

SUN VIEWS

ISSUE #231 • FEBRUARY 2021 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.

SUN CITY
ARIZONA
RECREATION CENTERS
OF SUN CITY

RCSC COVID-19 Update -Released 1/14/2021

RCSC would like to remind Cardholders about requirements at RCSC Centers as they use the various facilities and amenities available. Please read the symptom screening signs at the entry to each RCSC Center and do not enter if you answer "yes" to any of the questions. Guests and visitors are not currently permitted at RCSC Centers.

Face Masks in General



- Face Masks are not created equal! They must cover your nose and mouth at all times with no gaps, tied around your head or behind your ears.
- Face masks are required to be worn inside all RCSC buildings, except Sundial pools and indoor spas.
- Face masks are required to be cloth, fabric or other permeable material (no holes or lace) and must be worn over the mouth and nose, affixed either over the ears or tied around the head.
- Cardholders are encouraged to identify masks that can be used during the activity performed and continue to provide consistent coverage over their nose and mouth during the activity.



Face shields, bandanas and face masks with vents or valves are NOT permitted.

NOTE: See additional information on mask requirements listed under Pools/Spas and Lockers Rooms.

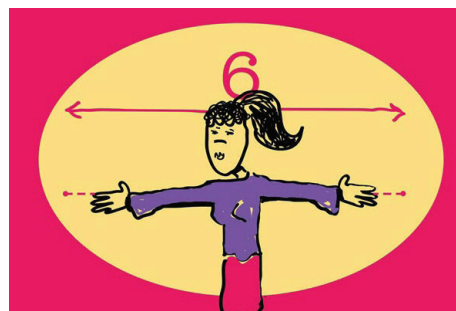


View the Center for Disease Control "Guide to Masks" at the following website:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

Physical Distancing

Six feet of separation between Cardholders is required during all activities, including within pools and spas (regardless of marital status or living arrangement).



RULE OF THUMB:

A good rule of thumb is if two Cardholders can extend their arms and touch then they are too close to each other.

Working Out in the Fitness Center

In accordance with ADHS guidelines, fitness center capacity is reduced based upon the size of each fitness center. Additional Cardholders may not enter fitness centers once capacity is reached. All fitness centers are closed daily from noon to 1:00pm for sanitization of equipment.



Face masks must be worn while using fitness equipment inside fitness centers, and not all equipment may be available due to physical distancing requirements.

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

Email addresses
remain confidential

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2021 RCSC Annual Membership Meeting

This meeting, originally scheduled for Monday, February 22, 2021, has been POSTPONED.

More information will be released at a later date.

Connect with Sun City AZ





2021 RCSC Board of Directors

Phone: 623-561-4620

email: boardoffice@suncityaz.org

Sue Wilson, President

email: swilson@suncityaz.org

Michael Ege, Vice President

email: mege@suncityaz.org

Dale Lehrer, Secretary

email: dlehrer@suncityaz.org

Sheila Rooney, Treasurer

email: srooney@suncityaz.org

Darla Akins, Director

email: dakins@suncityaz.org

Steve Collins, Director

email: scollins@suncityaz.org

Rich Hoffer, Director

email: rhoffer@suncityaz.org

Michael Kennedy, Director

email: mkennedy@suncityaz.org

Karen McAdam, Director

email: kmcadam@suncityaz.org

A Moment with the RCSC Board President

Looking Forward to “Normal” in the New Year

The year 2020 is finally behind us and many of us are filled with hope for good things in 2021. I know that many of us spent a very different Christmas and New Year's Day than ever before. Hopefully the COVID-19 vaccine will allow us to return to some normalcy sometime this year.

We have many new faces on the RCSC Board of Directors this year. Returning for a second term are Secretary Dale Lehrer and myself. I would also like to welcome Director Karen McAdam who will be serving a three-year term. Also welcome to Director Steve Collins who is filling a two-year term and Treasurer Sheila Rooney who is filling a one-year term.

Like our Cardholders, the Board is looking forward to a time when we can return to our normal activities. We look forward to all of our clubs being open and members enjoying their activities and friends. We look forward to the time we can enjoy the wonderful music groups that Events & Entertainment Director Theresa Cirino brings to the ticketed shows at the Sundial and the outdoor shows at the Sun Bowl. We look forward to bowling again in our leagues at our two bowling alleys. We look forward to bringing our visiting families and friends to our beautiful recreation centers, playing miniature golf, or having a picnic at Hillside Park. I know it has been a long time since we have been able to do those things and we still have awhile yet to go, but hopefully most of those things will happen sometime in 2021.

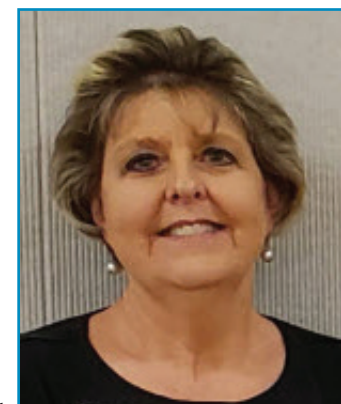
The Board of Directors will have a big challenge this year as our General Manager Jan Ek retires and we find an equally qualified replacement. This process will start early in the year to allow a new General Manager time to work alongside GM Ek to help make a smooth transition.

RCSC has several committees that make recommendations to the Board as policies are created or changed. Most of these committees meet every month except July and August. There are a few committees that are looking for members such as the

Properties Committee, the Club Organization Committee (COC), the Long Range Planning Committee and the Elections Committee. The Properties Committee meets quarterly and conducts three inspections of the RCSC facilities. The COC meets on the second Wednesday of each month at 10:00am, and works to support the chartered clubs acting as a liaison between the clubs and the RCSC Board and/or Senior Management. The Long Range Planning Committee meets the third Monday of the month at 8:30am. Their purpose is to provide to the Board with reports, recommendations, and suggestions regarding the future needs of our members. The Elections Committee meets the fourth Wednesday of each month at 1:00pm. Their purpose is to recruit candidates for the RCSC Board, conduct the candidate forums and the elections.

We are also developing a Technology Committee this year. More information will be coming out on how to join this committee when we're ready to start meeting. If you would like to get involved, please call the Corporate Office at 623-561-4600.

As we start 2021, I encourage you to get involved but please stay safe by wearing your face masks, staying six feet apart, and washing your hands.



Sue Wilson
RCSC Board President



“Neighbors Helping Neighbors”

The next Sun City Foundation meeting will be held on Thursday, February 11, 2021 at 1:00pm in the Lakeview Social Hall #1.

This Month @ The Board

RCSC Board Meetings:

Board Meeting #1

Monday, February 8, 2021 @ 9am

Sundial Auditorium

Board Meeting #2

Thursday, February 25, 2021 @ 9am

Sundial Auditorium

Committee Meetings:

Bowling Committee

Thursday, February 4, 2021 @ 9am

Lakeview Social Hall #2

Communication Through Technology

Tuesday, February 9, 2021 @ 9am

Lakeview Social Hall #2

Lawn Bowling Committee

Tuesday, February 9, 2021 @ 1pm

Lakeview Social Hall #2

Club Organization Committee (COC)

Wednesday, February 10, 2021 @ 10am

Lakeview Social Hall #2

Long Range Planning Committee

Monday, February 15, 2021 @ 8:30am

Lakeview Social Hall #2

Golf Advisory Committee

Thursday, February 18, 2021 @ 8:30am

Lakeview Social Hall #2

Elections Committee

Wednesday, February 24, 2021 @ 1pm

Lakeview Social Hall #2

The following committee(s) do not have meetings scheduled this month: Finance & Budget, Insurance, Properties

COVID-19 Update

(continued from page 1)

Working Out in the Fitness Centers (continued)

Always remember to Sanitize & Maintain Physical Distancing

- Use hand sanitizer provided upon entry
- Sanitize all equipment before AND after use with provided sanitization wipes
- Wait to use equipment closer than 6' from other equipment until adjacent equipment is not being used

DO NOT Use personal towels to wipe down equipment as this does not sanitize the equipment .

While Enjoying the Pools & Spas

Cardholders must wear a face mask when checking in with RCSC staff. However, face masks are not required inside pools and spas (except the walking pools at Bell and Fairway).

NOTE: Space in pool/spa areas may not be available due to physical distancing requirements and pool furniture may be limited to provide required physical distancing.

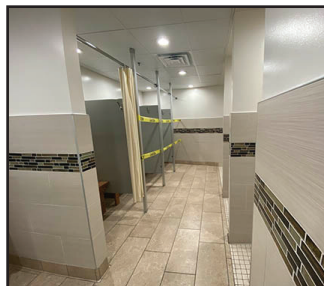


Sanitize, Sanitize, Sanitize! Upon entering the pool area, Cardholders should use the hand sanitizer provided. In addition, all pool furniture should be sanitized with provided wipes.

DO NOT: Rearrange pool furniture. Sitting and laying on the pool deck is not permitted.

In the Locker Rooms

In accordance with ADHS guidelines, locker room capacity is reduced and use restricted. To comply with these requirements, all lockers have been closed and some changing areas closed as well (as shown in this photo).



RCSC Cardholders should remember:

- Face masks must be worn in the locker room at all times except when showering
- Use sanitizer provided in automatic dispensers to sanitize changing areas before use
- Refrain from bringing personal items into the gym/locker room
- Change/shower at home when possible

DO NOT: Leave personal items on benches, in changing stalls, or on floors. DO NOT: Congregate or socialize in locker rooms.

In Closing....

Adherence to these rules is important to ensure the safety of all Cardholders and RCSC staff. This is particularly important during times of increased virus transmission rates. Thank you!

Needing info about a specific activity?

Updated COVID-19 information regarding specific activities can be found on the RCSC website under each recreation center at:

<https://suncityaz.org/recreation/>



ATTN: Current RCSC Portal Users

Updates to the RCSC Web Portal will soon be implemented that will provide users with an improved experience and updated design. However, the new system **requires that each Cardholder have a unique email address in order to use the RCSC Web Portal.**

If you use the Portal, one of you must establish a distinct email address in order for each of you to use the upgraded Web Portal. Look for more details coming to your email In Box shortly.

Your attention to this matter is much appreciated.



RCSC Corporate Office

Lakeview Center

10626 W. Thunderbird Blvd.

623-561-4600

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

www.suncityaz.org

Cardholder Services Office

Lakeview Center • 623-561-4603

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

1st Saturday each month: 9am to noon

Chartered Clubs Office

Lakeview Center • 623-561-4660

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

Events & Entertainment Office

Sundial Center • 623-561-4680

14801 N. 103rd Ave.

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

Recreation Centers

Bell Center: 623-876-3040

16820 N. 99th Ave.

Fairway Center: 623-876-3044

10600 W. Peoria Ave.

Grand Center

10415 W. Grand 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.

Duffeland 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.

DO YOU PART

PRACTICAL WAYS TO HELP



DO



stay home and away from others when sick



wear face masks in public



limit social gatherings with people outside of your household



DON'T



share rumors and unintentionally spread misinformation



downplay the threat posed by the virus, even if you have not been personally affected



stop practicing mitigation measures once a vaccine is approved



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

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

February & March Sessions

Golf Professional: Mike Wegner (Final day of play @ Willowbrook)
Monday & Wednesday - February 8, 10, 15, 17 @ 9am;
Friday, February 19 - Play round of golf @ 1pm (Check in @ 12:30pm)

Golf Professional: Bob Jennings (Final day of play @ Willowbrook)
Monday & Wednesday - February 8, 10, 15, 17 @ 1pm;
Friday, February 19 - Play round of golf @ 12:30pm (Check in @ 12pm)

Golf Professional: Bob Day (Final day of play @ Willowbrook)
Monday & Wednesday - February 15, 19, 22, 26 @ 1pm;
Monday, March 1 - Play round of golf @ 1pm (Check in @ 12:30pm)

Golf Professional: Mike Wegner (Final day of play @ Willowbrook)
Monday & Wednesday - March 1, 3, 8, 10 @ 9am;
Friday, March 12 - Play round of golf @ 1pm (Check in @ 12:30pm)

Golf Professional: Bob Day (Final day of play @ Willowbrook)
Monday & Friday - March 15, 19, 22, 26 @ 1pm;
Monday, March 29 - Play round of golf @ 1pm (Check in @ 12:30pm)

Golf Professional: Robin Eichten (Final day of play @ Willowbrook)
Tuesday & Thursday - March 23, 25, 30, April 1 @ 9am;
Friday, April 2 - Play round of golf @ 9am (Check in @ 8:30am)

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

Do your part to stop the spread!



Practice physical distancing and keep at least 6 feet away from others both on and off the course!

Where is the Golf Report?

The RCSC Management Reports are distributed prior to the second RCSC Board of Directors meeting each month with the Agenda (except July and August) via email to RCSC Cardholders who have signed up to receive RCSC News Email Alerts. These reports are no longer being published in SunViews. You can find them posted on the RCSC website at www.suncityaz.org (under the RCSC tab). For Cardholders without computer access, copies of these reports are also distributed at the 2nd Board Meeting each month or can be requested from the Corporate Office at Lakeview Center by calling 623-561-4600.

Thoughts from a Pro

Proper Weight Shift

A proper weight shift in the golf swing is when the players weight transfers to the back foot (right foot for a right-handed golfer) during the backswing and then to the front foot (left foot) during the down swing and follow thru. Shifting the weight improperly can affect the contact, direction and ultimately the distance the ball travels.

1. **Contact:** The contact of the ball with the face of the club is most compromised when the golfer shifts weight in the reverse direction of what we have defined. In other words having a "reverse weight shift" is where the right handed golfer shifts to the front (left foot) in the backswing and then to the back (right foot) on the downswing. This can cause the club to hit the ground before the ball or the top of the ball....resulting in both fat or topped shots.
2. **Direction:** The direction of the ball can be affected by the weight shift if the shift is happening late or not at all. For a right handed golfer if the weight stays on both feet as the golfer swings back and through it can change the path of the forward swing, resulting in pulls to the left (for a right handed golfer) or toed or shanked shots to the right.
3. **Distance:** The distance the ball travels is dependent on good contact and direction. In other words a ball that goes straight and is hit with solid contact goes farther. In addition, power in the swing comes from the hands, arms and body. Proper weight shift means the body is contributing (along with the arms and hands) to give the player his/her full potential in distance.

Practice Tips: In golf it is always difficult to see your own swing or in this case your weight shift to see if you're doing it correctly. You can do some practice swings in front of a mirror or window to see if your shift is moving back and forth properly.

The other way to check your weight shift is to hold your followthrough after hitting your golf ball. If your weight shift is good your weight should be on your front foot when you finish. Also, check to see if you are in a good balanced position (not tipping over) and can easily stay there as you watch your ball head down the fairway!

Robin Eichten is a Life Member of the LPGA and Certified Teacher. Originally from Minnesota she has been teaching professionally since 1987 and in the Sun City area since 1994. For sign-up or info call/text Robin at 623-322-6300 or email to golfinwithrobin@aol.com.

Looking for work?

RCSC is looking for YOU!

Are you looking for a job working for a GREAT company with GREAT people? Positions are available at RCSC recreation centers and golf courses.

Learn how to apply, locations of available positions with job descriptions, and hourly pay rate at the link below. Please direct all questions regarding employment to the RCSC Human Resources Department online at:

<https://suncityaz.org/rcsc/employment/>



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.

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

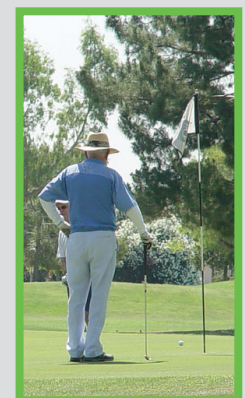
Willowbrook: (623) 876-3033
Willowcreek: (623) 876-3030
10600 W. Boswell Blvd.

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

RCSC's 5 Snack Shops

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

February Snack Shop Hours
Open Daily 6am - 5pm



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. No meetings are scheduled until at Phase Three in the RCSC re-opening process.

Bowling Center & League Info

Phase 2 Restrictions & Requirements

Prior to entering RCSC facilities, RCSC has implemented COVID-19 symptom screening with signage. Please read and evaluate whether you meet the criteria to enter RCSC facilities. Anyone with potential symptoms may not enter RCSC facilities. High-risk individuals should remain at home.

- Hand sanitizer is required upon entry to all RCSC facilities and offices. Users may utilize the sanitizer provided by RCSC.
- Bowling Centers will be CLOSED for sanitation daily from 2pm – 3pm.
- No guests or visitors are allowed. All customers MUST individually display their RCSC Member or Privilege Cards to verify eligibility (ABSOLUTELY NO EXCEPTIONS; KEY FOBS NOT ACCEPTED).
- A limited number of users may be permitted at one time, once capacity has been reached you may be asked to return later as no congregating is allowed.
- Face masks are required. Face masks are required to be cloth, fabric or other permeable material and must be worn over the mouth and nose, affixed either over the ears or tied around the head.
- Every other lane open with only 4 bowlers allowed per lane.
- Always requires a minimum of 6 feet of physical distancing, regardless if in same family, excluding an occasional situation when such is not possible.
- No use of concourse tables and chairs is allowed.
- Cardholders are required to sanitize before and after use of every RCSC piece of equipment, including seating, counters and tables, utilizing the sanitation method provided by RCSC.
- All Games must be prepaid (maximum 3 games per person).
- Bowling leagues resumed effective 11/9/2020.

All leagues must comply with the following guidelines, NO EXCEPTIONS:

- Pulling mask down from nose AT ANY TIME is not allowed.
- Face masks/coverings must be worn AT ALL TIMES – NO EXCEPTIONS.
- Face masks/coverings must cover nose and mouth and be affixed behind the ears or tied behind the head.
- Only the active bowler is permitted to be up and out of their chair, all other players must remain seated.
- Bowlers are not allowed to “mingle” or “visit” other lanes throughout the league, bowlers must remain seated in the area of their assigned lane.
- Prior to league start time and during league play, 50 / 50 pots, card games, Break the Bank and mystery scores will not be allowed due to social distancing. Any activity that requires a bowler to leave their assigned area to sign up or participate is not allowed.
- All personal effects and equipment are to be kept in the area of the assigned lane.
- Sharing of equipment is not allowed.
- A minimum of 6 feet of physical distancing is mandatory, regardless if in same family, excluding an occasional situation when such is not possible.
- “High Fives”, “Fist Bumps” and any other type of physical contact is not allowed.
- Only rostered bowlers (maximum 4 per team) that are participating in league play are allowed in the bowling center.
- Spectators and non-players will not be allowed in the bowling centers at any time.
- Bowlers are not allowed to mingle, linger, visit or socialize in the building after their league session is complete unless becoming a customer of George’s Café.
- Due to Covid-19 restrictions only single lanes will be used which may require larger leagues to bowl at different times depending on league size and lane availability. Odd lanes (1,3,5 etc.) will be used on the first shift and even lanes (2,4,6, etc.) on the second shift.

RCSC Bowling Centers Are Open!

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-7pm

Darts, Shuffleboard & Billiards at Bell Lanes!

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

Same great food now at two Sun City AZ locations!



Stop by & check out our Daily Specials

Breakfast Special \$6.49
2 Eggs, Bacon or Sausage, Hash Browns & Toast
M-S 7-11a; Sun 7a-noon

Walleye ‘n Chips \$11.99
9 Oz. Walleye, Coleslaw & Potato
Wednesday & Friday

Fish ‘n Chips \$11.99
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

Sundial Mens Club Thursday Night Bingo remains on hiatus!

Play will resume subject to the RCSC Phased Reopening Plan (Phase 3) provided that specific changes in operations can be met based upon the environment and requirements at that time.



Art and Craft Clubs		Many are open; call to confirm. Meetings are likely cancelled.
Artists by the Lake: LV 315-491-9650	M-F 9a-4p Mem Mtg 12p 1st Tu LV SH 1	
Artistic Stained Glass: BC 623-974-4765	M-Sa 9a-2p; M-Th 5-8p Mem Mtg: 2/18 Th 9a Talisman	
Artistic Weavers & Fiber Artists: OM 320-253-3145 or oakmontfiberart.com	M-Sa 9a-3p Mem Mtg 3rd Th 1-3p	
Calligraphy: SD 623- 594-6591	M 1-3p; Th & F 9-11a Mem Mtg 3rd Th 9-11a	
Camera Guild: GR cameraguildsuncity.com	M-F 9a-12p Mem Mtg 1st & 3rd Sa 9a GR Sonoran Rm	
Carvers: LV 847-287-1005	Mon, Th & Sa 7:30a-12p LV SH #3	
Ceramics & Porcelain: FW 623-972-5818; 602-821-1197	M-Sa 9am-3p; W 9a-7p Mem Mtg 1st Mon 9a	
Ceramics: BC 623-974-6750	M-F 9a-3p, Sa 9a-12p Mem Mtg 2nd F 9a	
Ceramics: OM 480-356-6871	M-Th 8a-3p; Tu 5:30-9p; F 8a-12p Mem Mtg 2nd Tu 10a	
China Painting: FW suncitychinapainting@gmail.com	M-F 9a-12p Mtg 2/10, 10a; Brunch 11a-2p FW Rm 217	
Clay Club: GR 623-933-0899	M-Th 8:30a-8:30p; F-Su 8:30a-4:30p Mem Mtg 1st Wed 8a, GR Sonoran Rm	
Clay Corner: MC 623-977-3167	M-Sa 7:30a-9p; Su 10a-6p Mem Mtg 2nd Tu 9a MC Aud Yard Art/Lunch 3rd W 8a-9p Garage Sale 2/25-27, 8a-2p	
Crafts: BC 623-974-3497	M-Sa 9a-3p Mem Mtg 3rd Th 11a BC SH1 Quality Control meets 1st M 1p BC MPR	
Crafts: SD 503-502-3151	Needle Craft M, Th 8a-1p; Heritage Albums 1st/3rd M 2-6p; Card Making Tu 5:30-8pm; Paper Craft 1st Tu 1-3p; Scrapbooking W 10a-6p + 1st, 3rd & Last F 4-8p, Sat 9a-3p; Embroidery on Paper F 1-3:30p Member Mtg 1st M 9:30a SD Aud	
sdcraftclub@yahoo.com or spunkywen@gmail.com	SDCC Annual Gala M 2/15 7a-3p SD Aud Currently closed; plan to re-open 3/10	
Creative Quilters: LV 909-744-0642; 970-261-1798	M-Sa 9a-1p Mem Mtg 2/4	
Fired Arts: LV 623-933-8118	M-Sa 9a-1p Mem Mtg 2/4	
Friendship Quilters: BC 623-523-7661	Open Quilting M, W 9a-8p; Sa 9a-3p 2nd Sa Boutique Quilt; 4th Sa Charity Quilt	
Handweavers & Spinners: SD 623-933-0397	M-F 9a-3p; Mem Mtg 1st M 1p	
Jewelry, Stained Glass & More: GR 262-993-4873; 623-322-4595	M-F 9a-2p Sa 9a-12p; Stained Glass M W Th 5-8p	
Knitters: FW 602-469-2505	F 8:30a-1:30p FW AZ Rms 3 & 4 Member Mtg/General Info 2nd F 10-11a	
Lapidary: BC 623-977-1803	M Tu Th F Sa 8a-3p; W 8a-12p; M W 5-8p Mem Mtg Tu 2/9 9a BC Team Rm	
Leathercraft: MC 623-594-6591; larryvroom@cox.net	M-F 8a-12p	
Metal: BC 520-235-0179 Alan alan.ruda@yahoo.com	M-Sa 8a-4p Mem Mtg 2nd M 9a BC MPR	
Needle Arts & Crafts: OM 314-488-8828; 480-577-3430	Th 8-11:30a OM Aud Member Meeting Last TH 9a	
Palo Verde Artist: SD 503-635-7121	Su-Sa 8a-8p Mem Mtg & Demo 1st M 12p SD EH	
president@paulverdeartists.com		
Sew-n-Sew: LV www.sewnsew.info - Check webpage for exact dates of classes	1st & 3rd Th 9:30a-12:30p Boutique 2nd & 4th Tu 12:30-3p Doll Boutique 12:30-3p Sundays Quilt SIG	
Silver Stones: SD	1st Th 9:30a Membership Meeting M-F 8a-3p; Sa 8a-12p Mem Mtg M 2/1, 9a SD EH	

Silvercraft: BC 623-933-8442	M-Sa 8a-3:30p; M W until 8p Mem Mtg F 2/12, 9:30a
Sterling & Stones: FW 623-977-2208	M-F 9a-3p Mem Mtg 2nd M 12-2p, AZ #2
Stitchers: BC 480-578-8871 (leave message) 2019bellstitchers@gmail.com	Tu 9a-8p; Th 9a-3p; F 9a-3p Mem Mtg 2nd Tu, 10a
Woodworking: BC 623-974-6058	M Th F 8a-4p; Tu W 8a-8p; Sa 8a-12p
Woodworking: FW 623- 972-4385	Mem Mtg 4th Tu, 8a M-F 8a-4p; Sa 8a-12p Mem Mtg 2nd Tu, 12p AZ #3

Woodworking: LV 623-933-2355	M-F 8a-2p Mem Mtg 1st Tu, 9a
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Card and Game Clubs	No Meetings/Play at this time.
500: FW 608-345-3252 Lois	Mon 6-9:30p FW AZ Rm 3-4

All Board Games (ABG) Club: LV 717-744-8816 Alan	M, F 1-4p; Sat 2-5p LV SH #3
Bunco Broncos: FW 602-526-3495; 623-698-3002	4th M 12-3:30p FW AZ Rm 1-2
Canasta: OM 916-225-9895 Geri	F 10a-3p OM Aud Mem Mtg 2/12, 10a
Euchre: FW 623-693-2881; 623-533-5705	Tu 5:15-9:30p FW AZ 2-4; 1st & 3rd Th 1:30-4:30p LV SH #3 Member Party Tu 2/9
Hand & Foot Club: LV 623-680-8276; 972-838-7512	W 4-9:30p LV SH 2-3
Mah Jongg: MC 623-399-6337 Sandy	Tu 11:30a-4p SD WH; Th 5:30-9p MC SH Su 11:30a-4p MC SH

Mixed Cards: OM 614-787-5885 Lil	Sa 6-9:30p OM Aud
Mixed Cribbage: LV 623-933-7044 Pat	Tu 1-4p; W 6:30-9p LV SH3
Monday Night Pinochle: OM 623-972-3263	Chic-Fil-A Party & Mem Mtg W 2/10 LV SH 1 M Start time 6p OM Aud
Pinochle: OM 623-876-1895 Tommie	Tu 11:30a-4p, Sa 11:30a-4p OM Aud
Sheephead: LV 623-933-7044; 623-999-4965	M 6-9p LV SH #3

Contract Bridge Clubs	No Meetings/Play at this time.
Lakeview Evening Bridge: LV 623-478-2159	M, Th - Doors open 6:15p, Play 6:50p LV SH #1; Must arrive by 6:45p
Wednesday Afternoon: OM 623-249-9169	W 12:30-4:30p OM Aud Please arrive by 12:15pm
Thursday Afternoon: OM 623-933-9671	W 12:30-4:30p OM Aud Please arrive by 12:15pm
Friday Afternoon: FW 623-933-9671	F 12:30-4:30p FW AZ Rm2 Please arrive by 12:15pm

Duplicate Bridge Clubs	No Meetings/Play at this time.
Duplicate (ACBL): LV 623- 518-7916 suncitydbc.com	M Th F 12:45-4:30p LV SH 1 & 2 Doors open 12:15p; Game time 1p Lessons M 1/18-3/8 10a-1p

Kachina: SD 623-262-1360 Velda 651-592-5939 Sharon	M 12:15-4p SD WH; Th 12:15-4p SD EH No Club Play Th 2/11
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Dance Clubs	No Dances/Meetings at this time.
Ballroom Dance: BC 602-292-3175; 623-533-6236	Su 6:15-9:30p Dance; Lessons M 6p BC SH1-2
Bell Tea: BC 623-933-8873	W 2-4p BC SH 1&2

Classic Rock Dance Club: BC 623-628-4401	1st & 3rd Sa; Doors 6p; Dance 6:30-9:30p BC SH 1-2
Country Dance Club: SD 480-431-8278; 623-972-5127	1st & 3rd Sa Open 5:30p, Dance 6-9:30p SD Aud Couples/Partners Lessons W 6-9:15p BC SH Line Dance 2/13 only, 9a-12:30p SD

House of Dance: FW 209-380-8029	2nd, 4th, 5th F Doors Open 6; Dance 6:30-10p FW AZ 1-3; 2/12 Valentine's Day Dance/Swing Lessons 1st, 3rd F OM Aud 5:30-8p
Friday Night Ballroom Dance: SD 623-215-8718	F 7-10p SD Aud; Lesson 6:20p Mem Mtg F 2/19 SD WH
Line Dance: SD 623-972-5127; 231-557-6555 suncitylinedancedub.facebook	Tu & Th: 10a-1p; SD Aud No Dance 2/11; Dance at FW 2/25 10a-12p

Rockin' Thru The Years: SD 623-332-7894	2nd, 4th & 5th Sa: 6:30-10p; SD Aud
Squares: BC 623-694-7194 djkraus433@gmail.com	Lessons & Dance Tu 4-9:30p BC SH Lessons Th 12-4:30p MC SH Lessons F 6-9p BC SH

Sun City Poms: MC 602-392-4242 scpoms@yahoo.com	M 7-11:30a MC Aud; Th 8:30-11:30a MC SH Mem Mtg M 8:15-9am MC Aud
Tip-Top Dance: MC 253-381-1542	M T F 8a-12p; W 8a-11a MC SH

Educational Clubs	
Apple Macintosh: SD 623-933-5300 sunmacs.org	M-Th 8:30-10:30a & 12:30-2:30p 1st & 3rd F 12:30-2:30p
Life Long Learning: FW 623-977-4081 scazlifelong@gmail.com	Mem Mtg Sa 2/13, 8:30a SD WH No classes until 2021

Computer Club: FW 623-933-8953 www.computerclubofsuncity.com/ Spanish Club: FW SunCitySpanishClub@gmail.com	M-F 8a-4p; Sa 8a-12p Classes via Zoom until further notice M Tu W 8a-5:30p FW 129
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Fitness Clubs	No Sessions/Meetings at this time.
Aerobics: BC 815-289-5912 Judy	M W F 8-11a BC SH 1&2
317-590-2622 Joann	Member Party Th 2/11, 9a-1p BC SH 1-2
Aqua Fitness Club: SD aquafitnesssuncity.com	Classes at SD, MC, MV, OM Pools Mtg/Reg: Sa 1/30 SD; Doors 8a, Mtg 8:30a Spring Session starts M 2/22, ends F 4/16
619-818-4380 Terry	

Dance for Fitness: SD 623-933-7021; 515-975-1683	Tu 9-10a BC SH 1&2; W 9-10a SD Aud; F 9-10a MV Aud
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FUNtastic Fitness: MC 623-476-5230 donnaaschelin@yahoo.com	Aerobics Tu, Th 1-2pm MC SH Strength Training Tu, Th 2:10-3p MC SH Pilates M, F 1-2p BC Aerobics Rm
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Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com	NOTE: Activities for this club have resumed T/Th 12-2p SD Warm Water Pool Mem Mtg 1st M 12p FW AZ 1&2
Hatha Yoga: SD www.hathayogaclub.org	M-Th 7a-8:30p; F 7a-3p; Sa 7a-4p SD Yoga Room
MAT Inquiries: HathaYogaClub@gmail.com	MAT & Chair Yoga - Various Times
Ladies Exercise: OM 715-222-9519	Tu & F 8-9a OM Aud
So Grand Exercise: FW 623-933-0214	M W F 7:30-9a FW AZ 1&2
Stretch and Slim: BC 253-225-3370	M-Sa 6:45-11:30a BC Aeorbics Rm T W Th Sa 1-2p; Su 8-10a BC Aerobics Rm M & W 5-7p BC Aerobics Rm

Tai Chi: BC, LV & FW http://scataichi.wix.com/sc-tai-chi-club email:taichiqigongaz@gmail.com scataichi.wix.com/sc-tai-chi-club	No classes until Phase 3 is reached M 10:15 & 11:30 FW AZ 3; Tu 6:00p LV SH 3 Th 9:30, 10:45, 12, 1:15 BC SH 2; F 1:15 BC SH 2
Zumba Fitness: SD 508-527-4535	M W F 11-1p BC SH; Tu 6:30-7:30p SD WH; Th 6:30-7:30p MC Aud; Sa 8:30-9:30a MC Aud

Club Directory

Hobby Clubs	Some Hobby Clubs may be open; call ahead to confirm.
Armchair Travel Club: FW 623-476-2811	Every W 7p FW AZ 1

Birding Club of Sun City: BC BirdPeepersSC@gmail.com	Mem Mtg W 2/10, 10a BC MPR
325-201-5099 Leave Message	
Duffeeland Dog Park: Talisman 360-789-9815	

Garden: GR 623-875-5921	Office Hours M W F 9a-12p GR Mem Mtg 1st Tu 8a GR Sonora Room
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Model Railroad: FW 239-207-7314 Leave message	Club Hours M-Sa 8a-5p Mem Mtg M 2/8, 9-10a FW Rm 213
Model Railroad Museum: FW 239-207-7314 Leave message	Tu, Th 9a-12p; Sa 10a-2p
Rockhounds: SD scrockmuseum@gmail.com	2nd Th 5p FW AZ 1 & 2
Mineral Museum: SD 623-428-6442	Closed at this time. M Tu W F Sa 10a-1p
RV Club: SD silvercreekran1@hotmail.com	Mtg/Potluck 4th Tu 4p SD Aud 1st W, 3rd Tu 5-9p Games at BC MP Bldg Caravan Mtg 4th F 9-11:30a SD WH

Stamp Club: MC 602-329-8905	Mtg/Auction 1st M, 6-9p MC SH
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Sun City Yacht Club: LV 480-492-3477	Su, Tu, Th 12-3p Viewpoint Lake
Vintage Vehicles: LV 509-430-1625 https://www.vintagevehiclesofsuncity.com/	Mem Mtg 3rd Tu 1pm LV SH 1-2 Shop Operations M-F 8a-4p Car Show F 2/5, 2-5p, MC S/W Lot

Performing Arts Clubs

Sun Cities Community Orchestra: FW 623-582-9964	No rehearsals at this time
Choraliers: FW 623-933-7202 Carol	No rehearsals at this time
Concert Band: FW 602-625-5211	No rehearsals at this time
Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com	No rehearsals at this time

Piano: SD 623-444-4483	3rd F 9:30-11am SD Aud
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Sun City Players Community Theater: MV Writeonjoy@gmail.com 623-500-2949 Info suncityplayerscommunitytheater.org	Players have resumed meeting at MV Clubhouse Workshop W 9:30-11:30a Gen Mem Mtg/Entertainment 3rd M 7p
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Rhythm Ramblers: FW 623-876-2063	No dances nor rehearsals at this time.
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Ukulele: FW 623-594-6591 Sept-May	Virtual Meetings being held via Zoom Th 3-4:30p FW Music Rm
623-398-0483 June-Sept	Mentorship 1st/3rdTh1:30-2:30p FWMusic Rm
Women's Chorus: FW 623-308-4643 Annette	Th 8:30-11a FW Music Rm

Political Clubs	No meetings at this time
Democratic: FW 623-977-4660	1st Th 6p FW AZ 1-2
Republican: SD suncitygopclub@gmail.com	3rd Tu 6p SD EH

Social Clubs	No Social Club meetings at this time
Best Friends Dog Club: FW 480-524-6893 bfdcsuncity@gmail.com	Registration/Mem Mtg Th 2/23, 1p FW AZ 3-4

Fairway Readers: FW 623-972-3409 sueblechl@gmail.com	2nd F 1-2:30p FW Rm 217 Books can be reserved in advance at FW Library w/ MCLD Card
Illinois Club: FW 630-768-5205	Social Mtg 4th Th 6:30pm FW AZ #3
LGBT of Sun City: OM Aud lgbtclubofsuncity@gmail.com	Meet 2nd Th & 4th W 6pm OM Aud
Men's: SD 623-977-5116	M-Sa 7a-4p; Poker M 4-9p

Michigan Friends in Sun City michiganzarizona@cox.net 623-266-2918	3rd W 4-6p BC MPR
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New England: LV 623-215-3637; 623-328-9878	Sa 2/13, 5p LV SH 1
NextGen: FW 716-445-7383 Visit nextgensuncity.org/ for all events	1st & 3rd M 6:30-9p FW AZ 1-2 3rd M & Every Th Cards 1-4p BC MPR Cards relocated Th 2/18 FW AZ 3 Wine Sharing 2nd F 6-8p OM Aud/Patio Super Bowl Party Su 2/7, 3-9p SD Aud

Sun City Hospitality: MC 623-933-5158	2nd F Pizza/Bunco 5p MC Aud Last F Potluck/Bunco 5p MC Aud Friendship Corner Sa 11a-5p MC SH Bridge W 12-4p MC SH
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Singles Social Club: FW 623-583-2307 Ellen	1st F Potluck & Games 6-9p FW AZ 3-4 3rd F Game Night 6-9p FW AZ 3-4 Darts 4th F 6:30p BC
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Wisconsin Club: SB 623-242-6318	WIS Day 2021 Picnic - Cancelled
Women's Social: LV 623-977-5605	M-Su 9:30a-4:30p

Sport Clubs	Some sports may be available but not club functions; call ahead
Basketball: MC 206-459-3242; 604-313-3190 charlespeterson@comcast.net	Pick Up Games in Villanueva Community Center 3:30-5p Oct - April
Billiards: Bell Billiards Room 315-906-0067	W 7a-1p; Sa 12-5p; Tu 11a-4p; F 8a-4p Instruction F 8-11a
Billiards available but not club activity	Ladies M, Th 8:30a-12p; Singles: 8 Ball M 8a-12p; 10 Ball W 9a-1p; 9 Ball Th 1-5p, F 8a-12p
Billiards available but not club activity	Doubles: 8 Ball Tu & Th 8a-12p Traveling League Play Tu 1-4p

Bocce: SD 623-693-2881 Check the Club House Bulletin Board or online at https://suncityaz.org/recreation/ clubs/bocce-club/ for complete monthly schedules	Open Play: Every Sun 2p, Th 1p, F 6p Daytime Tournaments: Every M Tu W F 1p; Playoff Sa: 2/27, 1p Valentine Party: M 2/8, 5-8p
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Dart Club: BC 773-802-2084	M T W 5:30-8:30p; Th 2-4p
Darts available but not club activity	
Lawn Bowls: BC 623-972-3248	M W F 9-11a, 2-4p; W-F 6-8p

Lawn Bowls: FW & MV 623-933-5066	Tu Th Sa 9-11a Valentine Party Sa 2/13, 9a-1p, MV
Lawn Bowls: LV (Sun City Club) 623-583-0625	Mondays 12-5p

Lawn Bowls: LV 623-974-3214	Tu Th Sa 8:30-10:30a Mem Mtg Tu 2/9, 4-9p LV SH #1
Lawn Bowls: OM 623-792-5202	M W F 8:45-11:30a; Su 1:45-3:15p

Mini-Golf: LV 317-508-5959; 623-300-4461	Golf W 2/10 10a LV; 2/24 10a MV Mem Mtg Tu before 2nd Wed 9a LV SH #1 Pizza Party 2/10 11a-12p LV SH #1
Pickleball: MC, MV pickleball.suncity@gmail.com	Contact Club for Times & Activities
Racquetball Club: BC 623-986-1754	M-W-F 11a-1p; T-Th 5:30-7:30p Sa 11a-1p

Shuffleboard Bell: BC 623-999-0362 - Dennis	M Tu F 1-3:15p Dist 5 Play M-Tu 2/1-2, 8-9 9:45a-12:15p
218-371-2421 - Diane	Bell Mem Tournament Th F 2/11-12 9:30a-1p
Shuffleboard Outdoor: LV 623-688-6026	M W F 1-4p LV
Shuffleboard Sundial: BC 623-208-9921	Th 5:30-9p BC Cts Mem Mtg Tu 2/2, 4p SD EH
Softball (Senior): Sun Bowl 623-444-9402; 503-351-2036 www.azsrsoftball.com	Open Practice Su 7a-1p; New players M 7a-1p League Play Tu-Th-F 8a-5p; Sa 8a-1p Banquet Su 2/28, 11a-7p FW AZ 1-4

Sportsmen: LV Dave 612-202-4803	Mem Mtg 3rd Th 7-10:30a LV SH #1
Swim Lessons: LV 602-373-0646	W 8:30-10a SD
Swimmers Master: BC 602-373-0646	M-F 7-9a BC Lap Pool Tu/F 3-4:30p Yoga for Swim Club BC Aerobics Rm

Table Tennis: BC 602-291-5369; 847-421-5211	M W F 10a-3p; Tu Sa 10a-12p
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Tennis: BC 608-792-1957 melvindhaus@gmail.com	Club Member Social Tennis Sa 1-2:30p BC League Play: Sun 2/7, 2/14, 2/21, 1-2:30p BC
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Volleyball: 206-459-3242 charlespeterson@comcast.net	8-10:30a W & F Villanueva Community Ctr
Water Volleyball Club of SC: OM WVCofSC@gmail.com	Su M W F 12-3p

Whisperball of Sun City: BC 480-678-1622	M W F 3-5pm; T Th 1:30-3:30p BC Racquetball Courts
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Sun City Squares

Sun City Squares is THE square and round dance club in Sun City. We offer square and round dance lessons and sponsor weekly dances on Tuesdays. Square dance lessons are offered on Friday evenings at Bell Center and round dance lessons are offered at both Bell and Marinette Centers on Tuesday and Thursday respectively. Classes and dances are open to all RCSC Cardholders, their guests and visitors.

For those people who are looking for physical and mental exercise, dancing is one of the best ways to do it. Dennis Farrar is our square dance instructor and Larry Sperry is our round dance instructor. Both are highly experienced, long time callers who make the lessons fun as well as instructive. Dennis teaches mainstream square dancing, as well as workshops for the plus level. Larry teaches phases 2 through 5 round dances. And our club caller, Dee Dee Dougherty, is nationally known. She calls the Tuesday evening dances.

COVID-19 has forced us to suspend all dancing until RCSC feels that it is safe to start again. We will email all current members when dancing resumes. For more information, contact Marilyn at 623-694-7194 or email Dan Kraus at djkraus433@gmail.com



Democratic Club of Sun City

The Sun City Democratic Club throughout the year believes in supporting the community that we live in. Supporting the Valley View Community Food Bank has become especially important during the COVID-19 pandemic we are experiencing and the impact it has had on many of our residents and those of our surrounding communities. SCDC members support the food bank through monetary donations as well as food items the food bank has identified as being of high need. Our website describes other ways the club remains active all year long, including topics of importance to our membership.

The club meets every first Thursday at Fairway Center. We will not be having in-person meetings until we reach Phase 3. Please follow the news from the RCSC regarding opening up for each Phase. Visit <https://sun-citydems.com> for virtual monthly meetings information. We continue to collect donations of canned and boxed goods for the Valley View Community Food Bank at every monthly meeting. Until our meetings resume, please bring any donations to the Valley View Thrift Store/Food Bank on 107th and Peoria. When our meetings resume, they will begin at 6:30pm. All RCSC Cardholders and their escorted guests are welcome.



One of the last SCDC meetings in 2019 with collected donations for Valley View Food Bank.

Ukulele Club of Sun City



Do you like to sing, laugh, and have a good time? Then, come to the Sun City Ukulele Club's virtual jam session every Thursday afternoon at 3 pm. It is true that the pandemic ended our usual gathering in the Music Room at Fairway, but Zoom has made it possible for us to see each other every week to sing, play and laugh together.

You say you don't own a ukulele? No worries as you can borrow one from the Bell or Fairway library and keep it for three weeks. It includes a beginner's book, so you can be playing a song or two within an hour.

During the past few months, we have invited several world renown ukulele teachers and performers to visit our zoom sessions. They helped us along on our ukulele journeys with words of wisdom and songs of joy. They included Heidi Swedberg, Daniel Ward, Andy Andrews, Dani Joy and most recently, Aaron and Nicole Keim.

We plan to open in person during Phase 3 when we will resume our free ukulele lessons on the first and third Thursdays of the month. Membership in the Sun City Ukulele Club is open to RCSC Cardholders only. For more information and the ID and password to join our Thursday jams, call our President, Trudy Bryson at 623-594-6591 or email her at trudybryson@cox.net.

Thursday Afternoon Bridge Club

The Thursday Afternoon Bridge Club is closed at the present time due to COVID-19. When we open in Phase 3, we invite all RCSC Cardholders in good standing to an afternoon of Contract Bridge at Oakmont Auditorium. We play from 12:30 to 4:30pm (please arrive by 12:15pm). No need to bring a partner as we will pair you up when you arrive. Four rounds are played with six hands each round, changing partners after each round.

Annual dues are \$5. All players contribute 50 cents each day from which high scores are paid. Small and Grand Slams are paid from the treasury.

Visitors with an RCSC card are allowed to play two times for \$1 each visit (plus 50 cents) before being required to join the club. Non-resident guests of club members may play any time for \$3 each day (plus 50 cents). Please note that club members have priority over visitors and guests if there are excess players for the day.

If Thursdays are not good for you, you are also invited to play on Wednesdays at Oakmont or Friday at Fairway. Same time and details apply. See you there! For more information, please call 623-933-9671 or 623-249-9169.

Carvers Club of Sun City

"WE'RE OPEN!" Looking for a new hobby, with people who are fun, interesting and ... some even talented? Come join the "infamous" Sun City Carvers. We do all kinds of wood art including carving (conventional and power), wood burning, model building, gourd painting, air brushing, scroll saw - you name it. We have experts in all of these art forms that are willing to share their knowledge and skills. We get together three times a week (Monday, Thursday and Saturday) from 8am to noon in Lakeview Social Hall #3. Annual club membership fee of \$5 gets you a seat at our wood chip laden tables. Call Dave at 847-287-1005 if you have any questions. We welcome all RCSC Cardholders! Our conversation is as stimulating as our art.

HOLD THE PRESSES! We just found out that we have been assigned dedicated space at Lakeview Center. What a great Christmas present from RCSC Management. We will now have several power tools for roughing out patterns. In addition, we'll have storage for our hand tools and projects instead of carrying them back and forth to home. A new beginning for us and the future of our club.

Disclaimer: We are open subject to the dictates of COVID-19, the Governor, and RCSC.



Michigan Friends in Sun City Club

Typically, the Michigan Friends in Sun City Club meets on the 3rd Wednesday each month from 4 to 6pm in the Bell Multi-Purpose Building (near Lawn Bowl). BYOB and snack to share. Social meeting with discussion of club activities.

Meetings have been suspended until the COVID-19 pandemic is mitigated. If you are a member, watch you email inbox for announcements about the resumption of the meeting schedule.

Interested in joining the Michigan Friends in Sun City Club? Brochures/applications are available at the Sun City AZ Visitors Center at the Bell (when this office re-opens in Phase 3). Annual dues are only \$5.00 per person which can be submitted at any club meeting/event or mail to Michigan Friends in Sun City Club, c/o Bell Center, 16280 N 99th Ave, Sun City, AZ 85351. For more information, email michigan2arizona-club@gmail.com.



Wisconsin Club of Sun City



Regrettably, due to the current COVID-19 situation the Wisconsin Picnic, scheduled for March 11, 2021, at the Sun Bowl has been cancelled.

The Wisconsin Club Board concluded that there is not likely to be sufficient vaccination by then (as is the case) and RCSC is not allowing any large gatherings as this health crisis situation continues.

But do not despair, the Wisconsin Picnic will be back. We are planning the picnic featuring brats, beer and a Polka band for March 10, 2022.

In the meantime, mask up, practice social distancing and stay safe. On Wisconsin!



Farmers Market @ Bell Center



Thursdays
9am to 1pm



Fresh Never Tasted So Good

**** Groceries Only ****
Face Masks & Social Distancing Required.
No RCSC Club booths; No Pets!

Tips from Get Fit for Life -

Embrace Stress

"Stress gets a bad rap," states Jane Fortier, fitness specialist with Get Fit for Life. "Short-term, day-to-day stress is blamed for headaches, insomnia, irritability, fatigue and upset stomachs. Chronic stress has been linked to heart disease, depression, weight gain or loss, and skin conditions. One in every four people deal with significant stress. We use self-help books, seminars, music, therapy, beach vacations...all with the goal of eliminating stress. Believe it or not, it's possible to use stress as an advantage. Instead of focusing on cutting stress out of our lives, consider embracing it. Here are six ways to change the way you think about—and respond to—stressful situations."

1. Identify what's causing the stress. The first step in embracing stress is identifying its origins. The top four sources of stress are finances, career, family responsibilities and health concerns. Stress can be triggered by a major life change: death, divorce, traumatic accident, health crisis. Identify the cause of stress in your life. If you know your stress source, you will be better equipped to come up with potential solutions. You ultimately need to take control of the situation.

2. Learn to draw energy from stress. If you view stress in a negative light, you'll be more likely to react in destructive ways. The path to greater happiness and strength lies in embracing, rather than avoiding, stress. Next time you feel stressed or anxious, try recognizing and welcoming that feeling instead of pushing it away. Certain types of stress, such as the apprehension you might feel before giving a presentation to a group, can provide a surge of adrenaline that may improve the outcome of the nerve-wracking event. By using stress as energy, rather than trying to suppress it, stress can improve the outcome of a challenging, high-pressure situation.

3. Learn from previous stressful situations. They say hindsight is 20/20, and that hindsight can come in handy when facing stress. Think back to the last time you felt a large amount of anxiety, whether it was during home renovations, or a family health scare. How did you deal with that stress? Did you contribute to its magnitude, or did you downplay it? Perhaps you sidestepped issues that should have been confronted, or dwelled too long on trivial details. Consider each stressful situation as an opportunity to learn and grow. List what you learned or how you might have handled things differently. These lessons can be leveraged to better handle future anxiety.

4. Focus on your reaction, not the situation. Stress may be created by a certain set of circumstances, but it's your reaction to those circumstances that determines the outcome. For instance, if your spouse announces that the in-laws are coming to stay for two weeks, there's probably not much you can do to change the situation, but you have full control over how you react to it. If you regard the visit with frustration and resentment, it's not likely to end well. It's more productive to focus on planning activities, asking your spouse for help, and reminding yourself of the importance of family. When you approach stressful situations with an open mind and good-natured determination, the initial stress can turn into a motivator.

5. Make time for sleep. Ever notice that when you don't get enough shut-eye, you tend to have a shorter fuse and less patience in stressful situations? Sleep and stress are closely related: Spending the recommended amount of time in dreamland will give you the necessary mental energy to handle stress, and actually embrace it. The benefits go both ways: When you handle stress better, your sleep patterns won't be interrupted by late-night worries.

6. Make time for exercise. When you're juggling never-ending "to-do" lists, it's easy to shift exercise to the back burner. Regular physical activity can help the brain deal with stress. Research has shown that exercise produces higher levels of norepinephrine, a hormone that makes you more alert, aware and primed for response. It also releases endorphins, the feel-good chemicals that promote a sense of contentment and well-being. Exercise reduces the stress hormone cortisol. All of this enables you to not only fight stress, but to use it as a stepping stone to your full potential.

When it comes to stress, Get Fit for Life personal trainers are experts at creating exercise programs that help deal with stress in a positive way. They introduce clients to correct exercise breathing, form, cadence and technique. To find out more about working with a Get Fit for Life personal trainer in Sun City, call 623-696-6820 or visit Get Fit for Life Sun City on Facebook. Services are available in all Sun City Fitness Centers.

MONITORED ACTIVITIES

Basketball	Not available until Phase 3	Pickleball	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Billiard Tables		Mountain View: Outdoor	M-Sa: 6a-7p; Su 8a-7p
Bell Lanes	M-Sa: 8a-9p; Su: Noon-8p	Racquetball	
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Bell Center Courts A & B	M-Sa: 6a-9p; Su: 8a-8p;
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	Shuffleboard	
Bingo	Closed until Phase 3	Bell Lanes: Indoor	M-Sa: 8a-8p; Su: Noon-7p
Sundial Center	Thursdays: Doors Open 4:30p; Bingo 6:15p; \$9 all 18 games w/3 special games Everyone welcome.	Lakeview: Outdoor	M-Sa: 6a-7p; Su 8a-7p
Boating/ Fishing		Spas	
Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p (or Dusk)	Bell Center - 18+ only	M-Sa: 5a-9p; Su: 8a-8p
Bocce Courts		Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p
Bowling Lanes		Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Bell Lanes	M-Sa 8a-9p; Su 12-8p	Mountain View Center	M-Sa: 6a-7p; Su: 8a-7p
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Oakmont Center	See Pool Hours
Dog Parks		Sundial Center - 18+ only	M-Sa: 6a-9p; Su: 8a-8p
Duffieldand	October - April: 7am-6pm Closed last Wed/month for Maintenance	Swimming Pools - Open Swim Hours	
Darts		Bell Center - 18+ only	
Bell Center	M-Sa: 8a-9p; Su: Noon-8p	Lap Pool: M-Sa: 5a-9p; Su 8a-8p; Closed for Club/Class: M-F 7-9a	
Fitness Centers	Open w/ limited occupancy, restrictions	Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Bell Center - 18+ only	M-Sa: 5a-9p; Su: 8a-8p	Fairway Center	
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	Lap Pool: M-Sa: 5a-9p; Su 8a-8p	
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p	Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Lakeview Center	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	M-Sa: 6a-7p; Su 8a-7p	
Oakmont Center	M-Sa: 6a-7p; Su 8a-7p	Children's Pool Hours - Ages 4-15 yrs: Daily 4p-Close	
Sundial Center - 18+ only	M-Sa: 6a-9p; Su: 8a-8p	Marinette Center	
Horseshoe Courts		M-Sa: 6a-9p, Su: 8a-8p	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Children's Pool Hours - Ages 4-15 yrs Daily 1-4p	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Mountain View Center	
Jogging / Walking Track	Open w/ limited occupancy, restrictions	M-Sa: 6a-7p; Su 8a-7p	
Indoor		Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p	
Fairway Center	M-Sa 5a-9p; Su: 8a-8p	Oakmont Center	
Sundial Center	N/A	M-Sa: 6a-7p; Su 8a-7p	
Outdoor		Sundial Center - 18+ only	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Large Pool: M-Sa: 6a-9p; Su: 8a-8p;	
Sun Bowl	Dawn to Dusk	Warm Water Pool: M-Sa: 6a-9p; Su 8a-8P; Closed for Class: T/Th 12-2p	
Library (602) 652-3000	Call to confirm hours	Table Tennis	
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p	Bell Center: M-Sa: 6a-9p; Su: 8a-8p;	
Fairway Center	M-F 9a-4p; Sat 8a-12p	Closed for Club Activity: M W F: 10a-3p; Tu & Sa: 10a-12p	
Mini Golf		Tennis	
Bell Center	M-Sa: 6a-9p; Su: 8a-8p	Bell Center: 623-977-3325 M-Sa: 6a-9p; Su: 8a-8p	
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p	Lakeview Center: 623-561-4676 M-Sa: 6a-7p; Su 8a-7p	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Mountain View: 623-876-3042 M-Sa: 6a-7p; Su 8a-7p	
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p		

Group Equipment Demos remain on hiatus at this time

Member Fitness & Massage Services

**Please show your support for these local services offered.
Call & schedule an appointment today!**



Fitness Training
623-696-6820

*Personal Training Sessions
are available at all
RCSC Fitness Centers*

*Massage
Services*



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

Sundial Center
Free Spirit Massage
623-225-8582

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



What I ❤️ About the Sun City Libraries

Libraries are such diverse and welcoming places. The two Libraries in Sun City are no exception. We who are involved with the Friends of the Sun City Libraries, Inc. are so proud to be supporters of the Maricopa County Library District which provides such great services to our residents. As a means of conveying what our Libraries mean to Friends Board Members and Advisors in this Valentine's Day month, this is what we ❤️.

"I ❤️ meeting the volunteers and seeing the help they bring to others as they work with us to make the library a better place. They are so joyful and caring and I know they are hanging in there with us just waiting until they can come back and volunteer again. We miss them!" Cathy Weyers, Friends Vice President

"What I ❤️ about our library is that it has tried to remain accessible almost from the beginning of the pandemic, first with curbside delivery, the walk-up, and now with limited access to the interior. For those of us addicted to books, librarians are truly "essential workers." But what has been even more helpful during these stressful times has been the on-line access to a wide variety of resources. My top favorites are the Great Courses offered by Kanopy. We put the Kanopy app on our Roku device and I'm able to sit in my recliner and knit while listening to lectures by excellent professors on a wide variety of subjects. At present I'm wrapping up a 48-lecture series on The Renaissance and trying to decide what comes next....drawing, meditation, cooking, gardening....so hard to choose. Everybody needs to dig around on the MCLD website to see what bonanzas are lurking there!" Pat Bates, Friends Secretary

"I ❤️ our Sun City Libraries because I can use Ancestry.com for free!" Ruth Polansky, Friends Volunteer Coordinator

"I ❤️ the Sun City Library because of the variety of offerings, such as puzzles and DVDs, besides a great collection of books. I also love the Bookstore, and the many programs that are offered to the community by the Libraries." Linda McKnight, Book Friends Co-coordinator

"I ❤️ our libraries because they are conveniently located with plenty of parking. I ❤️ the drive-up book return at the Sun City Branch and the excellent e-book collection through Libby." Sue Blechl, Friends President

"I ❤️ our Libraries for their cheerful, friendly staff who are always ready to offer suggestions or other help." Jessica Potter Slider, Friends Treasurer

"I ❤️ libraries for always staying current with the latest bestsellers and movies." Irene Nathanson, Friends Board Member

"I ❤️ our Sun City Libraries because when I'm there I'm immediately engulfed by multitudes of intriguing books everywhere, and whenever I please, I can go there and ferret out as many fascinating ones as I want, freely peruse them, take them home, and read them over and over until they utterly consume me. Then, finally, reluctantly, I take them back to their cozy library home for other curious folks to explore while I leave these now familiar "friends" to search frantically for new library treasures lurking elsewhere. Whether novel or otherwise, I turn to my tempting, endless reading adventures again. . . . And all this is FREE!" Charlotte Klose, Book Friends Co-coordinator



February 14 is not only Valentine's Day,
it's also Library Lover's Day.
It is a day to honor libraries, librarians, bookworms,
and library lovers in your life.
DO IT!



Water Conservation

Time for a Water Fact Check

It has been a while now that we've provided you with water conservation hints and tips and we're fairly certain you're doing your part. The desert southwest remains in extremely severe drought conditions that require us all to be as conservative with our water consumption as possible. With knowledge comes power, so it is time for a quick water quiz to check and see what you know. If you're new to the desert, we know you'll enjoy your time here, but being mindful of water waste and ways to save this precious resources for future generations will soon become a priority for you too!

1. How much of our Earth is covered by water?

- a. 71%
- b. 72%
- c. 75%
- d. 70%

The answer is a. 71%.

2. How much of the water on our Earth is salt water?

- a. 98.5%
- b. 97.5%
- c. 96%
- d. 98.6%

Well, if you guessed 98.6, you better go take your temperature. The correct answer is b. 97.5%

3. How much of Earth's water is potable and accessible to humans?

- a. 3%
- b. 4%
- c. 1%
- d. 2.5%

While about 2.5% is fresh, potable water, only about 1% is accessible for direct human consumption. Remember the polar ice caps and some deep, underground aquifers make more than half of our fresh water unobtainable.

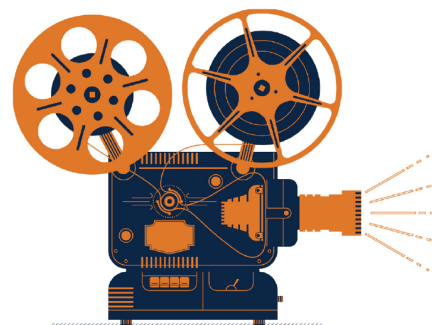
4. What can you do around your home to conserve water?

- a. Turn off the bathroom water faucet while brushing your teeth.
- b. Run only full loads in the clothes washer and dishwasher.
- c. Collect water in the shower and use to water plants.
- d. Check your irrigation system for leaks.
- e. All of the above.

Of course, it's e - all of the above! And if you continue to do your part we'll have enough water around for many generations to come!



Every Drop Counts!
Do your part to help conserve!



FREE MOVIES ARE BACK!

Wednesdays at Marinette
Saturdays at Mountain View
Show Times: 2pm & 7pm

Physical Distancing & Face Masks Required
Audience Limitations: 36 at Marinette; 40 at Mountain View
There will be No Popcorn Served; No Outside Chairs, Food or Beverages allowed other than bottled water
Sign up for RCSC News Email Alerts or
visit the RCSC Web Portal for the movie listings

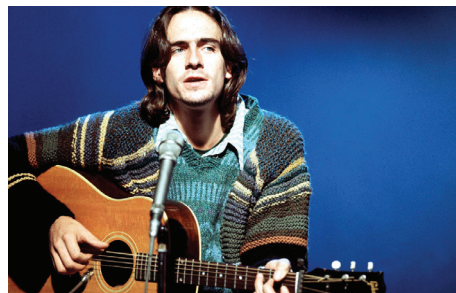
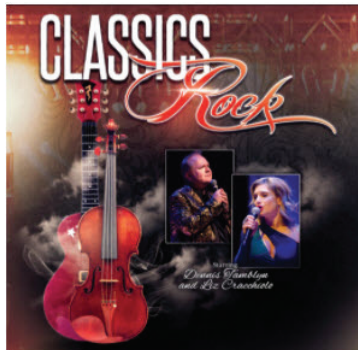
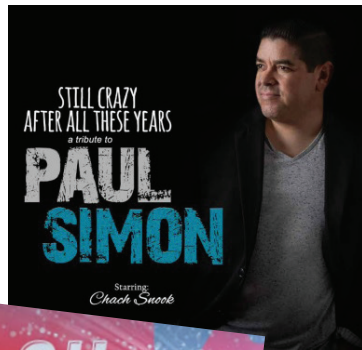
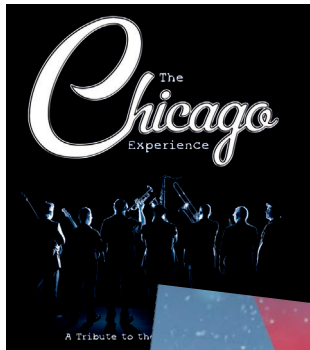
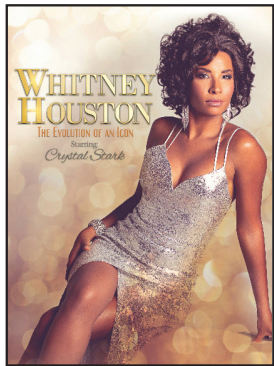
2021 Spring Sundial AND Sun Bowl Concerts - POSTPONED

RCSC has determined that we will be postponing both the Sundial 2021 Winter/Spring Sundial Concert Series and the Spring Sun Bowl shows due to continued COVID-19 concerns.

Depending upon further developments, we hope to be able to bring some these spectacular shows to Sun City AZ but will not do so until it is safe for all to attend.

Additional information will be released via email announcements and press releases to the local media when the situation changes and we are able to move forward. Your understanding, cooperation and patience is greatly appreciated.

The Events & Entertainment Office at Sundial remains closed. Any questions regarding the upcoming events should be emailed to entertainment@suncitaz.org or by leaving a message at 623-561-4680.



Longing for shows at the Sun Bowl...



and good times just like the old days once again!