# SUNNERVES OF SUNCITY, INC.



## Grand II is Now Home to Vintage Vehicles; Archery Range







Ladies and gentlemen, start your engines! Head on over to see the new home of the Vintage Vehicles Club now located at Grand Center (10411-15 W. Grand Ave.) as members get settled and start preparing for the upcoming car show season and the return of seasonal residents. No matter your mode of transport, this club welcomes all. This new building also includes the Sun City Sportsmans Club archery range facility. A formal open house for the Grand Center property is currently scheduled for January 2022 but RCSC Cardholders are welcome to stop by and visit the clubs located here which also include the Camera Guild, Sun City Clay Club, Garden Club and Jewelry, Stained Glass & More along with a satellite office of the Sun City Posse.

### **RCSC Closures Announced for Labor Day**

All RCSC Offices at Lakeview Center (Corporate, Human Resources, Cardholder Services and Chartered Clubs), will be closed Monday, September 6, 2021 in observance of Labor Day. The Events & Entertainment Office at Sundial and the Sun City AZ Visitors Center at Bell will also be closed.

Cardholder Services will also be closed on the first Saturday due to the holiday but will be open on Saturday, September 11 from 9am to noon for those needing weekend service.

All Recreation Centers (fitness, pools, spas) and Sun City AZ Golf Courses and Bowling Lanes will be open over the Labor Day weekend with normal operating hours for Cardholder use.

RCSC Summer Hours for Lakeview • Oakmont • Mt. View Continue thru Labor Day Sunday 8am - 7pm | Monday-Saturday 6am-8pm



## Other Club Changes & Relocations

China Painting has relocated from Fairway to Oakmont Center.

Ceramics Clubs are now at Fairway and Bell Centers only.

Leather Craft has moved from Marinette to Lakeview Center, sharing space with Sun City Carvers (see Club Directory for hours of operation).



#### 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 return to SunViews in October.

#### Connect with Sun City AZ



## SUN CITY A R I Z O N A

#### **2021 RCSC Board of Directors**

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

Sue Wilson, President email: swilson@suncityaz.org

Michael Ege, Vice President email: mege@suncityaz.org

Dale Lehrer, Secretary email: dlehrer@suncityaz.org

Sheila Rooney, Treasurer email: srooney@suncityaz.org

Darla Akins, Director email: dakins@suncityaz.org

Steve Collins, Director email: scollins@suncityaz.org

Rich Hoffer, Director email: rhoffer@suncityaz.org

Dan Schroeder, Director email: dschroeder@suncityaz.org



#### "Neighbors Helping Neighbors"

The next Sun City Foundation meeting will be held on Thursday, September 9, 2021 at 1:00pm in the Lakeview Social Hall #1.

## A Moment with the RCSC Board President There is Still Plenty to Do in Sun City AZ

Summer is upon us once again. Before I retired from education back in the Midwest, summer meant great weather and time to spend with my sons. Summer still means staying active but in Arizona it means the brutal temperatures appear. People new to Arizona soon learn that you can be outside in the morning and after sunset, but you stay in the air conditioning or the pools in the afternoon. Still there is a lot to do in Sun City in the summer.

All the Board Standing Committees as well as the Board of Directors take the summer off so they won't be back until September. There are still committees that need more help if you are interested in getting involved. The Properties Committee meets three times a year. The members of this committee have designated times throughout the year where they go and inspect RCSC properties and report any problems that RCSC needs to address. It takes a lot of people, so more help would be appreciated. The Chair and Co-Chair will work with you so you know what is expected and how to go about your inspections. If you are interested in becoming a member of this committee or another committee just contact the Corporate Office at 623-623-4600 and they will put you in contact with the Chair of that committee so you can be ready to participate in September.

If you haven't seen the first production on "Sun City in Focus" yet, please check out the RCSC You Tube and watch it. This was produced by the Communication Through Technology Committee and they would appreciate your feedback. Management will soon be posting the committee's second production. Those videos may give you some ideas on places you want to see in Sun City or activities you might like to get involved with in your free time. If you have an idea for segments, feel free to share your thoughts with Chair Mike Ege (email mege@suncityaz.org).

With longer days during the summer some of the hours of our recreation centers are extended so you can cool off in the pools, go work out in air conditioning, or join one of our various clubs. Bell and Fairway Centers are open from 5:00 a.m. to 9:00 p.m.

## Candidate Packets Available

RCSC Members interested in running for the Board of Directors may obtain Candidate Packets now at the Corporate/Board Offices at Lakeview Center. Packets must be picked up in person and you must present your valid RCSC Member Card.

Qualifications to run for the Board of Directors include the following: Must be at least 55 years of age; be a Member in good standing; must not be related by marriage or birth to



any other Board of Director, Board candidate, or Management; you must reside in Sun City, Arizona and be available at least ten (10) months of the year; you must be able to meet the requirement to hold an Arizona liquor license; you must be eligible and available to serve a three (3) year term; and you must attend a Board Candidate Orientation.

Anyone with questions or needing additional information about securing your place on this year's ballot is encouraged to call the Board Office at 623-561-4620.

Monday through Saturday and 8:00 a.m. to 8:00 p.m. on Sunday. Lakeview, Mountain View, and Oakmont Centers are open from 6:00 a.m. to 8:00 p.m. on Monday through Saturday and 8:00

a.m. to 7:00 p.m. on Sunday. Marinette and Sundial Centers are open from 6:00 a.m. to 9:00 p.m. Monday through Saturday and 8:00 a.m. to 8:00 p.m. on Sunday. Grand Center, which is just clubs, is open 8:00 a.m. to 8:30 p.m. on Monday through Thursday and 8:00 a.m. to 4:30 p.m. Friday through Sunday. These hours will continue through Labor Day.

If you have your grandchildren visiting this summer and would like to take them swimming, please remember there are age limits. In order to use the pools



Sue Wilson RCSC Board President

at Bell and Sundial they must be 18. To use the pools at Fairway, Lakeview, Marinette, Mountain View, and Oakmont they must be 16. We do allow children ages 4-15 to use the Mountain View Pool from 10:00 a.m. to 1:00 p.m. daily, the Marinette Pool from 1:00 p.m. to 4:00 p.m. daily, and the Lakeview Pool from 4:00 p.m. to closing. Birth certificates will be required for children ages 4 and 5. You can also take those grandchildren who are at least 6 years old to play mini-golf at Bell, Lakeview, Mountain View, and Sundial Centers.

Tickets are on sale for two concerts scheduled this fall at Sundial. The first ticketed show will be on September 15 (Rolling Stones tribute) and the second one will be October 6 (Neil Diamond tribute). You can purchase your tickets for those two shows at the Events and Entertainment Office at Sundial.

The Sun Bowl Shows at Sun City's iconic open-air amphitheater (located one block south of Fairway Center) will return on Sunday nights starting on September 26. Food trucks will arrive 1-1/2 hours before show time, so bring your lawn chair and grab a bite before the concerts begin. And mark your calendar right now as we plan to honor veterans with an extra special Sun Bowl concert on Sunday, November 7, 2021 at 4pm featuring the Sun City's very own Concert Band and Women's Chorus.

Do your best to stay cool and well hydrated as summer temperatures are here until October. But just remember - there is plenty to do here is Sun City no matter how hot it gets.

## This Month @ The Board

No Board or Committee Meetings are scheduled during August.

September Meeting schedules can be found on the RCSC website at www.suncityaz.org. Thank you!

#### **NEWS | EVENTS**

## 2021 Fall Sun Bowl Shows

#### Sunday Night Fun Return to Sun City AZ More info at www.suncityaz.org/recreation/concerts/

#### Rhythm Edition | September 26 @ 7pm

Let's start the Sun Bowl Fall Concert Series off right by welcoming Rhythm Edition Band for their first performance here in Sun City AZ. Billed as "the ultimate party band," can there be any doubt that this is a sure-fire way to get the crowd ready for fabulous live music in the great outdoors?

#### Uncle Click | October 3 @ 6:30pm

Named the "Top Classic Rock/Country Rock Band" in the Phoenix area by Gigmasters, Uncle Click has been rocking the southwest for over 15 years with familiar, upbeat cover tunes spanning several musical genres. This band is truly ready to get back to what great shows at the Sun Bowl are all about: rockin' the house!

#### Faded Jeans | October 10 @ 6:30pm

Faded Jeans - Arizona's Party Band - returns to the Sun Bowl with their unique mix of classic rock, pop, country, 70s funk, rock-abilly and blues. Nothing is more comfortable than your favorite pair of faded jeans. Shout out your favorite tune they just might play it!

#### The Hamptons | October 17 @ 6:30pm

We look forward to another encore performance as we welcome back The Hamptons to Sun City AZ! From today's hits to the oldies everyone knows by heart, great ready for a great evening of super entertainment to is sure to please.

#### Chad Freeman & Redline | October 24 @ 6:30pm

Put your hands together as Chad Freeman & Redline return for another stellar show. From country to rock, every song is sure to get the audience up and on their feet - just the way Sun City AZ likes to party at the Sun Bowl!

#### Mogollon | October 31 @ 6:30pm

Let's welcome back another crowd favorite, Mogollon (pronounced Mug-e-on) who has earned the reputation as one of the Premier Country Rock Entertainment groups in the West and lives up to those high standards with every Sun City AZ performance to date. They can play just about anything - from Hank Williams to Pink Floyd to their own original songs. You won't be disappointed.

#### Veterans Day Tribute – Sun City Concert Band & Women's Chorus | November 7 @ 4pm \*\*

To honor the men and women who have selflessly served our country, RCSC is pleased to bring to residents our very own Sun City Concert Band and Women's Chorus to the Sun Bowl stage for a long-overdue performance that is certain to please both patriots and music fans alike. Wear your red, white and blue best to show your appreciation and support as we gather for this final fall Sun Bowl performance.

\*\* Please note early show time; expect possible sunshine and warm temperatures.

Bring your Blanket or

Lawn Chair 1-1/2 hour before show

Call 623-972-6014



## 2021 Sundial Fall Concerts



**Rolling Stones Tribute** Wednesday, September 15 Show: 7pm; Doors Open 6pm

DIAMOND

on Rolling Stones tribute band Jumping Jack Flash, This is definitely a fan favorite & you'll be impressed by the moves & mannerisms in this superb performance that is sure to bring down

## Neil Diamond Tribute

## **Tickets Still Available**

\$18-20/person/show RCSC for Cardholders \$25/person/show for non-RCSC Cardholders/Guests



Transform a life,

Kevin required nearly 20 surgeries and nine

lifesaving transfusions after a motorcycle collision left him with a traumatic brain injury

the emergency room and was in a coma for more than four months. Kevin has fought hard

to recover and continues to receive physical and speech therapy in hopes of returning to college to complete his degree.

availability of blood and the donors who aave it."

For eligibility questions or to schedule a donation, call 877-25-VITAL or visit us at vitalant.org Find us @vitalant: ◎ ♀ ♠

"I am extremely thankful for the

. He was resuscitated twice before reaching

and your own

#### Sun City AZ Visitors Center **BLOOD DRIVE**

Thursday, September 9 & Friday, September 10

8:00 am - noon

Bloodmobile in Loading Zone

To schedule an appointment, contact the Visitors Center at 623-977-5000 or visit donors.vitalant.org (Blood Drive Code: suncity)

When you DONATE BLOOD May 28 - Sept. 10, you'll be entered to win a 2021 VW Tiguan S, donated by our Valley Volkswagen Dealers

Culver's would like to thank you for giving blood with a voucher for a free pint of fresh frozen custard.

## vitalant

#### **Help Keep Sun City Pools** Healthy!

Showers are required by everyone prior to entering any **RCSC Swimming Pool or Spa facility** 



**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 8am 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.



egendary singer/song-writer featuring such great hits as Sweet Caroline, Cracklin' Rosie, Solitary Man, Cherry Cherry, Gir You'll Be A Woman Soor and many more. Be read o swoon and be swoone vith this great evening o on-stop entertainmen Bring your clapping han and singing voices caus

ou're donna need them

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#### SUNVIEWS • AUGUST 2021

Art and Craft Clubs	
Artists by the Lake: LV 315-491-9650	M-F 9a-12
Artistic Stained Glass: BC 623-974-4765	M-Sa 8a-3p; M-Th 5-8:30
Artistic Weavers & Fiber Artists: OM 320-253-3145 or oakmontfiberart.com	M-F 9a-12
Calligraphy: SD	Club Closed
623- 594-6591	See you in Septembe
Camera Guild: GR	Tu-Th 9a-12
cameraguildsuncity.com	Mem Mtg 3rd Sat 9-11a GR Sonoran Roor
Carvers: LV	FMI visit http://www.cameraguildsuncity.com Tu 8a-4p, Th, Sa 8a-12
847-287-1005	Mem Mtg 2nd TH 9a; Classes available
nowbuell1@aol.com	Tools/Patterns onsite
Ceramics & Porcelain: FW 623-972-5818; 602-821-1197	M-Sa 9am-1p; W 9a-7p
Ceramics: BC 623-974-6750	M-W-Th-Sa 9a-12p; Tu & F 9a-3 Mem Mtg 2nd F 9a
China Painting: OM	Tu, W & F 9a-12
suncitychinapainting@gmail.com Clay Club: GR 623-933-0899	M-Th 8:30a-8p; F-Su 8:30a-4:30
Clay Corner: MC	M-Sa 7:30a-9p; Su 8a-6j
623-977-3167	Yard Art/Lunch 3rd W 9p; Mem Mtg 2nd F 9ar New memberships now being accepted
Crafts: BC 623-974-3497	M-F 9a-3 M 3p-7p; W 5:30-8:30
Crafts: SD	Needle Craft M, Th 9a-1p
602-882-3512	Heritage Albums 1st/3rd M 2-6p;
sundialcraftclub@gmail.com	Card Making Tu 5:30-8pm; Scrapbooking W 9a-6p, Sat 9a-3p; Open Crafting F 3-8p
Creative Quilters: LV	M-W-F 8a-4p; Mem Mtg 2nd F 9:30a
909-744-0642; 970-261-1798	Quilt Camp 8/10-12 8a-4p LV SH #1-3
Friendship Quilters: BC	Open Quilting M, W 9a-8p; Sa 9a-3j
623-523-7661 Handweavers & Spinners: SD	2nd Sa Boutique Quilt; 4th Sa Charity Qui M-F 9a-12
623-933-0397 Jewelry, Stained Glass & More: GR	W-Sa 9a-12
262-993-4873; 623-322-4595	
Knitters: FW 602-469-2505	F 8:30a-1p FW AZ Rms 3 & 4 Member Mtg/General Info 2nd F 10-11a
Lapidary: BC 623-977-1803	M-Sa 8a-1p; M, W 5-8:30
Leathercraft: LV 623-594-6591; larryvroom@cox.net	M-W-F 8a-4
Metal: BC 520-235-0179 Alan alan.ruda@yahoo.com	M-Sa 8a-4
	Su-Sa 8a-8
Palo Verde Artist: SD 503-635-7121	
Palo Verde Artist: SD 503-635-7121 president@paolverdeartists.com	
Palo Verde Artist: SD 503-635-7121 president@paolverdeartists.com Sew-n-Sew: LV	1st & 3rd Th 9:30a-12:30p Boutique
Palo Verde Artist: SD 503-635-7121 president@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 president@paolverdeartists.com Sew-n-Sew: LV	

Silvercraft: BC	M-Sa 8a-3:30p
623-933-8442	
Sterling & Stones: FW	Tu-Th 10a-2p; Classes offered in many techniques
623-977-2208 - Annual Dues \$15	Tools/Supplies available for purchase
Stitchers: BC 480-578-8871 (leave message)	Tu & Th 9a-3p; F 9a-3p
( 8)	
2019bellstitchers@gmail.com Woodworking: BC	M Th F 8a-4p; Tu W 8a-8p; Sa 8a-12p
623-974-6058	withit ba-4p, tu w ba-op, ba ba-12p
Woodworking: FW	M Tu Th 8a-12p; W & F 12-4p
623- 972-4385	w ru m da izp, w u i iz-4p
Woodworking: LV	M-F 8a-2p
623-933-2355	
Card and Game Clubs	
Card and Game Clubs	
500: FW	Mon 6-9:30p FW AZ Rm 3-4
508-345-3252 Lois	
All Board Games (ABG) Club: LV	M, F 1-4p; Sat 2-5p LV SH #3
717-744-8816 Alan	
Bunco Broncos: FW	4th M 12-3:30p FW AZ Rm 1-2
602-526-3495; 623-698-3002	E 40- 2- 04 4
Canasta: OM	F 10a-3p OM Aud
480-886-9750; 916-225-9895	Doors open 9:30a; Dues \$5/Yr + \$1/week to play
Cribbage: LV 523-933-7044 Tony	Tu 1-4p; W 6:30-9p LV SH3
Euchre: FW	Play 8/10 relocated FW AZ 1; 8/11 FW AZ 3 Tu 5:15-9:30p FW AZ 2-4;
2027-693-2881; 623-533-5705	1st & 3rd Th 1:30-4:30p LV SH #3
25 055 2001, 025 555-5705	13t & 3td Th 1.30-4.30p EV 3H #3
Hand & Foot Club: LV	W 4-9:30p LV SH 1 & 2
523-680-8276; 972-838-7512	No Games W 8/11
Mah Jongg: MC	Tu 11:30a-4p SD WH; Th 5:30-9p MC SH
523-399-6337 Sandy	Su 11:30a-4p MC SH
Mixed Cards: OM	Sa 6-9:30p OM Aud
514-787-5885 Lil	
Monday Night Pinochle: OM	M - Doors open 5:30pm; Play at 6pm
140-478-2530 Kim/623-217-8584 Beverly	OM Aud
Pinochle: OM	Will resume play 9/7
523-876-1895 Tommie	Tu 11:30a-4p, Sa 11:30a-4p OM Aud
209-524-7358 Cheryl	
Sheepshead: LV	M 6-9p LV SH #3
523-933-7044; 623-999-4965	
Contract Bridge Clubs	
_akeview Evening Bridge: LV	Play resumes in September
523-478-2159	
Wednesday Afternoon: OM	W 12:30-4:30p OM Aud
523-249-9169	Please arrive by 12:15pm
Thursday Afternoon: OM	W 12:30-4:30p OM Aud
523-933-9671	Please arrive by 12:15pm
Friday Afternoon: FW	F 12:30-4:30p FW AZ Rm2
523-933-9671	Please arrive by 12:15pm
Duplicate Bridge Clubs	
Duplicate (ACBL): LV	M Th F 1-4p LV SH 1 & 2
623-518-7916 or 623-640-5554	Must arrive by 12:45p; Must have partner
suncitydbc.com	
Kachina: SD	M 12-4p SD WH Only
651-592-5939 Sharon	
523-363-7199 Posy	
Dance Clubs	
Ballroom Dance: BC	Closed for Summer
Januauti Dance: DC	Closed for Summer
602-292-3175; 623-533-6236	

Bell Tea: BC

623-933-8873

	Cluk	Directory
Classic Rock Dance Club: BC 623-628-4401	8/7 Still Cruising Band \$7 Mem/\$10 Guest Doors 6p; Dance 6:30-9:30p; BC SH 1-2	Hobby Clubs
Country Dance Club: SD	8/21 DJ John & Sharon \$3 Mem/\$6 Guest 1st & 3rd Sa Open 5:30p, Dance 6-9:30p SD Aud	Armchair Travel Club: FW
480-431-8278; 623-972-5127	No Lessons in August	623-476-2811 Birding Club of Sun City: BC
		BirdPeepersSC@gmail.com
Friday Night Ballroom Dance: SD 623-215-8718	F 7-10p SD Aud; No Lessons at this time \$5/members; \$10/guests; No jeans, shorts, etc.	325-201-5099 Leave Message
Line Dance: SD	Tu & Th: 10a-1p; SD Aud	Duffeeland Dog Park: Talisman 360-789-9815
623-972-5127; 231-557-6555	Tu & Th: 108-1p; SD Aud	Garden: GR
suncitylinedanceclub.facebook		623-875-5921
Rockin' Thru The Years: SD 623-332-7894	RTTY Dances will resume on 9/11 2nd, 4th & 5th Sa: 6:30-10p; SD Aud	Model Railroad: FW
Squares: BC	Closed for Summer	239-207-7314 Leave message Model Railroad Museum: FW
623-694-7194 djkraus433@gmail.com		239-207-7314 Leave message
Sun City Poms: MC 602-392-4242	Closed for Summer Marching Band Rehearsal 1st M 8-11a;	Rockhounds: SD
scpoms@yahoo.com	Rehearsals M 8:30-10:30a MC Aud	scrockmuseum@gmail.com Mineral Museum: SD
Tip-Top Dance: MC 253-381-1542	M Tu W 8a-12p	623-428-6442
Educational Clubs		RV Club: SD silvercreekranch1@hotmail.com
Apple Macintosh: SD	Tu & Th 8:30-10:30a	Silvercreekranch1@noumail.com
623-933-5300 sunmacs.org		Stamp Club: MC
Life Long Learning: FW 623-977-4081		602-329-8905 Sun City Yacht Club: LV
scazlifelong@gmail.com	N C. O. 12.	480-492-3477
Computer Club: FW 623-933-8953	M-Sa 8a-12p	Vintage Vehicles: GR
www.computerclubofsuncity.com/ Spanish Club: FW	W 9a-12p	602-609-0973 https://www.vintagevehiclesofsuncity.com/
SunCitySpanishClub@gmail.com	Meetings via Zoom	
Fitness Clubs		Performing Arts Clubs
Aerobics: BC	M W F 8-11a BC SH 1&2	Sun Cities Community Orchestra: FW 623-582-9964
815-289-5912 Judy 317-590-2622 Joann		Choraliers: FW
Aqua Fitness Club: SD aquafitnesssuncity.com	Summer II ends F 09/03 Try it Before You Buy It 8/23-8/27	623-933-7202 Carol
619-818-4380 Terry	Next Reg: Sa 8/28 SD; Doors 8a, Mtg 8:30a	Concert Band: FW 602-625-5211
	Fall Session starts M 09/20, ends F 11/12	Handbell Ringers: FW
Dance for Fitness: SD 503-580-4636 or 253-820-5453	Tu 9-10a Relocated to FW July-Sept; W 9-10a SD Aud; F 9-10a MV Aud	602-799-1947
FUNtastic Fitness: MC		doreenC4488@gmail.com Piano: SD
623-476-5230	Aerobics Tu, Th 1-2pm MC SH Strength Training Tu, Th 2:10-3p MC SH	623-444-4483
donnaschelin@yahoo.com	Pilates M, F 1-2p BC Aerobics Rm	Sun City Players Community Theater: MV Writeonjoy@gmail.com
Handi-Capables: SD 602-369-3819		623-500-2949 Info
handicapablesaz@gmail.com		suncityplayerscommunitytheater.org
Hatha YOGA: SD General Email:	Mat & Chair Classes - Monday-Saturday SD Yoga Room	Rhythm Ramblers: FW 623-876-2063
HathaYogaClub@gmail.com	Class Schedules & Membership Info go to	Ukulele: FW
Ladies Exercise: OM	club website at www.hathayogaclub.org Tu & F 8-9a OM Aud	623-594-6591 (Oct-April)
715-222-9519 So Grand Exercise: FW	M W F 7:30-9a FW AZ 1&2	920-410-6932 (May-Sept) Women's Chorus: FW
623-933-0214	M-Sa 6:45-11:30a BC Aeorbics Rm	623-308-4643 Annette
Stretch and Slim: BC 253-225-3370	T W Th Sa 1-2p; Su 8-10a BC Aerobics Rm	Political Clubs
	M & W 5-7p BC Aerobics Rm	Democratic: FW
Tai Chi: BC, LV & FW Tu 10:15a FW AZ3 Tai Chi Essentials	Th 9:30a BC SH2 Balance & Basics Th 10:45a BC SH2 Beginner Tai Chi	623-977-4660 Republican: SD
Tu 6p LV SH3 Qi Gong	Th 12p BC SH2 Intermediate Tai Chi	suncitygopclub@gmail.com
http://sctaichi.wix.com/sc-tai-chi-club email: suncitytaichi@gmail.com	Th 1:15p BC SH2 Advanced Tai Chi No Class Tu 8/10	Social Clubs
Zumba Fitness: SD 508-527-4535	M W Gold 11:30-12:30p; F Chair 11:30a-12p; F Gold 12-12:30p (check-in by 11:30) BC SH;	Best Friends Dog Club: FW
	Fitness ZumbaTu 6:30-7:30p SD WH; Th 6:30-7:30p; Sa 8:30-9:30a MC Aud	480-524-6893
	אין גענגעייענאס איז אין איזער אינע און איז איז איזער אינע און איז	bfdcsuncity@gmail.com

Sun Cities Community Orchestra: FW
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 (Oct-April)
920-410-6932 (May-Sept)
Women's Chorus: FW
623-308-4643 Annette
Political Clubs
Democratic: FW
623-977-4660
Republican: SD
suncitygopclub@gmail.com
Social Clubs

\*\* Most RCSC Chartered Clubs have "returned to normal" (unless Closed for the Summer), and welcome new members. Call ahead to confirm club hours. \*\* \*\* Updates for the Club Directory should be sent via email to sunviews@suncityaz.org \*\*

W 2-4p BC SH 1&2

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

	Fairway Readers: FW 623-972-3409	2nd F 1-2:30p FW Rm 217 Books can be reserved in advance	Shuffleboard Bell: BC 623-999-0362 - Dennis	M Tu F 1-3:15p
Closed for Summer	sueblechl@gmail.com	at FW Library w/ MCLD Card	218-371-2421 - Diane	
	Illinois Club: FW	Social Mtg 4th Th 6:30pm FW AZ #3	Shuffleboard Outdoor: LV	Closed For Summer
Closed for Summer	630-768-5205; List of activities at https://		623-688-6026 Shuffleboard Sundial: BC	Th 5:30-9p BC Cts
May have outings over summer; email for info	LGBT of Sun City: OM Aud Igbtclubofsuncity@gmail.com	Closed for Summer	623-208-9921	11 5.50-50 be ets
	Men's: SD	M-Sa 7a-4p; Poker M 4-9p;	Softball (Senior): Sun Bowl	League Play M, Tu, Th, F 7:30a-2p
	623-977-5116	Tournaments Th 10:30am-3pm;	517-526-4873; 509-264-3088	
Office Hours M W F 9a-12p GR	Michigan Friends in Sun City	Bingo to resume 9/2 3rd W (8/18) 4-6p BC MPR	www.azsrsoftball.com	
Mem Mtg 1st Tu 8a GR Sonora Room	michigan2arizona@cox.net	5.0 11 (0,20) 1 00 50 1 11	Sportsmen: LV	No meeting until September
	623-266-2918 or 623-910-1522 to RSVP for		Dave 612-202-4803	
Club Hours M-Sa 8a-4p	New England: LV 623-215-3637; 623-328-9878	Closed For Summer	Swim Lessons: LV 503-730-4718	W 8:30-10a LV
W 9a-12p; 2nd & 4th Sa 10a-2p	NextGen: FW	1st M 6:30-9p FW AZ 1-2	Swimmers Master: BC	M-F 7-9a BC Lap Pool
т. ру р	716-445-7383	Every Th Cards 1-4p BC MPR	602-540-6077	Tu/F 3-4:30p Yoga for Swim Club BC Aerobics Rm
2nd Th 6p FW AZ 1 & 2	Visit nextgensuncity.org/ for all events		Table Tennis: BC 602-291-5369; 847-421-5211	M W F 10a-3p; Tu Sa 10a-12p
C= 10= 1=	Sun City Hospitality: MC	Friendship Corner Sa 11a-5p MC SH	002 201 0000, 017 121 0211	
Sa 10a-1p	623-933-5158		Tennis: BC	
Closed for Summer			608-792-1957	
	Singles Social Club: FW 623-583-2307 Ellen	1st F Potluck & Games 6-9p FW AZ 3-4 3rd F Game Night 6-9p FW AZ 3-4	melvindhaus@gmail.com Volleyball:	Closed for Summer
		Darts 4th F 6:30p BC	206-459-3242	
Closed for Summer			charlespeterson@comcast.net	C. M.W.E. 12.2-
Su, Tu, Th 10a-1p Viewpoint Lake	Wisconsin Club: SB 623-242-6318		Water Volleyball Club of SC: OM WVCofSC@gmail.com	Su M W F 12-3p
Su, Tu, TT Tua-Tp Viewpoint Lake	Women's Social: LV	M-Su 9:30a-4:30p	480-297-6783	
No Member Meetings over Summer	623-977-5605		Whisperball of Sun City: BC	M W F 3-5pm; T Th 1:30-3:30p
Shop Operations M-Sa 8a-4p	Sport Clubs		480-678-1622	BC Racquetball Courts
	Basketball: MC		Club Directory Key:	
	206-459-3242; 604-313-3190		M = Monday	BC = Bell Center
	charlespeterson@comcast.net		Tu = Tuesday	FW = Fairway Center
Closed for Summer	Billiards: Bell Billiards Room 315-806-0067	W 7a-1p; Sa 12-5p; Tu 11a-4p; F 8a-4p Instruction F 8-11a	W = Wednesday	GR = Grand Center
			Th = Thursday F = Friday	LV = Lakeview Center MC = Marinette Center
Closed for Summer	Billiards: LV Billiards Room	Singles: 8 Ball M 8a-12p; 10 Ball W 9a-1p;	Sa = Saturday	MV = Mountain View Center
Closed for Summer	(602) 319-0783	9 Ball Th 1-5p, F 8a-12p Doubles: 8 Ball Tu & Th 8a-12p	Su = Sunday	OM = Oakmont Center
		Ladies M, Sa 8:45-10:30a; Th 9:45-11:30a	a = A.M. & p = P.M.	SD = Sundial Center SB = Sun Bowl
Closed for Summer			Area codes 623 unless noted.	SB = Sull Bowl
	Bocce: SD	Bocce Fun Games: Every Tu 8:30a		
Summer Performance 4th M 2-4p SD Aud	623-693-2881	Open Play: Every Th 8:30a, Every F 7p		
Summer renormance fur M 2 ip 50 Add	Check the Club House Bulletin Board or			
Closed for Summer	online at https://suncityaz.org/recreation/ clubs/bocce-club/ for complete monthly		Important Dates	for Clubs to Remember!
	schedules		· · · · · · · · · · · · · · · · · · ·	
	Dart Club: BC	M T W 5:30-8:30p; Th 2-4p		
Closed for Summer	773-802-2084		August	
	Lawn Bowls: BC	M W F 7-9a; Su M W F 7-9:30p		issions due for September
Th 3-4:30p FW Music Rm	623-972-3248		10 Guest Attendan	ce Register & guest fees due
	Lowe Boulds EM & MV			
Babaarsala raguma an 0/0	Lawn Bowls: FW & MV 623-933-5066		September	
Rehearsals resume on 9/9 Th 8:30-11a FW Music Rm	Lawn Bowls: LV (Sun City Club)	Closed for Summer		issions due for October
	623-583-0625		10 Guest Attendan	ce Register & guest fees due
	Lawn Bowls: LV			
1st Th (8/5) 6p FW AZ 3-4	623-974-3214		October	
Canned Goods Collected for Food Bank at Mtgs Closed for Summer	Lawn Bowls: OM	Closed for Summer	1 Club Membersh	
closed for Summer	623-792-5202			issions due for November
	Mini-Golf: LV	Closed for Summer	10 Guest Attendan	ce Register & guest fees due
	317-508-5959; 623-300-4461			
Closed for Summer	Pickleball: MC, MV	Daily Drop-in 7-11a; Round Robin W 7p MC		
	pickleball.suncity@gmail.com	Contact Club for Times, Other Activities		tered Clubs Office
				3-561-4660
nembers. Call ahea	d to confirm clu	b hours. **		lbs@suncityaz.org

#### **GOLF | BOWLING**

#### SUNVIEWS • AUGUST 2021

#### Thoughts from a Pro

#### Some of the lessons golf has taught me over the years!

Listed here below are just a few of the lessons golf has taught me over the years:

- Everyone is different. Bodies are different in strength, flexibility. height, weight, and body type. The swing needs to be individual just like the person making the swing! In addition, everyone's motivation for playing golf is different. It might be for fun, camaraderie, or exercise with no score keeping involved or it may be highly competitive either with yourself or others. Either way is OK! Enjoying it is the goal.
- As we age we may lose distance, but we don't have to lose consistency or good contact with the ball. It is natural as we age to lose some of our ability to hit the ball as far as we used to. Diminished flexibility and strength are the biggest reasons for this. But regardless, if your basics are good (grip, stance, set-up, and basic swing) your ability to hit the ball straight and on the sweet spot does not have to change!
- · If you cannot laugh at yourself or if you just plain take yourself too seriously you may have difficulty with golf. Golf is a game that can humble you in a heartbeat. One minute you may hit a shot that makes you feel like a pro and the next moment you can hit another so poorly you feel like a complete novice. The nature of the game is that there is not much room for error and the difference between that perfect shot and the complete miss is a matter of less than an inch. Being too hard on yourself will take the enjoyment out of the game.
- If scoring is your goal, work on your short game. The short game (pitching, chipping, and putting) is close to 70% of your total score. Once you can hit the ball consistently your score on any given day will be determined by your ability to get the ball in the hole. Spend at least 70% of your practice time on those shots and you will improve your score.
- Focus on taking one shot at a time. Forget about what you did on the last shot or the last hole, and certainly do not worry about what you might do on the next one. Stay in the moment and deal with the present! (Sounds like a good motto for life too, huh?)
- Once you have mastered the physical skill of golf most of the game is mental. Have you ever heard that the toughest part of the game is the 6 inches between your ears? Sometimes we can be our own worst enemy. Learning to visualize and think in the positive instead of the negative makes all the difference. Think about where you want the ball to end up instead of where you don't! For example, focus on hitting the ball on the green instead of trying to avoid the bunker!

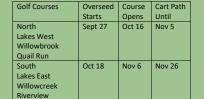
Overall, golf has a wonderful way of bringing good things to those who play it. It certainly has brought a lot to me and for that I am very thankful. My hope for you is that you also enjoy it fully and learn from the many lessons that it has to offer us all!

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

Now is a great time to improve your game with the help of **RCSC Golf Professionals!** 

#### 2021 RCSC Golf Course Maintenance Schedule

Overseed Schedule



Lakes West Bunker renovation continues! 9 Holes remain available for play

NOTE: Courses are closed during maintenance. This includes pro shops & snack shops. Plan your play accordingly.

#### **RCSC Bowling Centers** Lakeview Lanes **Bell Lanes** 10502 W. Thunderbird Blvd. 16810 N. 99th Ave. 623-876-3050 623-876-3055 Monday-Saturday: 8am-8pm Monday-Saturday: 8am-8pm Sunday: Noon-6pm Sunday: Noon-7pm Darts, Shuffleboard & Billiards Billliards at Lakeview Lanes. too! at Bell Lanes! Year-Round Bowling Rates - Cardholders: \$2.65 | Guests: \$2.90 (per Game) Get Out of the Heat **Go Bowling!** Same great food now at two Sun City AZ locations! Stop by & check out our



**Breakfast Special** 2 Eggs, Bacon or Sausage, Hash Browns & Toast M-Sat 7-11a; Sun 7a-noon Walleye 'n Chips 9 Oz. Walleye, Coleslaw & Potato Wednesday & Friday

**Daily Specials** 

George's Cafe at

**Bell Center** 

**Inside Bell Lanes** 

Phone: 623-518-4525

Fish 'n Chips

9 Oz. Cod,

Coleslaw & Potato

Wednesday & Friday

George's Lakeview Cafe **Inside Lakeview Lanes** Phone: 623-876-3057

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

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



#### **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/

**August Snack Shop Hours** Open Daily 5:30am - 1pm



#### **Volunteer Ranger** Program

For more information about joining our program, please contact Chris Linam, Pro Shop Manager, at 623-876-8419 or email clinam@ suncityaz.org. Meetings will resume in October.





August has the following National Days, amongst many others: 1st, Respect for Parents Day; 2nd, National Ice Cream Sandwich Day; 3rd, National Grab Some Nuts Day; 4th, National Chocolate Chip Cookie Day; 5th, National Underwear Day; 6th, National Wiggle Your Toes Day; 7th, National Lighthouse Day; 8th, National Sneak Some Zucchini Into Your Neighbor's Porch Day; 9th, NATIONAL BOOK LOVERS DAY; 10th, National Lazy Day; 11th, National Presidential Joke Day; 12th, National Middle Child Day; 13th, National Left Handers Day; 14th, National Creamsicle Day; 15th, National Relaxation Day; 16th, National Tell a Joke Day; 17th, NATIONAL NONPROFIT DAY; 18th, National Fajita Day; 19th, National Soft Ice, Cream Day; 20th, National Radio Day; 21st, NATIONAL SENIOR CITIZENS DAY; 22nd, National Be an Angel Day; 23rd, National Ride the Wind Day; 24th, National Waffle Day; 25th, National Banana Split Day; 26th, National Dog Day; 27th, National Just Because Day; 28th National Red Wine Day; 29th, National Chop Suey Day; 30th National Toasted Marshmallow Day; 31st National Trail Mix Day.

By now you probably have rushed off to mark each of these important National Days on your personal calendar, especially our favorites the 9th, the 17th, and the 21st. Here are some local special events to mark as well:

#### BOOKS AROUND THE CORNER, ALL OF AUGUST

The August Bookstore special sale is on two authors, with half price on all of their books. Danielle Steel, known for her romance novels, has written 179 books. We don't have them all; but our selection is great.

The second sale author is James Patterson, known primarily for detective stories. His books have sold more than 300 million copies. We would like to add to that number.

The movie DVD sale of three for \$2.00 will continue through August.

Older Arizona Highway magazines are bundled and available at a special price.

The new Bookstore hours of 9:30 to 3:30, Monday through Saturday are proving to be very popular.

#### LIBRARIES

Wednesdays, 1:30-3:00 PM—The Fairway Library has Drop-In Technology Helpdesk hours, and the Sun City Library offers an iPhone/iPad Help Desk.

Starting in August—The Libraries will begin offering other in-person events and programs. Space will be limited and registration will be required; so, please be sure to register if you wish to attend. Events can be found on the Fairway Library calendar and the Sun City Library calendar. Visit mcldaz.org and click on "Events" in the upper right corner.

#### COME JOIN THE HAPPY

Bookstore and Library patrons express how happy they are that we are pretty much back to "normal." We are happy to see all of the patrons return. Don't worry, be happy!

#### Sundial Men's Club Thursday Night Bingo remains on hiatus!

B-I-N-G-O returns to the Sundial Auditorium on Thursday, September 2, 2021.



#### Water Conservation

#### Conserving Water in the Garden

Let's face it - Arizona is hot and dry during the summer, which makes keeping garden s and your landscape alive and healthy a real challenge. Do your part to conserve water and keep your garden alive and thriving in the summer by following these simple steps.

Choose Plants that Love the Heat - Some plants love the heat and will thrive during the summer. Armenian cucumbers, a type of muskmelon, tastes and looks like a cucumber. Also known as yard-long cucumbers, they love the heat, don't need a ton of water, and produce a high yield. Sweet potatoes also do well in the hot summer heat and don't require a lot of water. Okra and basil are native to the region along with Chimayo melon will also grow well.

Water at the Right Time - The best time of day to water is in the early morning, allowing water time to run down into the soil without evaporating too quickly. If you cannot water your garden in the early morning, early evening works as well. Avoid the hottest parts of the day, as water evaporates before plants can get what they need.

Make Some Shade - Shade cloth is a great way to create shade in your garden. You can attach the cloth to existing stakes or trellises and grow plants such as tomatoes and bell peppers in the shade. The shade will protect your plants from the sun as well as help keep water from evaporating.

Use Native Plants - Many plants native to Arizona thrive and survive in the harsh summer environment without a ton of water. Prickly pear, desert marigold, grape ivy, and ironwood are just some of the many plants that will survive the summer.

Mulch Your Garden - Mulching can help plants survive by retaining water and keeping the soil cool. Mulching also prevents the soil from forming a hard top layer so water can more easily seep down into the roots.

Self-Watering Containers - Try adding self-watering containers to your garden. These have spouts that go into the ground which provide a slow release of water to plants and help reduce waste by delivering water directly to the roots instead of dripping down the leaves.









## FREE MOVIES

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

Popcorn is no longer being served but you may bring your own beverages & snacks.

Get the monthly movie listings directly by either signing up to receive RCSC News Email Alerts or via the RCSC Web Portal.

#### Tips from Get Fit for Life

#### You've Gained Weight Back; Now What?

"If losing weight and keeping weight off were easy, no one would have a weight problem," states Jane Fortier, personal trainer for Get Fit for Life. "In this world of instant gratification, resisting temptation is tough. If you've eaten the same way for most of your life and exercise has never been part of your routine, it's difficult to change hardwired habits. You managed to lose the weight, but somehow things went off course, and the weight started coming back. Between the required mental toughness and negative outside influences, weight loss efforts became more difficult. It may come as no surprise that research estimates roughly 90 percent of people regain weight they've lost."

If you fell off the wagon and gained weight back, are you a failure? NO! You're not the first person to start over and you certainly won't be the last. There is no point in beating yourself up, or worse, giving up. You can still feel good about yourself regardless of your size or how many times you've had to start over on the weight-loss journey. Learn from your mistakes. When you started your weight-loss journey, were you too restrictive with your diet, which led to feelings of deprivation and binge eating? Did you commit to an intense exercise regimen, leaving you tired and sore, rather than strong and empowered? Were your expectations too high, about how fast you could lose weight and how many pounds you would lose?

Instead of dwelling on everything you did wrong, make a list of all the things you did right. Maybe your eating went off the rails, but you managed to stay consistent with your exercise routine. Perhaps you started snacking again, but ate sensible snacks, rather than calorie dense garbage. You made the change to lemon-water, and have somehow managed to stay away from soda. These are all great accomplishments. It's time to make note of the current positives, so you can build momentum, and push forward. The changes you make now to get back on track should be behaviors you can live with for the rest of your life.

It's important to ease slowly into these new habits. Here are a few simple things you can do today to get life moving in the right direction: 1) Start tracking your food again—even if you aren't making any changes—just to be aware of what you're eating and when; 2) Increase your water consumption by a few glasses, while decreasing the amount of soda/coffee/ other beverages you drink; 3) Commit to exercising for just 15 minutes per day, over the next two weeks. While these three things may seem pretty easy, when done consistently, they propel you toward establishing goals again. Once you have gained some confidence, set concrete future goals based on a sensible Plan of Action. Those goals and that Plan of Action need to be written down.

Don't obsess about pounds. Have you ever considered stepping off the scale for a while? Sometimes the pressure to lose pounds ends up making the process more difficult. The scale is one way to measure progress, but others, like how your clothes fit, inches lost, and your energy level, can be just as helpful—and much less stressful. Consider taking a break from the scale to focus less on pounds and more on healthy habits. Your body does so many amazing things for you every day, that it's important to treat it with respect. You can make healthy choices at any size, and you'll be rewarded with more energy and a positive demeanor-regardless of what the scale is telling you.

YOU have complete control over what happens from this moment going forward. Whether you've regained a few pounds or all of the weight you lost, getting back on track is definitely within the scope of your abilities. Using a Personal Trainer can help. Get Fit for Life trainers are available in all Sun City Fitness Centers. They custom design programs to fit needs, goals, and medical issues. To find out about working with a personal trainer, call 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-8p; Su 8a-7p	
Bell Lanes	M-Sa: 8a-8p; Su: Noon-7p	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 6:15p	Lakeview: Outdoor	M-Sa: 6a-8p; Su 8a-7p	
	\$9 all 18 games w/3 special games	Spas		
	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-8p; Su: 8a-7p (or Dusk)	Lakeview Center	M-Sa: 6a-8p; 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-8p; Su: 8a-7p	
Bowling Lanes		Oakmont Center	M-Sa: 6a-8p; Su 8a-7p	
Bell Lanes	M-Sa 8a-8p; Su 12-7p	Sundial Center - 18+ only	M-Sa: 6a-9p: Su: 8a-8p	
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Swimming Pools - Open S	wim Hours	
Dog Parks		Bell Center - 18+ only		
Duffeeland	May - September 6am-8pm	Lap Pool: M-Sa: 5a-9p; Su 8a-8p; Closed for Club/Class: M-F 7-9a		
	Closed last Wed/month for Maintenance	Walking Pool: M-Sa: 5a-9p; S	Su 8a-8p	
Darts		Fairway Center		
Bell Center	M-Sa: 8a-8p; Su: Noon-7p	Lap Pool: M-Sa: 5a-9p;Su 8a-8p		
Fitness Centers		Walking Pool: M-Sa: 5a-9p;S	u 8a-8p	
Bell Center - 18+ only	M-Sa: 5a-9p; Su: 8a-8p	Lakeview Center		
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	M-Sa: 6a-8p; Su 8a-7p; Club/Class: W 8-10a		
Lakeview Center	M-Sa: 6a-8p; Su 8a-7p	Children's Pool Hours - Ages 4-15 yrs: Daily 4p-Close		
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Marinette Center		
Mountain View Center	M-Sa: 6a-8p; Su 8a-7p	M-Sa: 6a-9p, Su: 8a-8p; Closed for Club/Class: 7/12-9/3 M T Th F 8-9a		
Oakmont Center	M-Sa: 6a-8p; Su 8a-7p	Children's Pool Hours - Ages 4-15 yrs Daily 1-4p		
Sundial Center - 18+ only	M-Sa: 6a-9p; Su: 8a-8p	Mountain View Center		
Horseshoe Courts		M-Sa: 6a-8p; Su 8a-7p; Closed	l Club/Class: 7/12-9/3 - M Th 8-10a, Tu F 8-9a	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p		
Mountain View Center	M-Sa: 6a-8p; Su 8a-7p	Oakmont Center		
Jogging / Walking Track		M-Sa: 6a-8p; Su 8a-7p		
Indoor		Club/Class: Every Su M W F 1	12-3p; Spa, Swim Lanes remain open	
Fairway Center	M-Sa 5a-9p; Su: 8a-8p	Closed for Club/Class: 7/12-9/3 - M Tu Th F 9-10a, Swim Lanes closed		
Sundial Center	M-Sa only: 6a-8a	Sundial Center - 18+ only		
Outdoor		Large Pool: M-Sa: 6a-9p; Su:	8a-8p; Closed for Club/Class from 7/12-9/3	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	M Th 9-10a; Tu, F 8-9a		
Sun Bowl	Dawn to Dusk	Warm Water Pool: M-Sa: 6	a-9p; Su 8a-8P; Closed for Class: T/Th 12-2p	
Library (602) 652-3000	Call to confirm hours	also Closed from 7/12-9/3 - N	4, Tu, Th, F 10a-12p, 4:30-6:30p	
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p	Table Tennis		
Fairway Center	M-F 9a-4p; Sat 8a-12p	Bell Center: M-Sa: 6a-9p; Su:	: 8a-8p;	
Mini Golf		Closed for Club Activity:	M W F: 10a-3p; Tu & Sa: 10a-12p	
Bell Center	M-Sa: 6a-9p; Su: 8a-8p	Tennis		
Lakeview Center	M-Sa: 6a-8p; Su 8a-7p	Bell Center: 623-977-3325 M-Sa: 6a-9p; Su: 8a-8p		
Mountain View Center	M-Sa: 6a-8p; Su 8a-7p	Lakeview Center: 623-561-46	576 M-Sa: 6a-8p; Su 8a-7p	
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p			

## Strength Machine Demonstrations \*\* Return on Wednesdays in September @ 11:30am \*\*

9/1 @ Bell w/ Dick; 9/8 @ Marinette w/ Dick; 9/15 @ 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!

