

SUN VIEWS

ISSUE #238 • SEPTEMBER 2021 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.

SUN CITY
ARIZONA
RECREATION CENTERS
OF SUN CITY

Fall into Fun Times

While temperatures remain quite summer-like and the end of the monsoon season won't happen for several weeks, RCSC Cardholders can look forward to a full calendar of fun and good times ahead.

Tickets remain available for the upcoming Sundial concerts this fall – Jumping Jack Flash on September 15 and Diamond in the Rough on October 6. These great tribute shows are sure to entertain music fans. Shows are at 7pm; doors open at 6pm. Visit the Events and Entertainment Office at Sundial or call 623-561-4680 for more information or to purchase tickets (\$18-20 for Cardholders, \$25 for non-Cardholders/Guests).

Great music on Sundays returns to the great outdoors at the Sun Bowling Amphitheater starting of September 26 at 7pm when Rhythm Edition, billed as “the ultimate party band,” returns to Sun City. Bring your blanket or lawn chairs and relax under the stars; gourmet food vendors arrive 1-1/2 hours prior to shows for your dining pleasure. See the full line-up of shows on page 3 or online at www.suncityaz.org/recreation/concerts.

Most clubs are back in full swing and taking up a hobby or exploring new interests is as easy as consulting the Club Directory in the center of SunViews. Many club brochures can be found at the Sun City AZ Visitors Center at Bell Center. Visit the Chartered Clubs Office at Lakeview for more club information or online at www.suncityaz.org/recreation/clubs.

Make plans and prepare your gift list now in anticipation for the return of the best after-Thanksgiving holiday shopping experience around - the annual Sun City Arts & Crafts Festival on Friday and Saturday, November 26-27, 2021 at the Sundial Center. Over 40 RCSC Clubs will be offering a variety of hand-crafted items for sale including jewelry, ceramics, metal and wood art, clay/pottery, many sewn, knitted, crocheted, and beaded items along with photography and much more. More details will be announced soon.

Let's be safe, stay well and have fun, fun, fun as the Beach Boys would say enjoying this great place we call home.

RCSC Closures 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.

Labor Day also ends the summer hours at Lakeview, Oakmont and Mountain View Centers which will return to their normal hours of Sunday 8am - 7pm and Monday-Saturday 6am-7pm throughout the winter upon open Tuesday, September 7.

In addition to Monday-Friday hours, the Sun City AZ Visitors Center at Bell will be open the first Saturday each month from 9am to noon (same as Cardholder Services) beginning October 2. Should anyone stop by when this facility is closed, visitors can submit a request for information as shown in these photos to the right.



Candidate Packets Due Oct 1

RCSC Members considering to run for the Board of Directors are in the final weeks of securing and completing candidate packets that must be submitted to the Lakeview Corporate/Board Office no later than 12:00pm on October 1, 2021.

Qualifications to run for the Board of Directors include: 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 requirements 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.

Online voting via the RCSC Web Portal will begin on Monday, November 8, 2021 and will continue through 4pm on Election Day (Tuesday, December 14, 2021). Absentee ballots can also be obtained by calling the Corporate Office at 623-561-4600 starting on November 8.

Candidate Forums will be held in the Sundial Auditorium on Monday, November 1 at 2pm and Wednesday, November 3 at 6pm. These forums will be recorded and videos posted on the RCSC YouTube channel for those unable to attend.

Anyone with questions or needing additional information should call the Board Office at 623-561-4620.



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

Email addresses
remain confidential

INDEX

News Events	Page 01-03
Board News	Page 02
Club Directory	Page 04-05
Golf Bowling	Page 06
Community News Events	Page 07
Fitness Monitored Activities	Page 08

NOTE: Annual Club Articles return in October. Check the schedule online at www.suncityaz.org/recreation/clubs - Club Forms - BP-12-17(b); submittals are due by the 5th of the month prior to publication.

Connect with Sun City AZ





2021 RCSC Board of Directors

Phone: 623-561-4620

email: boardoffice@suncityaz.org

Sue Wilson, President

email: swilson@suncityaz.org

Michael Ege, Vice President

email: mege@suncityaz.org

Dale Lehrer, Secretary

email: dlehrer@suncityaz.org

Sheila Rooney, Treasurer

email: srooney@suncityaz.org

Darla Akins, Director

email: dakins@suncityaz.org

Steve Collins, Director

email: scollins@suncityaz.org

Rich Hoffer, Director

email: rhoffer@suncityaz.org

Dan Schroeder, Director

email: dschroeder@suncityaz.org

A Moment with the RCSC Board President

The "Whole" Story Remains Confidential

Nothing is as simple as it seems. There have been so many assumptions made as to the Board's actions in June as to the reason a Board Member was removed. Unfortunately those assumptions have been believed to be the whole story when in actuality these assumptions fall way short of the whole story.

As stated in RCSC Corporate Bylaws "All matters discussed in an Executive Session shall remain confidential indefinitely. Executive Sessions may be called separately or during any meeting of the Board or Membership. The Board has the authority to take final action in Executive Sessions and is not required to reveal those decisions." Even though we have received demands for answers, that information is confidential and cannot be shared. However, there is way more to the "story" than the assumptions that are being rumored.

There has been some confusion as to what is meant by a conflict of interest. When becoming a Board Member we have to follow the Board Authority and Duties stated in the RCSC Corporate Bylaws. In those Bylaws it is stated, "The Board's fiduciary duty requires the Board of Directors to act in the best interests and for the benefit of the Corporation. This duty requires the Board of Directors to avoid conflicts of interest and acting out of self-interest; and to act as reasonable people in conducting the affairs of the Corporation." I was asked in an email what I personally would do if a situation arose where the Board has to make a decision on a club in which I am a member. If a vote was called on such a situation I would have to recuse myself from this vote. That would also mean it would be a conflict of interest for me to make a motion involving a club in which I am a member. All Board Candidates must sign a Board of Directors Conflict of Interest Form before we were ever accepted as a candidate for the Board.

Board Members are volunteers. Being on the Board is a privilege but it is also a huge commitment. Not only are Board Members expected to be present at twenty Board Meetings each year but also do their homework before the meeting to be able to wisely make a decision on their vote. Board Members also chair or co-chair standing committees that meet throughout the year which takes preparation time. Quite often Board Candidates have a personal agenda when they run for the Board but they quickly learn that their focus has to be on the best interests of the Corporation and they alone cannot get something done unless the other members of the Board agree with them. Board Members do listen to card holders and if those ideas are in the best interest of all members and RCSC, they will present those ideas in a motion to the Board. One of the issues right now besides fixing Lakeview Lake and dealing with the water restrictions coming down, is working with the Pickleball Club on keeping and possibly increasing the amount of Pickleball Courts available. The Board and Senior Management are working on that.

I realize there is a call for the Board to answer why a Board Member was removed. Again what happens in an Executive Session is confidential and cannot be discussed. For those making any assumptions you do not know the whole "story" and nothing is as simple as it seems.



Sue Wilson
RCSC Board President

This Month @ The Board

RCSC Board Meetings:

Board Meeting #1

Monday, September 13, 2021 @ 9am

Sundial Auditorium

Board Meeting #2

Thursday, September 30, 2021 @ 9am

Sundial Auditorium

Committee Meetings:

Bowling Committee

Thursday, September 2, 2021 @ 9am

Lakeview Board Room

Club Organization (COC) Committee

Wednesday, September 8, 2021 @ 10am

Lakeview Board Room

Communication Through Technology

Tuesday, September 14, 2021 @ 9am

Lakeview Board Room

Technology Committee

Tuesday, September 14, 2021 @ 11am

Lakeview Board Room

Lawn Bowling Committee

Tuesday, September 14, 2021 @ 1pm

Lakeview Board Room

Golf Advisory Committee

Thursday, September 16, 2021 @ 8:30am

Lakeview Social Hall #2

Long Range Planning Committee

Monday, September 20, 2021 @ 8:30am

Lakeview Board Room

Elections Committee

Wednesday, September 22, 2021 @ 1pm

Lakeview Board Room

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



"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.

2021 Fall Sun Bowl Shows

Sunday Night Fun Returns 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, rockabilly 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

Food Trucks Arrive 1-1/2 hour before show

Rain Location - Sundial
Call 623-972-6014



2021 Sundial Fall Concerts

Live Entertainment Returns to Sun City AZ



Rolling Stones Tribute

Wednesday, September 15 • Show @ 7pm; Doors Open 6pm

We've invited Mick & his chums back to Sun City AZ for this spot-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 the house!



Tickets on Sale NOW

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

**Purchase tickets at the Sundial Events & Entertainment Office (8am-4pm Mon-Fri) or by calling 623-561-4680 (must speak with live agent)



Transform a life, and your own

Kevin required nearly 20 surgeries and nine lifesaving transfusions after a motorcycle collision left him with a traumatic brain injury. He was resuscitated twice before reaching 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.

"I am extremely thankful for the availability of blood and the donors who gave it."

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

vitalant

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.

B-I-N-G-O is B-A-C-K!

Sundial Men's Club Thursday Night Bingo returns to the Sundial Auditorium on September 2. Help support community organizations and maybe win B-I-G!



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.

Club Directory											
Art and Craft Clubs			Silvercraft: BC 623-933-8442			M-Sa 8a-3:30p			Classic Rock Dance Club: BC 623-628-4401		
Artists by the Lake: LV 315-491-9650			Sterling & Stones: FW 623-977-2208 - Annual Dues \$15			Tu-F 9a-1p			9/4 DJ Ron West; 9/18 DJ Ron West 1st & 3rd Sa Open 5:30p, Dance 6-9:30p SD Aud No Lessons in September		
Artistic Stained Glass: BC 623-974-4765			Stitchers: BC 480-578-8871 (leave message) 2019bellstitchers@gmail.com			Tu & Th 9a-3p; F 9a-3p Mem Mtg 2nd Tu, 10a					
Artistic Weavers & Fiber Artists: OM 320-253-3145 or oakmontfiberart.com			Woodworking: BC 623-974-6058			M Th F 8a-4p; Tu W 8a-8p; Sa 8a-12p			Friday Night Ballroom Dance: SD 623-215-8718 \$5/members; \$10/guests; No jeans, shorts, etc.		
Calligraphy: SD 623- 594-6591			Woodworking: FW 623- 972-4385			M Tu Th 8a-12p; W & F 12-4p			Line Dance: SD 623-972-5127; 231-557-6555 suncitylinedanceclub.facebook		
Camera Guild: GR cameraguildsuncity.com			Woodworking: LV 623-933-2355			M-F 8a-2p			Rockin' Thru The Years: SD 623-332-7894 Squares: BC 623-694-7194 djkraus433@gmail.com		
Carvers: LV 847-287-1005 nowbue11@aol.com			500: FW 608-345-3252 Lois			Mon 6-9:30p FW AZ Rm 3-4			Sun City Poms: MC 602-392-4242 scpoms@yahoo.com		
Ceramics & Porcelain: FW 623-972-5818; 602-821-1197			All Board Games (ABG) Club: LV 717-744-8816 Alan Bunco Broncos: FW 602-526-3495; 623-698-3002			M, F 1-4p; Sat 2-5p LV SH #3 4th M 12-3:30p FW AZ Rm 1-2			Tip-Top Dance: MC 253-381-1542		
Ceramics: BC 623-974-6750			Canasta: OM 480-886-9750; 916-225-9895			F 10a-3p OM Aud			Educational Clubs		
China Painting: OM suncitychinapainting@gmail.com			Cribbage: LV 623-933-7044 Tony			Tu 1-4p; W 6:30-9p LV SH3			Apple Macintosh: SD 623-933-5300 sunmacs.org		
Clay Club: GR 623-933-0899			Euchre: FW 623-693-2881; 623-533-5705			Tu 5:15-9:30p FW AZ 2-4; 1st & 3rd Th 1:30-4:30p LV SH #3			Life Long Learning: FW 623-977-4081 sczailifelong@gmail.com		
Clay Corner: MC 623-977-3167			Hand & Foot Club: LV 623-680-8276; 972-838-7512			W 4-9:30p LV SH 1 & 2			Computer Club: FW 623-933-8953 www.computerclubofsuncity.com/		
Crafts: BC 623-974-3497			Mah Jongg: MC 623-399-6337 Sandy			Tu 11:30a-4p SD WH; Th 5:30-9p MC SH Su 11:30a-4p MC SH			Spanish Club: FW SunCitySpanishClub@gmail.com		
Crafts: SD 602-882-3512 sundialcraftclub@gmail.com			Mixed Cards: OM 614-787-5885 Lil			Sa 6-9:30p OM Aud			Fitness Clubs		
Creative Quilters: LV 909-744-0642; 970-261-1798			Monday Night Pinochle: OM 440-478-2530 Kim/623-217-8584 Beverly			M - Doors open 5:30pm; Play at 6pm OM Aud			Aerobics: BC 815-289-5912 Judy 317-590-2622 Joann		
Friendship Quilters: BC 623-523-7661			Pinochle: OM 623-876-1895 Tommie 209-524-7358 Cheryl			Will resume play 9/7 Tu 11:30a-4p, Sa 11:30a-4p OM Aud			Aqua Fitness Club: SD aquafitnesssuncity.com 619-818-4380 Terry		
Handweavers & Spinners: SD 623-933-0397			Sheephead: LV 623-933-7044; 623-999-4965			M 6-9p LV SH #3			Dance for Fitness: SD 503-580-4636 or 253-820-5453		
Jewelry, Stained Glass & More: GR 262-993-4873; 623-322-4595			Contract Bridge Clubs						FUNtastic Fitness: MC 623-476-5230 donnaschelin@yahoo.com		
Knitters: FW 602-469-2505			Lakeview Evening Bridge: LV 623-478-2156			M, Th - Doors open 6:15p, Play 6:50p LV SH #1; Must arrive by 6:45p			Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com		
Lapidary: BC 623-977-1803			Wednesday Afternoon: OM 623-249-9169			W 12:30-4:30p OM Aud			T/Th 12-2p SD Warm Water Pool Mem Mtg 1st M 12p FW AZ 1&2		
Leathercraft: LV 623-594-6591; larryvroom@cox.net			Thursday Afternoon: OM 623-933-9671			W 12:30-4:30p OM Aud			Hatha YOGA: SD General Email: HathaYogaClub@gmail.com		
Metal: BC 520-235-0179 Alan alan.ruda@yahoo.com			Friday Afternoon: FW 623-933-9671			F 12:30-4:30p FW AZ Rm2 Please arrive by 12:15pm			Mat & Chair Classes - Monday-Saturday SD Yoga Room Class Schedules & Membership Info go to club website at www.hathayogadclub.org		
Palo Verde Artist: SD 503-635-7121 president@paolverdeartists.com			Duplicate Bridge Clubs						Ladies Exercise: OM 715-222-9519 So Grand Exercise: FW 623-933-0214		
Sew-n-Sew: LV www.sewnsew.info - Check webpage for exact dates of classes			Duplicate (ACBL): LV 623-518-7916 or 623-640-5554			M Th F 1-4p LV SH 1 & 2 Must arrive by 12:45p; Must have partner			Stretch and Slim: BC 253-225-3370		
Silver Stones: SD			Kachina: SD 651-592-5939 Sharon 623-363-7199 Posy			12-4p SD WH Only			Tai Chi: BC, LV & FW Tu 10:15a FW AZ3 Tai Chi Essentials Tu 6p LV SH3 Qi Gong http://scataichi.wix.com/sc-tai-chi-club email: suncitytaichi@gmail.com		
			Dance Clubs						Zumba Fitness: SD 508-527-4535		
			Ballroom Dance: BC 602-292-3175; 623-533-6236			Dances resume Su 9/12 - 6:15-9:30p BC SH1-2 No Lessons Offered in September			M W Gold 11:30-12:30p; F Chair 11:30a-12p; F Gold 12-12:30p (check-in by 11:30) BC SH; Fitness ZumbaTu 6:30-7:30p SD WH; Th 6:30-7:30p; Sa 8:30-9:30a MC Aud		
			Bell Tea: BC 623-933-8873			W 2-4p BC SH 1&2					
									Hobby Clubs		
									Armchair Travel Club: FW 623-476-2811 Closed for Summer		
									Birding Club of Sun City: BC 630-768-5205; List of activities at https:// sueblechl@gmail.com Closed for Summer		
									BirdPeepersSC@gmail.com May have outings over summer; email for info		
									LGBT of Sun City: OM Aud lgbtclubofsuncity@gmail.com Meet 2nd Th & 4th W 6pm OM Aud		
									360-789-9815 Garden: GR 623-875-5921 Office Hours M W F 9a-12p GR Mem Mtg 1st Tu 9a GR Sonora Room		
									Model Railroad: FW 239-207-7314 Leave message Club Hours M-Sa 8a-4p Mem Mtg M 9/13, 9-10a FW Rm 133		
									Model Railroad Museum: FW 239-207-7314 Leave message W 9a-12p; 2nd & 4th Sa 10a-2p		
									Rockhounds: SD scrockmuseum@gmail.com 2nd Th 6p FW AZ 1 & 2		
									Mineral Museum: SD 623-428-6442 Sa 10a-1p		
									RV Club: SD silvercreekbranch1@hotmail.com Mtg/Potluck 4th Tu 4p SD Aud 1st W, 3rd Tu 5-9p Games at BC MP Bldg		
									Stamp Club: MC 602-329-8905 Mtg/Auction 1st M, 6-9p MC SH		
									Sun City Yacht Club: LV 480-492-3477 Su, Tu, Th 10a-1p Viewpoint Lake		
									Vintage Vehicles: GR 602-609-0973 Shop Operations M-Sa 8a-4p https://www.vintagevehiclesofsuncity.com/		
									Performing Arts Clubs		
									Sun Cities Community Orchestra: FW 623-582-9964 W 8:30a-12p FW Music Room		
									Choraliers: FW 623-933-7202 Carol Rehearsals resume 9/13		
									Concert Band: FW 602-625-5211 Rehearsals - Tu 9-11a FW Music Rm		
									Handbell Ringers: FW 602-799-1947 F 8:30a-11:30a FW Music Rm		
									Piano: SD 623-444-4483 Summer Performance 4th M 2-4p SD Aud		
									Sun City Players Community Theater: MV email: Writeonjoy@gmail.com Clubhouse Workshop W 9:30-11:30a Gen Mem Mtg/Entertainment 3rd M 7p suncityplayerscommunitytheater.org Contact dansee76@yahoo.com or call 623-266-9288 for script to prepare for audition		
									Rhythm Ramblers: FW 623-876-2063 Rehearsal Tu 1-5p FW Music Rm		
									Ukulele: FW 623-594-6591 (Oct-April) 920-410-6932 (May-Sept)		
									Women's Chorus: FW 623-308-4643 Annette Rehearsals resume on 9/9 Th 8:30-11a FW Music Rm		
									Political Clubs		
									Democratic: FW 623-977-4660 1st Th 6p FW AZ 3-4 Canned Goods Collected for Food Bank at Mtgs		
									Republican: SD suncitygopclub@gmail.com Tu 9/28 6p SD EHs		
									Social Clubs		
									Best Friends Dog Club: FW 480-524-6893 bfdcsuncity@gmail.com Closed for Summer		
									Fairway Readers: FW 623-972-3409 Books can be reserved in advance at FW Library w/ MCLD Card 2nd F 1-2:30p FW Rm 217		
									Illinois Club: FW 630-768-5205; List of activities at https:// sueblechl@gmail.com Social Mtg 4th Th 6:30pm FW AZ #3		
									LGBT of Sun City: OM Aud lgbtclubofsuncity@gmail.com Meet 2nd Th & 4th W 6pm OM Aud		
									Men's: SD 623-977-5116 M-Sa 7a-4p; Poker M 4-9p; Tournaments Th 10:30am-3pm; Bingo resumes starting 9/2		
									Michigan Friends in Sun City michigan2arizonaclub@gmail.com 3rd W (9/15) Social Time 4-6p BC MPR FYI call Tom at 517-526-7968 Call or text 623-910-1522 to RSVP for Euchere on Last M 2:30-5p BC MPR; BYOB		
									New England: LV 623-215-3637; 623-328-9878 Closed for Summer		
									NextGen: FW 716-445-7383 1st & 3rd M FW AZ 1&2 Every Th Cards 1-4p BC MPR		
									Visit nextgensuncity.org/ for all events Wine Sharing 2nd F 6-8p OM Aud/Patio		
									Sun City Hospitality: MC 623-933-5158 2nd F Pizza/Bunco 5p MC Aud Last F Potluck/Bunco 5p MC Aud Friendship Corner Sa 11a-5p MC SH		
									Singles Social Club: FW 623-583-2307 Ellen 1st F Potluck & Games 6-9p FW AZ 3-4 3rd F Game Night 6-9p FW AZ 3-4 Darts 4th F 6:30p BC		
									FMI visit https://suncityaz.org/recreation/clubs/singles-social-club-of-sun-city/ Wisconsin Club: SB 623-242-6318 Su M W F 12-3p WWCoFSC@gmail.com		
									Women's Social: LV 623-977-5605 M-Su 9:30a-4:30p		
									Sport Clubs		
									Basketball: MC 206-459-3242; 604-313-3190 charlespeterson@comcast.net		
									Billiards: Bell Billiards Room 315-806-0067 W 7a-1p; Sa 12-5p; Tu 11a-4p; F 8a-4p Instruction F 8-11a		
									Billiards: LV Billiards Room (602) 319-0783 Singles: 8 Ball M 8a-12p; 10 Ball W 9a-1p; 9 Ball Th 1-5p, F 8a-12p Doubles: 8 Ball Tu & Th 8a-12p Ladies M, Sa 8:45-10:30a; Th 9:45-11:30a		
									Bocce: SD 623-693-2881 Open Play: Su 9/23, 2p; Every Th 8:30a (except Th 9/30), Every F 7p Check the Club House Bulletin Board or online at https://suncityaz.org/recreation/ clubs/bocce-club/ for complete monthly schedules		
									Dart Club: BC 773-802-2084 M T W 5:30-8:30p; Th 2-4p		
									Lawn Bowls: BC 623-972-3248 M W F 7-9a; Su M W F 7-9:30p		
									Lawn Bowls: FW & MV 623-933-5066 Closed for Summer		
									Lawn Bowls: LV (Sun City Club) 623-583-0625		
									Lawn Bowls: LV 623-974-3214 Tu Th Sa 7:30-10a		
									Lawn Bowls: OM 623-792-5202 Closed for Summer		
									Mini-Golf: LV 317-508-5959; 623-300-4461 Golf 9/28 8a LV; 9/22 8a SD Mem Mtg Tu before 2nd Wed 9a LV SH 1		
									Pickleball: MC, MV Daily Drop-in 7-11a; Round Robin W 7p MC		

Thoughts from a Pro

The Difference Between Pitch & Chip

Both the pitch and the chip are a part of the short game. They are both shots used to get the ball onto the putting surface as you get closer to the green. What is the difference between the two and when should you use each?

First, let's discuss the difference between the two shots. I like to think of the "pitch" as a lofted shot where the ball spends most of the time in the air and has a soft landing with little roll. Visualize an underhand softball pitch. On the other hand, with the "chip" the ball spends a short amount of time in the air (just enough to bump over the longer grass) and half or more of the time rolling along the ground. Visualize a putt with a little jump start!

So, when to use the pitch vs when to use the chip?

Use the pitch when you need the ball to get up and loft over something (mound of grass, bunker, cart path) and then there isn't much green left to let the ball roll to the flag.



Use the chip when you just need the ball to bump up and over a smaller amount of grass to get it onto the green and then you have some green left to roll the ball to the hole. We used to refer to this shot as a bump and run!



Remember the general rule is that you have always have more control when the ball is rolling on the ground so get it on the ground as soon as possible. For that reason, using the putter might be your first option. Your second option would be to consider the chip and the third would be the pitch.



Strike Point for Chip vs. Pitch Shot; Graphics: Rookieroad.com

These are the shots that really can make a difference in your score and it's fun to be creative and experiment with which clubs work best for you for both these shots. Just remember...pick the easiest, highest percentage shot and you'll probably do better!

Robin Eichten is a LPGA Life Member and Certified Teacher and has been teacher in the Sun City area since 1994. For lesson info or signup call/text her at 623-322-6300 or email to golfinwithrobin@aol.com

2021 RCSC Golf Course Maintenance Schedule

Overseed Schedule

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

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



Lakes West Bunker renovation is now complete!

Fall Bowling League Sign-ups

**** Don't Delay; Do It Today! ****

RCSC Bowling Centers

Lakeview Lanes
10502 W. Thunderbird Blvd.
623-876-3055
Monday-Saturday: 8am-8pm
Sunday: Noon-6pm
Billiards at Lakeview Lanes, too!

Bell Lanes
16810 N. 99th Ave.
623-876-3050
Monday-Saturday: 8am-9pm
Sunday: Noon-8pm
Darts, Shuffleboard & Billiards at Bell Lanes!



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

Same great food now at two Sun City AZ locations!



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

Fish 'n Chips
9 Oz. Cod, Coleslaw & Potato
Wednesday & Friday

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

George's Cafe at Bell Center
Inside Bell Lanes
Phone: 623-518-4525

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



- ### 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/
- September 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 resume in October.

Now is a great time to 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



September Chores

September is here. Better get organized. What needs doing? Make a list!

TO DO	YES	NO	WHY
Get kids in school		X	Kids too old
Turn off air conditioner		X	Are you kidding?
Plan for winter garden	X		Start seeds inside
Get ready for winter visitors	X		Can't stop 'em
Welcome snowbirds	X	X	Economy/Crowds
Take a last summer jaunt	X		Escape the heat

Go to the Bookstore
at Bell Recreation Center
602-651-2014



Great selection of used:

- Hardbound novels
- Paperback novels
- Vintage books
- Large print books
- Non-fiction books
- Self-help books
- Coffee table books
- Arts and craft books
- Cookbooks
- Children's books Magazines
- DVDs
- CDs
- Records
- Puzzles
- Sheet music

Author of the month sale
Other special sales
Great hours, 9:30-3:30, Mon-Sat
It's cool, in more ways than one

Go to the Library
at either Bell or Fairway
602-652-3000



Great book selection
Access to all MCLD materials
Audiobooks and music CDs
Thousands of DVDs and Blue-rays
Digital magazines
Streaming movies
Downloadable ebooks
Free online classes
Culture Passes
Citizen Science kits
Drop-in Tech Helpdesk
iPhone/iPad Help Desk
In-person events and programs
Book-a-Librarian
Free garden/flower seeds
Both locations are equally cool

Follow this To-Do list

X

Your loss!

Visit Maricopa County Libraries online at
www.mclldaz.org to learn more

Water Conservation

Harvest Rainwater to Save Money

After several years of "non"-soons, those who spent this summer here in Sun City got to experience both the joys and heartaches of what the monsoon season can really do.

While the storms may have woken us in the middle of the night and frightened our pets, the rain on rooftops was music to our ears - provided it didn't leak. Streets flooded and rock washed away from places that stumped many who have been here for years.

Rainwater from such downpours can be both a blessing and curse but these storms are truly a godsend here in the desert, especially as we continue to experience historical drought conditions that will impact us for many years to come.

The sheer force and destruction of water's capabilities is unimaginable to those who are unfamiliar with our monsoon rainstorms. What can be a trickle at one moment might turn into a raging river is a matter of minutes. Care, caution and common sense are what keep people safe. Never put yourself in danger.



However, there is much good that can come from keen observations and a willingness to conserve this precious resource. If you're here when these storms occur, where does the water run on our property? Is it possible to contain what is coming off your roof and to use it for watering plants at a later time?

Remember, the key to water harvesting is to "slow it, spread it and sink it" on your property to make the most of this resource, potentially saving yourself money as well. For example, did you turn your irrigation system off while it was pouring down rain? With a little planning and work, you can make some minor changes and re-direct water run-off to various areas in your landscaping so that mother nature can do her job with a little direction and save a bit on your water bill.

We've got one more month of monsoon season; hopefully it will rain some more - we need it. Pay attention and watch what happens in your yard. Then do some research to find the best ways to make the most out of what literally falls from the sky.



Every Drop Counts!
Do your part to help conserve!



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

Will Women “Bulk Up” Lifting Weights?

The answer to this often asked question is NO, according to Jane Fortier, fitness specialist with Get Fit for Life. “Women will not “bulk up” if they lift weights - even heavy ones! Many women have a fear of turning into Arnold Schwarzenegger, if they so much as touch a 10-pound dumbbell. Women cannot and will not “bulk up” if they start lifting weights, and there are many science-based reasons why. Lifting weights will, however, produce numerous health benefits for women. It’s ridiculous to think women shouldn’t have well-defined muscles. Terms like “lean muscle” and “tone up” have been created by marketing gurus, who know that some women are fearful of strength exercise. These softer, descriptive terms have allowed women to be more comfortable, as they move forward with strength exercise and discover its true benefits.” Here are four reasons to stop believing that lifting weights makes women “bulky”.

#1 - It’s hard work for women to visually “bulk up” muscle. This is good news for some, bad news for others -- it’s great news for women who are afraid of packing on too much muscle. Building muscle SIZE and MASS (referred to as “Bulk”) is a long, slow process that requires years of consistency, dedication and effort. Most women would never put in enough time or effort, to create the kind of physique they are afraid of. It takes years to put on the muscle mass that bodybuilders have. Professional bodybuilders are an elite few, only because they are willing to work consistently to excel.

#2 - Women don’t have enough testosterone to get bulky. Women don’t produce as much testosterone as men. Testosterone production is a huge factor in muscle growth. Of course, there are always exceptions: Some women have higher testosterone levels than other women, but even those with higher-than-average testosterone, most likely don’t have enough to produce bulky muscles.

#3 - Women won’t usually make the eating commitment required for developing extensive muscle mass. To build muscle, a person must eat MORE calories than they would burn. New tissue needs fuel to grow. Muscle growth will not reach full potential, if a person eats a calorie-restricted or calorie-maintenance diet. Most women who are concerned about body size, don’t eat enough calories or enough protein to support significant muscle mass growth. The recommended calorie intake for a healthy woman is between 1,800 and 2,400 calories. If a woman exercises, she probably would need to meet the higher end of that range, and possibly more because of body height or activity level. If a woman isn’t normally eating more than maintenance-level calories each day, muscle bulk would be impossible. Packing on a lot of muscle takes more calories, more protein, more supplements, and more testosterone than one might think.

#4 - Women, generally, don’t lift heavy enough weight, or lift often enough, to get bulky. Muscles don’t grow in response to tasks they’re used to. Muscles growth comes from challenge. One needs to progressively overload lifts, to encourage muscles to grow. Muscles have no reason to get bigger if there is no demand. To add more muscle mass, two primary rules need to be a part of the workouts: 1} lift in the correct rep range (8 to 15 reps per set); and 2} lift to fatigue. Those two guidelines only work for so long -- eventually, it’s necessary to add new approaches, like drop sets, super sets, pyramid sets and repping to failure, These techniques send stronger muscle-building signals to the brain. Frequency is another key factor in building muscle. Studies show that training a muscle more often, makes it grow, in a shorter period of time.

Women who lift weights won’t get bulky. What they will achieve is diminished body fat and a toned, lean muscle appearance. Beyond aesthetics, women who lift weights will experience improved bone density, weight loss, better body composition, renewed flexibility/mobility and sharper mental clarity. Strength exercise makes a woman feel strong, empowered and confident. Getting started with strength exercise is overwhelming. Get Fit for Life Personal Trainers simplify things by developing custom-designed programs that take into consideration needs and medical issues. Trainers are available in all Sun City Fitness Centers. For more information about working with a Get Fit for Life Trainer, call 623-696-6820 or visit Get Fit for Life Sun City on Facebook.

MONITORED ACTIVITIES		
Basketball		
Marinette Center	M-Sa: 6a-8p; Su: 8a-8p	
Billiard Tables		
Bell Lanes	M-Sa: 8a-9p; Su: Noon-8p	
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	
Bingo		
Sundial Center	Bingo Resumes 9/2 Thursdays: Doors Open 4:30p; Bingo 6:15p \$9 all 18 games w/3 special games Everyone welcome.	
Boating/ Fishing		
Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p (or Dusk)	
Bocce Courts		
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	
Bowling Lanes		
Bell Lanes	M-Sa 8a-9p; Su 12-8p	
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	
Dog Parks		
Duffieldland	May - September 6am-8pm Closed last Wed/month for Maintenance	
Darts		
Bell Center	M-Sa: 8a-9p; Su: Noon-7p	
Fitness Centers		
Bell Center - 18+ only	M-Sa: 5a-9p; Su: 8a-8p	
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	
Oakmont Center	M-Sa: 6a-7p; Su 8a-7p	
Sundial Center - 18+ only	M-Sa: 6a-9p; Su: 8a-8p	
Horseshoe Courts		
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	
Jogging / Walking Track		
Indoor		
Fairway Center	M-Sa 5a-9p; Su: 8a-8p	
Sundial Center	M-Sa only: 6a-8a	
Outdoor		
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	
Sun Bowl	Dawn to Dusk	
Library (602) 652-3000		
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p	
Fairway Center	M-F 9a-4p; Sat 8a-12p	
Mini Golf		
Bell Center	M-Sa: 6a-9p; Su: 8a-8p	
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	
Pickleball		
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	
Mountain View: Outdoor	M-Sa: 6a-7p; Su 8a-7p	
Racquetball/ Whisperball		
Bell Center Courts A & B	M-Sa: 6a-9p; Su: 8a-8p;	
Shuffleboard		
Bell Lanes: Indoor	M-Sa: 8a-8p; Su: Noon-7p	
Lakeview: Outdoor	M-Sa: 6a-7p; Su 8a-7p	
Spas		
Bell Center - 18+ only	M-Sa: 5a-9p; Su: 8a-8p	
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	
Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	
Mountain View Center	M-Sa: 6a-7p; Su: 8a-7p	
Oakmont Center	M-Sa: 6a-7p; Su 8a-7p	
Sundial Center - 18+ only	M-Sa: 6a-9p; Su: 8a-8p	
Swimming Pools - Open Swim Hours		
Bell Center - 18+ only		
Lap Pool: M-Sa: 5a-9p; Su 8a-8p; Closed for Club/Class: M-F 7-9a		
Walking Pool: M-Sa: 5a-9p; Su 8a-8p		
Fairway Center		
Lap Pool: M-Sa: 5a-9p;Su 8a-8p		
Walking Pool: M-Sa: 5a-9p;Su 8a-8p		
Lakeview Center		
M-Sa: 6a-7p; Su 8a-7p; Club/Class: W 8-10a		
Children's Pool Hours - Ages 4-15 yrs: Daily 4p-Close		
Marinette Center		
M-Sa: 6a-9p, Su: 8a-8p; Closed for Club/Class: thru 9/3 M T Th F 8-9a and		
Closed for Club/Class: Starting 9/20-11/12 Tu, F 9-10a		
Children's Pool Hours - Ages 4-15 yrs Daily 1-4p		
Mountain View Center		
M-Sa: 6a-7p; Su 8a-7p; Closed Club/Class: thru 9/3 M Th 8-10a, Tu F 8-9a		
Closed for Club/Class: Starting 9/20-11/12 M Th 9-10a		
Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p		
Oakmont Center		
M-Sa: 6a-7p; Su 8a-7p		
Closed for Club: Every Su M W F 12-3p; Spa, Swim Lanes remain open		
Closed for Club/Class: thru 9/3 - M Tu Th F 9-10a, Swim Lanes closed		
Closed for Club/Class: 9/20-11/12 - M T, Th F 9-10a, Swim Lanes closed		
Sundial Center - 18+ only		
Large Pool: M-Sa: 6a-9p; Su: 8a-8p; Closed for Class thru 9/3 Th F 8-10am		
Closed for Class 9/20-11/12: Every M Tu, Th F 8-10a;		
Warm Water Pool: M-Sa: 6a-9p; Su 8a-8p; Closed for Class: T/Th 12-2p;		
Closed thru 9/3 then 9/20-11/12 M Tu, Th F 10a-12p, 4:30-6:30p		
Table Tennis		
Bell Center: M-Sa: 6a-9p; Su: 8a-8p;		
Closed for Club Activity: M W F: 10a-3p; Tu & Sa: 10a-12p		
Tennis		
Bell Center: 623-977-3325 M-Sa: 6a-9p; Su: 8a-8p		
Lakeview Center: 623-561-4676 M-Sa: 6a-7p; Su 8a-7p		
Mountain View: 623-876-3042 M-Sa: 6a-7p; Su 8a-7p		

Strength Machine Demonstrations

** 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!



Fitness Training
623-696-6820

Personal Training Sessions
are available at all
RCSC Fitness Centers

Massage
Services

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



Bell Center
Lisa McCoy
623-210-2707