SUNVIEWS

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Guest Policy Changes Under Consideration

RCSC Management presented a proposal at the recent Board of Directors meeting on March 25, 2021 that would change the current policy regarding guests. With the Sun City Visitors Center continuing to be closed at this time to in-person visitors, a proposal to change the "no visitor" policy immediately was not recommended. However, the proposal did recommend that escorted guests be allowed at some outdoor activities beginning on Saturday, May 1, 2021.

If the Board has chosen to move forward with this proposal, two more readings will be required at the Board meetings scheduled for Monday, April 12 and Thursday, April 29, 2021.

All guests will be required to be escorted by an RCSC Cardholder and participation would be limited to the following outdoor activities: Bocce, Fishing, Horseshoes, Mini Golf, Pickleball, Softball, Tennis and Walking (outdoors only).

Online Guest Passes will need to be obtained by RCSC Cardholders via the Web Portal in order to register guest(s) and pay the daily guest fee. Guest passes must be presented at the time of entry with their guest(s), and identification verification and residency may be required. Guest Passes will not be required for activities that do not require a daily guest fee, such as walking in the Lakeview Hillside Park. Host Punch cards will not be accepted or sold at Facility Attendant check-in stations until further notice and Guest Passes will not be available for purchase at these locations.

This proposal continues to prohibit guests from several outdoor activities due to physical distancing requirements that limits capacity per current regulations, including swimming pools, walking pools, spas, and surrounding pool deck areas.

Additional information regarding this proposal will be sent to RCSC Cardholders who are registered to receive RCSC News Email Alerts and will be posted on the RCSC website at www.suncityaz.org.

All RCSC Board of Directors meetings are held in the Sundial Auditorium on the second Monday and last Thursday each month (except July and August) beginning at 9am. Please note that face masks must be worn at all times by anyone attending these meetings.

Current COVID-19 Rules & Regulations as of March 10, 2021

REQUIREMENTS FOR USE OF ALL RCSC FACILITIES

- 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 or use RCSC facilities.
- Hand sanitizer is required upon entry to RCSC facilities and offices. Users may utilize the sanitizer provided by RCSC.
- Face masks are always required while indoors except in showers, indoor pools and indoor spas. 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. Face masks are required regardless of COVID-19 vaccination status. Face shields, bandanas, and face masks with vents or valves are not permitted.
- Use of RCSC facilities always requires a minimum of 6 feet of physical distancing, regardless if in same family, excluding an occasional situation when such is not possible.
- 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.

BASKETBALL

- No guests allowed.
- Maximum three (3) players on court at one time.
- Open for shoot around or shooting drills only.
- No competitive game play such as 1-on-1 allowed.

BILLIARDS

- No guests allowed.
- Billiards will be CLOSED for sanitation daily from 2pm 3pm.
- Use of only every other table allowed.

(continued on page 3)

Easter Holiday Office Hours, Schedule Changes

All RCSC offices at Lakeview Center (Corporate/Board, Human Resources, Cardholder Services and Chartered Clubs) will close at noon on Friday, April 2, 2021 in observance of Good Friday. Events & Entertainment at Sundial and the Sun City AZ Visitors Center at Bell continue to remain closed due to COVID-19 restrictions. In addition, there will be no Easter Sunrise Service at the Sun Bowl. All recreation centers will have normal hours.

Cardholders Services will have Saturday hours on April 10, 2021 from 9am to noon (not April 3) in order for employees to celebrate this holiday.

Wishing peace to all at this special time of hope and renewal. May spring bring joy and love to those who believe in the beauty of life and all its treasures.

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

Email addresses remain confidential

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PLEASE NOTE:

Board News

Club Directory

Annual Club Articles are published October through March only.

Connect with Sun City AZ









SUN CITY ARIZONA

2021 RCSC Board of Directors

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

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"Neighbors Helping Neighbors"

The next Sun City Foundation meeting will be held on Thursday, April 8, 2021 at 1:00pm in the Lakeview Social Hall #1.

A Moment with the RCSC Board President

When might restrictions be lifted?

When will we lift all restrictions at RCSC? When will we allow guests at RCSC Facilities? These are questions the Board of Directors get asked in emails or hear frequently at Board Meetings. I can guarantee that every Board Member and every Senior Management Staff Member would love to go back to normal but that is not the safe thing to do right now. The Arizona Zip Code COVID numbers between February 14 to February 21 show that there were 33 more confirmed cases in the 85351 zip code and 21 more confirmed cases in the 85373 zip code. I know the 85373 zip code is more than just Sun City, but these are the confirmed cases and there are many people who get sick and never get tested. We also are hearing about new variants such as those that originated in the United Kingdom, South African and now the Brazil which may prove to be more contagious, more deadly and able to reinfect those who have already had COVID. We know that our numbers in Arizona and the nation are dropping and the age on getting a vaccine is now down to 55 which is a good sign. This means we are getting closer - but we are not quite there.

Last summer when the numbers in Arizona were the worst numbers in the world, all gyms/fitness centers were forced to close. We had to apply to reopen as things improved and Senior Management had to sign attestations to re-open the fitness centers, agreeing to follow all Arizona Department of Health Services requirements, which included 25% maximum use of fitness centers and locker rooms, along with sanitation after use of each locker which would have required additional staff. With the cost of the PPE we were already having to purchase and then increasing our staff, it would have meant a significant rise in the annual assessment. Therefore, our solution was to limit how many dressing areas and showers and not allow any locker use. Fortunately, following Governor Ducey's most recent Executive Order in early March, we able to open pool and fitness center locker room though masks and physical distancing continue to be required.

The question about allowing guests is another issue we have been dealing with lately. We have been asked why we can allow guests at the golf courses but not anywhere else. Golf was deemed as an essential activity by Governor Ducey, so we

allowed guests to remain on our golf courses which have provided additional income for RCSC to help offset the additional costs of sanitation throughout our facilities. Golf does allow guests but do not make use of a guest pass. Our golf courses also stopped taking cash to just taking credit cards only so there was no exchange between the staff and the golfers. For other activities, a guest pass is required. During COVID when cardholders use the pools or fitness centers, the cardholder's key fob/card is put under the card reader with very



Sue Wilson RCSC Board President

little or no physical interaction with the staff. When it comes to the guest passes, there is a physical interaction in buying the host punch card, completing the guest pass, and check identification. It is true that it does not take a guest pass to walk in Hilltop Park but the inconsistency when to allow guests and when not to makes it a difficult policy to enforce. I personally find it difficult to open up our facilities to guests when we have several clubs and activities that have not been able to open since March 2020.

RCSC has been very consistent in following the CDC recommendations and ADHS requirements. We all want normalcy again and we will get there but loosening restrictions now would not be a safe idea. We encourage our cardholders to take part in the activities that are currently available if they are interested. Please continue to wear your masks, follow social distancing, wash hands, and get your vaccine. Be patient, we will get back to normal.

This Month @ The Board

Monday, April 12, 2021 @ 9am

Thursday, April 29, 2021 @ 9am

RCSC Board Meetings:

Board Meeting #1
Board Meeting #2

Committee Meetings:

Bowling Committee
Communication Through Technology
Lawn Bowling Committee
Club Organization Committee (COC)
Golf Advisory Committee
Long Range Planning Committee

Insurance Committee
Elections Committee

Thursday, April 1, 2021 @ 9am
Tuesday, April 13, 2021 @ 9am
Tuesday, April 13, 2021 @ 1pm
Wednesday, April 14, 2021 @ 10am
Thursday, April 15, 2021 @ 8:30am
Monday, April 19, 2021 @ 8:30am
Friday, April 23, 2021 @ 9am

Wednesday, April 28, 2021 @ 1pm

Lakeview Social Hall #2

Sundial Auditorium

Sundial Auditorium

Lakeview Social Hall #2

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

Current COVID-19 Rules as of March 10

(co114ntinued from page 1)

BOATING, PADDLE BOATS - Closed until physical distancing no longer required.

BOATING, ROW BOATS

- No guests allowed.
- Only 1 person per boat.
- RCSC will sanitize life vest, oars and cushion after each use.

BOCCE

- No guests allowed.
- Use of every other rink only.

BOWLING

- No guests allowed.
- Bowling Centers will be CLOSED for sanitation daily from
- Every other lane open with 4 bowlers allowed per lane.

DARTS

- No guests allowed.
- Darts will be CLOSED for sanitation daily from 2pm 3pm.
- Only 1 table and 2 chairs per machine allowed.

DOG PARK

No guests allowed.

FISHING

No guests allowed.

FITNESS INCLUDING INDOOR TRACK

- No guests allowed.
- All Fitness including the Indoor Track at Fairway will be CLOSED for sanitation daily from 12pm - 1pm.
- Every other piece of cardio equipment will be turned off to maintain at least 6 feet of space between users.
- When using strength machines or other equipment, users are required to maintain physical distancing of 6 feet or more.
- No outside equipment allowed into the facility, including but not limited to, mats, exercise balls, weights, and foam rollers.
- No use of auditoriums, social halls, hallways or other indoor RCSC facilities for walking.

GOLF COURSES, PRO SHOPS, SNACK SHOPS

- Face masks required inside Pro Shops and Snack Shops.
- Always requires a minimum of 6 feet of physical distancing, regardless if in same family unless riding in same golf cart, excluding an occasional situation when such is not possible.
- Limited use of tables and chairs always requiring 6 feet of physical distancing regardless if in same family. Chairs may not be moved from one table to the other.
- RCSC will sanitize rental carts, snack shop tables and chairs and patio tables and chairs after each use.

HILLSIDE PARK

- No guests allowed.
- No use of gazebos allowed.

HORSESHOES

No guests allowed.

LAWN BOWLING

- No guests allowed.
- Use of every rink with 2 bowlers allowed at end of each rink.
- Use of every other rink with 3 or 4 bowlers allowed at end of each rink in use.

LOCKER ROOMS, CHANGING STALLS, SHOWERS, RESTROOMS

- No guests allowed.
- Face masks are required while indoors except in showers, indoor pools and indoor spas.

- MINIATURE GOLF No guests allowed.
- RCSC to sanitize putters, balls & scoring pencil after each use.

PICKLEBALL

No guests allowed.

POOL, LAP OR SWIMMING

- No guests allowed.
- No pool towels, sitting or lying allowed directly on pool deck.
- If lanes are provided, only one swimmer/user per lane. Sign up required to use lap lane(s) with 30-minute time limit.

POOL, WALKING

No guests allowed.

RACQUETBALL, HANDBALL, WHISPERBALL

Only 1 player per court for racquetball and handball. No quests allowed.

SHUFFLEBOARD

- No guests allowed.
- Face masks are required at indoor courts.

SOFTBALL & OUTDOOR TRACK

- No quests allowed.
- No contact allowed.

No guests allowed.

TABLE TENNIS

- No guests allowed.
- Only 2 players per table.

TENNIS

No guests allowed.

TRACK - OUTDOORS

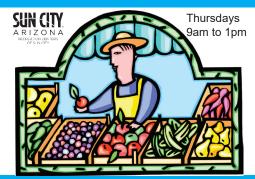
No guests allowed.

WALKING

- No guests allowed.
- All indoor walking allowed only at the indoor walking track at the Fairway Center.
- No use of auditoriums, social halls, hallways or other indoor RCSC facilities for walking is allowed.

This information is also available on the RCSC website at www. suncityaz.org in a printable PDF format if desired.

Farmers Market @ Bell



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

ARIZONA

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

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

Sun Bowl Amphitheatre

10725 W. Oakmont Dr.

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.

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Art and Craft Clubs	Many are open; call to confirm. Meetings are likely cancelled.
Artists by the Lake: LV	M-F 9a-4p
115-491-9650 Artistic Stained Glass; BC	Mem Mtg 12p 1st Tu LV SH 1 M-Sa 9a-2p; M-Th 5-8p
23-974-4765	Mem Mtg: 2nd Th 9a Talisman
Artistic Weavers & Fiber Artists: OM	M-Sa 9a-3p
20-253-3145 or oakmontfiberart.com	Mem Mtg 3rd Th 1-3p
Calligraphy: SD	M 1-3p; Th & F 9-11a
23- 594-6591	Mem Mtg 3rd Th 9-11a
Camera Guild: GR cameraguildsuncity.com	Tu-Th 9a-12p Mem Mtg 3rd Sat via Zoom
amoraganasanoky.com	FMI visit http://www.cameraguildsuncity.com
Carvers: LV	Mon, Th & Sa 7:30a-12p LV SH #3
47-287-1005	Mem Mtg 2nd TH 9a; Classes available
owbuell1@aol.com	Tools/Patterns onsite
Ceramics & Porcelain: FW	M-Sa 9am-3p; W 9a-7p
23-972-5818; 602-821-1197	Mem Mtg 1st Mon 9a
Ceramics: BC	M-F 9a-3p, Sa 9a-12p
23-974-6750	Mem Mtg 2nd F 9a
Ceramics: OM 180-356-6871	M-Th 8a-3p; Tu 5:30-9p; F 8a-12p Mem Mtg 2nd Tu 10a
China Painting: FW	M-F 9a-12p3
uncitychinapainting@gmail.com	
Clay Club: GR	M-Th 8:30a-8:30p; F-Su 8:30a-4:30p
23-933-0899	Mem Mtg 1st Wed 8a, GR Sonoran Rn
Clay Corner: MC 23-977-3167	M-Sa 7:30a-9p; Su 10a-6p No new memberships, classes nor mtg while
23-9/7-310/	RCSC remains in Phase 2 of COVID
	restrictions
rafts: BC	M-Sa 9a-3p
23-974-3497	Mem Mtg 2nd Th 11a BC SH1
Crafts: SD	Quality Control meets 1st M 1p BC MPF Needle Craft M, Th 8a-1p; Heritage Albums 1st/3rd
03-502-3151	M 2-6p; Card Making Tu 5:30-8pm; Paper Craft 1st Tu
dcraftclub@yahoo.com or	1-3p; Scrapbooking W 10a-6p + 1st, 3rd & Last F 4-8p
punkywen@gmail.com	Sat 9a-3p; Embroidery on Paper F 1-3:30p
	Member Mtg 1st M 9:30a SD Aud
Creative Quilters: LV	M-W-F 8a-4p; Mem Mtg 2nd F 9:30a
09-744-0642; 970-261-1798	Charity Day F 4/30, 8a-4p
ired Arts: LV 23-933-8118	M-Sa 9a-1p Mem Mtg 4/8
riendship Quilters: BC	Open Quilting M, W 9a-8p; Sa 9a-3p
23-523-7661	2nd Sa Boutique Quilt; 4th Sa Charity Quil
Handweavers & Spinners: SD	M-F 9a-3p; Mem Mtg 1st M 1p
23-933-0397 ewelry, Stained Glass & More: GR	Spring Luncheon M 4/19, 11:30a SD EH/Mai M-F 9a-2p Sa 9a-12p
62-993-4873; 623-322-4595	Stained Glass M W Th 5-8p
Initters: FW	F 8:30a-1:30p FW AZ Rms 3 & 4
02-469-2505	Member Mtg/General Info 2nd F 10-11a
apidary: BC 323-977-1803	M 5-8:30p; Tu 8a-3p; W 8a-3p, 5-8:30p Th 8a-3p
.eathercraft: MC	Tuesday 8a-12
23-594-6591; larryvroom@cox.net	· ·
/letal: BC 20-235-0179 Alan	M-Sa 8a-4p; Tues 8a-8p Mem Mtg 2nd M 9a BC MPF
ılan.ruda@yahoo.com	
leedle Arts & Crafts: OM	Th 8-11:30a OM Aud
14-488-8828; 480-577-3430	Member Meeting Last TH 9
Palo Verde Artist: SD 03-635-7121	Su-Sa 8a-8p Luncheon & Mem Mtg M 4/5, 12p SD EF
resident@paolverdeartists.com	Mem Reception/Gallery Change F 4/2, 4-5:30
Sew-n-Sew: LV	Tu & Th 10a-12p starting 4/13
vww.sewnsew.info - Check webpage or exact dates of classes	
or exact dates or classes	
iliver Stones: SD	M-F 8a-3p; Sa 8a-12 _j

Silvercraft: BC M-Sa 8a-3:30n: M W unt
Silvercraft: BC M-Sa 8a-3:30p; M W unt 623-933-8442 Mem Mtq F 4/12, 9:
Sterling & Stones: FW Tu-F 9a
623-977-2208 Mem Mtg 2nd M 12-2p, A2
Stitchers: BC Tu 9a-8p; Th 9a-3p; F 9a
480-578-8871 (leave message) Mem Mtg 2nd Tu,
2019 bellstitchers@gmail.com
Woodworking: BC M Th F 8a-4p; Tu W 8a-8p; Sa 8a-623-974-6058 Mem Mtg 4th Tu
Woodworking: FW M-F 8a-4p; Sa 8a-
623- 972-4385 Mem Mtg 2nd Tu, 12p Az
Woodworking: LV M-F 8a 623-933-2355 Mem Mtg 1st Tu
Card and Game Clubs No Meetings/Play at this tir
500: FW Mon 6-9:30p FW AZ Rm 608-345-3252 Lois
All Board Games (ABG) Club: LV M, F 1-4p; Sat 2-5p LV SH 717-744-8816 Alan
Bunco Broncos: FW 4th M 12-3:30p FW AZ Rm 602-526-3495; 623-698-3002
Canasta: OM F 10a-3p OM 916-225-9895 Geri
Euchre: FW Tu 5:15-9:30p FW AZ 623-693-2881; 623-533-5705 1st & 3rd Th 1:30-4:30p LV SH
Hand & Foot Club: LV W 4:30-9:30p LV SH 1
623-680-8276; 972-838-7512
Mah Jongg: MC Tu 11:30a-4p SD WH; Th 5:30-9p MC 623-399-6337 Sandy Su 11:30a-4p MC
Mixed Cards: OM Sa 6-9:30p OM 614-787-5885 Lil
Mixed Cribbage: LV Tu 1-4p; W 6:30-9p LV 623-933-7044 Pat
Monday Night Pinochle: OM M Start time 6p OM 623-972-3363
Pinochle: OM Tu 11:30a-4p, Sa 11:30a-4p OM 623-876-1895 Tommie
209-524-7358 Cheryl Sheepshead: LV M 6-9p LV SH
623-933-7044; 623-999-4965 Contract Bridge Clubs No Meetings/Play at this tir
Lakeview Evening Bridge: LV M, Th - Doors open 6:15p, Play 6: 623-478-2159 LV SH #1; Must arrive by 6:
Wednesday Afternoon: OM W 12:30-4:30p OM
623-249-9169 Please arrive by 12:19
Thursday Afternoon: OM W 12:30-4:30p OM
500 000 0574
,
Friday Afternoon: FW F 12:30-4:30p FW AZ F
Friday Afternoon: FW F 12:30-4:30p FW AZ F 623-933-9671 Please arrive by 12:15pm; No Play 4
Friday Afternoon: FW F 12:30-4:30p FW AZ F 623-933-9671 Please arrive by 12:15pm; No Play 4 Duplicate Bridge Clubs
Friday Afternoon: FW F 12:30-4:30p FW AZ F 623-933-9671 Please arrive by 12:15pm; No Play 4 Duplicate Bridge Clubs Duplicate (ACBL): LV M Th F 12:45-4:30p LV SH 1
Friday Afternoon: FW F 12:30-4:30p FW AZ F 623-933-9671 Please arrive by 12:15pm; No Play 4 Duplicate Bridge Clubs M Th F 12:45-4:30p LV SH 1 Duplicate (ACBL): LV M Th F 12:45-4:30p LV SH 1 623- 518-7916 Doors open 12:15p; Game time
Friday Afternoon: FW F 12:30-4:30p FW AZ F 623-933-9671 Please arrive by 12:15pm; No Play 4 Duplicate Bridge Clubs Duplicate (ACBL): LV M Th F 12:45-4:30p LV SH 1 623- 518-7916 Doors open 12:15p; Game time suncitydbc.com Kachina: SD M 12:15-4p SD WH; Th 12:15-4p SD
Friday Afternoon: FW F 12:30-4:30p FW AZ F 623-933-9671 Please arrive by 12:15pm; No Play 4 Duplicate Bridge Clubs Duplicate (ACBL): LV M Th F 12:45-4:30p LV SH 1 623- 518-7916 Doors open 12:15p; Game time suncitydbc.com
Friday Afternoon: FW F 12:30-4:30p FW AZ F 623-933-9671 Please arrive by 12:15pm; No Play 4 Duplicate Bridge Clubs Duplicate (ACBL): LV M Th F 12:45-4:30p LV SH 1 623-518-7916 Doors open 12:15p; Game time suncitydbc.com Kachina: SD M 12:15-4p SD WH; Th 12:15-4p SD 623-262-1360 Velda
Friday Afternoon: FW F 12:30-4:30p FW AZ F 623-933-9671 Please arrive by 12:15pm; No Play 4 Duplicate Bridge Clubs Duplicate (ACBL): LV M Th F 12:45-4:30p LV SH 1 623-518-7916 Doors open 12:15p; Game time suncitydbc.com Kachina: SD M 12:15-4p SD WH; Th 12:15-4p SD 623-262-1360 Velda 651-592-5939 Sharon

	Club I
Classic Rock Dance Club: BC	1st & 3rd Sa; Doors 6p; Dance 6:30-9:30p
623-628-4401	BC SH 1-2
Country Dance Club: SD	1st & 3rd Sa Open 5:30p, Dance 6-9:30p SD Aud
480-431-8278; 623-972-5127	Couples/Partners Lessons W 6-9:15p BC SH Line Dance 4/24 only, 9a-12:30p SD
Have of Dance FM	2-1 4th Fth F David Coast & David C-20 10:
House of Dance: FW 209-380-8029	2nd, 4th, 5th F Doors Open 6; Dance 6:30-10p FW AZ 1-3; 4/30 Cinco de Maya Party
	Lessons 1st, 3rd F OM Aud 5:30-8p; No 4/2
Friday Night Ballroom Dance: SD	F 7-10p SD Aud; Lesson 6:20p
623-215-8718 Line Dance: SD	Tu & Th: 10a-1p; SD Aud
623-972-5127; 231-557-6555	
suncitylinedanceclub.facebook	
Rockin' Thru The Years: SD	2nd, 4th & 5th Sa: 6:30-10p; SD Aud
623-332-7894 Squares: BC	Learner 9 Danes To 4 0:20a DC CU
623-694-7194	Lessons & Dance Tu 4-9:30p BC SH Lessons F 6-9p BC SH
djkraus433@gmail.com	·
Sun City Poms: MC	M 7-11:30a MC Aud; Th 8:30-11:30a MC SH
602-392-4242	Mem Mtg M 8:15-9am MC Aud
scpoms@yahoo.com Tip-Top Dance: MC	M T F 8a-12p; W 8a-11a MC SH
253-381-1542	Mem Mtg F 4/16 MC SH
Educational Clubs	
Apple Macintosh: SD 623-933-5300	M-Th 8:30-10:30a & 12:30-2:30p
sunmacs.org	1st & 3rd F 12:30-2:30p Mem Mtg Sa 4/11, 8:30a SD WH
Life Long Learning: FW	No classes until 2021
623-977-4081	
scazlifelong@gmail.com Computer Club: FW	M-F 8a-4p; Sa 8a-12p
623-933-8953	on .p, an on any
www.computerclubofsuncity.com/ Spanish Club: FW	Classes via Zoom until further notice
SunCitySpanishClub@gmail.com	M Tu W 8a-5:30p FW 129
Fitness Clubs	No Considera (Maratina establications
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	0 : 0 : 1 5 446
Aqua Fitness Club: SD aquafitnesssuncity.com	Spring Session ends F 4/16 Try it Before You Buy It 4/5-4/9
619-818-4380 Terry	Next Reg: Sa 4/10 SD; Doors 8a, Mtg 8:30a
	Next Session starts 5/3; ends 6/25
Dance for Fitness: SD	Member Appreciation Party W 4/7 11:30a-2p
623-933-7021; 515-975-1683	Tu 9-10a BC SH 18:2: W 9-10a SD Aud:
	Tu 9-10a BC SH 1&2; W 9-10a SD Aud; F 9-10a MV Aud; Mem Mtg & Spring Party
5100 V 50	F 9-10a MV Aud; Mem Mtg & Spring Party W 4/14, 9a-1p SD; Relocated to LV W 4/7
FUNtastic Fitness: MC	F 9-10a MV Aud; Mem Mtg & Spring Party W 4/14, 9a-1p SD; Relocated to LV W 4/7 Aerobics Tu, Th 1-2pm MC SH
FUNtastic Fitness: MC 623-476-5230 donnaschelin@yahoo.com	F 9-10a MV Aud; Mem Mtg & Spring Party W 4/14, 9a-1p SD; Relocated to LV W 4/7
623-476-5230 donnaschelin@yahoo.com	F 9-10a MV Aud; Mem Mtg & Spring Party W 4/14, 9a-1p SD; Relocated to LV W 4/7 Acrobics Tu, Th 1-2pm MC SH Strength Training Tu, Th 2:10-3p MC SH Pilates M, F 1-2p BC Aerobics Rm
623-476-5230	F 9-10a MV Aud; Mem Mtg & Spring Party W 4/14, 9a-1p SD; Relocated to LV W 4/7 Aerobics Tu, Th 1-2pm MC SH Strength Training Tu, Th 2:10-3p MC SH
623-476-5230 donnaschelin@yahoo.com Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com	F 9-10a MV Aud; Mem Mtg & Spring Party W 4/14, 9a-1p SD; Relocated to LV W 4/7 Aerobics Tu, Th 1-2pm MC SH Strength Training Tu, Th 2:10-3p MC SH Pilates M, F 1-2p BC Aerobics Rm NOTE: Activities for this club have resumed T/Th 12-2p SD Warm Water Pool
623-476-5230 donnaschelin@yahoo.com Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com Hatha Yoga: SD	F 9-10a MV Aud; Mem Mtg & Spring Party W 4/14, 9a-1p SD; Relocated to LV W 4/7 Aerobics Tu, Th 1-2pm MC SH Strength Training Tu, Th 2:10-3p MC SH Pilates M, F 1-2p BC Aerobics Rm NOTE: Activities for this club have resumed T/Th 12-2p SD Warm Water Pool M-Th 7a-8:30p; F 7a-3p; Sa 7a-4p
623-476-5230 donnaschelin@yahoo.com Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com	F 9-10a MV Aud; Mem Mtg & Spring Party W 4/14, 9a-1p SD; Relocated to LV W 4/7 Aerobics Tu, Th 1-2pm MC SH Strength Training Tu, Th 2:10-3p MC SH Pilates M, F 1-2p BC Aerobics Rm NOTE: Activities for this club have resumed T/Th 12-2p SD Warm Water Pool M-Th 7a-8:30p; F 7a-3p; Sa 7a-4p SD Yoga Room
623-476-5230 donnaschelin@yahoo.com Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com Hatha Yoga: SD www.hathayogaclub.org	F 9-10a MV Aud; Mem Mtg & Spring Party W 4/14, 9a-1p SD; Relocated to LV W 4/7 Aerobics Tu, Th 1-2pm MC SH Strength Training Tu, Th 2:10-3p MC SH Pilates M, F 1-2p BC Aerobics Rm NOTE: Activities for this club have resumed T/Th 12-2p SD Warm Water Pool M-Th 7a-8:30p; F 7a-3p; Sa 7a-4p
623-476-5230 donnaschelin@yahoo.com Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com Hatha Yoga: SD www.hathayogaclub.org MAT Inquiries: HathaYogaClub@gmail.com Ladies Exercise: OM	F 9-10a MV Aud; Mem Mtg & Spring Party W 4/14, 9a-1p SD; Relocated to LV W 4/7 Aerobics Tu, Th 1-2pm MC SH Strength Training Tu, Th 2:10-3p MC SH Pilates M, F 1-2p BC Aerobics Rm NOTE: Activities for this club have resumed T/Th 12-2p SD Warm Water Pool M-Th 7a-8:30p; F 7a-3p; Sa 7a-4p SD Yoga Room
623-476-5230 donnaschelin@yahoo.com Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com Hatha Yoga: SD www.hathayogaclub.org MAT Inquiries: HathaYogaClub@gmail.com Ladies Exercise: OM 715-222-9519	F 9-10a MV Aud; Mem Mtg & Spring Party W 4/14, 9a-1p SD; Relocated to LV W 4/7 Aerobics Tu, Th 1-2pm MC SH Strength Training Tu, Th 2:10-3p MC SH Pilates M, F 1-2p BC Aerobics Rm NOTE: Activities for this club have resumed T/Th 12-2p SD Warm Water Pool M-Th 7a-8:30p; F 7a-3p; Sa 7a-4p SD Yoga Room MAT & Chair Yoga - Various Times Tu & F 8-9a OM Aud
623-476-5230 donnaschelin@yahoo.com Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com Hatha Yoga: SD www.hathayogaclub.org MAT Inquiries: HathaYogaClub@gmail.com Ladies Exercise: OM	F 9-10a MV Aud; Mem Mtg & Spring Party W 4/14, 9a-1p SD; Relocated to LV W 4/7 Aerobics Tu, Th 1-2pm MC SH Strength Training Tu, Th 2:10-3p MC SH Pilates M, F 1-2p BC Aerobics Rm NOTE: Activities for this club have resumed T/Th 12-2p SD Warm Water Pool M-Th 7a-8:30p; F 7a-3p; Sa 7a-4p SD Yoga Room MAT & Chair Yoga - Various Times
623-476-5230 donnaschelin@yahoo.com Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com Hatha Yoga: SD www.hathayogaclub.org MAT Inquiries: HathaYogaClub@gmail.com Ladies Exercise: OM 715-222-9519 So Grand Exercise: FW 623-933-0214 Stretch and Slim: BC	F 9-10a MV Aud; Mem Mtg & Spring Party W 4/14, 9a-1p SD; Relocated to LV W 4/7 Aerobics Tu, Th 1-2pm MC SH Strength Training Tu, Th 2:10-3p MC SH Pilates M, F 1-2p BC Aerobics Rm NOTE: Activities for this club have resumed T/Th 12-2p SD Warm Water Pool M-Th 7a-8:30p; F 7a-3p; Sa 7a-4p SD Yoga Room MAT & Chair Yoga - Various Times Tu & F 8-9a OM Aud M W F 7:30-9a FW AZ 1&2 No Class F 4/16 M-Sa 6:45-11:30a BC Aeorbics Rm
623-476-5230 donnaschelin@yahoo.com Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com Hatha Yoga: SD www.hathayogaclub.org MAT Inquiries: HathaYogaClub@gmail.com Ladies Exercise: OM 715-222-9519 So Grand Exercise: FW 623-933-0214	F 9-10a MV Aud; Mem Mtg & Spring Party W 4/14, 9a-1p SD; Relocated to LV W 4/7 Aerobics Tu, Th 1-2pm MC SH Strength Training Tu, Th 2:10-3p MC SH Pilates M, F 1-2p BC Aerobics Rm NOTE: Activities for this club have resumed T/Th 12-2p SD Warm Water Pool M-Th 7a-8:30p; F 7a-3p; Sa 7a-4p SD Yoga Room MAT & Chair Yoga - Various Times Tu & F 8-9a OM Aud M W F 7:30-9a FW AZ 182 No Class F 4/16
623-476-5230 donnaschelin@yahoo.com Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com Hatha Yoga: SD www.hathayogaclub.org MAT Inquiries: HathaYogaClub@gmail.com Ladies Exercise: OM 715-222-9519 So Grand Exercise: FW 623-933-0214 Stretch and Slim: BC 253-225-3370	F 9-10a MV Aud; Mem Mtg & Spring Party W 4/14, 9a-1p SD; Relocated to LV W 4/7 Aerobics Tu, Th 1-2pm MC SH Strength Training Tu, Th 2:10-3p MC SH Pilates M, F 1-2p BC Aerobics Rm NOTE: Activities for this club have resumed T/Th 12-2p SD Warm Water Pool M-Th 7a-8:30p; F 7a-3p; Sa 7a-4p SD Yoga Room MAT & Chair Yoga - Various Times Tu & F 8-9a OM Aud M W F 7:30-9a FW AZ 1&2 No Class F 4/16 M-Sa 6:45-11:30a BC Aerobics Rm T W Th Sa 1-2p; Su 8-10a BC Aerobics Rm M & W 5-7p BC Aerobics Rm
623-476-5230 donnaschelin@yahoo.com Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com Hatha Yoga: SD www.hathayogaclub.org MAT Inquiries: HathaYogaClub@gmail.com Ladies Exercise: OM 715-222-9519 So Grand Exercise: FW 623-933-0214 Stretch and Slim: BC	F 9-10a MV Aud; Mem Mtg & Spring Party W 4/14, 9a-1p SD; Relocated to LV W 4/7 Aerobics Tu, Th 1-2pm MC SH Strength Training Tu, Th 2:10-3p MC SH Pilates M, F 1-2p BC Aerobics Rm NOTE: Activities for this club have resumed T/Th 12-2p SD Warm Water Pool M-Th 7a-8:30p; F 7a-3p; Sa 7a-4p SD Yoga Room MAT & Chair Yoga - Various Times Tu & F 8-9a OM Aud M W F 7:30-9a FW AZ 1&2 No Class F 4/16 M-Sa 6:45-11:30a BC Aeorbics Rm T W Th Sa 1-2p; Su 8-10a BC Aerobics Rm
623-476-5230 donnaschelin@yahoo.com Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com Hatha Yoga: SD www.hathayogaclub.org MAT Inquiries: HathaYogaClub@gmail.com Ladies Exercise: OM 715-222-9519 So Grand Exercise: FW 623-933-0214 Stretch and Slim: BC 253-225-3370 Tai Chi: BC, LV & FW http://sctaichi.wix.com/sc-tai-chi-club email:taichiqigongaz@gmail.com	F 9-10a MV Aud; Mem Mtg & Spring Party W 4/14, 9a-1p SD; Relocated to LV W 4/7 Aerobics Tu, Th 1-2pm MC SH Strength Training Tu, Th 2:10-3p MC SH Pilates M, F 1-2p BC Aerobics Rm NOTE: Activities for this club have resumed T/Th 12-2p SD Warm Water Pool M-Th 7a-8:30p; F 7a-3p; Sa 7a-4p SD Yoga Room MAT & Chair Yoga - Various Times Tu & F 8-9a OM Aud M W F 7:30-9a FW AZ 1&2 No Class F 4/16 M-Sa 6:45-11:30a BC Aerobics Rm T W Th Sa 1-2p; Su 8-10a BC Aerobics Rm M & W 5-7p BC Aerobics Rm 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;
623-476-5230 donnaschelin@yahoo.com Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com Hatha Yoga: SD www.hathayogaclub.org MAT Inquiries: HathaYogaClub@gmail.com Ladies Exercise: OM 715-222-9519 So Grand Exercise: FW 623-933-0214 Stretch and Slim: BC 253-225-3370 Tai Chi: BC, LV & FW http://sctaichi.wix.com/sc-tai-chi-club email:taichiqigongaz@gmail.com sctaichi.wix.com/sc-tai-chi-club	F 9-10a MV Aud; Mem Mtg & Spring Party W 4/14, 9a-1p SD; Relocated to LV W 4/7 Aerobics Tu, Th 1-2pm MC SH Strength Training Tu, Th 2:10-3p MC SH Pilates M, F 1-2p BC Aerobics Rm NOTE: Activities for this club have resumed T/Th 12-2p SD Warm Water Pool M-Th 7a-8:30p; F 7a-3p; Sa 7a-4p SD Yoga Room MAT & Chair Yoga - Various Times Tu & F 8-9a OM Aud M W F 7:30-9a FW AZ 1&2 No Class F 4/16 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 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; Mem Mtg Tu 4/6, 2-6p BC MPR
623-476-5230 donnaschelin@yahoo.com Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com Hatha Yoga: SD www.hathayogaclub.org MAT Inquiries: HathaYogaClub@gmail.com Ladies Exercise: OM 715-222-9519 So Grand Exercise: FW 623-933-0214 Stretch and Slim: BC 253-225-3370 Tai Chi: BC, LV & FW http://sctaichi.wix.com/sc-tai-chi-club email:taichiqigongaz@gmail.com	F 9-10a MV Aud; Mem Mtg & Spring Party W 4/14, 9a-1p SD; Relocated to LV W 4/7 Aerobics Tu, Th 1-2pm MC SH Strength Training Tu, Th 2:10-3p MC SH Pilates M, F 1-2p BC Aerobics Rm NOTE: Activities for this club have resumed T/Th 12-2p SD Warm Water Pool M-Th 7a-8:30p; F 7a-3p; Sa 7a-4p SD Yoga Room MAT & Chair Yoga - Various Times Tu & F 8-9a OM Aud M W F 7:30-9a FW AZ 1&2 No Class F 4/16 M-Sa 6:45-11:30a BC Aerobics Rm T W Th Sa 1-2p; Su 8-10a BC Aerobics Rm M & W 5-7p BC Aerobics Rm 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;

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Hobby Clubs	Some Hobby Clubs may be open; ca ahead to confirn
Armchair Travel Club: FW	Every W 7p FW AZ
623-476-2811	2.3.7
Birding Club of Sun City: BC	Mem Mtg W 4/7 10a BC MP
BirdPeepersSC@gmail.com	
325-201-5099 Leave Message	
Duffeeland Dog Park: Talisman	
360-789-9815	
Garden: GR	Office Hours M W F 9a-12p G
623-875-5921	Mem Mtg 1st Tu 8a GR Sonora Roo
Model Railroad: FW	Club Hours M-Sa 8a-5
239-207-7314 Leave message	Mem Mtg M 4/12, 9-10a FW Rm 13
Model Railroad Museum: FW	Tu, Th 9a-12p; Sa 10a-2
239-207-7314 Leave message	,,
Rockhounds: SD	2nd Th 6p FW AZ 1 &
scrockmuseum@gmail.com	
Mineral Museum: SD	M Tu W F Sa 10a-1
623-428-6442	
RV Club: SD	Mtg/Potluck 4th Tu 4p SD A
silvercreekranch1@hotmail.com	1st W, 3rd Tu 5-9p Games at BC MP Blo
CL CL MC	Caravan Mtg 4th F 9-11:30a SD W
Stamp Club: MC 602-329-8905	Mtg/Auction 1st M, 6-9p MC S
Sun City Yacht Club: LV	Su, Tu, Th 12-3p Viewpoint Lal
480-492-3477	Su, Tu, Til 12-3p Viewpolitt Lai
Vintage Vehicles: LV	No Member Meeting in Ap
509-430-1625	Shop Operations M-F 8a-4
https://www.vintagevehiclesofsuncity.com/	
Performing Arts Clubs	
Sun Cities Community Orchestra: FW	
•	No rehearsals at this tin
623-582-9964	
623-582-9964 Choraliers: FW	
623-582-9964 Choraliers: FW 623-933-7202 Carol	No rehearsals at this tin
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW	No rehearsals at this tin
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211	No rehearsals at this tin
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW	No rehearsals at this tin
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW	No rehearsals at this tin
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947	No rehearsals at this tin No rehearsals at this tin No rehearsals at this tin
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Piano: SD 623-444-4483	No rehearsals at this tin
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Piano: SD 623-444-4483 Sun City Players Community Theater: MV	No rehearsals at this tin
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Piano: SD 623-444-4483 Sun City Players Community Theater: MV Writeonjoy@gmail.com	No rehearsals at this tin Players have resumed meeting at Machine Clubhouse Workshop W 9:30-11:30
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Piano: SD 623-444-4483 Sun City Players Community Theater: MV Writeonjoy@gmail.com 623-500-2949 Info	No rehearsals at this tin Players have resumed meeting at Machine Clubhouse Workshop W 9:30-11:30
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Piano: SD 623-444-4483 Sun City Players Community Theater: MV Writeonjoy@gmail.com 623-500-2949 Info suncityplayerscommunitytheater.org	No rehearsals at this tin Players have resumed meeting at M Clubhouse Workshop W 9:30-11:30 Gen Mem Mtg/Entertainment 3rd M 7
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Piano: SD 623-444-4483 Sun City Players Community Theater: MV Writeonjoy@gmail.com 623-500-2949 Info suncityplayerscommunitytheater.org Rhythm Ramblers: FW	No rehearsals at this tin Players have resumed meeting at M Clubhouse Workshop W 9:30-11:30 Gen Mem Mtg/Entertainment 3rd M 7
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Piano: SD 623-444-4483 Sun City Players Community Theater: MV Writeonjoy@gmail.com 623-500-2949 Info suncityplayerscommunitytheater.org Rhythm Ramblers: FW 623-876-2063	No rehearsals at this tin Players have resumed meeting at M Clubhouse Workshop W 9:30-11:30 Gen Mem Mtg/Entertainment 3rd M 7 No dances nor rehearsals at this tim
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Piano: SD 623-444-4483 Sun City Players Community Theater: MV Writeonjoy@gmail.com 623-500-2949 Info suncityplayerscommunitytheater.org Rhythm Ramblers: FW 623-876-2063 Ukulele: FW	No rehearsals at this tin Players have resumed meeting at N Clubhouse Workshop W 9:30-11:30 Gen Mem Mtg/Entertainment 3rd M 7 No dances nor rehearsals at this tim Virtual Meetings being held via Zoo
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Piano: SD 623-444-4483 Sun City Players Community Theater: MV Writeonjoy@gmail.com 623-500-2949 Info suncityplayerscommunitytheater.org Rhythm Ramblers: FW 623-876-2063 Ukulele: FW 623-594-6591 Sept-May	No rehearsals at this tim Players have resumed meeting at M Clubhouse Workshop W 9:30-11:30 Gen Mem Mtg/Entertainment 3rd M 7 No dances nor rehearsals at this tim Virtual Meetings being held via Zoo Th 3-4:30p FW Music R
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Piano: SD 623-444-4483 Sun City Players Community Theater: MV Writeonjoy@gmail.com 623-500-2949 Info suncityplayerscommunitytheater.org Rhythm Ramblers: FW 623-876-2063 Ukulele: FW 623-594-6591 Sept-May 623-398-0483 June-Sept	No rehearsals at this tim Players have resumed meeting at M Clubhouse Workshop W 9:30-11:30 Gen Mem Mtg/Entertainment 3rd M 7 No dances nor rehearsals at this tim Virtual Meetings being held via Zoo Th 3-4:30p FW Music R Mentorship 1st/3rd Th 1:30-2:30p FW Music R
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Piano: SD 623-444-4483 Sun City Players Community Theater: MV Writeonjoy@gmail.com 623-500-2949 Info suncityplayerscommunitytheater.org Rhythm Ramblers: FW 623-876-2063 Ukulele: FW 623-594-6591 Sept-May 623-398-0483 June-Sept Women's Chorus: FW	No rehearsals at this tim Players have resumed meeting at M Clubhouse Workshop W 9:30-11:30 Gen Mem Mtg/Entertainment 3rd M 7 No dances nor rehearsals at this tim Virtual Meetings being held via Zoo Th 3-4:30p FW Music R Mentorship 1st/3rd Th 1:30-2:30p FW Music R
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Piano: SD 623-444-4483 Sun City Players Community Theater: MV Writeonjoy@gmail.com 623-500-2949 Info suncityplayerscommunitytheater.org Rhythm Ramblers: FW 623-876-2063 Ukulele: FW 623-594-6591 Sept-May 623-398-0483 June-Sept Women's Chorus: FW 623-308-4643 Annette	No rehearsals at this tim Players have resumed meeting at M Clubhouse Workshop W 9:30-11:30 Gen Mem Mtg/Entertainment 3rd M 7 No dances nor rehearsals at this tim Virtual Meetings being held via Zoo Th 3-4:30p FW Music R Mentorship 1st/3rd Th 1:30-2:30p FW Music R No rehearsals at this tim
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Piano: SD 623-444-4483 Sun City Players Community Theater: MV Writeonjoy@gmail.com 623-500-2949 Info suncityplayerscommunitytheater.org Rhythm Ramblers: FW 623-876-2063 Ukulele: FW 623-594-6591 Sept-May 623-398-0483 June-Sept Women's Chorus: FW 623-308-4643 Annette	No rehearsals at this tin Players have resumed meeting at N Clubhouse Workshop W 9:30-11:30 Gen Mem Mtg/Entertainment 3rd M 7 No dances nor rehearsals at this tim Virtual Meetings being held via Zoo Th 3-4:30p FW Music R Mentorship 1st/3rd Th 1:30-2:30p FW Music R No rehearsals at this tim No meetings at this time
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Piano: SD 623-444-4483 Sun City Players Community Theater: MV Writeonjoy@gmail.com 623-500-2949 Info suncityplayerscommunitytheater.org Rhythm Ramblers: FW 623-876-2063 Ukulele: FW 623-594-6591 Sept-May 623-398-0483 June-Sept Women's Chorus: FW 623-308-4643 Annette Political Clubs Democratic: FW	No rehearsals at this tim Players have resumed meeting at N Clubhouse Workshop W 9:30-11:30 Gen Mem Mtg/Entertainment 3rd M 7 No dances nor rehearsals at this tim Virtual Meetings being held via Zoo Th 3-4:30p FW Music R Mentorship 1st/3rd Th 1:30-2:30p FW Music R No rehearsals at this tim No meetings at this time
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Piano: SD 623-444-4483 Sun City Players Community Theater: MV Writeonjoy@gmail.com 623-500-2949 Info suncityplayerscommunitytheater.org Rhythm Ramblers: FW 623-876-2063 Ukulele: FW 623-594-6591 Sept-May 623-398-0483 June-Sept Women's Chorus: FW 623-308-4643 Annette Political Clubs Democratic: FW 623-977-4660	No rehearsals at this tim Players have resumed meeting at N Clubhouse Workshop W 9:30-11:30 Gen Mem Mtg/Entertainment 3rd M 7 No dances nor rehearsals at this tim Virtual Meetings being held via Zoo Th 3-4:30p FW Music R Mentorship 1st/3rd Th 1:30-2:30p FW Music R No rehearsals at this tim No meetings at this time 1st Th 6p FW AZ 3
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Piano: SD 623-444-4483 Sun City Players Community Theater: MV Writeonjoy@gmail.com 623-500-2949 Info suncityplayerscommunitytheater.org Rhythm Ramblers: FW 623-876-2063 Ukulele: FW 623-594-6591 Sept-May 623-398-0483 June-Sept Women's Chorus: FW 623-398-0483 Annette Political Clubs Democratic: FW 623-977-4660 Republican: SD	No rehearsals at this tim Players have resumed meeting at N Clubhouse Workshop W 9:30-11:30 Gen Mem Mtg/Entertainment 3rd M 7 No dances nor rehearsals at this tim Virtual Meetings being held via Zoo Th 3-4:30p FW Music R Mentorship 1st/3rd Th 1:30-2:30p FW Music R No rehearsals at this tim No meetings at this time 1st Th 6p FW AZ 3
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Piano: SD 623-444-4483 Sun City Players Community Theater: MV Writeonjoy@gmail.com 623-500-2949 Info suncityplayerscommunitytheater.org Rhythm Ramblers: FW 623-876-2063 Ukulele: FW 623-594-6591 Sept-May 623-398-0483 June-Sept Women's Chorus: FW 623-308-4643 Annette Political Clubs Democratic: FW 623-977-4660 Republican: SD suncitygopclub@gmail.com	No rehearsals at this tim Players have resumed meeting at M Clubhouse Workshop W 9:30-11:30 Gen Mem Mtg/Entertainment 3rd M 7 No dances nor rehearsals at this tim Virtual Meetings being held via Zoo Th 3-4:30p FW Music R Mentorship 1st/3rd Th 1:30-2:30p FW Music R No rehearsals at this tim No meetings at this time 1st Th 6p FW AZ 3 3rd Tu 6p SD E Annual Club BBQ F 4/16, 5-8p Quail Re
623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Piano: SD 623-444-4483 Sun City Players Community Theater: MV Writeonjoy@gmail.com 623-500-2949 Info suncityplayerscommunitytheater.org Rhythm Ramblers: FW 623-876-2063 Ukulele: FW 623-594-6591 Sept-May 623-398-0483 June-Sept Women's Chorus: FW 623-308-4643 Annette Political Clubs Democratic: FW	No rehearsals at this tim Players have resumed meeting at M Clubhouse Workshop W 9:30-11:30 Gen Mem Mtg/Entertainment 3rd M 7 No dances nor rehearsals at this tim Virtual Meetings being held via Zoo Th 3-4:30p FW Music R Mentorship 1st/3rd Th 1:30-2:30p FW Music R No rehearsals at this tim No meetings at this time 1st Th 6p FW AZ 3: 3rd Tu 6p SD E Annual Club BBQ F 4/16, 5-8p Quail Ru
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623-582-9964 Choraliers: FW 623-933-7202 Carol Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Piano: SD 623-444-4483 Sun City Players Community Theater: MV Writeonjoy@gmail.com 623-500-2949 Info suncityplayerscommunitytheater.org Rhythm Ramblers: FW 623-876-2063 Ukulele: FW 623-594-6591 Sept-May 623-398-0483 June-Sept Women's Chorus: FW 623-308-4643 Annette Political Clubs Democratic: FW 623-977-4660 Republican: SD suncitygopclub@gmail.com Social Clubs	No rehearsals at this time Players have resumed meeting at This time No meetings at this time 1st Th 6p FW AZ 3 3rd Tu 6p SD E Annual Club BBQ F 4/16, 5-8p Quail Ru No Social Club meetings at this time

Fairway Readers: FW	2nd E 1_2:20n EM/ D 217
Fairway Readers: FW 623-972-3409	2nd F 1-2:30p FW Rm 217 Books can be reserved in advance
sueblechl@gmail.com	at FW Library w/ MCLD Card
Illinois Club: FW	Social Mtg 4th Th 6:30pm FW AZ #3
630-768-5205	Cook Out F 4/23, 5p OM Aud/Patio
LGBT of Sun City: OM Aud	Meet 2nd Th & 4th W 6pm OM Au
lgbtclubofsuncity@gmail.com	M C- 7- 4 P-1 M 4 0
Men's: SD	M-Sa 7a-4p; Poker M 4-9
623-977-5116	Mem Mtg Sa 4/10, 11:30
Michigan Friends in Sun City	3rd W 4-6p BC MPI
michigan2arizona@cox.net	
623-266-2918	
New England: LV	Sa 4/11 LV SH
623-215-3637; 623-328-9878	
NextGen: FW	1st & 3rd M 6:30-9p FW AZ 1-
716-445-7383	3rd M & Every Th Cards 1-4p BC MPI
Visit nextgensuncity.org/ for all events	Wine Sharing 2nd F 6-8p OM Aud/Pati
	Murder Mystery M 4/12, 6-9p SD Au
Sun City Hospitality: MC	2nd F Pizza/Bunco 5p MC Aud
623-933-5158	Last F Potluck/Bunco 5p MC Au
	Friendship Corner Sa 11a-5p MC Sł
	Bridge W 12-4p MC St
	J
Singles Social Club: FW	1st F Potluck & Games 6-9p FW AZ 3-4
623-583-2307 Ellen	3rd F Game Night 6-9p FW AZ 3-
	Darts 4th F 6:30p B
Wisconsin Club: SB	
623-242-6318	M C:: 0:20- 4:20:
Women's Social: LV 623-977-5605	M-Su 9:30a-4:30
Sport Clubs	Some sports may be available but no
	club functions; call ahead
Basketball: MC	Pick Up Games in Villanueva
206-459-3242; 604-313-3190	Community Center 3:30-5p Oct - Apr
charlespeterson@comcast.net	
	W 72-10: S2 12-50: Tu 112-40: E 82-4
Billiards: Bell Billiards Room 315-806-0067 Billiards available but not club activity	
315-806-0067	Instruction F 8-11a
315-806-0067 Billiards available but not club activity	Instruction F 8-11: Ladies M, Th 8:30a-12p
315-806-0067 Billiards available but not club activity Billiards: LV Billiards Room	Instruction F 8-11a Ladies M, Th 8:30a-12p Singles: 8 Ball M 8a-12p; 10 Ball W 9a-1p
315-806-0067 Billiards available but not club activity Billiards: LV Billiards Room (602) 319-0783	Instruction F 8-11a Ladies M, Th 8:30a-12p Singles: 8 Ball M 8a-12p; 10 Ball W 9a-1p 9 Ball Th 1-5p, F 8a-12
315-806-0067 Billiards available but not club activity Billiards: LV Billiards Room (602) 319-0783	Instruction F 8-114 Ladies M, Th 8:30a-12p Singles: 8 Ball M 8a-12p; 10 Ball W 9a-1p 9 Ball Th 1-5p, F 8a-12
315-806-0067 Billiards available but not club activity Billiards: LV Billiards Room (602) 319-0783 Billiards available but not club activity	Instruction F 8-11a Ladies M, Th 8:30a-12p Singles: 8 Ball M 8a-12p; 10 Ball W 9a-1p 9 Ball Th 1-5p, F 8a-12 Doubles: 8 Ball Tu & Th 8a-12
315-806-0067 Billiards available but not club activity Billiards: LV Billiards Room (602) 319-0783 Billiards available but not club activity Bocce: SD	Instruction F 8-11a Ladies M, Th 8:30a-12p Singles: 8 Ball M 8a-12p; 10 Ball W 9a-1p 9 Ball Th 1-5p, F 8a-12 Doubles: 8 Ball Tu & Th 8a-12 Open Play: Every Su 2p, Th 9a, F 7
315-806-0067 Billiards available but not club activity Billiards: LV Billiards Room (602) 319-0783 Billiards available but not club activity Bocce: SD 623-693-2881	Instruction F 8-11a Ladies M, Th 8:30a-12p Singles: 8 Ball M 8a-12p; 10 Ball W 9a-1p 9 Ball Th 1-5p, F 8a-12 Doubles: 8 Ball Tu & Th 8a-12 Open Play: Every Su 2p, Th 9a, F 7 Daytime Tournaments: Every M 10a, Tu W F 9
315-806-0067 Billiards available but not club activity Billiards: LV Billiards Room (602) 319-0783 Billiards available but not club activity Bocce: SD 623-693-2881 Check the Club House Bulletin Board or	Instruction F 8-11. Ladies M, Th 8:30a-12p Singles: 8 Ball M 8a-12p; 10 Ball W 9a-1p 9 Ball Th 1-5p, F 8a-12 Doubles: 8 Ball Tu & Th 8a-12 Open Play: Every Su 2p, Th 9a, F 7p Daytime Tournaments: Every M 10a, Tu W F 9
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Shuffleboard Bell: BC	M Tu F 1-3:15
623-999-0362 - Dennis	
218-371-2421 - Diane	MWE1 4-1
Shuffleboard Outdoor: LV	M W F 1-4p L'
623-688-6026	Spring Party Sa 4/4 12-5p LV SH #
Shuffleboard Sundial: BC 623-208-9921	Th 5:30-9p BC Ct
Softball (Senior): Sun Bowl	Open Practice Su 7a-1p; New players M 7a-1
623-444-9402; 503-351-2036	League Play Tu-Th-F 8a-5p; Sa 8a-1
www.azsrsoftball.com	
Sportsmen: LV	Mem Mtg 3rd Th 7-10:30a LV SH #
Dave 612-202-4803	
Swim Lessons: LV 503-730-4718	W 8:30-10a L ^v
Swimmers Master: BC	M-F 7-9a BC Lap Poo
602-540-6077	Tu/F 3-4:30p Yoga for Swim Club BC Aerobics Rr
Table Tennis: BC 502-291-5369; 847-421-5211	M W F 10a-3p; Tu Sa 10a-12
Tennis: BC	
608-792-1957	
melvindhaus@gmail.com	
Volleyball:	8-10:30a W & F Villanueva Community Ct
206-459-3242	
charlespeterson@comcast.net	2 4445 422
Nater Volleyball Club of SC: OM NVCofSC@gmail.com	Su M W F 12-3
Whisperball of Sun City: BC	M W F 3-5pm; T Th 1:30-3:30
480-678-1622	Open starting 3/16-BC Racquetball Court
Club Directory Key:	
M = Monday	BC = Bell Center
Tu = Tuesday	FW = Fairway Center
W = Wednesday	GR = Grand Center
Th = Thursday	LV = Lakeview Center
F = Friday	MC = Marinette Center
Sa = Saturday	MV = Mountain View Center
Su = Sunday	OM = Oakmont Center
	SD = Sundial Center
a = A.M. & p = P.M. Area codes 623 unless noted.	SB = Sun Bowl

Important Dates for Clubs to Remember!

- April
 SunViews submissions due for May
 Guest Attendance Register & guest fees due
 RCSC Facility Usage & Club Meeting Schedule due for following year

- 5 SunViews submissions due for June
- 10 Guest Attendance Register & guest fees due15 IRS Form 990-N or IRS Form 990-EZ & Arizona State Form 99 due

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

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

** As more vaccinations are administered, some clubs may open as restrictions are lifted. Contact each club directly for more information! **



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 six students for each group, so be sure to sign up early!

April Sessions

Golf Professional: Bob Day (Final day of play @ Willowbrook) Monday & Friday - April 5, 9, 12, 16 @ 1pm; Monday, April 19 - Play round of golf @ 1pm (Check in @ 12:30pm)

Golf Professional: Robin Eichten (Final day of play @ Willowbrook) Tuesday & Thursday - April 13, 15, 20, 22 @ 9am; Friday, April 23 – Play round of golf @ 9am (Check in @ 8:30am)

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

Thoughts from a Pro

Easy Ways to Improve Your Score

Here are three easy ways to improve your golf score!

- Putting, chipping, and pitching make up nearly 70 percent of your score. Give these areas equal practice time and the scores will come down! Anyone can be proficient in these areas since age, strength, gender, or flexibility have no advantage when it comes to short shots!
- On the golf course use clubs that you are the most comfortable with. For instance, if you are having issues with your driver tee off with the longest club you have confidence in, perhaps a 3 wood or even 5 wood. Likewise, from the fairway, choosing a 5 wood instead of a 3 wood, or a 5 iron or hybrid instead of a fairway wood can make a big difference. If you have not mastered chipping, stick to your putter, and just get the ball onto the green.



When playing the game, find a routine and stick to it with each shot. Limit thinking to club selection and alignment instead of swing mechanics. Playing in an 'automatic' mode instead of a 'thinking' mode will not only make the game more enjoyable but will also lead to better shots!

Robin Eichten is a Lifetime Member of the LPGA and Certified Teacher. She is originally from Minnesota but has been teaching in Arizona in the Sun City area since 1994. Lessons are given by appointment. For more information or scheduling. call/text her at 623-322-6300 or email to golfinwithrobin@aol.com.

2021 RCSC Golf Course Maintenance Schedule



Overseed Schedule Courses are closed during overseed.

Golf Courses	Overseed	Course	Cart Path
	Starts	Opens	Until
North	Sept 27	Oct 16	Nov 5
Lakes West			
Willowbrook			
Quail Run			
South	Oct 18	Nov 6	Nov 26
Lakes East			
Willowcreek			
Riverview			

Fairway Verticutting April 26-27 South Monday-Tuesday Thursday-Friday April 29-30 Monday-Tuesday May 3-4 North Thursday-Friday May 6-7 Riverview Monday-Tuesday May 10-11 Lakes West Thursday-Friday Lakes East Monday-Tuesday May 17-18 Willowcreek May 20-21 Willowbrook Thursday-Friday

Fairways Aerification

Thursday-Friday	May 27-28	South
Monday	May 21	Quail Run
Thursday-Friday	June 3-4	North
Monday-Tuesday	June 7-8	Riverview
Thursday-Friday	June 10-11	Lakes West
Monday-Tuesday	June 14-15	Lakes East
Thursday-Friday	June 17-18	Willowcreek
Monday-Tuesday	June 21-22	Willowbrook

Greens Aerification

Mon-Tues-Wed	June 21-23	South
Thurs-Fri	June 24-25	Quail Run
Mon-Tues-Wed	June 28-30	North
Mon-Tues-Wed	July 5-7	Riverview
Mon-Tues-Wed	July 12-14	Lakes East
Mon-Tues-Wed	July 19-21	Willowcreek
Mon-Tues-Wed	July 26-28	Willowbrook
Mon-Tues-Wed	Bunker Reno	Lakes West

RCSC Bowling Centers Are Open!

Lakeview Lanes

10502 W. Thunderbird Blvd. 623-876-3055

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

Billliards at Lakeview Lanes,

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!



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

Breakfast Special

Walleye 'n Chips \$11.99 9 Oz. Walleye, Coleslaw & Potato

Wednesday & Friday

Fish 'n Chips \$11.99 9 Oz. Cod,

Coleslaw & Potato

Wednesday & Friday

Stop by & check

out our

Daily Specials

George's George's Cafe at Lakeview Cafe **Bell Center**

Inside Lakeview Lanes Phone: 623-876-3057

Inside Bell Lanes Phone: 623-518-4525

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



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/

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



Volunteer Ranger Program

For more information about joining our program, please contact Chris Linam, Pro Shop Manager, at 623-876-8419 or email clinam@ suncitvaz.org. No meetings are scheduled until at Phase Three in the RCSC re-opening process.



Fairway or Sun City (Bell) Library **During the Pandemic**

HERE'S HOW: CAN DO:

Pop-In Pickup Come inside to pick up holds, handle account needs, and

browse a limited selection of the library's collection.

Curbside Pickup Order from the collection. Once your library items are ready for pickup, schedule an appointment online, over the phone, or

though myLIBRO app.

Catch the free Wi-Fi signal outside the library every day during Wi-Fi Connection

the library's open hours.

Book-A-Librarian Schedule virtual appointments to receive assistance for refer-

ence questions, digital service set-up, library card services, help

on digital content.

Online Events/

Reserve Materials

Access events anytime of the day with with the MCLD Now playlist. New videos are added every week; visit MCLD Now Virtual Programming

page.

Digital Materials Stream music with eResources available 24/7. Get access to

entertainment, learning, and professional development from smartphone or computer.

Masks must be worn for all persons six years of age and older. **Face Coverings**

Return items via the drive-up/walk-up drop boxes, which have **Return Materials**

24 hour access.

Renew Items Renew items by logging into your account, or over the phone

during operating hours.

Renew Library Card Update annually online at mcldaz.org/renew, come in during Pop-In Pickup hours, or video conference with Book-a-Librarian.

Order most titles online or over the phone. When items are

available, they may be picked up during Curbside Pickup or **Culture Passes**

Pop-In Pickup hours.

Get passes for free admission for two people at participating eMedia

arts organizations. View online for current pass availability at our Libraries. Electronic downloads and streaming available 24/7. For instructions, find tutorials online for the most prod-

ucts, or call staff for assistance.

Chromebooks and To check out a "Hotspot To-Go" or a "Chromebook To-Go," card-Wi-Fi Hotspots holders can put in a request for the devices online at mcldaz.

> org, by calling (602) 652-3000, or by visiting their nearest MCLD library. More details can be found at mcldaz.org/about/connect.

CAN'T DO In person events; library computers; County Recorder kiosks; or

hard copies of tax forms or instruction booklets.

Computer: MCLDAZ.org **ALL YOU NEED** Phone: 602-652-3000

Water Conservation

Drought Conditions Not Going Away

According to a recent article in the Arizona Republic, we are now considered to be in a "mega-drought" and the fact of the matter is that Mother Nature is not helping the situation. Arizona's annual monsoons have not materialized the last few summers and a La Nina forecast for parts of the United States will only make things worse.

That's why doing our part to conserve water continues to be so vitally important. Whether you're in the kitchen, bathroom or laundry room, there are so many ways to

save water. Never just let the tap run no matter what you're doing. We're even being told in television commercials that rinsing dishes on their way to the dishwasher wastes up to twenty gallons. Honestly, just scarping is great and will likely make your appliance run more efficiently.

According to EPCOR, up to 70% of residential water usage in the desert southwest is outside the home. While the vast majority of houses in Sun City do not have



turf, replacing high water-use plants with those that require less water (or none at all after getting established) will help you not only save money but thousands of gallons of water each month!

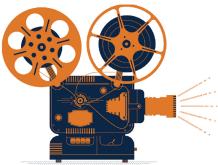
We'll take a look at other outdoor water wasters in future articles and suggest tips for homeowners who want to do their part in helping generations to come.

Do you have a water saving tip that you'd like to share with others? Tell us about it and maybe we can print it right here in an upcoming edition of SunViews. Email your tips to sunviews@suncityaz.com. And thanks for sharing!



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

Tips from Get Fit for Life

Which Is More Important -Aerobic or Strength Exercise?

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

Aerobic exercise is continuous motion - doing an activity that has a rhythm, and staying at that activity for a period of time. Outdoor exercising like hiking, walking, jogging, swimming, bicycling, and Indoor exercising with the treadmill, rowing machine, elliptical, stationary bicycle, or NuStep all qualify as Aerobic exercise. The goal of Aerobic exercise is to improve Aerobic Capacity, or the body's ability to utilize oxygen.

Aerobic Capacity diminishes by 5-15% every decade after the age of 30. Your Aerobic Capacity will determine how much energy, stamina, and



endurance you will have in a 24 hour period. "How Much Time" you spend at aerobic exercise is not as important as "How Hard You Work" during aerobic exercise. Elevating heartrate into the Cardio Zone is required, to improve aerobic capacity. Doing so, also improves glucose management, increases overall stamina & endurance, keeps working muscles in good condition, and results in residual fat burn after exercise is complete.

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

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

Get Fit for Life personal trainers are experts at creating successful workout regimens that are safe and effective. These programs are based on needs, goals and medical issues. To find out more about working with a personal trainer, call 623-341-1727 or visit Get Fit for Life, Sun City on Facebook.

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 6:15	Lakeview: Outdoor	M-Sa: 6a-7p; Su 8a-7p
	\$9 all 18 games w/3 special games	Spas	54. 54. 757 54. 54. 75
	Everyone welcome.	Bell Center - 18+ only	M-Sa: 5a-9p; Su: 8a-8p
Boating/ Fishing		Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p (or Dusk)	Lakeview Center	
Bocce Courts		Marinette Center	M-Sa: 6a-7p; Su: 8a-7p M-Sa: 6a-9p; Su: 8a-8p
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p		
Bowling Lanes		Mountain View Center	M-Sa: 6a-7p; Su: 8a-7p
Bell Lanes	M-Sa 8a-9p; Su 12-8p	Oakmont Center	See Pool Hours
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Sundial Center - 18+ only	M-Sa: 6a-9p: Su: 8a-8p
Dog Parks		Swimming Pools - Open Sw	vim Hours
Duffeeland	October - April: 7am-6pm	Bell Center - 18+ only	
-	Closed last Wed/month for Maintenance	1 17 17	
Darts		Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Bell Center	M-Sa: 8a-9p; Su: Noon-8p	Fairway Center	
Fitness Centers	Open w/ limited occupancy, restrictions	Lap Pool: M-Sa: 5a-9p;Su 8a-8p	
Bell Center - 18+ only	M-Sa: 5a-9p; Su: 8a-8p	Walking Pool: M-Sa: 5a-9p;Su 8a-8p	
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	Lakeview Center	
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p	M-Sa: 6a-7p; Su 8a-7p	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Children's Pool Hours - Ages 4-	15 yrs: Daily 4p-Close
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Marinette Center	
Oakmont Center	M-Sa: 6a-7p; Su 8a-7p	M-Sa: 6a-9p, Su: 8a-8p	
Sundial Center - 18+ only	M-Sa: 6a-9p; Su: 8a-8p	Children's Pool Hours - Ages 4-	15 vrs Daily 1-4p
Horseshoe Courts Marinette Center	M C C- O C O- O-	Mountain View Center	, , ,
	M-Sa: 6a-9p; Su: 8a-8p	M-Sa: 6a-7p; Su 8a-7p	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Children's Pool Hours for Ages	4-15 yrs - Daily 10a-1p
Jogging / Walking Track	Open w/ limited occupancy, restrictions		4-15 yis - Daily 10a-1p
Indoor	M C- F- O C O O-	Oakmont Center	
Fairway Center	M-Sa 5a-9p; Su: 8a-8p	M-Sa: 6a-7p; Su 8a-7p	
Sundial Center	N/A		
Outdoor Marinette Center	M Car Ga One Cur On On	Sundial Center - 18+ only	
Sun Bowl	M-Sa: 6a-9p; Su: 8a-8p Dawn to Dusk	Large Pool: M-Sa: 6a-9p; Su:	* *
	Call to confirm hours		-9p; Su 8a-8P; Closed for Class: T/T
Library (602) 652-3000 Bell Center		Table Tennis	
	M: 9a-7p; Tu-Sa: 9a-5p	Bell Center: M-Sa: 6a-9p; Su: 8	3a-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 Bell Center	M-Sa: 6a-9p; Su: 8a-8p	Tennis	
Lakeview Center	.,	Bell Center: 623-977-3325 M-9	Sa: 6a-9p; Su: 8a-8p
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p M-Sa: 6a-7p; Su 8a-7p	Lakeview Center: 623-561-467	
Sundial Center		Mountain View: 623-876-3042	
Suriulal 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



Sundial Center Free Spirit Massage 623-225-8582

Closed for Class: T/Th 12-2p

Fairway Center Laura Moore

623-201-0378 latouchwellness@ massagetherapy.com **Bell Center**

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