RCSC property assessment. In order to qualify, applicants must:

- Be a homeowner and resident for at least five (5) years
- The Sun City AZ home is their sole residence
- Be at least 70 years of age
- Income does not exceed 150% of the current Federal Poverty Level

The Sun City Foundation continues to assist our Seniors who have outlived their resources by offering assistance to those in need for a better Sun City! If you are in need of help and are an RCSC qualifying member, please call 623-561-4600 for more information.



Book Humor

Seniors are always reminded of how important laughter is. Although some give the appearance of finding this easy, most find it difficult. Today's news is far from humorous. Try to find a comedy movie that generates those belly laughs that we recall from earlier in our lives. Television is not much better; enjoyable situation comedies are rare. Worst of all, senior conversation often centers on poor health or recent surgeries.

Your Friends of the Library want to help in this task of finding humor in life. We have discovered it in phrases about books. Try the following to cheer you:

I was reading a book, "The History of Glue." I couldn't put it down. - *Tim Vine*

Men or books? Choose books. They will take you to a lot more interesting places.

Outside of a dog, a book is a man's best friend.
Inside of a dog, it's too dark to read. - *Groucho Marx*

Be careful about reading health books.
You may die of a misprint. - *Mark Twain*

Dinosaurs didn't read. Now they're extinct. Coincidence?

Book Sniffers Anonymous book sniffing
book sniff-ing [book] [snif-ing] verb
1. breathing in the scent of a book; often done in secret, 2. how book nerds get high

Too many books? I think what you mean is not enough bookshelves.

Read the best books first, or you may not have a chance
to read them at all. - *Henry David Thoreau*

Seventy million books in America's libraries, but the one you want
to read is always out. - *Tom Masson*

I went to a BOOKSTORE and asked the saleswoman,
"Where's the SELF-HELP section?"
She said if she told me that would defeat the purpose. - *George Carlin*

If these haven't tickled your funny-bone, ask your "Friend"ly volunteer or staff member in either of our Libraries to direct you to the humor section, or tell you of some entertaining humorous books that she or he has discovered. Another option is to visit Books Around the Corner, the Friends Bookstore in the Bell Library, and buy a used book of humor. That book probably was donated by a Sun City resident who wanted to share the chuckles. By the way, all of phrases listed above (and more) are on sale in the Bookstore as framed desktop pictures, at a very reasonable price.

On a more serious note, while in either Library in July, ask about the summer programs. Just because the snowbirds are gone, doesn't mean the programs are. Have you seen the new adult coloring area? It is just one more good reason to stop by. While in the Bookstore in July, take advantage of the author of the month sale, Joseph Wambaugh. His books are half price. Right now, lots of science books and DVDs are available. Interested in gems? Come see our books about them and how to cut them. As said by Erasmus many years ago, "When I get a little money, I buy books; and if any is left, I buy food and clothes."

Water Conservation

Save Water by Reducing Paper Usage, Recycling

It takes a lot of water to produce the food we eat, the energy we use and all the things that we buy. Try using some of these tips below to reduce your water use by reducing your paper usage and recycling paper. You'll find that there are lots of ways to shrink your water footprint.



Use less paper or recycle it – there are lots of ways to do this. Always remember - "Saving paper (or plastic or glass or aluminum for that matter) equals saving water." One ton of recycled newsprint saves 7,000 gallons of water and 4.6 cubic yards of landfill space while recycling a ton of office saves 17 trees in addition to 7,000 gallons of water.



Take advantage of your digital devices and cut back on printing! Load apps for boarding passes while traveling, read reviews online and use navigation tools rather than printing directions and maps.



Don't let your mail just pile up! Recycle as soon as you've gone through and read it. Or better yet, get off of junk mail lists and consider signing up for paperless billing or auto pay.



Bring your own coffee mug or travel cup next time you stop by your favorite coffee shop. Not only is there water in those paper cups and plastic lids, it takes more than 200 liters of water to make a single latte, much of which is used in the production of the milk and coffee beans. Wow!



Recycle that cereal box (but not the plastic cereal insert), milk carton, soda can and more. A lot of food and product packaging can now be recycled. With no sorting necessary, recycling has never been easier. While items should be relatively clean, be mindful to not waste water when preparing materials destined for the curb.



If you receive a lot of newspapers, check with your local animal hospital, shelter or SPCA since they might be able to use them. Better yet, why not go digital with your newspaper subscription? You might actually save money, too!



Many avid gardeners compost. In addition to food waste such as coffee grounds, egg shells and vegetable peelings, some forms of compost allow you to include paper, including paper towels.



Better yet, don't use paper towels. Use rags that can be washed and reused. And when you do buy paper products, look for those made from recycled content.

For more information regarding recycling in Sun City AZ, please visit the Parks & Sons website: <https://parksandsons.com/>



Every Drop Counts!
Do your part to help conserve!



Sundial 2019 Winter/Spring Concert Series



Another great series of fantastic shows coming to Sun City AZ!
Full line-up & details will be announced right here in the August Sunviews
More variety than ever before! Headliners, Tribute Bands, Comedy & more!

SEASON TICKETS On Sale Thursday, November 1, 2018 for RCSC Cardholders ONLY - \$154 for ALL 11 shows
INDIVIDUAL SHOW TICKETS On Sale Monday, December 3, 2018 for RCSC Cardholders ONLY - \$17 per person
TICKETS TO NON-CARDHOLDERS On Sale Wednesday, January 2, 2019 (if not sold out) - \$20 per person



Saturday, September 15, 2018 • 4 to 7:30pm
Sundial Auditorium

Join us for an early evening of fabulous fun, action & excitement!

We'll have all of your favorite games and best of all - free fun money for players as you rotate through the tables. This "just for fun" night includes poker, black jack, roulette, craps and much more!

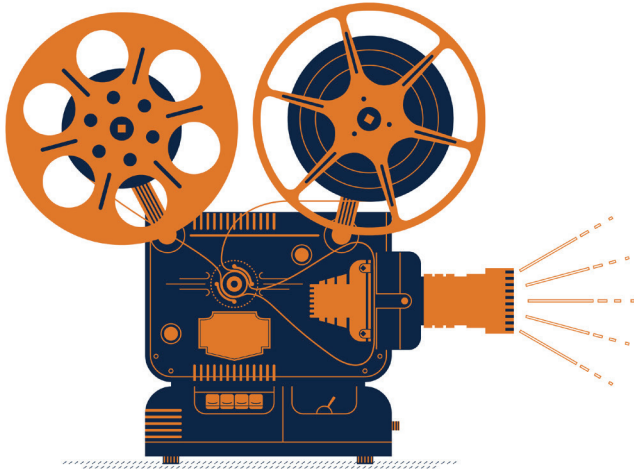
There will be hot dogs and chips available for purchase should you need to snack, and you're also welcome to BYOB. All donations collected at this event will benefit The Sun City Foundation.

Step right up, place your bet and get ready for an evening full of good times!

Free for RCSC Cardholders & their escorted guests
Be prepared to show your RCSC Member or Privilege Card for entry; key fobs not accepted!

FREE MOVIES*

Wednesdays @ Marinette;
Saturdays @ Mountain View
2pm & 7pm



To find out "What's Playing?" 1) Sign up for Movies & Events emails at suncityaz.org & 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 & are therefore intended for RCSC Cardholders & 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.

Always
FREE
Popcorn

Now
serving
BOTH

Salted &
Unsalted

*Sun City Gives Back***Zumba Proves That They “Can-Can”**

The Zumba Fitness Club Board decided to hold a “can-can” drive for all six Zumba classes the week before Mother's Day this past spring. According to Zumba President Al De Hope, “We wanted to do this for two reasons: One, to honor Moms everywhere by giving back to our community. And two, the Zumba Board realized that there is a real need for helping people with food outside of the donations that are received during the Thanksgiving and Christmas holidays.”

The food collected was given to St. Mary's Food Bank in Surprise whose mission is to achieve a hunger-free Arizona. “St. Mary's serves our local communities,” De Hope added, “including people who may need assistance in Sun City.” Al De Hope is really proud of the members of the Sun City Zumba Club. “Our members shared a lot of enthusiasm about participating in the “can-can” drive,” De Hope added, “and we just want to do our small part to help other people.” The “can-can” drive collected 285 cans totaling 227 pounds of food.

Zumba really proved that they “can-can” give back! Thank you!

Right: Zumba Members Loretta Taranovich (left) and her husband Stephen (in black) help Zumba instructor Debbie Reiss (in purple) and Zumba Board Treasurer Jan Taylor (right) collect the can goods at the Tuesday night Zumba class at Sundial Center.



Above: Zumba Club President Al De Hope gets help at St. Mary's Food Bank as he delivers “can-cans” collected at Zumba classes in early May.



Creative Quilters Charity Committee at Lakeview Recreation Center actively supports the Women's Army Corps Veterans' Association at the Phoenix Veterans' Hospital. Every month that has five Fridays, members of the Club may participate in a Charity Sew Day. Items sewn for the veterans include quilts, lap robes and throws. Pictured above is Jana Ruda, Chairman of the Charity Committee (right) presenting a total of 22 quilts to Lea Seago (left), 1st Vice President of Chapter 68, Women's Army Corps Veterans' Association. This is a continuing project for Creative Quilters. Membership is the club open to all RCSC Cardholders.

**Creative Quilters
Fifth Friday
Charity
Sew Day
Benefits
Women's
Army Corps
Veterans'
Association**

*Sun City Gives Back***Oakmont Needle Arts Host Visit with Soldier's Best Friend**

Oakmont Needle Arts & Craft Club recently invited Soldier's Best Friend to learn about the important service this organization provides in the community, fulfilling both a physical and emotional need for veterans.

Soldier's Best Friend Training Campus in Peoria, AZ opened in 2016. Military members, combat veterans, professional dog trainers, veterinarians, and PTSD therapists along with many dedicated volunteers provide U.S. military vets with service or therapeutic companion dogs. Most of the dogs are rescued from local shelters. The veteran and dog train together intensively for several months in order to build a trusting relationship that literally saves two lives at once.

Service dogs provide constant support that can make it easier for veterans to readjust to civilian life and manage symptoms such as: panic attacks, depression, flashbacks, irritability, reclusive behavior, anxiety, nightmares, uneasiness in crowds and suicidal thoughts.

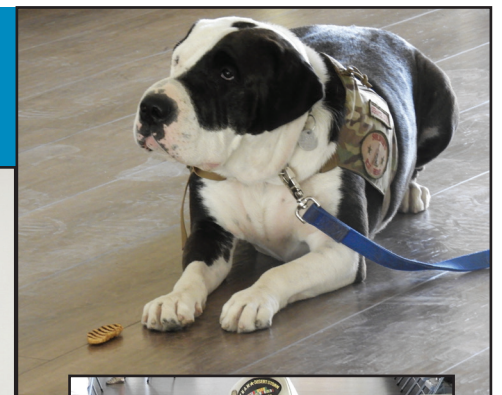
Club Members generously donated treats, gift cards, dog vests and booties. Supplies such as leashes, collars, dishes and toys are always welcomed as are gift cards from pet supply stores.

To learn more this organization, go to their website at <https://soldiersbestfriend.org/> or call 623-218-6486 to arrange for an on-site visit.

What an awesome way to honor our veterans for their service and sacrifice!



Above: Veteran Earl Thurston with his dog Triton, Louise Bush and Soldier's Best Friend Presenter Roy Cirincione



Welcome to RCSC Club Events

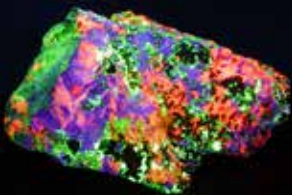
We've reorganized the Clubs Events & Announcements that appear in SunViews so that it's easier to find the activities you're looking for. Clubs are welcome to submit information to this section every month and should include the date, time and location of the event along with cost and contact information.

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

To Start or Stop delivery of the Sun City Independent Newspaper/SunViews:
Phone: 623-455-2831 or email: WVCirculation@newszap.com

General Interest/Museums

Sun City Rockhounds Mineral Museum
Hours of Operation (Sundial):
October thru April: 10am-1pm; Closed Thursday and Sunday
May thru September: Saturdays only 10am-1pm
FMI email scrockmuseum@gmail.com or call 623-428-6442 during museum hours. 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: Summer Hours (May thru Sept) Wednesdays 9am to noon

Del Webb Sun Cities Museum
Next to Oakmont Center
Currently Closed for Summer, however, If you have a group of six or more, we do schedule private tours. Admission: FREE!
Donations Welcomed. To schedule tour or FMIC 623-974-2568.



New Interest Groups

Any new interest group who has (at a minimum) 25 potential members may complete the Application for Club Charter (FORM BP:12-15) and submit to the Clubs & Activities Office. Applications can be found at www.suncityaz.org or pick one up in the Clubs & Activities Office located at the Lakeview Recreation Center.

Political Clubs

Sun City Democratic Club
Sun City Democratic Club continues to meet 6pm all summer on first Thursdays on 7/5 & 8/2 at Fairway. Programs cover issues & candidates pertinent to Democrats in the West Valley. All Democrats & Independents that are RCSC cardholders & their guests are invited. Club also continues to meet every Monday at Starbucks at 9am on the corner of 99th Avenue & Bell. If Starbucks is open, the SCDC meets. Join this convivial & active group & start every Monday off with friends. This is an active group, join us & DO something for the cause! FMI please contact the SCDC at suncitydemocraticclubofaz@gmail.com



Sun City Republican Club
The Sun City Republican Club will NOT meet in June, July or August. However, you can still be involved at West Valley Republican HQ, 10050 W Bell Rd. # 50 (down from Arby's) S.C. 85351. Contact: 623-977-4532. Tuesday morning discussions 9-11am; third Thursday of month LD21 meets 7-9p. Get involved! Ask how to become a PC (Precinct Committeeman) FMI Visit LD21.org or AZGOP.org

Hobbies/Other Interests

Sun City Community Garden
Open House every 3rd Sat Oct-May, 9-11am at community garden located within EPCOR water plant on NW corner of 91st Ave & Greenway. Come learn about vegetable gardening & leasing a plot available to RCSC cardholders & Garden Club members. Rose lovers meet Friday after Garden Club meeting at Sun Bowl Rose Garden (107th & Clair Dr). Learn to care for your roses & help keep our rose garden looking spectacular. FMIC 623 875-5921



Fairway Readers
Club meets 1pm 2nd Friday monthly (year round), Fairway Rm 217. No dues, must show RCSC Card at 1st session. Refreshments served Dec & April. Moderator Jeri Hauff prepares questions/keeps members on track during discussions w/a mic so members can hear (also passed between participants when sharing thoughts & ideas). Books chosen by consensus months in advance, reserved a month in advance (Fairway Library) for those w/MC library cards. Newsletter available at meetings. FMI 623-933-7361. **Upcoming Selections: July: Hannah's Dream**, a novel by Dianne Hammond; **Aug: Fierce Kingdom**, a novel by Gin Phillips.



Armchair Travelers Club
Currently closed for summer. Beginning October, we meet every Wed in Fairway AZ RM1. Show at 7pm; doors at 6:30pm. 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 each visit. First Wed each month coffee & cookies served. FMIC - Ron Yankowski 623-476-2811

Sun City Stamp Club
Currently closed for summer; beginning September we meet 7pm 1st Monday every month in Marinette social hall. Set up/inspection of auction stamps: 6:30pm. All RCSC Cardholders & escorted guests welcome. New & old stamps from all countries available at auctions; books & albums at excellent values, 50% or less of current catalogue prices. Join us to start/improve your collection FMIC Mike O'Neill 623- 974-9943 (mshane2009@prodigy.net); Bernard Heath 623-977-2332 (BCstamps@cox.net); or Wayne McKenzie 480-249-1278 (Wayne.Mck@shaw.ca)

Sun City RV Club
Group enjoys potlucks, card games, day trips, rallies, & RV caravans. Meets Oct-April (closed May-Sept). No RV required; for RCSC Cardholders & escorted guests only. Potlucks held 4th Tuesday each month at Sundial (5:30pm) with monthly board meetings before dinner (4:40pm). Entertainment after potlucks always provided. Bring your own eating utensils, paper plates & choice of drink as well as a dish to share for 10-12 people. For latest info on planned outings attend Caravan meetings held every 4th Friday, 9:30am at Sundial; Coffee & Donuts Supplied! We also host card games at Bell Multipurpose Room B from 5-9pm every 1st Wed & 3rd Tues monthly Oct-April. Come Join the Fun! FMI visit www.scazrvclub.com or call Judy 623-444-4224.

Sun City Birding Club
Specializing in field trips to: identify birds, raise community awareness & enjoy nature. Our club holds fun, educational classes with ornithological themes. Beginning to advanced birders welcome. No experience needed! You will love discovering the joys of birding! FMIC Tom Locascio at 623-977-4992 or locascio2000@hotmail.com

Vintage Vehicle Club of Sun City
The Vintage Vehicles of Sun City does NOT take a siesta during our long, hot summers.
Summer Schedule:
Every Wed 4pm: Weekly car cruise at Sun City McDonald's parking lot. Community invited to see our vehicles & talk to proud owners!
Every Thurs 7am: Breakfast at Bobbie's (99th & Greenway) Discuss cars, projects & anything related to automotive passions.
Our shop behind Lakeview Lanes is now complete where members can service their cars & work on projects. Annual dues: \$25. We will train monitors on a rotating basis as needed. Many members & mentors are retired professional mechanics. FMI on opening day visit: vintagevehiclesofuncity.com. Consider this great opportunity if you're looking for fun this summer. Come meet new friends & learn about all things on wheels.



Cards & Games

Sun City Duplicate Bridge (ACBL)

SCDBC (ACBL) has six NAP (North American Pairs) games in July: 7/2, 7/5, 7/6, 7/16, 7/19, & 7/20. Extra master points at no extra charge! Card fees: \$2/\$4/\$5. Games: M, Th, & F, 1pm; Doors open 12:15; please arrive by 12:45. Partner required. FMIC Dan Parish 623-518-7916 or visit scdbc.com; If you need a partner, email us at scdbc@cox.net, or join our Facebook Partnership page at SCDBC Partnerships. Planning an "Eight is Enough" Team Game M 7/30. Details yet to be worked out, but it should be fun. Please remember our club is fragrance free.

Hand and Foot Club

Variation of Canasta played w/ 4-6 standard decks, ideally designed for 4; 6 can play (teams of 2-3.) Decks used: Number of players +1 (not standard). Annual Dues: \$5; +50¢ a week to play. HUGE Winnings (\$1). It's fun! Singles welcome-No partner needed! **July Schedule:** Wed 7/11, 17 & 25; **Tues** 7/31; LV SHs 1 & 2; Sign in by 5:50pm; Play 6pm. Open to all RCSC Cardholders & escorted guests. FMIC: Edith (623)271-0092 or Rod (719)469-9083

Hospitality Club (Bridge/Chess)

All RCSC Cardholders welcome. Bridge resumes Oct; players needed Wed, 12pm, Marinette. Live in the north end? This may be closer to home than other chartered Bridge groups. **Play Chess?** Join our small group 1pm W & Th at LV SH 3. Play 3 times before joining. Annual Dues: \$6; includes other activities: Pizza, Potluck & Breakfast. FMI or emailed newsletter 933-5158.

Bunco Broncos

Meet at FW AZ Rms 1-2, 4th Mon every month. Join us for an afternoon of fun! Doors open 11:45am, play 12:30pm. Open to all RCSC Cardholders. Annual dues: \$3; \$2 to play. FMIC 602-526-3495/ 326-7055.

Sheepshead

Closed for Summer! Resume 10/1 Mon 6pm, Talisman Hall. Open to all RCSC Cardholder Sheepshead players. FMIC Pat 623 933-7044 or Sue 623 999-4965.

Backgammon Club of Sun City

Meet every Sa 1-5pm at LVSH #3; Tournament every 1st Sa. Also Tu & Th 1pm at Bobbie's Cafe. All Skill Levels welcome, instruction available. Visitors & Escorted Guests always welcome. FMIC Bob 219-229-1870 or Nancy 585-314-7184

Saguaro Bridge

Currently closed for summer. Game play begins again in October 10/5 (Fri) at LV, 6:50-9:30pm. FMIC 623-466-6567

Mixed Cribbage Club

Every Tu 1-4pm & W 6:30-9:30pm LV SH3. No Partner needed. Open to all RCSC Cardholders. Cost \$3/join & 50¢ play. Cardholders may play 3 times as visitor. Arrive 12:45pm (sign in & find table). FMIC Pat 623-933-7044

Kachina Bridge

Don't let duplicate bridge scare you! We are a non-sanctioned club that meets M & Th (Play once/twice a week) at Sundial 12:15-4pm. Annual dues: \$5 RCSC Cardholders plus \$2 each play for prizes. Players welcome to visit & see how duplicate bridge is played. No partner? Don't worry. FMIC Sharon 623-251-4858; Lee 974-0237.

Monday Night Card Sharks Bridge

Meets Mon 6:45-9:30pm Lakeview SH #1 for a social evening of contract bridge. Partner Required. FMIC Andy at (623) 933-7972. \$3 & RCSC card required to join. 50¢ each night for prize fund. Try us out. Visiting RCSC Cardholders pay \$1 plus 50¢ to evening's prize fund. We have fun. Please join us.

Monday Night Pinochle

Like to play pinochle? Come to Oakmont, M 6pm (register), play 6:15pm for a great evening! Singles welcome! Play single or double deck. Annual dues: \$3; plus 50¢ nightly. Escorted guests: \$3.50; visitors: \$1. Prizes awarded accordingly. After 6 hands, individual scores added, winners advance. Losers stay but do not play each other. This allows playing games w/new partners & a great social time. FMIC 623-972-3263.

Oakmont Pinochle Club

Play Tu &/or Sa 12-4pm; arrive 15 minutes early to sign in & find table. FMIC Tommie 623-876-1895 or Cheryl 209-524-7358.

Euchre Club

Meets Tues, 6-9:30pm Fairway AZ Rms; 1st & 3rd Thurs 1-4pm at Marinette SH. Beginners welcome. FMIC 623-533-5705

One Partner Bridge

Meets Th, LV SH #1. Doors 6:30pm; play 7pm; arrive by 6:55pm. Partners Required! If you need a partner, call Andy (623) 933-7972. Annual dues: \$3. Cost \$1/couple for evening's prize fund. Annual surprise "free play" night. All grand slams rewarded & designated small slams paid. Birthdays celebrated w/cookies. If you wish to come for an evening, cost is \$1 (RCSC Cardholders); \$3 escorted guests, plus \$1 prize fund.

Mah Jongg

Club meets for games: Tu, Sundial WH 12-4pm, Th 6-9pm, Marinette SH, & Su Marinette SH 12-4 pm. Open to RCSC Cardholders & escorted guests (Guest fee: \$2.50). Annual dues: \$5. FMIC: Sue 623-933-4823 /480-369-4441/ Sandy 623-399-6337

Oakmont Mixed Cards

Relocated to Lakeview Social Hall 2 from June 23 - Aug 25 5:30p - 9:30p. We need Pinochle players! Club meets every Sat, 6:15 pm. Plays Pinochle, Bid Euchre and Hand & Foot. Play starts promptly at 6:15 pm; concludes 9:30 pm. BYO refreshments &/or to share. Weekly fee: \$.50; annual dues: \$3. FMIC Lil DeCola 623-972-1703 or Bruce Painter 719-671-9043.

Social

Michigan Friends in Sun City Club

Happy summertime to our out-of-state Michigan friends, family, visitors & neighbors. We know you are out there in the mitten state, somewhere, enjoying cooler than 110 degree temperatures. Here's what's planned for us SunBirds who tough it out in Sun City:

Wed 7/18: 5:15pm; Little Sicily. 18795 N. Reems Rd, Surprise. Pizza, pasta, cannoli's. BYO beer/wine. **RSVP by 7/15.**

Thu 8/16: 5:15pm; Hurricane Grill & Wings. 11340 W. Bell Rd. Surprise. Island food, wings, steakburgers, fish, salads, famous Parmesan/garlic fries. **RSVP by 8/13.**

Tues 9/25: 5:15pm; Angry Crab, 7608 W. Cactus Rd "Angry Baskets" of blue crab, snapper, crawfish, clams, shrimp, mussels, salmon, lobster & more! **RSVP by 9/21.**

Email RSVP's to michigan2arizona@cox.net; FMIC/text Cheryl: 623 910 1522

New to Sun City? Interested in joining our happy club? Pick up a brochure/application at Sun City Visitors Center by Bell Library area & send to: Michigan Friends in Sun City Club, c/o Bell Rec Center, 16820 N. 99th Ave. Sun City, AZ 85351; Email: michigan2arizona@cox.net

NextGen

Social club open to all RCSC Cardholders, NextGen hosts a wide variety of activities including monthly golf scrambles, happy hours, hikes, bike rides, bowling, concerts, dart, shuffleboard, card games & more. Club is designed to bring people together; foster new friendships & social connections. Regular meetings 1st & 3rd Mon each month at Fairway AZ Rms 1&2, 6:30pm unless otherwise posted. Check event calendar at www.nextgensuncity.com; dates, times, locations subject to change. FMI inquire at nextgensc@gmail.com. Annual Dues: \$5; Must be a member, RCSC visitor or escorted guest to participate.

Illinois Club of Sun City

Club meets 6:30pm every 4th Thurs at Talisman Hall (Lakes E/W Golf Course.) Summer meeting dates: 6/28, 7/26 & 8/23. This Social Club's members are interested in activities that include: dining, sports events, happy hours & other fun entertainment! Join transplanted Illinois residents, IL snow birds & IL State friends. Must be RCSC Cardholder or escorted guest to attend. FMIC Benita 623-933-3409.

Best Friends Dog Club of Sun City

We Love Dogs Too! Come join Best Friends Dog Club & see what the excitement is about. New Trainers, classes, schedules w/ evening & weekend training available in manners, agility & rally. Enjoy dog walks & hikes, brunches, picnics & parties! Come to meeting at Fairway to learn about our club & canine related topics. (Sorry, meetings are for people & service dogs only.) Visit www.bestfriendsdogclub.org. FMIC 480-524-6893. Open to RCSC Cardholders.

Sun City Women's Social Club

A place for women to gather for fun & friendship, located on Lakeview's upper level. Open 7 days a week, 9am-4:30pm. Current activities include Poker, Bridge, Hand & Foot, Mexican Train, Canasta, etc. Substitutes always needed for regular players; members encouraged to set up their own games or activities. Annual Dues \$10; open to all women with RCSC membership. FMIC JoAnn at 623-977-5606, or Evie 480-466-6059.

LGBT Club of Sun City

We meet on the 2nd Thursday each month. OM Aud 6-8pm. <http://suncityaz.org/lgbt-club-sun-city/>



Duffeland Dog Park Club

We help make a safe, clean & enjoyable experience for dogs, their handlers & RCSC Cardholders (& escorted guests). We host potlucks, cookouts & social events. Lunch on Tues 7/10 @ 1pm: New York Pizza Dept (NYPD), 13960 W Bell Rd, Surprise. All welcome, separate checks. Annual Dues: \$5. **FMIC** Dorothy 928-221-6052 or email duffeland@gmail.com or more information.

Sun City Hospitality Club

Staying in Sun City this summer? Has your card group closed for a few months? Spend Saturdays with us at Marinette. We meet at 11am for all types of card games. If you are an RCSC Cardholder you may play 3 times before being asked to join. Annual Dues \$6. Come see what we are all about. FMIC 933-5158.

Sun City Singles Social Club

Club welcomes single RCSC cardholders. Escorted Guests must be single. Annual dues: \$6. Club meets monthly first Friday (Potluck 5:45pm) bring food to feed 10-12 people. Third Friday (Game Night 5:45pm) may bring snacks to share; bring your own drink for each activity. Location: Fairway AZ Rm #4. **Weekly Activities:** Every Sa: Breakfast, Brother's Family Restaurant 8:45am. Every W: Billiards, Lakeview Lanes, 1pm.

July Activities: Tues 7/10: Dinner/Trivia, Tailgater's of Peoria, 10146 W Lake Pleasant Pkwy, 6pm; Sign up by F 7/6; **Sa 7/14:** Dinner, Benny's Burgers, 10001 W Bell, 4:30pm; **Sa 7/14:** Indoor Shuffleboard, Bell Center, 6pm; **Tu 7/17:** Lunch, Revolu Taqueria, 15703 N 83rd Ave #110, 11:30am; **M 7/23:** Brunch, First Watch, 18255 N 83rd Ave, 10am; **F 7/27:** Fish Fry Dinner, Elks Lodge 10760 W Union Hills, 4:30pm; sign up by F 7/20; **F 7/27:** Darts, Bell Ctr, 6:30pm; **Su 7/29:** Lunch, Good China 9180 W Union Hills 1pm

Check club website for other activities that require sign up to attend. Visit www.simple-site.com/myclub or contact Ellen 623-583-2307 or Janet 615-574-9960.

Performing Arts

Piano Club of Sun City
Piano Club is closed for the summer, but join us for more great music in the fall. We have an annual evening concert in January, monthly music programs from October through April, affordable piano lessons, and club members volunteer at charity events. You don't have to play or perform, just enjoy the music and companionship. RCSC visitors & escorted guests are welcome. FMIC 623-792-7266



Readers' Theater Ensemble
A unique venue to encourage & support members interested in performing drama without memorizing scripts. Members learn & gain experience in developing/showcasing talents by reading a variety of material using voice, facial expression & body language to enhance spoken word. Readers perform one act plays year-round for organizations & clubs to fulfill their entertainment needs. For bookings contact Ann Case 612-730-9699; FMIC Cecilia Simonelli 623-210-1810. Membership open to all RCSC Cardholders. Meetings: Fri 1-3pm in Social Hall #3 LV.

Sun City Community Players Theater
Join fellow thespians & theater lovers for socializing, workshops & meetings. Players Club Acting Workshops, every W, 9:30-11:30a (Oct.-April); Gen. Mtg. 3rd Mon, program, 7 pm (Sept-May) Inquiries to: Writeonjoy@gmail.com; 623-500-2949.

Choraliers of Sun City
An auditioned choral group composed of men & women (RCSC Cardholders) with diversified musical backgrounds. We present a wide variety of music at social functions, churches, healthcare facilities & retirement communities as well as some public concerts; up to 20 performances annually. Currently interested in increasing all voices. Rehearsals resume on Mondays, beginning September 10, 8:30-11am in the second floor Fairway Music Room. Membership open to RCSC cardholders. If you are searching for musical fulfillment, please stop in to listen or check out our website at www.suncitychoraliers.com. Also, brochures available at Sun City Visitors Center.

Sun City Womens Chorus
After a successful season, the Sun City's Women's Chorus takes a break over the summer months.

Our 2018-2019 season begins Thursday, September 6 at 8:45am in the Fairway Center Music Room. All women with an RCSC membership card are welcome to join. We look forward to seeing you.

If you have any questions, please contact Annette at (623) 308-4643.

Established in 1963, Women's Chorus was the first chartered music club. At present, our 60 members come from a wide array of musical backgrounds & perform two main concerts a year. Any woman who loves singing is welcome to join.



Planning to Take Children to the Pool? Don't Forget!
Proof of age for 4 and 5 year olds (birth certificate or passport) is required for access to swimming pools. Photo copies or electronic images are acceptable.

Monitored Activities

Basketball	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Billiard Tables	
Bell Lanes	M-Sa: 8a-8p; Su: Noon-7p
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Bingo	
Sundial Center	Th: Doors Open 4:30p; Bingo 6:15p \$9 all 18 games w/3 special Closed for Summer
Boating/ Fishing	
Lakeview Center	M-Sa: 6a-8p; Su: 8a-7p (or Dusk)
Bocce Courts	
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p
Bowling Lanes	
Bell Lanes	M-Sa: 8a-8p; Su: Noon-7p
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p
Dog Parks	
Duffeeland	May - September 6am-8pm Closed last Wed/month for Maintenance
Darts	
Bell Center	M-Sa: 8a-8p; Su: Noon-7p
Fitness Centers	
Bell Center - 18+ only	M-Sa: 5a-9p; Su: 8a-8p
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Lakeview Center	M-Sa: 6a-8p; Su: 8a-7p
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View Center	M-Sa: 6a-8p; Su: 8a-7p
Oakmont Center	M-Sa: 6a-8p; Su: 8a-7p
Sundial Center - 18+ only	M-Sa: 6a-9p; Su: 8a-8p
Horseshoe Courts	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View Center	M-Sa: 6a-8p; Su: 8a-7p

Jogging / Walking Track	
Indoor	
Fairway Center	M-Sa 5a-9p; Su: 8a-8p
Sundial Center	M-Sa only: 6a-8a
Outdoor	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Sun Bowl	Dawn to Dusk
Library (602) 652-3000	
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p
Fairway Center	M-F 9a-4p
Mini Golf	
Bell Center	M-Sa: 6a-9p; Su: 8a-8p
Lakeview Center	M-Sa: 6a-8p; Su: 8a-7p
Mountain View Center	M-Sa: 6a-8p; Su: 8a-7p
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p
Pickleball	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View: Outdoor	M-Sa: 6a-8p; Su: 8a-7p
Racquetball	
Bell Center Courts A & B	M-Sa: 6a-9p; Su: 8a-8p; Closed for Class: M/W/F 1-3p, T/Th 5:30-7:30p
Shuffleboard	
Bell Lanes: Indoor	M-Sa: 8a-9p; Su: Noon-8p
Lakeview: Outdoor	Daily M-Sa: 6a-8p; Su: 8a-7p
Spas	
Bell Center - 18+ only	M-Sa: 5a-9p; Su: 8a-8p
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Lakeview Center	M-Sa: 6a-8p; Su: 8a-7p
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View Center	M-Sa: 6a-8p; Su: 8a-7p
Oakmont Center	See Pool Hours
Sundial Center - 18+ only	M-Sa: 6a-9p; Su: 8a-8p

Swimming Pools - Open Swim Hours	
Bell Center - 18+ only: Lap pool: M-Sa:5a-9p; Su: 8a-8p; Closed for class: M-F 7-9a Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Fairway Center Lap Pool: M-Sa: 5a-9p;Su 8a-8p; Walking Pool: M-Sa: 5a-9p;Su 8a-8p;	
Lakeview Center M-Sa: 6a-8p; Su 8a-7p Closed for class: M, W, F: 8a-10a Children's Pool Hours for Ages 4-15 yrs: Daily 4p - Close;	
Marinette Center M-Sa: 6a-9p, Su: 8a-8p; Closed for Class: M July 16, 23, 30 8a-9a; Tu July 17, 24, 31 9a-10a; Th July 19, 26 8a-9a; F July 20, 27 9-10a Children's Pool Hours for Ages 4-15 yrs Daily 1p - 4p	
Mountain View Center M-Sa: 6a-8p; Su 8a-7p; Closed for Class: M July 16, 23, 30 8a-10a Tu July 17, 24, 31 8a-9a; Th July 19, 26 8a-10a; F July 20, 27 8a-9a Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p	
Oakmont Center M-Sa: 6a-8p; Su 8a-7p; Closed for class: Every Su 2-4p; M July 2, 9 12-2p; M July 16, 23, 30 9-10a & 12-2p; Tu July 17, 24, 31 9-10a; W July 4, 11, 18, 25 12-2p; Th July 19, 26 9-10a; F July 6, 13 2-4p F July 20, 27 9-10a & 2-4p	
Sundial Center - 18+ only Large Pool: M-Sa: 6a-9p; Su: 8a-8p; Closed for Class: M July 16, 23, 30 9-10a; Tu July 17, 24, 31 9a-10a; Th July 19, 26 9a-10a; F July 20, 27 9-10a Warm Water Pool: M-Sa: 6a-9p; Su 8a-8P Closed for Class: M July 16, 23, 30 10a-12p & 4:30p-6:30p Tu July 3, 10 12-2p; Also Tu July 17, 24, 31 10a-2p & 4:30p-5:30p; Th July 5, 12 12-2p & Also Th July 19, 26 10a-2p & 4:30p-6:30p; F July 20 & 27 10a-12p & 5:30p-6:30p	
Table Tennis Bell Center: Closed For Class: M,W,F 10-3p; Tu 10a-12p, 7-9p; Sa 10a-12; Su 1-5p	
Tennis Bell Center: 623-977-3325 M-Sa: 6a-9p; Su: 8a-8p Lakeview Center: 623-561-4676 M-Sa: 6a-8p; Su 8a-7p Mountain View: 623-876-3042 M-Sa: 6a-8p; Su 8a-7p	

Club Directory

Art and Craft Clubs		Stitchers: BC Angie (303)435-1794 Terry (315)778-9237	Tu & F 9a-2p; W 9a -12p	Classic Rock Dance Club: FW 623-628-4401	1st & 3rd Sa; Doors open: 5:30p; Dance 6-9p; FW AZ 1-4	Hobby Clubs	Food & Friends: OM (Formerly Gourmet Social) 920-253-1186	Closed for Summer	Shuffleboard Bell: BC 623-972-3169 - Dennis	M, T, F 1-3:30p
Artists by the Lake: LV 877-9366 or 623-810-9112	M Th F 10:30a-12p Mem Mtg/Potluck/Demo1st Tu: 11:30a LVSH1	Woodworking: BC 974-6058	M-F 8a-4p; Sa 8a-12p; Tu 4-8p	Country Dance Club: SD 480-431-8278 or 623-972-5127	1st & 3rd Sat 6:30-9:30p SD Aud Couples/Partners lessons W 6:30-9p BC SH	Armchair Travel Club: FW Formerly Armchair Photo 476-2811	Closed for Summer	Illinois Club: Talisman Mtg: 4th Th monthly 6pm Talisman Hall	Shuffleboard Outdoor: LV	Closed for Summer
Artistic Stained Glass: BC 974-4765	Clubroom closed until August Due to Maintenance/Remodel	Woodworking: FW 972-4385	M Tu Th 8a-12p; W & F 12-4p	Friday Night Rock 'N' Roll: FW 970-371-4685 or 602-430-3757	2nd, 4th & 5th F, 6-9:30p	Sun City Birding Club: Tom: 623-977-4992 locascio2000@hotmail.com	Please contact club for meeting information	LGBT of Sun City: OM Aud (623)363-1123	2nd Th 6-8:30p OM Aud	
Artistic Weavers & Fiber Artists: OM 974-6108	M-F 9a-12p	Woodworking: LV 933-2355	M-Sa 8a-12p	Friday Night Ballroom Dance (formerly SC Singles Dance) 623-215-8718	F 7-10p SD Aud	Duffeeland Dog Park-Talisman 928-221-6052		Men's: SD 977-5116	M-Sa 7a-4p; Poker M 4-9p Club Closed W 7/4	Softball (Senior): Sun Bowl Open Practice Su/M 6-10a; New Players M Dan 520-404-2909 www.azsrs softball.com
Calligraphy: SD 623-594-6591	F 9-11a	Card and Game Clubs		Line Dance: SD 623-972-5127 or 231-557-6555	Tu & Th: 10a-1p; SD Aud	Garden: OM 875-5921	M-W-F, 9a-12p	Michigan Friends in Sun City michigan2arizona@cox.net 623-910-1522	Call for activity details	Sportsmen: LV Tony 847-207-1948
Camera Guild: SD cameraguildsuncity.com	M-F 9a-12p Potluck LV SH 1 Tu 7/17	500: FW 623-974-5615 (Erma)	M 5:30-10p FW AZ 3&4	Rockin' Thru The Years: SD 332-7894	2nd, 4th & 5th Sa: 6:30-10p; BC SH 1&2	Model Railroad: FW 602-326-2430	M-Sa 8a-2p	New England: LV 623-875-4641 or 623-328-1978	See you in October	Swim Lessons: LV 583-5894
Carvers: LV 388-3051	Th & Sa 7:30a-12p LV SH 3	Backgammon: LV 219-229-1870 or 585-314-7184	Every Sa 12:30-5:30p LV SH 3	Squares: BC 875-2642 (Mary Sue) suncitysquares@q.com	Closed for Summer	Model Railroad Museum: FW 602-326-2430	W 9a-12p	NextGen: FW 763-234-6231	1st & 3rd M 6:30p FW AZ 1&2	Swimmers Master: BC 876-1233
Ceramics & Porcelain: FW 972-5818	M-F, 8a-12p	Bunco Broncos: FW 602-526-3495 or 326-7055	4th M 12-3:30p FW AZ 1&2	Sun City Poms: MC 602-392-4242	1st Th: 8-11a MC SH	Rockhounds: SD srockmuseum@gmail.com		Sun City Hospitality: MC 933-5158	Chess: W/Th 1-4p LV SH3 Friendship Cards: Sa, 11a-5p MC SH Bunco/Pizza/Bridge closed for summer	Table Tennis: BC 875-9991
Ceramics: BC 974-6750	M-Th 9a-3p Sa 9a-12p Mem Mtg 2nd F	Canasta: OM 623-566-2034 (Shirley)	F 10a-3p OM Aud	Tip-Top Dance: MC 322-3138	Tu 9:45-11:15a MC SH Pilates, M&F 1-2p BC Aerobics Rm MTTB Tu & Th 1-2:30a MC SH	RV Club: SD (623)444-4224	Closed for Summer	Singles Social Club: FW 615-574-9960	Potluck 1st F 6p FW AZ 3 & 4 Game Night 3rd F 6p FW AZ 3 & 4	Tennis: BC Summer Contact:505.206.2315 jvolson@loretel.net
Ceramics: OM 623-680-8474	M, Tu, Th 8a-12p; Tu 5:30-9p, W 8a-3p F9:30a-2p	Euchre: FW 623-533-5705	Tu 5-9:30p FW AZ 2-4 1st & 3rd Th 1-4p MC Aud	Educational Clubs		Stamp Club: MC 623-428-6442	Closed for Summer	Wisconsin Club:SB 623-242-6318		Volleyball: 206-459-3242
China Painting: FW 623-256-6784	M W Th F 9a-12p; Tu 9a-3p	Hand and Foot Club 623-271-0092	W 5-9:30p LV SH 1&2 Meet Tu 7/31 instead of W 8/1 LV SH 1&2	Apple Macintosh: SD 933-5300	Tu & Th: 8:30 - 10:30a Club Closes for summer: 7/30	Vintage Vehicles (509)430-1625	Car Show McDonalds Every W 4p Breakfast at Bobbies Every Th, 7a	Women's: LV 623-977-5605 / 480-466-6059	M-Sa 10:30a-4p; Su 12-4p LV Rm 221	Rio Vista Rec Center free w/Silver Sneakers charlespeterson@comcast.net
Clay Club: LV 933-0899	M-Th 8:30a-8:30p; F & Sa 8:30a-4:30p	Mah Jongg: MC Sue 480-369-4441	Tu 12-4p SD WH; Th 6-9p MC SH Su 12-4p MC SH	Life Long Learning: FW 623-533-5756	Classes resume in October	Chamber Orchestra: FW 933-1568	Closed for Summer	Basketball: MC 206-459-3242; 604-313-3190	F 9-11a MC; M & W Villanueva Comm Ctr Surprise 3:30-5p	Water Volleyball Club of SC: OM 623-523-3449
Clay Corner: MC 977-3167	M Tu W 8a-9p; Th F 8a-5p; Sa 9a-5p Yard Art/Lunch 3rd W Summer Fun Shop 2nd & 4th W 9a-3p	Mixed Cards: OM 719-671-9043 Bruce or 623-972-1703 Lil	Relocated to Lakeview Social Hall 2 Sa, 5:30-9:30p	PC Computer Club: FW 933-8953	M-Sa: 8a-12p	Concert Band: FW 972-4767	No Rehearsals, No Meetings	Billiards: Bell Billiards Room 315-806-0067	Tu-F 11a-4p; W: 7a-1p; Sa: 7a-1p;	
Crafts: BC 974-3497	M-Sa: 9a-3p	Mixed Cribbage: LV Pat 623-933-7044	Tu 12-4p; W 5:30-9:30p LV SH3	Spanish Club: FW SunCitySpanishClub@gmail.com	Practice W 1pm FW 133 Check FW Club Bulletin Board for outing info	Handbell Ringers: FW 623-203-7385	Closed for Summer	Billiards: LV Billiards Room 602-319-0783	Ladies M & Sa 8:45-11:45a Th 9:45-11:30a; Couples W 6-7:30p Snooker F 1-2:30p; Men/Wom Singles 8-ball M 8a-12p; Dbls 8-ballTu & Th 8a-12p Men/Wom Singles 9-Ball F 8a-12p & Th 1-4p	
Crafts: SD (815)315-2387	M 8a-1p, W 10a-6p, Th 8-11a, Sa 9a-4p; Scrapbook 1st & 3rd F 4-8:30p	Monday Night Pinochle: OM 623-972-3263	M Start time 6:15p OM Aud Arrive by 6p to register	Fitness Clubs		Piano: SD 623-792-7266	Closed for Summer	Bocce: SD 271-0092	Tu & Th 8-11:30a; F 6-9p	
Creative Quilters: LV 602-622-5913	M W F 8a-3p Mem Mtgs M & F 9:30-10:30a	Pinochle: OM Tommie 623-876-1895 Cheryl 209-524-7358	Tu 11:30a-4p, Sa 11:30a-4p Om Aud	Aerobic: BC 623-251-4681 Dave	M-W-F 8-11a BC SH 1&2 No Classes W 7/4	Players Community Theater: MV writonjoy@gmail.com	Acting Workshops W 9:30-11:30 (Oct-Apr) Gen Mtg 3rd Mon; entertainment info 623-500-2949	Dart Club: BC (480)284-0904,(630)531-0391 (623)760-6926	M T W 5:30-8p; Th 2-4p; 1st Sa 1-3p	
Fired Arts: LV 623-974-5979	M-Sa, 9a-1p	Sheepshead: Talisman 623-933-7044 or 623-999-4965	Closed For Summer, Resume 10/1 (M)	Aqua Fitness Club aquafitnesssuncity.com	Classes at SD, MC, OM, MV Summer II Session runs M 7/16-F 9/7	Rhythm Ramblers: FW 876-8464	Closed for Summer	Lawn Bowls: BC 972-3248	Su M W F 7:30-9:30a & 7-9p BC Party W 7/4 BC MPR	
Friendship Quilters: BC 623-523-7661	M: 9a-8p; W, 12-5p, Th & Sa: 9a-3p	Contract Bridge Clubs		Dance for Fitness 623-933-7021 or 515-975-1683	Tu 9-10a BC SH; W 9-10a SD Aud; F 9-10a MV Aud	Ukulele: FW 623-234-7463/816-507-1274 June-Sept	Th 3-5p FW Music Rm	Lawn Bowls: FW & MV 933-5066	Closed for Summer	
Handweavers / Spinners: SD 933-0397	M-F, 9a-3p	Card Sharks: LV 933-7972	M 6:30-9:15p LV SH 1&2	Handi-Capables: SD 623-640-7211 Dean	Tu & Th: 12-2p, SD Warm Water Pool Mem Mtg: 1st M 12:30p; FW AZ 1&2	Women's Chorus: FW 623-308-4643	Closed for Summer	Lawn Bowls: LV 974-3214	Tu Th Sa 7-9a & 7-9p LV Times may vary with temperature	
Knitters: FW 602-469-2505	F: 8:30a-1:30p, FW AZ Rms 3 & 4	One Partner: LV 623-466-6567	Th: Doors open 6:30p, game 7p, Must be present by 6:55pm LV SHs 1 & 2	Hatha Yoga: SD www.hathayogaclub.org	Mat: M 8:30a,10:30a,6:30p; Tu 8a,10a,12p; W 8:30a, 1p, 6:30p; Th 8a,10a; F 9a, 10a Chair: M,Th, F, 1p W 10:30a Preregistration Required FMIC for Chair:623-972-9602	Political Clubs		Mini-Golf: LV 623-300-4463 or 602-999-7011	Contact Club for Times & Activities	
Lapidary: BC 977-1803	M Tu Th F Sa 8a-1p; W8a-1p&5:30-8:30p	Saguaro: LV 623-466-6567	Play Resumes in October	Ladies Exercise: OM 573-579-5320	Tu & F 8-9a OM Aud	Democratic: FW 623-977-4660	1st Th (July 5) 6p FW AZ 1 & 2	Pickleball pickleball.suncity@gmail.com	Check for times	
Jewelry at Oakmont 623-322-4595	W Th F Sa 8a-12p Apr 1-Oct 31; Stained Glass Classes M-W-F 12-4p	Wednesday Afternoon: OM 977-2871	W 12 - 4p OM Aud	So Grand Exercise: FW 623-933-0214	M W F 7:30-9a FW AZ 1&2	Republican: SD 713-557-5800	No Meetings Visit West Valley Republican HQ, suncitygopclub@gmail.com	Racquetball Club: BC 986-1754	M,W,F 1-3p; Tu,Th 5:30-7:30p	
Leathercraft: MC 594-6591	M-F, 8a-12p MC Aud	Thursday Afternoon: OM 933-9671	Th 12:30-4:30p OM AUD	Tai Chi: BC, LV & FW Phone: Elisa (480)710-8497 email:Emcarthur1@cox.net	M 9a-12:30p FW AZ Rm3; Tu 6p-7p LV SH2 Th 9:30a-3p BC SH2;	Social Clubs				
Metal: BC 974-8206	M-Sa, 8a-4p BC Mem Mtg: 2nd M; 9-11a BC MPR	Friday Afternoon: FW 933-9671	Every F 12:30-4:30 FW AZ 2	Zumba Fitness: 847-376-1863 or 847-682-9399	M & W Zumba Gold 11:30a-12:30p BC SH 1 Tu Zumba Gold 6:30p-7:30p SD West Hall Th Zumba Fitness 6:30-7:30p MC Aud F Zumba Gold 11:30a-12:30p BC SH 1 Sa Zumba Fitness 8:30-9:30a MC Aud	Duplicate Bridge Clubs				
Needle Arts / Crafts: OM 972-2609	Th 8a-11:30a	Duplicate (ACBL) 623-518-7916		Dance Clubs						
Palo Verde Artist: SD 623-551-0402	M-F, 8a-5p SD	Doors open 12:15; game time 1p		Ballroom Dance: BC SH 623-387-6731; 623-533-6236	Dances & Classes Resume in September					
Sew-n-Sew: LV www.sewnsew.info	Boutique Sales/Sewing/DonationsTu Th Sa 9:30a-3p LV Sewing Room	Kachina: SD Sharon Henrich 623-251-4858 Lee Bone 623-974-0236	M & Th Closed for Summer	Bell Tea: BC 933-8873	Dances Resume in September					
Ron 480-225-8231	Potluck Th 7/5									
Silver Stones: SD 623-349-8840	M-Sa 9a-12p									
Silvercraft: BC 933-8442	M-Sa 8a-3:30p; M & W 3:30-8:30p									
Sterling & Stones: FW 623-977-2208	T-F 9a-1p Club, Jewelry Store & Craft Sales									

Visit an RCSC Club this summer! There’s most likely a new hobby waiting just for you!

Important Dates for Clubs to Remember!

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

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

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

Clubs & Activities Office

623-561-4660
email: clubs@suncityaz.org
Office Hours: Monday-Friday 8:30am to 4pm

Fitness & Fitness Classes

Sun City Tai Chi Club

No getting around it, summer's here, changing our wardrobes, electric bills & the number of people around us as Snowbirds do what they do. Sun City Tai Chi Club has altered its schedule to new summer hours, giving residents a chance to try out Tai Chi while getting out of the heat in to a cool, less crowded room.

Section 2 of 108 is suspended until Fall. That same time slot, 12-1pm, at Bell SH 2, is available for advanced students practice. Tai Chi Chair has moved from Fairway, on Mondays at 11:30, to Marinette on Fridays, 2-3 pm. But it's not all about consolidating. The rest of our classes remain the same & we are happy to add a new class, open to all Tai Chi students & their accompanied guests. Energy transference, the ability to absorb & direct force, will be taught by Adam Montoya, on Mondays, at Fairway, from 11:30am-12:30pm. These & all other classes are open to RCSC club members & their escorted guests for the ridiculously low price of \$3/class plus an extra \$2.50 for guests. FMIC Elisa at 480-710-8497 or visit our website: <http://sctaichi.wixsite.com/sc-tai-chi-club>

Hatha Yoga

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

Yoga Mat Classes: M: 8:30a & 6:30p; Tu: 8a, 10a & 12p; W: 8:30a & 6:30p*; Thu: 8a & 10a; Fri: 9a; Sat: 8a & 10a (*evening classes)

Chair Class (Preregistraion required): Monday, Thursday & Friday 1pm; Wednesday: 10:30am; **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. **No Classes on Wed 7/4**

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; Julie Chaney, Instructor.
Fri: Bell Social Halls 1 & 2, **Zumba Gold**, 11:30a-12:30p, Debbie Reiss, Instructor;
Sat: Marinette Aud, **Zumba Fitness**, 8:30-9:30am, Julie Chaney, Instructor.

Cost: Members: \$2 per class; Visitors \$2 per Class; Escorted Guests \$5 per Class.
Annual Membership: \$5 FMIC AI 847-376-1863 or 847-682-9399

Swim Club

Sun City Swim lessons have moved to Lakeview pool. Lessons run from 8:30-10am M-W-F. Beginning & intermediate classes available. Annual membership: \$5 for RCSC Cardholders. FMIC Tere Kearney 623-583-5894.

Aqua Fitness Club

Summer II Session runs M 7/16 - F 9/07. Club meets M/Th or T/F at Sundial, Oakmont, Marinette & Mt View pools. Instructors teach varying intensities: Free Standing, Poolside & Aqua Stretches. Visit www.aquafitnesssuncity.com to find info on class exercises in Club Brochure; Also info on class times, days of week & pools for Summer II Session Schedule. No swimming involved; members stand in waist/chest deep water. Annual Dues: \$5; \$15 for each 8 week session; 5 Sessions annually. Fall Registration Sa 9/01 at 8:30a at Sundial Auditorium. FMIC Terry @ 619-818-4380. All classes are co-ed; must be an RCSC Cardholder to join.

Aqua Suns

Do you love the water but walking & lap swimming isn't for you? Come try synchronized swimming & learn things you never thought you could do - dolphins, spearfish, catalinas, kips, surface dives & more. Join in the fun M-W-F from 8-10am at Lakeview Pool. FMIC Nancy at 623-238-8608. Swim Club membership: \$5/Year

Dance for Fitness

With a current RCSC Membership you may enjoy three free sessions. Then you may join for only a \$5 annual fee. Come once, twice, or three times a week (whatever fits your schedule). No per-lesson fee. Classes on Tuesday at Bell, Wednesday at Sundial and Friday at Mt. View; all classes are 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 Mon, Wed & Fri at 8, 9 or 10am at Bell Social Hall. Membership \$3/year with valid RCSC card; no class fees. There will a holiday potluck social in December for all members. We meet year-round & are looking forward to having you join us. FMIC Dave 623-251-4681 or Pat 510-673-5732

Oakmont Ladies Exercise Club

Join us for low-impact exercises designed for women over 50 at Oakmont on Tuesdays & Fridays 8-9am. Annual Dues: \$3, 3 free trial visits. FMIC Helen 715-222-9519

Stretch & Slim

No matter your fitness level, have a blast in our DVD-led classes! Check our schedule for times & class levels to find the best time to join our fun Stretch & Slim Club. Experience a variety of exercise: cardio (low & high impact), strength training (hand-held weights & fitness bands provided) & stretching for a well-rounded experience. You are welcome to "try us out" (3 classes for free). Annual fee: \$5; escorted guest fee: \$2.50 per RCSC (guests must be escorted by active Club member). FMIC Nancy 602-751-5034.



Despite triple digit temperatures, even RCSC swimming pools are for people only!

Remember: Household Pets are not allowed on RCSC properties or in RCSC facilities (please see Board Policy #26 for more info).

Exceptions: Duffeland Dog Park, Best Friends Dog Club training, service dogs trained to assist the handicapped.

* NOTE: Emotional support animals are not an exception!

Tips from Get Fit for Life -

Breaking Through Plateaus

"I've hit a plateau" is a statement we hear often," states Jane Fortier, senior fitness specialist.

What is a plateau?
If you've been exercising and cutting calories for several weeks, and you're no longer seeing the same results that you experienced in the beginning, then you've probably hit a plateau. This occurs when your progress comes to a standstill. It can be described as not making any "gains" (improving fitness level or losing weight/inches), but not necessarily moving backward (losing endurance or gaining weight/inches). Because every individual is unique, there's no way to actually predict when a plateau might happen. When it does, it's important to jump-start your body, mind and metabolism. This involves making changes of some sort, to your approach to weight loss. You could change-up the eating format you have adopted, or you could change-up the exercise regimen you have been using.

With regard to exercise, you might incorporate some, or all of the following suggestions to both prevent and overcome a weight loss plateau. With just a little tweaking, you'll be back on track again.

Add Variety to Your Workouts: Incorporating variety is critical because your muscles become very efficient at the exercises they are accustomed to doing. Switching things up or doing something radically different during each workout session is more challenging to your muscles. This concept should be applied to both aerobic exercise and strength training. An individual who always does the same exercises will usually plateau sooner than someone who continually makes changes. Changing your routine is crucial to keeping your muscles fired for action. Change makes muscles work harder - you feel more challenged - your body burns more calories - you build more muscle tissue.

Change your Cardio Activity: Change the type of exercise you usually do. The possibilities for aerobic exercise are endless. If you walk, try cycling. If you cycle, try the elliptical, if you use the elliptical, try the rowing machine, if you row, try a step-box routine. Consider adding aerobic activity outside the gym: dancing, hiking, swimming laps, zumba, jazzercise - anything, just change it up! Change the duration of your cardio workouts. Increase your minutes, as you become more fit - try a shorter, but more vigorous workout. Change the intensity of your workouts. This is something you can play with on a weekly basis - incline the treadmill, use exertion intervals on the bicycles, elliptical, rowing machine, vary the interval number and duration.

Change your Strength Training Routine: Change the mode of exercise. If you are using machines, move to free weights. If you are doing free weights, add a stability element like a Bosu Ball or Fitness Ball. Do your standing free weight exercises while balancing on one foot. Change the specific exercises you do. If you use a chest press, change to a chest fly: if you do an upright row, change to an inverted row. Think of an alternative exercise for each muscle group, and you'll have an entirely new workout! Change your resistance level and/or number of repetitions. Be sure to increase your weight regularly. Make sure you are lifting to fatigue with each set. If you typically lift 10-12 reps, try doing 8-10 with a slower cadence. Change the cadence of all three movements of the repetition (contraction, hold, release). Occasionally use a HIIT workout in place of your aerobic and strength routine.

"There are lots of ways to add variety to your workouts," states Fortier. "By always challenging yourself, you will avoid hitting a plateau in the first place, or overcome the one you're stuck in. The human body is amazingly adaptable. By making a few changes in various exercise areas, you can jumpstart your metabolism and see positive results kick-in again." If you need help with exercise suggestions or workout routines to break through a plateau, a Get Fit for Life trainer will be happy to assist you. Simply call 623-696-6820 to arrange a consultation.



LaTouch Wellness Massage Therapy Shares...

How the Sacral Chakra Enriches Our Lives

Have you ever said, "I can't stomach that!"? This statement is an example of how we feel and experience emotions within our body. The sacral chakra is the second energy center, located in the abdomen area right below the navel. This chakra is related to our desires and our creativity. When we experience stress, this is the main chakra that is thrown out of balance. Stress is commonly understood to be the accumulation of difficult and negative circumstances. In fact, it is any stimulus - good or bad, enjoyable or painful - that throws the body out of balance to such a degree that it is unable to fully return to its previous equilibrium. This produces energy blockages within this chakra and the chakra system in general.

Chakra Massage and Reiki Energy Healing can assist with clearing these energy blockages. Chakra Massage is similar to Swedish Massage, we focus on reducing stress and tension within the physical body. The Chakra Massage also incorporates exploring the blockages within the Chakra system. The system is then balanced, which allows the energetic body to operate and flow more smoothly. This is accomplished through incorporating Reiki Energy Healing as a focused and intentional part of the massage, the reiki symbols are accessed and implemented during the Chakra Massage.

There are also various self-care practices that can be implemented when healing our energetic bodies as well. Aromatherapy, color therapy, crystals and specific food selections can all assist in balancing the chakras.

In aromatherapy essential oils are either applied to the skin or inhaled. Each essential oil has specific vibrational frequency that have various positive effects on the physical, mental and emotional body. With color therapy, colors also vibrate at varying frequencies, this can enhance your personal vibration and assist in unblocking and promoting movement of stagnant energies. Thus, encouraging the healing process. In this magnificent world of vibrations, crystal's energy helps us on our health and wellness journey. These stones are plucked from mother earth and vibrate with her frequency. Our food selections are also very important, you may have heard the phrase "eat the rainbow." Plant-based foods can certainly promote health and wellness.

It's important to remember that we are energetic beings and our vibrational frequency plays an important part in our health and well-being. Meditation and mantras is another way to work with the vibrational frequencies of the body.

Massage in general helps us to manage stress and can also be used to address a number of health issues. A full complement of massage services are offered at Fairway, Sundial and Bell Recreation Centers (as noted below) for RCSC Cardholders and their escorted guests. If you would like to experience the benefits that massage may have for you, call and schedule an appointment today!

Group Equipment Demos are
on Summer Break!

We will return in September!

Member Fitness & Massage Services

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

Fairway Knitters

Knit & crochet items for military, care centers, school children and the homeless of Phoenix & other charities. Join us any Friday anytime between 8:30am-1:30pm. 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 AZ Rooms 3 & 4 at Fairway. Annual membership: \$5. FMIC 602-469-2505.

SewNSew Club

Monday Mending at Olive Branch Senior Center 8:30-10:30a each Monday OBS center is open. Membership: \$10, open to all RCSC cardholders. Boutique & Open sewing Tu/Th 9a-9p; Sat 9:30a-3p; Sunday 12-4pm Boutique sales include doll clothes to fit the American Girl Doll. Donations accepted during open sew times.

7/1 1-2p Garment Technique Series Infinity Scarf

7/8 1 pm Quilt SIG

7/10 12:30p Doll Clothes SIG

7/14 9:30a-3p Quilts of Valor; 9:30a-10:30p Quilted Purse w/Lynn Sellers

7/17 9:30a Luke Workshop

7/22 1p Quilt SIG

7/24 9:30 am Garment SIG 10:00Garment Design SIG 12:30pm Doll Clothes SIG

7/26 9:30a-3pm Boutique Workshop Pot Pinchers

8/2 9:30a Show & Tell and Potluck.

A library of reference materials, club patterns & embroidery designs are available to members during open sew hours. FMI visit <http://www.sewnsew.info/>

Bell Silver Craft Club

Visit our professionally equipped silver craft workshop & sales room. We offer classes in basic silver work, introducing students to fundamentals. We also offer lost wax casting classes, turning wax models into beautifully cast silver or gold, chainmaille for stunning bracelets & necklaces. Other specialty classes/demonstrations offered throughout the year. You're welcome to tour our club & see the possibilities. Jewelry Sales: Mon-Sat 9am-3 pm. Silvercrafting hours: Mon-Sat 8am-3:30pm. Located around the corner from the Bell Visitors Center. FMIC 623-933-8442.

Lakeview Fired Arts

Now offering new techniques in Cuerda Seca, gilding & silk screening on poured & hand built earthenware, porcelain & stoneware. Chalks, dry brushing, faux leather & faux antique pewter, glazing, majolica, overglaze & translucent classes also offered this year. Many exciting ideas to take pieces to the next level in your ceramic adventure. Fired Arts offers a mentoring program for a one-on-one learning experience. Annual dues: \$5; easy to join. Start your ceramic hobby with like-minded fun people. FMI Visit clubrooms or call 623-974-5979.

Sundial Crafts

Bring your favorite craft work & join us at Sundial on Mon 8a-1p & Thurs 8-11a. Tues, (Sept-May), we offer Card Making classes 5:30-8p. Scrapbooking for beginners or experienced held Wed 10a-6p, Sat 9a-3p & 1st & 3rd Fri every month from 4-8:30p. Fri (Sept-May) we offer Card Embroidery for experienced embroiderers; 1st & 3rd Fri for beginners. Our club accepts all craft donations including yarn, cardstock, embroidery floss, cutting dies, etc. FMIC Carol 815-315-2387 or email sdcraftclub@yahoo.com

Handweavers & Spinners Guild

Skilled instructors teach weaving, spinning, basket making, tatting, hardanger, bead weaving, inkle & kumihimo, shirett & rug making. All skill levels welcome. Special Interest Groups meet weekly year round. Annual dues: \$10. New members may use equipment/work on personal projects once basic skills are established. We have an extensive library of weaving activities. Member meetings held 1pm, first Monday monthly Oct-May & occasionally include speakers/demonstrations, refreshments, show & tell & socializing. Social events include: Halloween Party, December holiday luncheon, & Spring Omelet brunch. Classes/workshops held year-round: Regular hours: 9am-3pm Mon-Fri, Oct-May. Summer hours vary. Beautiful handcrafted items for sale in Club store, open during club hours. Members participate in holiday fairs & craft events throughout the year. FMI - suncityaz.org/handweavers-spinners-guild or call 623-933-0397.

Artistic Stained Glass

ASG is Sun City's only Stained Glass Club; specializing in all types of glass art & projects including "came," as well as more current methods w/foil & solder. Members introduced to techniques in beginning class. Our expert teaches fused & slumped glass; specialized classes in large fused glass flowers, sandblast etching, & more. Most members learned stained glass when they moved to Sun City & took our beginning class. Many are hooked once they try.

NOTE: Our club room will be closed until August for remodel, maintenance work.

Palo Verde Artists

Palo Verde Artists Members encouraged to renew social connections. RCSC Cardholders welcome to check out our friendly artists' group. Annual membership: \$10; entitles classes & workshops enrollment; beginners to experienced painters & sketch artists welcome. Classes & workshops may entail additional fees. Club holds many free events: artists' demos, "Paint-Ins," Open Painting, friendly critiques & video lessons, social events & more. Classes taught by professional artists. Club meets monthly (first Mon) 12pm in Sundial East Auditorium.

Fairway Sterling & Stones

Visit our workshop & jewelry store. Friendly members will show you lost wax casting, glass fusion areas & lapidary room. You'll see members working on stones & glass for rings, necklaces, bracelets & more in silver, copper & brass. Check out member creations in our terrific store (open to the public). RCSC cardholders who join can sign up for beginner or advanced classes in silver craft, lapidary, lost wax casting, glass fusion, chain making, viking knit, reticulation and more. Small classes taught by experienced member-instructors who try to accommodate your schedule. Free workshops also available to club members. Summer hours for club, jewelry store & craft sales: Tu-F 9a-1p. Located in Fairway Rm 136, "next door to the trains." FMIC 623-977-2208

Marinette Clay Corner

Stop & take a tour of our outstanding pottery club. Pottery art work for sale year round, including yard art. Club hours: Mon-Fri 8am-9pm; Sat 9am-5pm. Located in Marinette Center. Annual dues \$15, Must be RCSC Cardholder. FMIC 623-977-3167 or visit www.marinetteclaycorner.org

Artistic Weavers/Fiber Artists

The Artistic Weavers & Fiber Artists at Oakmont began summer hours in May & is open Mon-Fri, 9am-noon. We return to our regular hours (9am-3pm) on Oct 1. Members work on knitting, crocheting, loom weaving & basketry projects throughout summer. Stop by club room to purchase handcrafted items, to see what's happening or just to say "Hi." We'd love to have you join us!

Jewelry at Oakmont

Summer Club Hours Wed, Thurs, Fri, Sat 8am-noon (4/1 thru 10/31) **Now offering Stained Glass** on M-W-F, 12-4p. Contact John Schmidt to schedule your class. We also teach lapidary, silvercraft, glass fusion, faceting, beading, wirewrap & scrimshaw. FMIC John Schmidt 623-322-4595

Camera Guild

The photos in our Sundial Guild room were well received at June's "First Friday" Opening; on display for 3 more months, so drop by & enjoy scenes taken in/around Sun City. With snowbirds gone, you should utilize the club for working photos, restoring old photos, & printing best shots. Several educational labs hosted, so watch the calendar for times. On 7/7, we host a Pluto Trigger demonstration during meeting (club room). An overnight club trip to Flagstaff planned July 11-13 (one or two nights). No structured classes during July. Annual Camera Guild Membership: \$20/ person or \$25/ household; open to all RCSC cardholders. All classes held in CGSC clubroom, Sundial upper floor. General meetings first Saturdays each month in clubroom, 9am. FMIC John 314-882-6951 or visit www.cameraguildsuncity.com.

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.

Bell Metal Club

Love metal? Love art? Come to Bell Metal to be innovative & artistic! We work metal, 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: \$20 per year. Call to see if we can repair your broken metal items. FMI 623-974-8206.

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 Stitchers

Like to sew? Share new & fresh ideas as we create outfits for charity & craft items to raise money for accessories & supplies. Have a tour & a cup of coffee/tea. Winter Hours: Tues 9am-3pm, Wed 9am-noon, Fri 9am to 2pm. Annual Dues \$3; membership open to all RCSC Cardholders.

Sun City Calligraphy Society

General Meetings resume in Oct in our Sundial meeting room. Weekly "Love Card" workshops & practice sessions during summer club hours: Fri 9-11am. Formal calligraphy classes & card workshops resume this Fall. We sell beautiful & creative handmade greeting cards to the public during regular club hours. Card samples & calendar of events available for viewing in club window; come see what our artistic members create! Membership open to all RCSC cardholders. FMI stop by during club hours or call Trudy Bryson 623-594-6591.

Friendship Quilters

Club built on friendship & interest of quilting/creating projects w/fabric. New members welcome. Many find 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 our contemporary version of the "Quilting Bee." Hours: Mon, Thurs, Sat: 9am-3pm & 5-8pm on Mon; Wed: noon-8pm. Annual dues \$5. Membership open to RCSC Cardholders.

Arts & Crafts (continued)

Sports & Outdoors

Creative Quilters
Hours: Mon & Fri: Open Sewing 8am-4pm; Tu & Wed: Open Sewing w/Sew N Sew 3pm; Fri: Bus. mtg, announcements, programs 9:30am. Boutique items available for purchase during Club hours. Watch our news items & stop by Club to look at class book for more details. Membership open to RCSC Cardholders. FMIC Red 602-622-5913

Bell Craft Club
Open M-F 9am-3pm; Sat 10am-2pm; M, W, Th 6-9pm, Classes/workshops in: Bead weaving, Greeting Cards, Copper Enameling, Place-mats, Candle making, Quilling & Cross Stitch, Painting, Plastic Canvas, Knitting, Crochet-ing, Silk Flowers, Craft Beading, Polymer Clay, Parchment Craft, Card Embroidery, & Brazilian Dimensional Embroidery. Classes taught by members. Think others would enjoy your craft? Become a member & teach. Boutique open for unique handcrafted gifts. Gen Mtgs 2nd Thurs, Sept-May. Annual Dues: \$10. New members joining July 1-Dec 31: \$5. All regular classes free to club members. Membership open to RCSC Cardholders. FMIC 623-974-3497.

Bell Ceramics
Wanted: RCSC Cardholders! No Experience Necessary. Learn a wide range of ceramic techniques: stains, oils, glazes, underglazes, banding, carving & more. We have over 1300 molds to choose from & carry greenware, ceramic tools, brushes & paint supplies. All you need to get started so join today! Fees for classes range from \$5-20 depending on technique. Annual membership: \$7. Club hours: M-F 9am-3pm; Wed 5:30pm-8:30pm, Sat 9am-noon. FMIC 623-974- 6750.

Artists by the Lake
Club meets at Lakeview 1st Tuesday each month; potluck at noon followed by a brief meeting & art demonstration. We have classes, workshops & open painting times in LV Art Studio (upper level). Currently: Oil, Watercolor, Pastels, Acrylics, Drawing & Multimedia & a variety of workshops such as Batik, paper making, alcohol inks, etc. Open painting free to members, Thurs 9-noon. Check out our art studio & friendly members. Annual dues: \$10; some classes have extra fees. FMI visit www.suncityaz.org (under Clubs) for current newsletter & class schedules; or FMIC Janene Geisner 623-810-9112

Fairway China Painting
Come paint with us in Fairway room 217 (second floor), 4 days a week! Club open to RCSC cardholders: Annual dues: \$5. Card-holders welcome to attend 3 times before joining. China painting is one of the oldest forms of art. Dry mineral paints are mixed with oil & patterns are traced (or freehand painted) on glazed porcelain & made per-manent when fired. You can paint useful of artistic items with modern or ancient designs. Come try it - you'll be surprised by what you're able to create; we promise!

Lakeview Woodworkers
Come see our beautiful wood crafts! Men & women welcome; tap into your creativity & making something with your hands. It's a wonderful feeling. Our club is a fun & happy place; members always willing to help. Open M-F 8a-4p, Sa 8a-12p. Summer hours: Mon-Sat 8a-2p. Annual Membership: \$20. FMIC 623-933-2355

Oakmont Needle Arts & Crafts
We are a dedicated, year-round club; come sun or more sun! This is the place to learn knitting, crocheting and other hand crafts. Club is open to all RCSC Cardholders; everyone from novice to pro invited every Thursday, 8-11:30am. Learn, laugh, social-ize! FMIC: Anna 623-693-7544.

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. Learn to make leather belts, purses, holsters, even mini saddles. A great group of people & a wonderful craft. FMIC 623-594-6591 or 623-933-8831.

Sun City Clay Club at Lakeview
Come July, we need motivation to get out in summer heat. Take our tour, sign up for an introductory class & learn an engaging hobby. You'll never know what you can cre-ate unless you try. Working with clay is fun & therapeutic, especially on a hot summer day. Free summer workshops taught by club members (beginning class required before participating in workshops). It's fun to socialize with fellow members & tackle a new project. Stop in for current information on classes & events. We have pottery items on display & for sale during club hours. Open Mon-Thurs 8:30am-8:30pm, Fri-Sat 8:30am-4:30pm. FMIC 933-0899.

Fairway Ceramics & Porcelain Club
Ah, July; we celebrate Independence & begin creating gifts for autumn & winter holidays. A unique piece for a friend or family member with a special interest? Many opportunities await you! All Guests & Visitors invited to enter a FREE monthly drawing for an awesome door prize! Low-cost, Fun Classes in airbrushing, clay lifting, glazing, brushstrokes, decorating w/trans-luents, Zentangle, underglaze pencil, clay building, overglaze application, stoneware, & many other techniques. All skill levels welcome. Annual dues (Jan-Dec) \$10/RCSC cardholders; family memberships 2 - \$15. (Half-Price after 6/30.) Basic orientation helps new members start in an encourag-ing environment. Greenware, tools, supplies available for purchase. **Summer Hours (June-Aug):** 8a-12p, Mon-Sat FMIC 623-972-5818, or Dott 623-748-3313. Located at Fairway, 2nd floor.

Indoor Volleyball Club
While waiting for indoor venue, we play at Villanueva Community Ctr (15660 N Hollyhock St, Surprise) W & F, 8-10:30am & at Rio Vista Rec Ctr, (8866A W Thunderbird, Peoria) most Th 9-11a & most Sa 5-6:30p. Call in advance as they close on holidays & sometimes have gym rented. No fee to use facility w/Silver Sneakers Card. FMI on membership (RCSC Cardholders only) call Dawn 623-271-8511

 **Sun City Pickleball Club**
Pickleball remains active in July; we simply start earlier or much later. Play is almost exclusive to Mari-nette's 20 courts (8 indoor courts with lower temperatures) open 6am. Mt View courts available, activity is low. Busiest drop-in times remain at Marinette 6:30-10am M-W-F. This court-&-paddle sport has similarities to tennis, badminton, racquetball & table tennis. Free introductory lessons/clinics for all skill levels year-round, also ladder & round robin play. Check website for details. RCSC Cardholders eligible to join this fast-growing activity. Annual dues: \$25. Every-thing about club, including dues payment, available at: suncitypickleballclub.org

Sun City Sportsmen Club
New name! Same great group! Hunting/ Fishing/Shooting Weds: 8am, Trap & Skeet, Ben Avery Range (Les: 623-876-8714) Fri: 8am, Rifle & Pistol Shooting (Ben Avery). Open to all RCSC Cardholders; New mem-bers welcome. FMIC Tony 847-207-1948

Racquetball Club of Sun City
We now play "Whisperball" at Bell indoor racquetball courts. Free lessons available Tu & Th 1:30pm. Court requirements: clean court shoes only (no street shoes); protec-tive eyewear required; must be RCSC Card-holder or escorted guest. Play on M-W-F from 3-5pm. A great cardio workout that's fun, too. Open to RCSC Cardholders who belong to the Racquetball Club. \$5 annual membership. FMIC Rick 412-419-9578 or visit www.racquetballclubofsuncity.com.

Bell Shuffleboard Club
Play every M, Tu & F 1-3:30pm. Arrive early to sign in (assigned court & starting position). Play 3 games; new partner each game. Fast courts w/slight curve make it a challenge. Instructors available to help learn rules. FMIC Dennis 623-972-3169, or stop by & check us out during regular play.

Sun City Basketball Club
We currently play at Villanueva Commu-nity Ctr, 15660 N. Hollyhock St, Surprise: a 4on4/5on5 full court or come shoot around M & W: 3:30-5pm. We plan to have 1/2 court outdoor games Fri, 9-11am at Marinette. FMIC Charlie 206-459-3242; charlespeter-son@comcast.net or Peter 604-313-3190; petermacleod1000@gmail.com

Sun City Senior Softball Club
Play slow-pitch softball several days a week (mixed men/women) at Sun Bowl softball field (107th & Clare, just west across Sun Bowl parking lot). Several leagues: Ameri-can w/12 teams/10 players, Central-12/11, National-12/12, Co-ed-6/12, 70s-6/11 (age requirement) & tournament teams & Women's. Players placed in leagues accord-ing to ability. Five separate sessions allow year-round opportunity to play softball w/ short commitments to 1/more sessions. Tryouts: Mon 8:30am. RCSC Cardholders, including Snow Birds, welcome to join. FMIC Dan 520-404-2909

Sundial Shuffleboard Club
Don't let our location confuse you. Sundial Shuffleboard Club plays at Bell because it's the only center with indoor courts. Skip those hot summer temps & join us Thurs at 6p for a couple games. We enjoy having fun, that's why we don't require you to be a seasoned player. Never played? We welcome you to join us. Call in advance for (free) lessons. You don't need to own any equipment; discs & cues furnished. Rules of play & score keeping are available. Please arrive by 5:50p to get a play spot; don't for-get your 25c. You just might win it (or more) back. FMI call Russ 623-208-9921.

Bocce Club of Sun City
The Bocce Club is not on a complete hiatus but you need only to mark your calendars for Tuesdays, Thursdays and Fridays. No doubt some of our members have headed north for cooler temps, so those of you who have chosen to stay in the area, enjoy your days/ nights at the courts. They are shaded, which provides some relief.
Open play: Tu, July 3, 10,17, 24 & 31; 8:30a
Open play: Th, July 5, 12, 19 & 26; 8:30a
Fri 25c Play: July 6, 13, 20 & 27; 7p
Club Closed: Every Su, M, W & Sa
Lessons by appointment:
Dennis: 623-693-2881
Edith & FMI: 623-271-0092
When at the courts, be sure your attire is modest & appropriate. RCSC visitors & escorted guests welcome to participate in Open play which includes Friday nights. Be sure to follow Club Rules of play at all times. If unsure of a rule, ask someone.

 **Dart Club at Bell Lanes**
5 leading-edge, soft-tip, electronic dart boards, preset games, 1-8 players. House darts available/use your own. All skill levels welcome. **Club Play: Mon:** Game Night, 5:30-8p; **Tue:** Count-Up 5:30-8p; **Wed:** Mon-itor's Choice 5:30-8p; **Thu:** Ladies 2-4pm. **Practice:** 1st & 3rd Sat 1-3pm. Arrive 15 min early for sign in & team formation. FMIC Andrew Esaena 480-284-0904; Bob Howicz 630-531-0391; Judy Clark 623-760-6926. Membership open to all RCSC Cardholders.

Dances

**Sun City Squares**

Sun City Squares will see you in November! Keep watch for our biggest dance of the season in the fall - our Light Dance! FMI email: suncitysquares@q.com; Marilyn: 623-930-7513 or Bob 602-370-5495 or visit www.suncityaz.org/recreation/clubs/sun-city-squares/. Dances open to RCSC Cardholders & their Escorted Guests.

Friday Night Ballroom Dance Club

Singles & couples invited to join us for social & ballroom dancing at Sundial, Fridays 7- 9:45pm. 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 w/paid admission: 6:20pm. No partner required for lesson; Students rotate so everyone has an opportunity to dance. We also have a couple "Mixers" & "Line Dances." Admission: \$5/members; \$8/guests. Enjoy socializing & the making new friends. Be comfortable, but please: no jeans, shorts, pullover shirts, hats, tennis shoes or flip flops. Coffee, ice & cups provided. FMIC Bob (623) 215-8718 or visit our website at: www.suncitysingledanceclub.com. Open to all RCSC Cardholders, visitors & escorted guests. **July Dates: 7/6 Manuel Dorantes; 7/13 Juan Miguel Zarate; 7/20 Mike Carollo; 7/27 The Breeze**

**Classic Rock Dance Club**

Let's Rock N Roll! Join us for some good old time Rock N Roll! Our DJ's upbeat enthusiasm gets you on your feet & keeps you rockin all night! 50, 60, 70, 80's Rock N Roll! Fairway, every 1st & 3rd Saturday nights

Independence Celebration Dance 7/7 DJ John & Diane Phillips July 21st Ron West

Doors open 5:30, dancing 6-9PM, BYOB; Homemade cookies, cups, ice & napkins provided. Open to all RCSC cardholders & their escorted guests. Annual Classic Rock club membership: \$3W/Valid RCSC membership. Admission: \$3/members; \$6/escorted guests. <https://www.facebook.com/suncityclassicrockdanceclub> Donna 623-628-4401 / Pat 602-380-7327

Friday Night Rock 'N' Roll

Come join our blast from the past. Our enhanced music includes 50s & 60s hits, & more current music you enjoy listening & dancing to. Dances held at Fairway on 2nd, 4th & 5th Fridays every month. Doors open: 6pm; dancing: 6:30-9:30pm. No dress code. Bring your favorite beverage & snacks; cups, ice & napkins provide. We have a drawing for gift certificates to local businesses, so keep the tickets from signing in! Annual dues: \$4; RCSC photo ID required for Membership. Admission: \$3/members; \$6/escorted guests. FMIC Bill at 209-380-8029. It's not too early to start planning your New Year's Eve party with us (12/31/18 at Sundial). Tickets available 11/1/18.

**Rockin' Thru the Years – Saturday Nite Fever**

The only dance club dedicated to Classic Rock & Roll, Disco, DooWop & Country Rock. We have our own sound system & use 2 different DJs to play music from the 50s thru today. Will play requests as long as they fall in the R&R genre. Singles & couples welcome; no dress code! We furnish cups & ice; bring your own snacks & favorite beverage.

NEW LOCATION! We now dance at SUNDIAL! Doors open 6:30pm; dance from 7-10pm. Admission: \$3/members; \$6/escorted guests. Annual RTTY membership \$3 w/RCSC card. You don't have to have a partner or take dance lessons to enjoy dancing to R&R & Disco. FMIC 623-332-7894 or visit RockinThruTheYears.com. We have 8 drawings at every dance worth \$175plus 4 video screens for your enjoyment!

July Schedule: 7/14 DJ Jamee Soulez; 7/28 DJ Ryan Blair

Country Dance Club at Sundial

Come dance with us 7/7 & 7/21 at the fabulous Sundial ballroom. There is something for everyone; a good mix for couples free-style, couples pattern, & line dancing. We have a dedicated dance floor just for line dancers. BYO snacks & beverage. Ice, water, cups & cookies provided. Dance: 6:30-9:30pm. Doors open 6pm. Dance lesson prior to dance suspended for summer months. Admission: \$3/members; \$5/visitors & \$6/ escorted guests. Annual membership: \$5 w/valid RCSC photo ID. FMIC 623-972-5127 or visit www.CountryDanceClubSunCity.com

**Bell Tea Dance**

All dances on Wed 2-4 pm at Bell Social Hall. Music provided by local keyboard artists. Dances consist of Foxtrots, Waltzes, Latin, Swing & Rock. Two mixers included. Coffee, tea & fresh baked cookies provided. Singles welcome. Admission: \$4/Club Members, \$6/Escorted Guests. FMIC 623-842-3917.

No Dances in July or August - We'll see you in September!

Rhythm Ramblers

We'll see you in October at Sundial Auditorium for our next dance . Remember, dress is casual. BYO drinks/snacks; cups, ice & napkins provided. Bring all your friends & returning snowbirds to celebrate the arrival of fall & plan for a fun reunion! See you there!

Sun City Line Dance Club at Sundial

Dance on a beautiful wooden floor every Tues & Thu 10a-1p in Sundial ballroom/auditorium. Serving cookies, pretzels, mints, coffee, & water. Members, visitors & escorted guests welcome. Free dance lesson prior to all dances. Saturday afternoon dance at Sundial 1:30-4:30 pm 6/30. Annual membership \$5. Daily dance: \$2/members, \$4/visitors, \$6/escorted guests. FMIC Walter 623-972-5127.

Suncitylinedanceclub.facebook contains links to teaching sessions for our dances; website: www.suncitylinedance.com.

**Sun City Ballroom Dance Club at Bell**

We meet at Bell Social Halls every Sunday throughout the year except holiday Sundays. Dances open to all RCSC cardholders & escorted guests. Please join us for a fun social evening of music & dance. Dancers of all accomplishment levels, couples & singles, welcome. Dance: 7-9:30pm. Annual membership: \$3. Admission: members \$5; escorted guest \$8. Coffee, ice & cups provided or bring your own refreshments & snacks.

We are closed for July and August; Ballroom Dance returns Sunday, September 2 FMIC Julie (623)533-6236 Arlene (623) 214-0594 or www.suncityballroomdanceclub.com

Dances Lessons

Country Dance Lessons

Couples Pattern Dance lessons every Wed night (except July 4) at Bell Social Halls from 6:30-9pm. Once you learn some of these dances, you'll be all set to join pattern dancing at our club's Sundial dances on 7/7 & 7/21. The cost for the lessons, which covers the entire 2 1/2 hours, is \$4 club members, \$5 RCSC cardholders & \$6 escorted guests. FMIC 623-972-5127.

BEGINNER 6:30pm

BEGINNER PLUS 7:15pm

INTERMEDIATE 8:15pm

Sun City Ballroom Dance Lessons - Suspended for the Summer

Lessons resume in September and include any combination of the following (or others):
Beginning Tango; Beginning /Intermediate East Coast Swing;
Intermediate /Advanced Rumba

Beginning Cha Cha; Intermediate Foxtrot; Intermediate /Advanced West Coast Swing

Cost per lesson: \$5/members, \$8/escorted guests.

FMIC Julie (623)533-6236 Arlene (623)214-05940

Visit our website: www.suncityballroomdanceclub.com

Tip Top Dance Club

Tap Dance Classes: All Levels of Experience Welcome, Men & Women Welcome. Tap Class At Marinette: Tap 1: Tues 9am; Tap 2: Mon 10:15am; Variety: Mon/Fri 9am; Advanced Tap: Tues/Fri 10:15am; Introductory Tap: Tues 8:15am by appointment only. Annual Dues: \$10; plus \$12-24 per month, depending on classes. Visitors pay \$2.50 extra per class. FMICChristine 623-322-3138. **Moving To The Beat:** Tues/Thurs 1 pm; \$10 annual dues plus \$3 per class. **Pilates Classes at Bell:** Mon/Fri 1 pm; \$4/class; FMIC Betty Grantham, 623-505-3028. Open to all RCSC Cardholders & their escorted guests.

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 July, you can join by attending a short "Join Us" presentation in our Club on any Wednesday. Come in anytime between 9a to 10:30a. It only takes a few minutes to join! Come to our club. For more information, 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 - Sat: 8a to Noon

Here is the Computer Club activities scheduled for July. Unless noted, all events start at 9a

Android Devices Special Interest Group, Mon, July 2
Internet/Email Special Interest Group, Monday, July 9
Genealogy Special Interest Group, Wednesday, July 11
Windows 10 Workshop, Thursday, July 12
Monitor Training, Thursday, July 12 at 11a
Round Table Discussion, Friday, July 13
Investors Special Interest Group, Saturday, Saturday July 14
Android Beginners Special Interest Group, Monday, July 16
Windows 10 Operating System, Mon, Tue, Wed, Fri, July 16, 17, 18, 19
Windows 10 Workshop, Tues, July 17
Backup and Recovery Special Interest Group, Thurs, July 19
Hardware Clinic, Fri, July 20
Windows 10 Special Interest Group, Mon, July 23



Spanish Club - El Circulo Español

The Sun City Spanish club does NOT take a siesta during the long hot summers. Every Wednesday from 6/6 until 8/29, 1-2:30pm there is all-level Spanish practice session in Fairway room 133. All materials provided except pencil & paper. This exciting class instructed by the enthusiastic team Roberto & Merci Garcia. Your opportunity to make friends and learn in a fun, low pressure way. Class is open to all RCSC Cardholders; Annual dues: \$10.

We have been working hard to create a (tentative) schedule for Fall Classes:

Beg lvl 1: Mon, 9-11am starting 10/22/18
Int Conversation: Mon, 11am-1pm starting 10/22/18
Beg lvl 1: Mon, 3-5pm starting 10/22/18
Beg lvl 1: Mon, 1-3pm starting 1/7/2019
Beg lvl 2: Wed, 8-10am starting 10/31/18
Beg lvl 1: Wed, 10am-noon starting 10/31/18
All-levels conversation: Wed, 12-2pm starting 10/24/18
Beg lvl 2: Wed, 2-4pm, Destinos video class starting 11/14/18
Beg lvl 2: Wed, 4-5:30pm starting 1/2/2019
Beg lvl 3: Thur, 9-10:30am starting 1/3/2019
Beg lvl 2: Thur, 10:30am-noon starting 1/3/2019
Int Conversation: Thur, 2-3pm starting 11/1/18

For monthly outing information please check club bulletin board at Fairway Center

No limit to number of classes members can take & no need to register. Some classes require books, we try to assist in purchasing these inexpensively.

Oct 18 is a "finger food" potluck, 5:30pm in Fairway AZ Rms 1 & 2. All members & their invited guests welcome; potential members (RCSC cardholder visitors) welcome as well. Bring a dish to share; a great opportunity to meet instructors & discover what our class offer. We have monthly social gatherings & try to arrange car pools for those in need. FMIC Lidwina 623-256-8376

SunMacs (Apple Macintosh) Computer Club

Our Summer Hours, Tuesday and Thursday only, 8:30-10:30a are observed May through October. We are closed from July 30 through September 14.

Our 2018 officers are: President, Isaac Bonifas; First Vice President, Vacant; Second Vice President, Larry Dilts; Secretary, Barb Swintek; and Treasurer, Tom Cherveney. The club is seeking candidates for the 2019 position of First Vice President. The duties include filling in for the President when necessary and arranging for guest speakers for the five monthly general meetings.

Our next General Meeting will take place on Saturday, November 3, 8:30 - 10:30a in the Sundial West Hall. Coffee and treats available before the 9a program. The program topic for this meeting will be announced at a later date. You can renew your membership for 2019 at this time. Election of officers for 2019 will take place before the program.

We specialize in assisting our members with Apple Products and Software. Located at Sundial; RCSC card required for membership. Annual dues: \$20 single/\$30 couple. We offer classes, Round Tables and Socials, free to club members. Some classes require pre-registration. For more information about the Club and a calendar schedule of classes offered, visit www.sunmacs.org or our club room (933-5300).



LIFELONG
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Life Long Learning

The next opportunity for lecture & course registration is for the Fall Semester & will take place at Fairway on Thursday, 10/11. Our Mission is to provide educational programs, courses, & lectures at low cost. Learners are able to select up to 15 classes per semester. Readers with special interests & expertise who may welcome a chance to share their enthusiasms by offering a course or lecture are invited to submit a proposal. FMIC 523-533-5756, Brian Callahan, President.

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Sun City, AZ**

Come Join Us This Sunday

Sundays
9am Bible Study
10am Worship
5pm Worship / Discipleship

Wednesdays
5pm Bible Study



Look for the yellow signs



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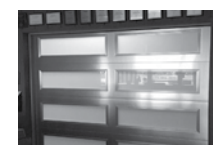
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- Lowell Observatory Tour
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- Lunch at Canyonlands Restaurant

Sedona & Pink Jeep Tour with Jerome, Sep.20-21, 2018



Tour Includes:

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Sandra Vega, Scheduling Agent ; Mary Jo Cutteli, RN.

Bottom row, left to right (seated): Diane Swens, Scheduling Agent ; Janice Grady, Office Manager;
Dot Scherr, RN

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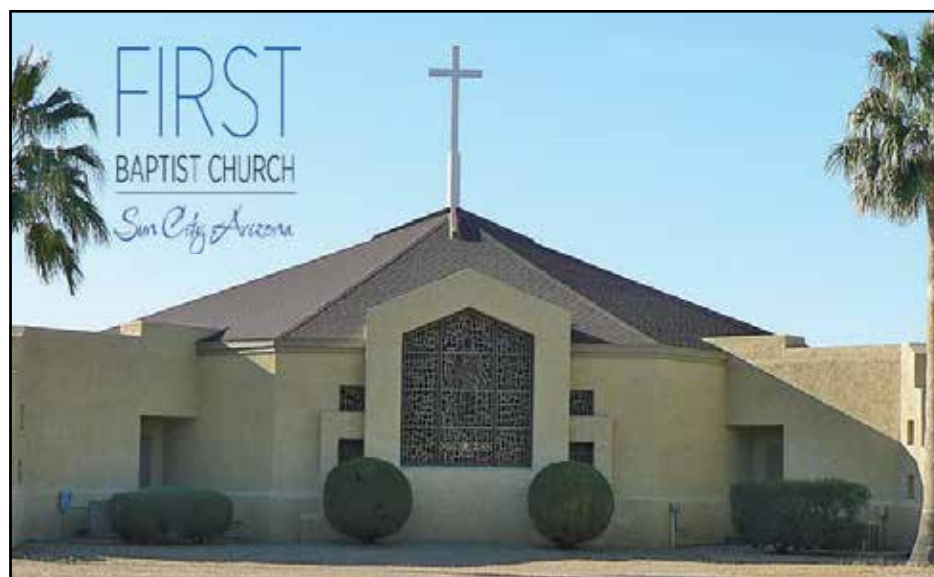
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Services:

Sunday
9:00 am Bible Study
10:30 am Worship Service

Wednesday
4:00 pm Bible Study &
Prayer

11019 W. Peoria Avenue, Sun City AZ 85351
623-933-6600 • www.firstbaptistsuncity.com
Kenny Long, Sr. Pastor • Travis Fullwood, Assoc. Pastor



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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“A True Sun City AZ 4th of July Tradition”

Wednesday, July 4, 2018
Bell Center Social Hall
Presentation & Video at 9am

Then join us outdoors to “Ring That Bell” with Uncle Sam!

Picnic with DJ Music & Dancing in Bell Lanes at 11am

Free Bowling, Darts, Billiards & Shuffleboard from 11am-2pm

BBQ Pork Sandwich, Chips & Water for \$6

Donations from this event will benefit the Sun City Foundation

“Neighbors Helping Neighbors”

Free for RCSC Cardholders & their escorted guests
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Red, White & Blue clothing encouraged!

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