SUNVIEWS

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"Getting Back to Normal" Returns on May 17, 2021

After more than a year of restrictions and closures, the RCSC Board of Directors voted unanimously on the first reading of the "Getting Back to Normal" proposal with a start date of Monday, May 17, 2021 to fully open all RCSC recreation centers and facilities without use/capacity limitations. Two more votes of the Board are required.

Several factors were taken into consideration in determining this date: 1) Vaccination rates of over 65% within the 85351 zip code, 2) Ample time for RCSC employees and those Cardholders under the age of 55 to have the opportunity to be fully vaccinated, and 3) Passage of Senate Bill 1377 that provides immunity from liability for damages in any civil action based on any claim that a non-profit organization failed to protect person(s) or property from the effects of a public health pandemic.

What does "Getting Back to Normal" include?

- All RCSC facilities are open and available to RCSC Cardholders for their use and enjoyment without any use/capacity limits.
- All Chartered Clubs are approved to re-open and conduct their normal activities. (See related article below).
- All RCSC facilities are open to guests and visitors as provided for in RCSC policies, including age limitations as outlined in Board Policy No. 10. Children's hours will resume at pools. Both online Guest Passes via the RCSC Web Portal (encouraged) and Host Punch Cards will be accepted for guests.
- Sun City Visitor's Center at Bell Center will re-open.
- Events & Entertainment Office at Sundial Center will re-open.
- Entertainment and events will resume.
- Rental of RCSC facilities will resume.
- Fitness Centers will no longer be closed from 12pm 1pm daily for sanitation.
- Full sanitation will continue to occur at night when facilities are closed.

What about Chartered Clubs?

Many RCSC Chartered Clubs have managed to find ways to meet during this past year, all the while adhering to strict safety rules and restrictions as approved by the Chartered Clubs Office. However, several clubs such as cards and games, dance and social clubs along with many fitness, sport activities have been unable to participate this entire time.

Your patience as these chartered clubs begin the process of getting organized and ready to re-open is appreciated. Please contact specific clubs directly for more information about when they expect to return to pre-pandemic schedules.

COVID-19 use/capacity limitations will be removed for the following activities and/or locations:

- Basketball
- Billiards (all stools/chairs/tables will be returned)
- Boats, Paddle & Row
- Bocce
- Bowling (all tables/chairs will be returned to the concourse)
- Corporate Offices (all chairs in waiting areas will be returned)
- Darts (all tables/chairs will be returned)
- Dog Park (tables/chairs will be returned)
- Fitness
- Hillside Park Gazebos, Tables & Benches/Seating
- Horseshoes
- Lawn Bowling
- Locker Rooms, Lockers, Showers, Changing Stalls, Restrooms
- Meetings (RCSC Cardholders may attend Committee Meetings in person)
- Miniature Golf
- Patios (all tables/chairs will be returned)
- Pickleball
- Pool Decks (all tables/chairs will be returned)
- Pools, Lap, Swimming & Walking
- Pro Shops
- Racquetball, Handball, Whisperball
- Shuffleboard
- Snack Shops (all tables/chairs will be returned)
- Softball
- Soft Seating Areas (all furniture will be returned)
- Spas
- Table Tennis
- Tennis
- Walking Tracks (may resume walking in auditoriums, social halls, hallways)

RCSC will continue to encourage the following:

- Follow CDC and ADHS guidelines to limit and mitigate the spread of COVID-19, such as:
- Use of face coverings, and
- Maintain physical distancing.
- Use hand sanitizer upon entry to RCSC facilities.
- Sanitize every RCSC piece of equipment before and after use utilizing the sanitation method provided by RCSC.

It has been a difficult and trying time for many this past year. Everyone is looking forward to "getting back to normal" and enjoying all that Sun City AZ has to offer. Let's continue to be safe and stay well. Looking forward to seeing you soon!

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:

Annual Club Articles are published October through March only.

Connect with Sun City AZ









SUN CITY ARIZONA

2021 RCSC Board of Directors

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A Moment with the RCSC Board President

Technology Committee to Look Towards the Future

How many times a day does technology affect our lives? The level of comfort using technology varies across our residents. Some want nothing to do with a computer and are not even sure how to turn one on while others spend hours everyday using their laptops, I-Pads, smart phones doing work or as a source of enjoyment.

At the end of 2020, the RCSC Board of Directors passed a motion to form a new standing committee on technology. This is a totally separate committee from the Communication Through Technology Committee. This idea for the committee originated from the Long Range Planning Committee. It was first going to be a subcommittee of the Long Range Planning Committee but after discussion it became obvious that technology warrants its own committee. A member of the Long Range Planning Committee who is proficient in technology developed the purpose of this committee. The purpose of the Technology Committee is to research, identify, and determine the impact of current and future technology requirements needed to support

the RCSC Board, Management and Members while simultaneously enhancing both current and future facilities. Consideration will also be given as to which technologies best support the mis-



sion of the RCSC Board and Management in terms of providing accurate and accessible data and programs designed to meet the day to day needs of the community. Special attention will be given by the committee to cutting edge technologies, future trends, and innovations that will place the RCSC Board, Management, and the community in the best competitive position to entice future Members.

The Chair Board Director Sheila Rooney and Co-Chair Vice-President Mike Ege were put in charge of this committee and are in

the process of getting it up and running. Committees should have no less than five members and right now the committee has two members besides the chairs. The first meeting will be Tuesday, May 11, 2021 at 11:00 a.m. in Lakeview Social Hall #2. This committee will meet the second Tuesday of each month at 11:00 a.m. except during the months of July and August when there are no committee meetings. Interested cardholders should have wi-fi experience, good web building skills, be infrastructure savvy of IT systems, and have database



Sue Wilson RCSC Board President

management knowledge. The committee will need to assess where we are currently, decide what are our needs, and what do we need to plan for the future.

If you feel this is your area and would like to be a part of this committee, please contact the RCSC Corporate Office or the Chairs. The Corporate Office can be contacted at 623-561-4620 or you can email the chairs at srooney@suncityaz.org or mege@suncityaz.org. Technology changes so quickly and the hope is that this committee will be able to make recommendations that will help bring RCSC up to where it needs to be to meet our cardholders' needs and make us competitive to continue to attract future generations.

** Consider running for the Board **
Candidate Packets Available on June 1st

SUN CITY FOUNDATION

"Neighbors Helping Neighbors"

The next Sun City Foundation meeting will be held on Thursday, May 13, 2021 at 1:00pm in the Lakeview Social Hall #1.

This Month @ The Board

RCSC Board Meetings:

Board Meeting #1
Board Meeting #2

Committee Meetings:

Bowling Committee

Communication Through Technology

Technology Committee

Lawn Bowling Committee

Club Organization Committee (COC)

Golf Advisory Committee

Finance & Budget Committee

Long Range Planning Committee

Elections Committee

Monday, May 10, 2021 @ 9am

Thursday, May 27, 2021 @ 9am

Thursday, May 6, 2021 @ 9am Tuesday, May 11, 2021 @ 9am

Tuesday, May 11, 2021 @ 11am

Tuesday, May 11, 2021 @ 1pm Wednesday, May 12, 2021 @ 10am

Thursday, May 20, 2021@ 8:30am

Friday, May 21, 2021 @ 9am

Tuesday, May 25, 2021 @ 8:30am

Wednesday, May 26, 2021 @ 1pm

Sundial Auditorium Sundial Auditorium

Lakeview Social Hall #2 Lakeview Social Hall #2

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

Excitement Abounds with Upcoming Events

RCSC's plans for "Getting Back to Normal" (if approved by the RCSC Board of Directors) includes the return of much-missed events and entertainment – including live music with dancing – with great anticipation and tons of excitement as we look forward to fun and good times ahead!

Along with flowers in our hair, there will be music everywhere with the return of "The Cover-Ups" as they bring their "Summer of Love" show to the Sundial Auditorium on Wednesday, June 9, 2021. This general



admission show is free for RCSC Cardholders and their escorted guests. Show time is at 7pm and doors will open at 6pm. And a new seating layout now offers room for dancing at the back of the East and West Halls. We all have to agree – it has been WAY too long – and this will be a great concert to get things started!

The following month, not only will we be able to once again "Ring That Bell" and celebrate the 4th of July/Independence Day with a true Sun City AZ tradition (details forthcoming), RCSC is excited to offer another free show for Cardholders and their guests in the air-conditioned comfort of the Sundial Auditorium when we welcome back "The 8-Tracks" on Wednesday, July 14, 2021. Known as the greatest oldies rock & roll band covering the entire state of Arizona, their return here promises an evening

of non-stop entertainment as we travel back in time through the 50s and 60s, singing and swinging to the songs you love, songs that are so much a part of our lives. Show time is at 7pm; doors open at 6pm.



Great performances keeping coming into this fall when RCSC is pleased to also offer two ticketed shows at Sundial Center featuring headliners that are certain to bring out the many of the rock & roll music lovers in the community.

First, we thought just a bit more musical "satisfaction" was in order, so we've invited Mick and his chums back to Sun City AZ in the spot-on Rolling Stones tribute known as "Jumping Jack Flash" – a definite fan favorite! This ticketed show is scheduled for Wednesday, September 15, 2021 at 7pm.

We'll also be welcoming the Neil Diamond tribute, "Diamond in the Rough" featuring Greg Ansel, who promises to wow the crowd with the look and sound of this legendary singer/songwriter with another sure-to-be outstanding performance on Wednesday, October 6, 2021 at 7pm.



Ticket for these shows go on sale Tuesday, June 1, 2021 at the Events and Entertainment Office at Sundial Center beginning at 8:30am or by phone at 623-561-4680. Reserved seating ticket prices will range from \$18 to \$25 per person. Cardholders purchasing tickets for both shows will pay \$18 per seat for each performance; Cardholder purchases for single performance tickets only will be \$20 per seat. Any purchases by non-Cardholders will be \$25 per seat, per performance.

The Fall Sun Bowl series begins on Sunday, September 26, 2021. Stay tuned for show details which will be released soon.

Let's dance! Let's party! Let's get it on! Just like back in the old days!

Sun City AZ welcomes the return of live music with

The Cover-Ups





Wednesday, June 9, 2021
Show 7pm; Doors Open 6pm

@ Sundial Auditorium (103rd & Boswell Blvd)

Free for RCSC Cardholders & their escorted guests!

RCSC Member or Privilege Card (with photo) required for entry;
no key folds accented.

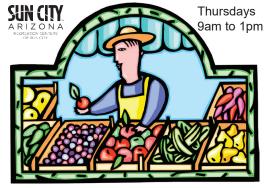
RCSC Member or Privilege Card (with photo) required for entry; no key fobs accepted.

ARIZOI

General Admission with Dancing in East & West Halls

ZONA ON CENTERS IN CITY

Farmers Market @ Bell Center



Fresh Never Tasted So Good

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

Last Day of Season - Thursday, May 27

SUN CITY 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 10725 W. Oakmont Dr.

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

Sun Bowl Amphitheatre

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

Softball Field

10220 N. 107th Ave.

Duffeeland Dog Park

14610 N. Del Webb Blvd.

Sun City Visitors Center 1-844-4 SUN CITY or 623-977-5000 Located in the Bell Center at 16824 N. 99th Ave. PAGE 4 SUNVIEWS • MAY 2021 PAGE 5

Art and Craft Clubs	Many are open; call to confirm.
Artists by the Lake: LV	Might have meetings after 5/17. M-F 9a-4p
315-491-9650	Mem Party/Picnic 10a 1st Tu LV SH 1
Artistic Stained Glass: BC	M-Sa 9a-2p; M-Th 5-8p
623-974-4765	
Artistic Weavers & Fiber Artists: OM	M-F 9a-12p
320-253-3145 or oakmontfiberart.com	
Calligraphy: SD 523- 594-6591	Th & F 9-11a
323- 394-0391	Mem Mtg 3rd Th 9-11a
Camera Guild: GR	Tu-Th 9a-12p
cameraguildsuncity.com	Mem Mtg 3rd Sat via Zoom
	FMI visit http://www.cameraguildsuncity.com/
Carvers: LV	Mon, Th & Sa 7:30a-12p LV SH #3
347-287-1005	Mem Mtg 2nd TH 9a; Classes available
nowbuell1@aol.com	Tools/Patterns onsite
Ceramics & Porcelain: FW	M-S2 02m-3n: W 02-7n
Seramics & Porcelain: FW S23-972-5818; 602-821-1197	M-Sa 9am-3p; W 9a-7p Mem Mtg 1st Mon 9a
	Well Mig 13t Woll 3a
Ceramics: BC	M-F 9a-3p, Sa 9a-12p
523-974-6750	Mem Mtg 2nd F 9a
China Painting: OM	M-F 9a-3p
suncitychinapainting@gmail.com	
Clay Club: GR	M-Th 8:30a-8:30p; F-Su 8:30a-4:30p
323-933-0899	
Clay Corner: MC	M-Sa 7:30a-9p; Su 10a-6p
523-977-3167	No new memberships, classes nor mtgs; Might resume after 5/17; call to confirm
	wight resume after 5/17, call to confirm
Crafts: BC	M-Sa 9a-3p
623-974-3497	Mem Mtg 2nd Th 11a BC SH1
	Quality Control meets 1st M 1p BC MPR
Crafts: SD	Needie Craπ M, Th 8a-1p; Heritäge Albums 1et/3rd
503-502-3151	M 2-6p; Card Making Tu 5:30-8pm; Paper Craft 1st Tu
sdcraftclub@yahoo.com or	1-3p; Scrapbooking W 10a-6p + 1st, 3rd & Last F 4-8p,
spunkywen@gmail.com	Sat 9a-3p; Embroidery on Paper F 1-3:30p
	Member Mtg 1st M 9:30a SD Aud
Creative Quilters: LV	M F 9a-12p; W 8a-4p
909-744-0642; 970-261-1798	
Fired Arts: LV	M-F 9a-1p
623-933-8118 Friendship Quilters: BC	Open Quilting M. W. Op. Sp. Co. Op.
-rienasnip Quliters: BC 623-523-7661	Open Quilting M, W 9a-8p; Sa 9a-3p 2nd Sa Boutique Quilt; 4th Sa Charity Quilt
20 020-1001	2110 Sa Doduique Quiit, 4til Sa Charlty Quiit
Handweavers & Spinners: SD	M-F 9a-12p
623-933-0397	
Jewelry, Stained Glass & More: GR	W-Sa 9a-12p
262-993-4873; 623-322-4595 Knitters: FW	F 8:30a-1:30p FW AZ Rms 3 & 4
Conters: FVV 602-469-2505	Member Mtg/General Info 2nd F 10-11a
2000	monipor migrocrioral fillo zitu i 10-118
_apidary: BC	M-Sa 8a-1p; M, W 5-8:30p
523-977-1803	, , , , , , , , , , , , , , , , , , , ,
_eathercraft: MC	M-F 8a-12p
323-594-6591; larryvroom@cox.net	
Metal: BC	M-Sa 8a-4p; Tues 8a-8p
520-235-0179 Alan	Mem Mtg 2nd M 9a BC MPR
alan.ruda@yahoo.com	
Needle Arts & Crafts: OM	Th 8-11:30a OM Aud
314-488-8828; 480-577-3430	Member Meeting Last TH 9a
	Su-Sa 8a-8p Mem Mtg & Demo 1st M 12p SD EH
	Mem with a Demo 1st W 12p 3D En
503-635-7121	
503-635-7121 president@paolverdeartists.com	1st & 3rd Th 9:30a-12:30p Boutique
503-635-7121 president@paolverdeartists.com Sew-n-Sew: LV	
503-635-7121 oresident@paolverdeartists.com Sew-n-Sew: LV www.sewnsew.info - Check webpage	2nd & 4th Tu 12:30-3p Doll Boutique
Palo Verde Artist: SD 503-635-7121 orresident@paolverdeartists.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 1st Th 9:30a Membership Meeting

Stitchora: BC	T., 0 Th 0 - 0 - F 0 - 0
Stitchers: BC	Tu & Th 9a-3p; F 9a-3p
80-578-8871 (leave message) 019bellstitchers@gmail.com	Mem Mtg 2nd Tu, 10a
Voodworking: BC	M Th F 8a-4p; Tu W 8a-8p; Sa 8a-12p
23-974-6058	Mem Mtg 4th Tu, 8a
Voodworking: FW	M Tu Th 8a-12p; W & F 12-4p
23- 972-4385	Mem Mtg 2nd Tu, 12p AZ #3
Voodworking: LV	M-F 8a-2p
23-933-2355	
Card and Game Clubs	No Meetings/Play at this time; May resume after 5/17, call to confirm
00: FW	Mon 6-9:30p FW AZ Rm 3-4
08-345-3252 Lois	
II Board Games (ABG) Club: LV	M, F 1-4p; Sat 2-5p LV SH #3
17-744-8816 Alan	
Bunco Broncos: FW	4th M 12-3:30p FW AZ Rm 1-2
02-526-3495; 623-698-3002	
Canasta: OM	F 10a-3p OM Aud
116-225-9895 Geri	Tu F.1F 0.20° FM 47.2.4
Euchre: FW 523-693-2881; 623-533-5705	Tu 5:15-9:30p FW AZ 2-4; 1st & 3rd Th 1:30-4:30p LV SH #3
	150 & 510 TH 1.50-7.50p LV 5H #3
land & Foot Club: LV	W 4-9:30p LV SH 1 & 2
23-680-8276; 972-838-7512	T 44 20 4 25 WW =
Mah Jongg: MC	Tu 11:30a-4p SD WH; Th 5:30-9p MC SH
23-399-6337 Sandy	Su 11:30a-4p MC SH
Nixed Cards: OM	Sa 6-9:30p OM Aud
14-787-5885 Lil	T
lixed Cribbage: LV 23-933-7044 Pat	Tu 1-4p; W 6:30-9p LV SH3
Nonday Night Pinochle: OM	M Start time 6p OM Aud
23-972-3263	Troductine op om Aud
Pinochle: OM	Tu 11:30a-4p, Sa 11:30a-4p OM Aud
23-876-1895 Tommie	
09-524-7358 Cheryl	
Sheepshead: LV	M 6-9p LV SH #3
23-933-7044; 623-999-4965 Contract Bridge Clubs	No Meetings/Play at this time; May
akeview Evening Bridge: LV	M, Th - Doors open 6:15p, Play 6:50p
23-478-2159	LV SH #1; Must arrive by 6:45p
Vednesday Afternoon: OM	W 12:30-4:30p OM Aud
23-249-9169	Please arrive by 12:15pm
hursday Afternoon: OM	W 12:30-4:30p OM Aud
23-933-9671	Please arrive by 12:15pm
riday Afternoon: FW 23-933-9671	F 12:30-4:30p FW AZ Rm2 Please arrive by 12:15pm
	No Meetings/Play at this time; May
Ouplicate Bridge Clubs	resume after 5/17; call to confirm
Ouplicate (ACBL): LV	M Th F 12:45-4:30p LV SH 1 & 2
23- 518-7916	Doors open 12:15p; Game time 1p
uncitydbc.com	
Cachina: SD	M 12-4p SD WH Only
23-262-1360 Velda	in 12-4p 30 WA Only
51-592-5939 Sharon	
	No Dances at this time; Might
Dance Clubs	
	resume after 5/17, call to confirm
Ballroom Dance: BC	resume after 5/17, call to confirm
	resume after 5/17, call to confirm Su 6:15-9:30p Dance; Lessons M 6p BC SH1-2 W 2-4p BC SH 1&2

	Cluk
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 No Lessons in May
House of Dance: FW 209-380-8029	2nd, 4th, 5th F Doors Open 6; Dance 6:30-10p FW AZ 1-3;
Friday Night Ballroom Dance: SD	Dance/Swing Lessons 1st, 3rd F OM Aud 5:30-8p 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	Relocated to FW Th 5/27 Special Dance Sa 5/29 1:30-4:30p SD
Rockin' Thru The Years: SD	Face Masks required at entry; optional on dance floor 2nd, 4th & 5th Sa: 6:30-10p; SD Aud
623-332-7894 Squares: BC	Closed for Summer
623-694-7194 djkraus433@gmail.com	Good to Samme.
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	Might begin meetings after 5/17; call to confirm
Apple Macintosh: SD 623-933-5300 sunmacs.org	Tu & Th 8:30-10:30a
Life Long Learning: FW 623-977-4081 scazlifelong@gmail.com	No classes until Fall 2021
Computer Club: FW 623-933-8953	M-Sa 8a-12p
www.computerclubofsuncity.com/ Spanish Club: FW SunCitySpanishClub@gmail.com	Classes via Zoom until further notice W 9a-12p FW AZ 4
Fitness Clubs	No Sessions at this time; Might resume after 5/17; Call to confirm
Aerobics: BC 815-289-5912 Judy 317-590-2622 Joann	M W F 8-11a BC SH 182
Aqua Fitness Club: SD aquafitnesssuncity.com 619-818-4380 Terry	Try it Before You Buy It 6/14-6/18 Next Reg: Sa 6/19 SD; Doors 8a, Mtg 8:30a Next Session starts M 7/12; ends F 9/3
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
FUNtastic Fitness: MC 623-476-5230 donnaschelin@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
Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com	T/Th 12-2p SD Warm Water Pool Mem Mtg 1st M 12p FW AZ 182
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://sctaichi.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;
suncitytaichi@gmail.com Zumba Fitness: SD	F 1:15 BC SH 2

o Di	rectory		
	Hobby Clubs	Some Hobby Clubs may be open; call ahead to confirm.	Fairway Readers: FW 623-972-3409
	Armchair Travel Club: FW 623-476-2811	Every W 7p FW AZ 1	sueblechl@gmail.com Illinois Club: FW
	Birding Club of Sun City: BC	Closed for summer	630-768-5205
	BirdPeepersSC@gmail.com 325-201-5099 Leave Message	Outings continue over summer; email for info	LGBT of Sun City: OM Aud lgbtclubofsuncity@gmail.com Men's: SD
	Duffeeland Dog Park: Talisman 360-789-9815	Cinco De Maya Potluck W 5/5, 4-8p Talisman	623-977-5116
	Garden: GR	Office Hours M W F 9a-12p GR	Michigan Friends in Sun City
	623-875-5921	Mem Mtg 1st Tu 8a GR Sonora Room	michigan2arizona@cox.net 623-266-2918
	Model Railroad: FW 239-207-7314 Leave message	Club Hours M-Sa 8a-4p	New England: LV 623-215-3637; 623-328-9878 NextGen: FW
	Model Railroad Museum: FW 239-207-7314 Leave message	W 9a-12p; 2nd & 4th Sa 10a-2p	716-445-7383 Visit nextgensuncity.org/ for all
	Rockhounds: SD scrockmuseum@gmail.com	2nd Th 6p FW AZ 1 & 2	, c.
	Mineral Museum: SD 623-428-6442	Sa 10a-1p	Sun City Hospitality: MC 623-933-5158
	RV Club: SD silvercreekranch1@hotmail.com	Closed for Summer	
	Stamp Club: MC 602-329-8905	Mtg/Auction 1st M, 6-9p MC SH	Singles Social Club: FW 623-583-2307 Ellen
	Sun City Yacht Club: LV	Su, Tu, Th 10a-1p Viewpoint Lake	Wisconsin Club: SB
	480-492-3477	Mom Mtg 2rd Tu 1nm I V CH 1 2	623-242-6318
	Vintage Vehicles: LV/GR 509-430-1625	Mem Mtg 3rd Tu 1pm LV SH 1-2 Shop Operations M-F 8a-4p	Women's Social: LV
	https://www.vintagevehiclesofsuncity.com/	Shop Operations Mile da ap	623-977-5605 Sport Clubs
			Basketball: MC
	Performing Arts Clubs		206-459-3242; 604-313-3190
	Sun Cities Community Orchestra: FW 623-582-9964	No rehearsals at this time	charlespeterson@comcast.net Billiards: Bell Billiards Room 315-806-0067
	Choraliers: FW 623-933-7202 Carol	Closed for Summer	Billiards available but not club a Billiards: LV Billiards Room
	Concert Band: FW 602-625-5211	Closed for Summer	(602) 319-0783
	Handbell Ringers: FW 602-799-1947	Closed for Summer	Billiards available but not club a
	doreenC4488@gmail.com Piano: SD	Closed for Summer	Bocce: SD
	623-444-4483		623-693-2881
	Sun City Players Community Theater: MV	Players have resumed meeting at MV	Check the Club House Bulletin Boar online at https://suncityaz.org/recr
	Writeonjoy@gmail.com	Clubhouse Workshop W 9:30-11:30a	clubs/bocce-club/ for complete mo
	623-500-2949 Info suncityplayerscommunitytheater.org	Gen Mem Mtg/Entertainment 3rd M 7p	schedules Dart Club: BC
	Rhythm Ramblers: FW 623-876-2063	Closed for Summer	773-802-2084 Darts available but not club act
	Ukulele: FW	Virtual Meetings being held via Zoom	Lawn Bowls: BC
	623-594-6591 Sept-May	Th 3-4:30p FW Music Rm	623-972-3248
	623-398-0483 June-Sept	Mentorship 1st/3rd Th 1:30-2:30p FW Music Rm	Lawn Bowls: FW & MV
	Women's Chorus: FW	Closed for Summer	623-933-5066
	623-308-4643 Annette		Lawn Bowls: LV (Sun City Club)
	Political Clubs	May be meeting after 5/17; call to confirm	623-583-0625
	Democratic: FW 623-977-4660	1st Th 6p FW AZ 3-4	Lawn Bowls: LV 623-974-3214
	Republican: SD suncitygopclub@gmail.com	3rd Tu 6p SD EH	Lawn Bowls: OM 623-792-5202
	Social Clubs	Social Clubs might be meeting after 5/17; call to confirm	Mini-Golf: LV 317-508-5959; 623-300-4461
	Best Friends Dog Club: FW	Closed for Summer	D: 11 1 11 140 ::::
	480-524-6893		Pickleball: MC, MV pickleball.suncity@gmail.com
	bfdcsuncity@gmail.com		,

en; call	Fairway Readers: FW	2nd F 1-2:30p FW AZ #1	Shuffleboard Bell: BC
onfirm.	623-972-3409	Books can be reserved in advance	623-999-0362 - Dennis
W AZ 1	sueblechl@gmail.com	at FW Library w/ MCLD Card	218-371-2421 - Diane
	Illinois Club: FW 630-768-5205	Social Mtg 4th Th 6:30pm FW AZ #3	Shuffleboard Outdoor: LV
summer	LGBT of Sun City: OM Aud	Meet 2nd Th & 4th W 6pm OM Aud	623-688-6026 Shuffleboard Sundial: BC
il for info	lgbtclubofsuncity@gmail.com	4	623-208-9921
	Men's: SD	M-Sa 7a-4p; Poker M 4-9p	Softball (Senior): Sun Bowl
/5, 4-8p	623-977-5116	May start meeting after 5/17; call to	623-444-9402; 503-351-2036
alisman	William File I of Gr	confirm	www.azsrsoftball.com
-12p GR	Michigan Friends in Sun City michigan2arizona@cox.net	Closed for Summer	
a Room	623-266-2918		Sportsmen: LV Dave 612-202-4803
a 8a-4p	New England: LV 623-215-3637; 623-328-9878		Swim Lessons: LV 503-730-4718
10a-2p	NextGen: FW	1st & 3rd M 6:30-9p FW AZ 1-2	Swimmers Master: BC
10a-2p	716-445-7383 Visit nextgensuncity.org/ for all events	3rd M & Every Th Cards 1-4p BC MPR Wine Sharing 2nd F 6-8p OM Aud/Patio	602-540-6077
Z 1 & 2	visit nextgenouncity.org/ for all events	Wile Sharing 21a 1 o op of 17 Adyl ddo	Table Tennis: BC 602-291-5369; 847-421-5211
10a-1p	Sun City Hospitality: MC	2nd F Pizza/Bunco 5p MC Aud	
100 1p	623-933-5158	Last F Potluck/Bunco 5p MC Aud	Tennis: BC
Summer		Friendship Corner Sa 11a-5p MC SH	608-792-1957
			melvindhaus@gmail.com Volleyball:
	Singles Social Club: FW	1st F Potluck & Games 6-9p FW AZ 3-4	206-459-3242
MC SH	623-583-2307 Ellen	3rd F Game Night 6-9p FW AZ 3-4	charlespeterson@comcast.net
		Darts 4th F 6:30p BC	Water Volleyball Club of SC: OM
int Lake			WVCofSC@gmail.com
	Wisconsin Club: SB		
SH 1-2	623-242-6318 Women's Social: LV	M C. 0.20a 4.20a	Whisperball of Sun City: BC
F 8a-4p	623-977-5605	M-Su 9:30a-4:30p	480-678-1622
		Some sports may be available but not	Club Directory Key:
	Sport Clubs	club functions; call ahead	olub bliectory Rey.
	Basketball: MC		M = Monday
	206-459-3242; 604-313-3190		Tu = Tuesday
his time	charlespeterson@comcast.net Billiards: Bell Billiards Room	W 75 15: 55 12 Ep. Tu 115 45: E 95 45	W = Wednesday
	315-806-0067	W 7a-1p; Sa 12-5p; Tu 11a-4p; F 8a-4p	Th = Thursday
Summer	Billiards available but not club activity		F = Friday Sa = Saturday
	Billiards: LV Billiards Room	Ladies M, Th 8:30a-12p;	Su = Sunday
Summer	(602) 319-0783	Singles: 8 Ball M 8a-12p; 10 Ball W 9a-1p;	a = A.M. & p = P.M.
	Dillianda available but not alub activitu	9 Ball Th 1-5p, F 8a-12p	Area codes 623 unless noted.
Summer	Billiards available but not club activity	Doubles: 8 Ball Tu & Th 8a-12p	
		0 0 50 50 50 50 5	
Summer	Bocce: SD 623-693-2881	Open Play: Sun 5/2, 5/9, 5/16, 2p;	
	Check the Club House Bulletin Board or	Th 5/5-13-20, 9a; Th 5/27, 8:30a; Every F 7p Daytime Tournaments: M 5/3-10-17, 10a;	Important Dat
g at MV	online at https://suncityaz.org/recreation/	Tu 5/4-11-18, W 5/5-12-19, F 5/7-13-21, at 9a	
-11:30a	clubs/bocce-club/ for complete monthly	Playoff: 5/22, 9a; Fun Games: Tu 5/25, 8:30a	May
rd M 7p	schedules		
	Dart Club: BC	M T W 5:30-8:30p; Th 2-4p	
Summer	773-802-2084		10 Guest Atten
	Darts available but not club activity Lawn Bowls: BC	M W F 7-9a; Su M W F 7-9:30p	15 IRS Form 99
a Zoom	623-972-3248	14 W F 7-3a, 3u 14 W F 7-3.3up	State Form
usic Rm			
lusic Rm	Lawn Bowls: FW & MV		June
Summer	623-933-5066		5 SunViews su
	Lawn Bowls: LV (Sun City Club)	Closed for Summer	10 Guest Atten
call to	623-583-0625		. J Guest Attern
onfirm	Lawn Bowls: LV	Tu W Sa 7:45-10a	luke
/ AZ 3-4	623-974-3214	10 W 3d 7.43-10d	July
- CD - T. I	Lawn Bowls: OM	Closed for Summer	5 SunViews su
SD EH	623-792-5202		10 Guest Atten
6			15 RCSC Charte
g after	Mini-Golf: LV	Golf 5/12 8a BC; 5/26 8a SD	with more tha
confirm	317-508-5959; 623-300-4461	Mem Mtg Tu before 2nd Wed 9a LV SH #1	with more the
Summer	Pickleball: MC, MV	Contact Club for Times & Activities	
	nicklehall suncity@gmail.com	Contact Club for Tillies & Activities	

Z #1	Shuffleboard Bell: BC	M Tu F 1-3:15
/ance	623-999-0362 - Dennis	
Card	218-371-2421 - Diane	
AZ #3	Shuffleboard Outdoor: LV 623-688-6026	Closed For Summe
1 Aud	Shuffleboard Sundial: BC 623-208-9921	Th 5:30-9p BC Ct
4-9p	Softball (Senior): Sun Bowl	Open Practice Su 6-10a; New Players M 6-10
call to	623-444-9402; 503-351-2036	League Play Tu & Th 6a-2p; Sa 8a-1
onfirm mmer	www.azsrsoftball.com	
	Sportsmen: LV Dave 612-202-4803	Mem Mtg 3rd Th 7-10:30a LV SH #
Z 1-2	Swim Lessons: LV 503-730-4718	W 8:30-10a L\
MPR	Swimmers Master: BC	M-F 7-9a BC Lap Poo
/Patio	602-540-6077	Tu/F 3-4:30p Yoga for Swim Club BC Aerobics Rn
	Table Tennis: BC 602-291-5369; 847-421-5211	M W F 10a-3p; Tu Sa 10a-12
C Aud		
C Aud	Tennis: BC	
IC SH	608-792-1957	
	melvindhaus@gmail.com	
	Volleyball:	Closed for Summe
Z 3-4	206-459-3242	
Z 3-4	charlespeterson@comcast.net	0.145.400
Op BC	Water Volleyball Club of SC: OM WVCofSC@gmail.com	Su W F 12-3
	Whisperball of Sun City: BC	M W F 3-5pm; T Th 1:30-3:30
4:30p	480-678-1622	BC Racquetball Court
	100 070 1022	DO Nacqueedan count
t not	Club Directory Key:	
	M = Monday	BC = Bell Center
	Tu = Tuesday	FW = Fairway Center
	W = Wednesday	GR = Grand Center
8a-4p	Th = Thursday	LV = Lakeview Center
	F = Friday	MC = Marinette Center

Important Dates for Clubs to Remember!

MV = Mountain View Center

OM = Oakmont Center

SD = Sundial Center

SB = Sun Bowl

- 5 SunViews submissions due for June
- 10 Guest Attendance Register & guest fees due
- 15 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

- 5 SunViews submissions due for August
- 10 Guest Attendance Register & guest fees due
- 15 RCSC Chartered Club Inventory due (For clubs with more than \$1,000 in total inventory)

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

** As RCSC returns to normal and restrictions are lifted, contact each club directly for more info on when they will return to pre-pandemic schedules! **

Thoughts from a Pro

The Importance of a Good Grip

The grip is our only connection with the golf club, and a crucial part of our golf set-up. The grip has four components including positioning, placement, precision and pressure, and controls everything from direction to distance to contact.

- 1. Positioning means the way we have our hands rotated either right or left of the center of the grip. For a right-handed player, turning both hands slightly to the right of center so that 2 knuckles of the left hand are showing is considered neutral. A turn slightly more to the right, where three knuckles would show, is considered strong. From center if we turn slightly to the left so that one knuckle shows, the grip is weak. A half-inch turn in the wrong direction can be enough to produce a 30-yard hook or slice!
- 2. Placement means how far up or down on the handle the hands are placed. Choking up or down changes the effective length of the club and therefore changes the distance the ball will go. For each inch you choke down 10 yards of distance will be lost.
- 3. Precision simply means placing the hands in the exact same way each time. Consistency in your shots can only be attained if the grip is done identical every time.
- 4. Pressure refers to how light or firm you hold the club. Most golfers grip the club much too tight. This leads to a variety of problems including topped shots, lack of distance and slicing the ball. Practice holding the club with a light grip and the difference can be amazing!

Remember because the only contact we have with the club is through the grip and it affects every part of how we hit the golf ball, work to make it consistent and your game will improve!

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

Improve your game with the help of **RCSC Golf Professionals!**

Whether you're just learning or want to improve your game, the following golf instructors can be contacted directly to schedule an appointment:

- Mike Wenger 623-225-8546 or email mikewegnergolf@gmail.com
- Bob Jennings 602-463-4533 or email bob@jenningsgolf.net
- Bob Day 602-818-1470 or email 1day2bettergolf@cox.net
- Robin Eichten 623-322-6300 or email golfwithrobin@gmail.com

Attention: Golf Course Property Owners Did you know?

All contractors needing to access private properties via RCSC Golf Courses MUST place a \$200 deposit at the Cardholder Services Office (Cash, Check, Cashier's Check or Money Order) prior to the start of any project. This money will be returned once the Golf Course Superintendent determines that no damage has occurred.

Your attention to this matter is greatly appreciated!

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		
Monday-Tuesday	April 26-27	South
Thursday-Friday	April 29-30	Quail Run
Monday-Tuesday	May 3-4	North
Thursday-Friday	May 6-7	Riverview
Monday-Tuesday	May 10-11	Lakes West
Thursday-Friday	May 13-14	Lakes East
Monday-Tuesday	May 17-18	Willowcreek
Thursday-Friday	May 20-21	Willowbrook

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!



Breakfast Special \$6.49

George's

Lakeview Cafe

Inside Lakeview Lanes

Phone: 623-876-3057

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

Walleye 'n Chips

9 Oz. Walleye, Coleslaw & Potato Wednesday & Friday **Daily Specials** Fish 'n Chips \$11.99 9 Oz. Cod,

Coleslaw & Potato

Wednesday & Friday

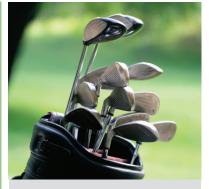
Stop by & check

out our

George's Cafe at **Bell Center**

> 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/

> **May 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@ suncityaz.org. No meetings are scheduled at this time.

A Community Newsletter COMMUNITY NEWS | EVENTS PAGE 7



WARM, FUZZY FEELINGS

This past year has been a challenge for all of us. It is not just old people today who are saying they wish we had the "good old days." We seem to have two ways of handling this: 1) do what we want regardless of good judgement; or 2) abide by "the rules" and pray for relief sooner than later. In either case, we all need to relax a bit, relieve the pent-up tension, and focus on positive thoughts. Here are a few of our favorites related to our favorite topic—books.

Reading is dreaming with your eyes open.

One ought, every day at least, to hear a little song, read a good poem, see a fine picture, and, if it were possible, to speak a few reasonable words. —Goethe When you sell a man a book, you don't sell him 12 ounce of paper and ink and glue— you sell him a whole new life. —Christopher Morley

Literature is my Utopia. Here I am not disenfranchised. No barrier of the senses shuts me out from the sweet, gracious discourse of my book-friends. They talk to me without embarrassment or awkwardness. —Helen Keller

Reading is the sole means by which we slip....into another's skin, another's voice, another's soul. —Joyce Carol Oates

What you don't know would make a good book. —Sydney Smith

A novel is a chance to try on a different life for size. —Marion C. Garretty

Books can be dangerous. The best ones should be labelled 'This could change your life.' —Helen Exley

Reading is like dreaming. And buying a book is like buying someone else's dream. — Sparrow

Just the knowledge that a good book is waiting one at the end of a long day makes that day happen. —Kathleen Norris

The worst thing about new books is that they keep us from reading old ones. — Joseph Joubert

There is a space on everyone's bookshelves for books one has outgrown but cannot give away. They hold one's youth between their leaves, like flowers pressed on a half-forgotten summer's day. —Marion C. Garretty

Books are the quietist and most constant of friends; they are the most accessible and wisest of counselors, and the most patient of teachers, —Charles W. Eliot

We settle to read any work of fiction with the same squirm of anticipation primitive people experienced as they gathered closer to the fire and the storyteller began the tale. —Jenny De Vries

There's something special about people who are interested inthe printed word. They are a species all their own—learned, kind, knowledgable and human. —Nathan Pine

Finishing a good book is like leaving a good friend. —William Feather

A book is the only place you can examine a fragile thought without breaking it, or explore an explosive idea without fear it will go off in your face.... It is one of the few havens remaining where [your] mind can get both provocation and privacy. — Edward P. Morgan

No two persons ever read the same book. —Edmund Wilson

Reading gives us someplace to go when we have to stay where we are. —Mason Cooley

Anyone who says they have only one life to live must now know how to read a book. — Author Unknown

A good novel tells us the truth about its hero; but a ban novel tells us the truth about its author. —Gilbert K. Chesterton

A book is a dream that you hold in your hand. Neil Gaiman We lose ourselves in books. We find ourselves there, too. —Anonymous

Water Conservation

Water & Electricity Don't Mix; Or Do They?

Everyone knows that water and electricity don't mix, but when it comes to conservation, they do make smart bedfellows. Did you know that turning off a light can help conserve water? Power plants use thousands of gallons of water, requiring more water on average to generate the electricity that lights our rooms, powers our computers, TVs, and household appliances than the total amount of water we use in our homes for everyday tasks - washing dishes, laundry, showering, toilets, watering in our yards, etc. So when we say the average household uses approximately 80-100 gallons per person per day, it doesn't include the water we use within our electrical footprint.

A power plant takes water from rivers, lakes and aquifers and loses immense amounts to evaporation. Just the tiny amount of electricity it takes to power one 60 watt incan-

descent light bulb evaporates 3,000 to 6,300 gallons of water annually. How many 60 watt light bulbs are burning in your home on any given evening? Could you do with just one less? Two? How many times do you leave your television on while "just running up to the corner store," or have found in the morning that you forgot to turn the light off over the stove?

Conserving water for future generations to come begins not only with managing the obvious: leaks, appliances, shorter showers and "mellowing" the toilet." Many hidden water uses need as much attention to preserve our world's natural resources for our children's children. And if that doesn't work for you, just think of all the money you'll save by not only conserving water, but also that you will save by practicing conservation of electricity as well.

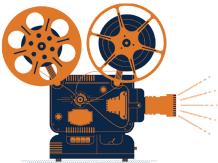


How many lights do you see on in this kitchen photo? How much water is being wasted? We count 12 fixtures wasting possibly over 75,000 gallons of water.



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

Get Back on Track in the Gym

"Since the date is close at hand for RCSC facilities to "return to normal" later this month, you might be thinking about coming back to your favorite Fitness Center and resuming an exercise program," states Jane Fortier, fitness specialist for Get Fit for Life. "This is a terrific idea now that restrictions have been safely lifted. Research confirms that exercise curtails the effects of aging in active adults. The chronological clock takes a toll as we get older. The words AGING PROCESS refer to universal physiological changes that take place in the human body due to aging. Those changes are independent of disease, genetics, behavior and lifestyle. Those changes are going to affect how a person feels and functions. Changes take place in heart structure, lung tissue elasticity, bone density, vertebrae integrity, joint calcification, mental clarity, nerve messaging, hormone production, hearing and vestibular health, proprioception (the ability to maneuver in 3-dimensional space), muscle strength and volume, and connective tissue structure. Exercise is the number one line-of-defense when dealing with these physiological changes," Fortier continues. "A good exercise program for someone over 50 years would have three parts to it: aerobic, strength, flexibility. These three forms of exercise are synergistic, and combine to improve an aging adult's overall level of fitness. RCSC Fitness Centers are equipped with all of the necessary machinery, free weights, and auxiliary exercise materials to create just such a program. And there's no better time than now to get back on

"REMEMBERING WHAT TO DO and GETTING STARTED are the two biggest obstacles people will face as they get back into an old exercise routine," states Fortier. "As trainers, we can help by double checking old exercises for proper form, weight, cadence, and technique. We can add different exercises if new issues have cropped up this past year. A trainer can overcome all obstacles by designing a program that fits individual needs. Perhaps you have never used the Fitness Centers at all in the past. If so, you may be wondering: What exercises are best for me? What weight should I use? How many repetitions should I do? What machine settings are appropriate? Where should my heart-rate be? How many times a week should I exercise? How long should my workout be? Regardless of your situation, Get Fit for Life personal trainers can provide customized help. All of these questions are answered, and many more, when working with a personal trainer."

"If you're new to exercise, we can develop a program specifically for you; if you're a seasoned exerciser in need of a new approach, we design a workout that moves you to the next level; if you're ready to transition from rehab, we can guide you carefully through this process; if you face osteoporosis, diabetes, obesity, stroke recovery, or other physical challenges, we introduce you to an exercise regimen that gets positive results. Teaching proper breathing, form, technique and cadence, with all exercises, is part of the service provided. Consider the following benefits of working with a trainer:

FITNESS EVALUATION - a personal trainer will accurately evaluate strength and physical abilities. This is critical to developing an exercise program that is both safe and effective;

CUSTOMIZATION - there is no "one size fits all" exercise program, especially with an aging body. Needs, goals and medical issues must be considered. A personal trainer has an arsenal of exercises so that all muscle groups are addressed;

SAFETY - using exercise equipment without appropriate instruction is foolish. Proper settings, form, technique and breathing play a role in exercise effectiveness. A trainer monitors all activities, continually teaching and coaching throughout the process;

MOTIVATION – exercise is work, there's no way around it! A personal trainer provides encouragement and expertise every step of the way.

Get Fit for Life trainers are certified by recognized national fitness associations, and have hundreds of additional hours of education in senior fitness. To get details on services available, contact Get Fit for Life at 623-696-6820 or visit Get Fit for Life Sun City on Facebook.

MONITORED ACTIVITIES

Basketball		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/Whisperball	
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	Will resume in September	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	2. 2. py - 2. p
	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	M-Sa: 6a-7p; Su: 8a-7p
Bocce Courts		Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Mountain View Center	M-Sa: 6a-7p; Su: 8a-7p
Bowling Lanes			
Bell Lanes	M-Sa 8a-9p; Su 12-8p	Oakmont Center	M-Sa: 6a-7p; Su 8a-7p
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Sundial Center - 18+ only	M-Sa: 6a-9p: Su: 8a-8p
Dog Parks			im Hours (Guests allowed starting 5/17)
Duffeeland	October - April: 7am-6pm	Bell Center - 18+ only	
	Closed last Wed/month for Maintenance		Sp; Closed for Club/Class: M-F 7-9a
Darts		Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Bell Center	M-Sa: 8a-9p; Su: Noon-8p	Fairway Center	
Fitness Centers	Limited occupancy, restrictions until 5/17	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 yrs Daily 1-4p	
Horseshoe Courts		Mountain View Center	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p		
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	M-Sa: 6a-7p; Su 8a-7p Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p	
Jogging / Walking Track	Limited occupancy, restrictions until 5/17	-	4-13 yis - Daily 10a-1p
Indoor		Oakmont Center	
Fairway Center	M-Sa 5a-9p; Su: 8a-8p	M-Sa: 6a-7p; Su 8a-7p	
Sundial Center	N/A	Club/Class: Every Su W F 12-3p; Spa, Swim Lanes remain open	
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: 8	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	W	Tennis	
Bell Center	M-Sa: 6a-9p; Su: 8a-8p	Bell Center: 623-977-3325 M-S	Sa: 6a-9p; Su: 8a-8p
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p	Lakeview Center: 623-561-4670	6 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		·· r/ ·· · F

Strength Machine Demonstrations

** Wednesdays in June @ 11:30am **

6/2 @ Bell w/ Dick; 6/9 @ Marinette w/ Dick; 6/16 @ Fairway w/ Jane Space is limited; advanced sign-up at front/welcome desk at each specific center is required.

Member Fitness & Massage Services

Show your support for these local services; 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

Fairway Center Laura Moore 623-201-0378 latouchwellness@ massagetherapy.com **Bell Center** Jan Dias 623-521-0771 Lisa McCoy 623-210-2707