

SUN VIEWS

ISSUE #242 • JANUARY 2022 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.

SUN CITY
ARIZONA
RECREATION CENTERS
OF SUN CITY

New Year = New Opportunities for Fun & Good Times

A new year has arrived and we're looking forward to lots of good things to come. We begin with four new Directors being seated on the RCSC Board and new Officers being appointed soon. A record turn-out at the Annual Membership Meeting in December will likely have more members getting involved in the coming year and everyone's participation is encouraged.

Lots of friends and neighbors who were unable to travel during this last year have been returning to Sun City AZ and excitement abounds as activities continue to return to normal. Please know that you were missed and we're glad you're back.

The Sundial Ticketed Concert Series kicks off in early January with great music and your comfort and safety in mind. This year we are offering two performances for each show (3pm matinee and 7pm evening), with reserved seating and smaller audiences. Tickets remain available and can be purchased at the Events & Entertainment Office at Sundial (phone 623-561-4680), or at the box office one hour prior to each performance (see page 3 for more information or online at www.suncityaz.org/recreation/concerts).

All are welcome to the Grand Center Open House on Friday, January 14, 2022 from 9am to noon. Check out Vintage Vehicles state-of-the-art mechanic shop and discover everything you need to

explore photography including an outstanding array of equipment offered to members at the Camera Guild. See what's growing in the Garden Club's green house or try your hand at hitting a bulls' eye in the Sportmen's Club indoor archery range. Sun City Clay Club and Jewelry, Stained Glass & More have spacious new club rooms/workspaces, allowing those interested to get creative with plenty of elbow room. Last but not least, visit the Sun City Posse's satellite office and find out what this organization offers to increase awareness about resident safety and security.

If your New Year's resolution includes getting involved in the new hobby or activity, you'll want to mark your calendar and plan to attend the upcoming "Discovery Sun City AZ" new resident orientation, scheduled for Wednesday, January 19, 2022 in the Sundial Auditorium. This is your one-stop shop to find out all about RCSC Chartered Clubs, community organizations and much more. Whether you're new to Sun City or have lived here for years, this is your once-a-year opportunity to explore all there is to do here. There are two sessions offered: 9-11am and 6-8pm.

Cheers to the new year! Let's resolve to be kind to each other and enjoy all that Sun City AZ has to offer. It really is a great place.

COC: New Year, New Direction

Over the last several years, the Clubs Organization Committee (COC) has struggled to find its true direction. Following the results of a survey sent to RCSC Chartered Clubs this past October, the COC has made the decision to redesign their mission, noting that the clubs wanted more autonomy, a direct communication line for information, Board Policy 12 clarification and overall guidance which they found in the RCSC Chartered Clubs Office.

The COC's new mission going forward will be to act as mediators for Club Officers and their Members when either disputes occur or the Officers or Club Members need advisement regarding disciplinary issues. This new direction allows the Committee to interact on an RCSC Cardholder to RCSC Cardholder, i.e. peer level.

Great news for the Chartered Clubs is that all initial communications, whether it be requests for COC assistance or interpretation of Board Policy 12, will remain with the Chartered Clubs Office.

If you have any questions regarding the redesign of the Committee, please do not hesitate to contact Myrna DeBruyne, Chartered Club Supervisor, with your inquiries via email to mdebruyne@suncityaz.org or by calling 623-561-4662.

**** MANDATORY****

Club Officer Training • January 2022

Choose the day, session & location that works best for you!

- Friday 1/7 @ Sundial - 9-11am or 1-3pm
- Wednesday 1/12 @ Fairway - 9-11am or 1-3pm
- ALL Club Officers are required to attend one of these sessions

New Directors Elected to Serve



The RCSC Board of Directors election results show that the number of ballots cast in this year's election totaled 8,603. The successful candidates elected to serve on the RCSC Board beginning in 2022 for full three-year terms are: Karen McAdam who received 1,630 votes, Kat Fimmel who received 1,567 votes, and Allan Lenefsky who received 1,424 votes. One additional seat on the Board will also be filled as a result of this election: John Nowakowski received 1,409 votes who will serve for two years.

The newly elected Board Members were installed at the Board Meeting on Thursday, December 16, 2021 and were seated as of January 1, 2022. Congratulations to those elected and thanks to those who ran in this election for your willingness to serve the community.

Caption: Newly elected directors are sworn in by outgoing RCSC Board President Sue Wilson (back to camera: (shown above from left to right): John Nowakowski (two year term), Kat Fimmel, Karen McAdam, and Allan Lenefsky who will serve full three-year terms.

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

Email addresses
remain confidential

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NOTE: The Cardholder Services Office at Lakeview and the Sun City Visitors Center at Bell will both be open from 9am until noon on **Saturday, January 8, 2022** (not the first Saturday of the month) due to the holidays.

Connect with Sun City AZ





2022 RCSC Board of Directors

Phone: 623-561-4620

email: boardoffice@suncityaz.org

Darla Akins, Director

email: dakins@suncityaz.org

Steve Collins, Director

email: scollins@suncityaz.org

Michael Ege, Director

email: mege@suncityaz.org

Kit Kimmel, Director

email: kfimmel@suncityaz.org

Dale Lehrer, Directed

email: dlehrer@suncityaz.org

Karen McAdam, Director

email: kmcadam@suncityaz.org

Allan Lenefsky, Director

email: alenefsky@suncityaz.org

John Nowakowski Director

email: kfimmel@suncityaz.org

Sue Wilson, Director

email: swilson@suncityaz.org

A Message from Board President Sue Wilson

Board Accomplishments Recognized

As we end 2021, it's time to reflect on all that the RCSC Board of Directors achieved this year. One of the biggest achievements this year was the hiring of a new General Manager as Jan Ek retired. It took several steps, but the Board decided that our Director of Finance Bill Cook was the one that best fit this job and we feel that he has done a good job so far.

A second accomplishment was the reopening of all the activities and clubs at RCSC to a new normal since the COVID-19 pandemic started. All of the reopening was possible due to the high vaccination rate of our residents in Sun City.

Another accomplishment was the creation of a video magazine known as "Sun City AZ in Focus." The Communication and Outreach Standing Committee changed their name and brought new life to a committee. The committee has now produced three videos that have provided a lot of good information and has received some very positive comments.

The Technology Committee was also formed and has already put in a lot of time developing some great ideas for the future. We know we have a lot of work to do in the technology area but there are a lot of devoted volunteers on this committee accepting this challenge.

We also saw the opening of Building 2 at the Grand Center. This building is currently the home of Vintage Vehicles and the Sportsman Club. In the near future, they will have a third club joining them.

Yet another accomplishment was the approval and the beginning of construction on the Maintenance Building at the Lakes Golf Courses. This area will be larger than what it was and will greatly increase the life of our equipment by not storing the equipment in the summer sun as well as being more secure.

The Board also approved moving ahead with the Mountain View Recreation Center project. Currently we are having Phase 1 (the Performing Arts Center, the gym and the fitness center) being

designed. The Performing Arts Center has been on the plan for 27 years.

Another accomplishment has been finding a Parliamentarian to attend our Board Meetings. We were fortunate to have one of our cardholders give us a name and that has proved to be helpful in making sure we are adhering to Robert's Rules of Order. I would personally like to thank that cardholder for giving us a solution.

Working with the information produced by the Long Range Planning Committee and their request for the development of utilization records will be a big help for Management and the Board to make sound decisions for the future. The criteria has been created to determine space allocation by gathering club and activity utilization data.

We made progress on the restrictions coming from the Arizona Department of Water Resources (ADWR). We know this will continue to be a focus area for next year's Board as well as other future Boards. The Board of Directors will welcome some new Board Members next year and that Board will continue to move forward making Sun City one of the best 55+ communities.

Please note: Board Officers, Committee Chairs and Co-Chairs together with Community Organization Liaisons are appointed and announced in early January.

Any RCSC Members wishing to learn more about joining one of the standing committees is encouraged to contact the RCSC Board Office at 623-561-4620 for more information.



Sue Wilson
2021 RCSC Board President

This Month @ The Board

RCSC Board Meetings:

Board Meeting #1

Monday, January 10, 2022 @ 9am

Sundial Auditorium

Board Meeting #2

Thursday, January 27, 2022 @ 9am

Sundial Auditorium

Committee Meetings:

Bowling Committee

Thursday, January 6, 2022 @ 9am

Lakeview Board Room

Sun City AZ in Focus Committee

Tuesday, January 11, 2022 @ 9am

Lakeview Board Room

Technology Committee

Tuesday, January 11, 2022 @ 11am

Lakeview Board Room

Lawn Bowling Committee

Tuesday, January 11, 2022 @ 1pm

Lakeview Board Room

Long Range Planning Committee

Monday, January 17, 2022 @ 8:30am

Lakeview Board Room

Club Organization (COC) Committee

Wednesday, January 19, 2022 @ 10am

Lakeview Board Room

Golf Advisory Committee

Thursday, January 20, 2022 @ 8:30am

Lakeview Social Hall #2

Elections Committee

Wednesday, January 26, 2022 @ 1pm

Lakeview Board Room

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



"Neighbors Helping Neighbors"

The next Sun City Foundation meeting will be held on Thursday, January 13, 2022 at 1:00pm in the Lakeview Social Hall #1.

Discover SUN CITY ARIZONA

RECREATION CENTERS
OF SUN CITY

Wednesday, January 19, 2022
Sundial Auditorium
Two Sessions: 9am & 6pm

Learn about the Clubs & Organizations
that make our community special!

Grand Center Open House

Friday, January 14, 2022
9am to Noon
10411-15 West Grand Avenue



Come see all that the newest RCSC
facility has to offer Cardholders!

- Clubs now at this location:
- Camera Guild of Sun City
 - Clay Club of Sun City
 - Garden Club of Sun City
 - Jewelry, Stained Glass & More
 - Sportsmens Club of Sun City
 - Vintage Vehicles of Sun City
 - Sun City Posse Satellite Office

All are welcome! Refreshments, Raffles & More

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 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.

Duffeland Dog Park
14610 N. Del Webb Blvd.

Sun City Visitors Center
1-844-4 SUN CITY or 623-977-5000
Located in the Bell Center at
16820 N. 99th Ave.

2022 Sundial Ticketed Concert Series

All Shows • Two Performances • 3pm & 7pm
Reserved Seating • Doors open 1 hour prior to shows

Tickets: \$20 for RCSC Cardholders/\$25 for Guests, non-Cardholders
Purchase at the Sundial Events & Entertainment Office or phone 623-561-4680
Visit <https://suncityaz.org/recreation/concerts/> for more information, full show descriptions & links



The Chicago Experience
Wednesday, January 5, 2022



December 63'
Tribute to Frankie
Valli
Wednesday,
February 2, 2022



Blood, Sweat & Tears Tribute
Wednesday, February 23, 2022



Britain's Finest - The Complete
Beatles Experience
Wednesday, March 16, 2022



Bobby Wilson,
Son of Jackie
Wilson
Wednesday,
January 12,
2022



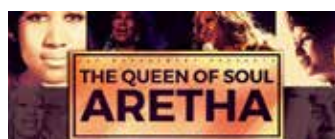
Rock Me Gently
Wednesday, February 9, 2022



The Broadway Concert Experience
Wednesday, March 2, 2022



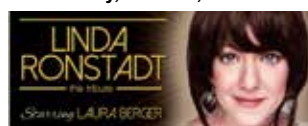
One of These Nights Eagles Tribute
Wednesday, March 23, 2022



Aretha, The Queen of Soul
Wednesday, January 26, 2022



Manilow &
Streisand
Wednesday,
February 16,
2022



Linda Ronstadt starring Laura Berger
Wednesday, March 9, 2022



MJ DeJa vu
Michael Jackson
Tribute
Wednesday,
March 30, 2022

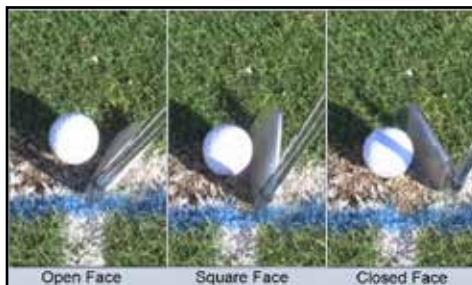
Help Keep Sun City Pools Healthy!

Showers are required by everyone prior to entering any RCSC Swimming Pool or Spa facility.
Thanks for your cooperation and understanding!

*Thoughts from a Pro***Get your clubface square for straight shots!**

To hit the ball straight, without a hook or slice the clubface must be square (or facing the target) at impact. Many people start their clubface off square at address and wonder why it is not square at impact!

To understand this let's think about what the clubface does when you are putting. On a putt your putter starts out square, or facing the hole, and as you make your putting stroke back and forth the putter face stays relatively square throughout the entire stroke. However, because a full swing is much longer, and our body turns away from the target on the backswing, the club-



face opens on the way back and then must close back up on the way down. If it closes too late and the club is still open at impact the ball will slice or curve right. (for a right-handed golfer) If it closes too early and the club is closed at impact the ball will hook, or curve left. (for a right-handed golfer)

To practice this proper opening and closing, use a 7 iron and tee the ball up. Take some practice swings first using just a waist high swing back and through. Stop on the backswing and look back to see if the club face has opened properly. If it has, the tip or toe of the clubface will be pointing up towards the sky. Now, swing through to a waist-high follow-through and again look to see if the tip or toe of the club is pointing up towards the sky. If so, the club has closed on the downswing. Getting the timing of this takes some practice, so working with a short club, and a short swing is usually the easiest way to perfect it! (Remember, if there is no curve to your ball the club face was square when you made contact) Once you have it move to a longer swing and then a longer club. Say goodbye to your slice or hook!

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



Visit <https://suncityaz.org/golf-courses-pro-shops/lessons/> for schedule of upcoming sessions or contact Chris Linam at 623-876-8419 for more info

\$130 includes 4 group lessons, with the 5th lesson being a round of golf. Lessons held at Willowcreek/Willowbrook Golf Course (unless otherwise noted**). There will be a variety of days and times, so you can pick the class that best fits your schedule. Sessions are limited to six students for each group, so be sure to sign up early!

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 golfinwithrobin@gmail.com

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!

Stop by & check out our Daily Specials

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



The Sun City Open senior bowling tournament is held each year during the last week of April and the first week of May. The Tournament is hosted by Lakeview Lanes and Bell Lanes and is open to all USBC certified senior bowlers fifty years of age and older statewide and beyond.

Tournament events consist of Singles, Doubles, Team and All-Events Handicap and Scratch events. Card carrying members of any professional bowlers' organization are welcome but shall be limited to two (2) members in the TEAM Event and one (1) member in the DOUBLES event. Entry forms will be available soon.

**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/

January Snack Shop Hours
Open Daily 6am - 5pm

**Volunteer Ranger Program**

For more information about joining our program, please contact Chris Linam, Pro Shop Manager, at 623-876-8419 or email clinam@suncityaz.org. Next meeting is Thursday, January 27, 2022 at 1pm in Talisman Hall.

Dance for Fitness



Dance for Fitness Club has been described by one member as a “club with well-choreographed dances for our age group, great leadership and a friendly atmosphere.” Several other members have also described the Club as mentally and physically challenging and a source of many friendships. Another member states that Dance for Fitness offers “a fun physical activity that helps with general fitness while socially connecting with others in the community.”

Dance for Fitness offers over 90 different dance routines choreographed to the music of the 50s and up to current-day songs. The routines include rock and roll, waltz, line dance, Broadway, and novelty dance styles. The choreography is designed for individual performance, not couples, and the club is open to all men and women who enjoy moving to music.

Dance for Fitness classes meet three days a week from 9 to 10 am: Tuesdays at Bell Social Hall, Wednesdays at Sundial Social Hall, and Fridays at Mountain View Auditorium. Classes are open to all RCSC Cardholders and you may attend three classes free before you join. Dues are \$5 per year and there is no class fee. Join us one, two, or three days a week, whatever fits your schedule. For more information call Penny at 503-580-4636 or Jerry at 253-820-5453.

Wisconsin Club

Save the date: The Wisconsin Picnic is back and will be held Thursday March 10, 2022 from 10:00am to 3:00pm at the Sun Bowl in Sun City, AZ. Everyone is invited to experience “live” entertainment by Zweifel Brothers Polka Band, food, prizes, a silent auction and raffles. Alumni Association representatives from various UW campuses will also be attending. So bring your chairs and enjoy the fun. Cost is \$10 per person which includes brats/hot dogs, beans, sauerkraut, chips and beer/soda.

The Wisconsin Picnic is sponsored by the Wisconsin Club, an RCSC Chartered Club. Find more information at www.wisconsin-clubaz.org. The Wisconsin Club is looking for additional volunteers. If you are interested in sharing your time of 1 - 2 hours, please contact Linda McIntyre (McIntyre.linda47@gmail.com or call 715-308-9964).



Sun City Table Tennis Club

Hello Sun City sports enthusiasts! The Sun City Table Tennis Club located at Bell Center is a great way to get some much-needed exercise and social activity to shake off those COVID blues. Our members range from beginners to high-level tournament players and coaching is also available if you're new to table tennis or haven't played in a while.

The club includes both singles and doubles play – both are great ways to meet people and make friends! We will introduce you to other players, and make sure everyone gets time to play.

Club hours are Monday 10am to 3pm, Wednesday/Friday 10am to 4pm, and Tuesday/Saturday 10am to noon. Recreational players typically play in the morning, advanced players in the afternoon. Dues are \$5 annually and you must be an RCSC cardholder to join the club. Please bring your own paddle, or check one out from the Monitor if you don't have one; balls are provided by the club.



Five tables keep everyone busy playing!

We have an annual club tournament with separate events for 'recreational' and 'advanced' players – everyone has a chance to win! And every year, some of our members compete in tournaments across the US, including the Arizona Senior Olympics, the Nevada Senior Games, the Huntsman World Senior Games, and (every other year) the National Senior Games. For more information, call or email Randy at 602-291-5369 or SunCityAzTTClub@gmail.com.

Sun Cities Community Orchestra



The Sun Cities Community Orchestra is made up of musicians from Sun City and the neighboring areas. Our conductor is maestro George Zoske. You can get more information about the club at the website address shown below or from one of our brochures, which are available at the Sun City Visitors Center located at the Bell Recreation Center

Orchestra rehearsals are held Wednesdays from 9 to 11am October through April in the music room at the Fairway Recreation Center.

Our concert schedule is available upon request via email. You can also request to be on our mailing list to receive an email notification before each concert so you will know when and where we will be performing by providing your name and email address.

Club membership is open to all RCSC Cardholders; however, participation in the orchestra itself may be limited. Club dues are \$5. For more information, please contact the club via email.

Some of the locations we perform at include various churches in Sun City and Sun City West, Sundial Auditorium in Sun City, and local schools. Music performed by the group from time to time includes classical, jazz, easy listening, movie themes, Broadway tunes, concertos, and sacred.

Website: <https://suncityaz.org/recreation/clubs/community-orchestra/>

Email address: SunCitiesCommunityOrchestra@gmail.com.

Art and Craft Clubs			
Artists by the Lake: LV 315-491-9650	M-F 9a-4p; Classes & Open Painting Mem Mtg 12p 1st Tu LV SH 1	Stitchers: BC 480-578-8871 (leave message) 2019bellstitchers@gmail.com	Tu 9a-8p; Th, F 9a-3p Mem Mtg 2nd Tu, 10a
Artistic Stained Glass: BC 623-974-4765	M-Sa 8a-2p; M-Th 5-8p	Woodworking: BC 623-974-6058	M-W 8a-8p; Th-F 8a-4p; Sa 8a-12p Mtg 2nd Tu, 8am Bell MPR
Artistic Weavers & Fiber Artists: OM 320-253-3145 or oakmontfiberart.com	M-Sa 9a-3p Mem Mtg 4th Th 1-3p	Woodworking: FW 623-738-7459	M-F 8a-4p; Sa 8a-12p Mem Mtg 2nd Th, 12p FW 133
Calligraphy: SD 623-594-6591	M 1-3p; Th & F 9a-12p Potluck Party Th 1/13 9-11a SD Aud Hall Open House Th 1/20 9-11am in Club Room All RCSC Cardholders are welcome!	Woodworking: LV 623-933-2355	M-F 8a-2p Mem Mtg 1st Tu, 8:30a
Camera Guild: GR cameraguildsuncity.com	M-F 9a-12p; Mbr Mtgs: 1st Sat 9:30-11a & 3rd Wed 6-8p GR Sonoran Rm Potluck Social Tu 1/25 3-7p GR Sonoran Rm	Card and Game Clubs	
Carvers: LV 847-287-1005 nowbuel1@aol.com	Tu, Th, Sa 7:30a-12p Mem Mtg Th 1/13 9am LV SH 2/3	500: FW 608-345-3252 Lois	Mon 6-9:30p FW AZ Rm 3-4
Ceramics & Porcelain: FW 623-972-5818; 602-821-1197	M-F 9a-3p; W 9a-7p; Sa 9a-1p Mem Mtg 1st Mon 9a	Bunco Broncos: FW 602-526-3495; 623-698-3002	4th M 12-3:30p FW AZ Rm 1-2
Ceramics: BC 623-974-6750	M-F 9a-3p, W 5-8p; Sa 9a-12p Mem Mtg 2nd F 9a	Canasta: OM 480-886-9750; 916-225-9895	F 10a-2p OM Aud Doors open 9:30a; Dues \$5/Yr+\$1/week to play
China Painting: OM suncitychinapainting@gmail.com	M-F 9a-3p	Cribbage: LV 623-933-7044 Tony	Tu 1-4p; W 6-9p LV SH3
Clay Club: GR 623-933-0899	M-Th 8:30a-8:30p; F-Su 8:30a-4:30p Mem Mtg 1st Wed 8a, GR Sonoran Rm	Euchre: FW 623-693-2881; 623-533-5705	Tu 5:15-9:30p FW AZ 2-4; Th 1:30-4:30p LV SH #3
Clay Corner: MC 623-977-3167 ClayCornerMarinette.org	M-Sa 7:30a-9p; Su 10a-6p Mem Mtg 2nd F 9a MC SH Yard Art/Lunch 3rd W 8a-9p	Hand & Foot Club: LV 623-680-8276; 972-838-7512	W 6-9:30p LV SH 1-2; Meeting W 1/19 3:30-5p
Crafts: BC 623-974-3497	M Th 9a-7p; Tu F 9a-3p; W 9a-8:30p Mem Mtg 2nd Th 11a BC SH1 Quality Control meets 1st M 1p BC MPR	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 Classes F 1/7-1/21, 12-4p MC Aud
Crafts: SD 602-882-3512 sundialcraftclub@gmail.com	Needle Craft M, Th 9a-1p; Heritage Albums 1st/3rd M 2-6p; Card Making Tu 5:30-8pm; Scrapbooking W 9a-6p, Sat 9a-3p; Open Craft F 3-8p Member Mtg M 1/3 at 9a SD Aud	Monday Night Pinochle: OM 440-478-2530 Kim/623-217-8584 Beverly	M 5:45-9:30p OM Aud
Creative Quilters: LV 909-744-0642; 970-261-1798	M-W-F 8a-4p; Mem Mtg 2nd F 9:30a	Pinochle: OM 623-876-1895 Tommie 209-524-7358 Cheryl	Tu 11:30a-4p, Sa 11:30a-4p OM Aud
Friendship Quilters: BC 623-523-7661	M, W 9a-8p; 1st & 3rd Sa 9a-3p Open Quilting 2nd Sa 9a-3p Boutique; 4th Sa 9a-3p Charity Business Mtg W 1/18, 12p; Holiday Party Th 1/20 11a-5p FW AZ #2	Sheepshead: LV 623-933-7044; 623-999-4965	M 6-9p LV SH #3
Handweavers & Spinners: SD 623-933-0397	M-F 9a-3p; Sa-Su 10a-2p Mem Mtg 1st M 1p	Contract Bridge Clubs	
Jewelry, Stained Glass & More: GR 262-993-4873; 623-322-4595	M-Sa 8a-12p Mem Mtg Tu 1/4, 9a	Wednesday Afternoon: OM 623-249-9169	W 12:30-4:30p OM Aud Please arrive by 12:15pm
Knitters: FW 602-469-2505	F 8:30a-1:30p FW AZ Rms 3 & 4	Thursday Afternoon: OM 623-933-9671	W 12:30-4:30p OM Aud Please arrive by 12:15pm
Lapidary: BC 623-977-1803	M-Sa 8a-3p; M W 5-8p Mem Mtg 2nd Tu, 9a BC Team Rm	Friday Afternoon: FW 623-933-9671	F 12:30-4:30p FW AZ Rm2 Please arrive by 12:15pm
Leathercraft: LV 623-594-6591; larryvroom@cox.net	M W F 8a-4p	Duplicate Bridge Clubs	
Metal: BC 520-235-0179 Alan alan.ruda@yahoo.com	M-Sa 8a-4p Mem Mtg 2nd M 9a BC MPR	Duplicate (ACBL): LV 623-518-7916 or 623-640-5554 suncitydbc.com	M Th F 1-4p LV SH 1 & 2; Doors open 12:15p; Arrive by 12:45p; Play at 1p; Must have partner Lessons M 1/17-3/7 10a-1p
Palo Verde Artist: SD 503-635-7121 president@paloverdeartists.com	Su-Sa 8a-8p Mem Mtg & Demo 1st M 12p SD EH Mem Reception/Gallery Change F 1/7, 4-5:30p	Kachina: SD 651-592-5939 Sharon 623-363-7199 Posy	Play resumes on M 1/3/22 M 12-4p SD WH
Sew-n-Sew: LV www.sewnsew.info - Check webpage for exact dates of classes	Tu, Th 9a-6p; Sa 9a-4p Open Sewing Su 12-4p Quilt SIG Mem Mtg/Potluck/Show & Tell 1st Th, 10am	Dance Clubs	
Silvercraft: BC 623-933-8442	M-Sa 8a-3:30p Mem Mtg F 1/14, 9:30-11a	Ballroom Dance: BC 602-292-3175; 623-533-6236	Su 6:15-9:30p Dance; Lessons M 6p BC SH1-2 Lessons start M 1/10
SilverStones: SD 623-466-7191	M-F 8a-3p; Sa 8a-12p Mem Mtg M 1/3, 9a	Bell Tea: BC 623-933-8873	W 2-4p BC SH 1&2
Sterling & Stones: FW 623-977-2208 - Annual Dues \$15	Club & Store: M-F 9a-3p; Supply Room 9a-1p Mem Mtg 2nd M 11a-2p, FW AZ #2	Classic Rock Dance Club: BC 623-628-4401	1st & 3rd Sa; Doors 6p; Dance 6:30-9:30p BC SH 1-2; Members \$3, Guests \$6 1/1 - No Dance; 1/15 - DJ Ron West

Club Directory

Country Dance Club: SD 480-431-8278; 623-972-5127 Friday Night Ballroom Dance: SD 623-215-8718 Line Dance: SD 623-972-5127; 231-557-6555 suncitylinedanceclub.facebook Rockin' Thru The Years: SD 623-332-7894 Squares: BC 623-694-7194 djkaus433@gmail.com Sun City Poms: MC 602-392-4242 scpoms@yahoo.com Tip-Top Dance: MC 253-381-1542 Educational Clubs Apple Macintosh: SD 623-933-5300 sunmacs.org Computer Club: FW 623-933-8953 www.computerclubofsuncity.com/ Life Long Learning: FW 623-977-4081 scazlifelong@gmail.com Spanish Club: FW SunCitySpanishClub@gmail.com Fitness Clubs Aerobics: BC 815-289-5912 Judy 317-590-2622 Joann Aqua Fitness Club: SD aquafitnesssuncity.com 619-818-4380 Terry Dance for Fitness: SD 503-580-4636 or 253-820-5453 FUNtastic Fitness: MC 623-759-4492 bettygrantham337@gmail.com Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com Hatha YOGA: SD General Email: HathaYogaClub@gmail.com Ladies Exercise: OM 715-222-9519 So Grand Exercise: FW 623-933-0214 Stretch and Slim: BC 402-578-6948 Tai Chi: BC, LV, FW http://sctaichi.wix.com/sc-tai-chi-club email: suncitytaiichi@gmail.com Zumba Fitness: SD 508-527-4535 Visit https://suncityaz.org/recreation/clubs/zumba-fitness-club/ for specific class info/times	1st/3rd Sa Open 5:30p; Dance 6-9:30p SD Aud Couples/Partners Lessons W 6-9p BC SH No Dance on 1/1 - Sundial Center is closed F 7-10p SD Aud; Lesson 6:15p \$5/members; \$10/guests; No jeans, shorts, etc. Tu & Th: 10a-1p; SD Aud; No Dance 1/25; Relocated to FW 1/24, 1/27 Dance Sa 1/29, 12:30-4:30p SD 2nd, 4th & 5th Sa: 6:30-10p; SD Aud Pre-Rounds Tu 630p; Mainstream Plus 7-9p BC SH Round Dance Lessons Tu Beg 1-2p; Adv 2-4p BC Round Dance Party F 6-8p BC SH M 7-11:30a MC Aud; Tu 3-5p MC Aud Th 8-11 MC Aud; Relocate 1/20 to MC SH Mem Mtg M 8:15-9am MC Aud M 8a-3p; Tu 8a-12p; 5-8p MC SH W8-11a, F 8a-12p MC SH Mem Mtg Th 1/13, 1p MC Aud M-Th 8:30-10:30a & 12:30-2:30p 1st & 3rd F 12:30-2:30p Mem Mtg Sa 1/8, 8:30a SD WH M-F 8a-4p; Sa 8a-12p Member/Class Registration Tu 1/4 10-11a AND Th 1/13 10a-1p FW AZ 1-3 Class Registration Th 1/6, 5-8p FW AZ 3-4 M Tu W 8a-5:30p FW 129 M W F 8-11a BC SH 1&2 No class F 1/14, W 1/19, F 1/21 Pilates M 1-2p BC Aerobics Rm; F 1-2MC SH Aerobics Tu, Th 1-2p MC SH Strength Training Tu, Th 2:10-3p MC SH T/Th 12-2p SD Warm Water Pool Mem Mtg 1st M 12p FW AZ 1&2 Mat & Chair Classes - Mon-Sat SD Yoga Room For Class Schedules & Membership Info visit www.hathayogaclub.org Tu & F 8-9a OM Aud M W F 7:30-9a FW AZ 1&2 No class W 1/12 M-Sa 6:45-11:30a BC Aeoribcs Rm T W Th Sa 1-2p; Su 8-10a BC Aerobics Rm M & W 5-7p BC Aerobics Rm Tu 10:15a FW AZ3 Essentials Tu 6p LV SH3 Qi Gong Th 9:30a BC SH2 Balance & Basics Th 10:45a BC SH2 Beginner Tai Chi Th 1:15p BC SH2 Intermediate/Adv Tai Chi M W F 11-1p BC SH; Tu 6-8p SD WH; Th 6-8p MC Aud; Sa 8-10a MC Aud	Hobby Clubs Armchair Travel Club: FW 623-476-2811; FMI visit https://suncityaz.org/recreation/clubs/armchair-travel-club/ Birding Club of Sun City: BC tjlempidonax@gmail.com 620-616-7459 Leave Message Duffeeland Dog Park: Talisman 360-789-9815 Garden: GR 623-875-5921 Model Railroad: FW 239-207-7314 Leave message Model Railroad Museum: FW 239-207-7314 Leave message Rockhounds: SD scrockmuseum@gmail.com Mineral Museum: SD 623-428-6442 RV Club: SD silvercreek ranch1@hotmail.com Stamp Club: MC 602-329-8905 Sun City Yacht Club: LV 480-492-3477 Vintage Vehicles: GR 602-609-0973 https://www.vintagevehiclesofsuncity.com/ Performing Arts Clubs Sun Cities Community Orchestra: FW 623-582-9964 Choraliers: FW www.suncitychoraliers.com 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 email: Writeonjoy@gmail.com suncityplayerscommunitytheater.org Rhythm Ramblers: FW 602-717-7246 Ukulele: FW 623-594-6591 (Oct-April) 920-410-6932 (May-Sept) Women's Chorus: FW 623-308-4643 Annette F 8:30-11a FW Music Rm 3rd F 9:30-11am SD Aud Annual Concert M 1/24, 7pm SD Aud Clubhouse Workshop W 9:30-11:30a Gen Mem Mtg/Entertainment 3rd M 7p Winter Production F-Su 1/14-16, Th-Su 1/20-22 "Don't Talk to the Actors" - Get Your Tickets Now Rehearsal Tu 1-5p FW Music Room Dance 1st Tu 2:30-4:30p Sundial Aud Th 3-4:30p FW Music Rm Mentorship 1st/3rd Th 1:30-2:30p FW Music Rm Th 8:30-11a FW Music Rm Rehearsals resume on 1/6
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Fairway Readers: FW 623-972-3409 sueblechl@gmail.com Illinois Club: FW 630-768-5205; List of activities at https://suncityaz.org/recreation/clubs/illinois-club/ LGBT of Sun City: OM Aud lgbtclubofsuncity@gmail.com Men's: SD 623-977-5116 Michigan Friends in Sun City michigan2arizonaclub@gmail.com Call or text 623-910-1522 to RSVP for New England: LV 623-215-3637; 623-328-9878 NextGen: SD 716-445-7383 Visit nextgensuncity.org/ for all events	2nd F 1-2:30p FW AZ #1 Books can be reserved in advance at FW Library w/ MCLD Card Social Mtg 4th Th 6:30pm FW AZ #3 Anniversary Party Th 1/27, 6:30p OM Aud Meet 2nd Th & 4th W 6pm OM Aud Club Closed Sa 1/1 Bingo Th SD Aud - Doors open 4p; Play at 6:15p 3rd W 4-6p BC MPR Last Monday 2:30-5p Cards BC MPR Sa 1/8, 5p LV SH1 1st F Potluck 6-9p FW AZ 3-4 3rd F Game Night 6-9p FW AZ 3-4 FMI visit https://suncityaz.org/recreation/clubs/singles-social-club-of-sun-city/ Save the Date! Wis Day Picnic 3/10/22 Call now to volunteer M-Su 9:30a-4:30p
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Singles Social Club: FW 602-769-3634 FMI visit https://suncityaz.org/recreation/clubs/singles-social-club-of-sun-city/ Wisconsin Club: SB 608-852-4227 or 715-308-9964 Women's Social: LV 623-977-5605	1st F Potluck 6-9p FW AZ 3-4 3rd F Game Night 6-9p FW AZ 3-4 Save the Date! Wis Day Picnic 3/10/22 Call now to volunteer M-Su 9:30a-4:30p
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Sport Clubs

Basketball: MC 206-459-3242; 604-313-3190 charlespeterson@comcast.net Billiards: Bell Billiards Room 315-806-0067	Pick Up Games in Villanueva Community Center 3:30-5p Oct - April Member Meeting Instruction F 8-10a
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Billiards: LV Billiards Room (602) 319-0783	Ladies M, Th 8:30a-12p; Singles: 8 Ball M 8a-12p; 10 Ball W 9a-1p; 9 Ball Th 1-5p, F 8a-12p Doubles: 8 Ball Tu & Th 8a-12p Traveling League Play Tu 1-4p
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Bocce: SD 623-693-2881 Check the Club House Bulletin Board or online at https://suncityaz.org/recreation/ clubs/bocce-club/ for complete monthly schedules	Open Play: Every Sun 2p, Thu 1p, F 6p Daytime Tournaments: Every M Tu W F 1p; Playoff Sa 1/29, 1pm 2-Person Tournaments: Every Th 10am Open House Sa: 1/15, 12-3p
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Lawn Bowls: BC 623-972-3248	M W F 9-11a, 2-4p; W-F 6-8p; Sa 2-4p
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Lawn Bowls: FW & MV 623-933-5066	Tu Th Sa 8:30-11a
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Lawn Bowls: LV (Sun City Club) 907-644-4604	Mondays 12-5p
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Lawn Bowls: LV 623-974-3214 Lawn Bowls: OM 623-792-5202	Tu Th Sa 8:30-10:30a; 2:30-4p New Year's Party Sa 1/1, 1:30-5p Salisbury Sgls Tourney M Tu 1/17-18 8:30a-2p Golf W 1/12 10a MV; 1/26 10a SD
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Mini-Golf: LV 317-508-5959; 623-300-4461	Mem Mtg Tu before 2nd W 9a LV SH #1
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Pickleball: MC, MV pickleball.suncity@gmail.com	Contact Club for Times & Activities Member Mtg M 1/17, 4-6p MC Aud
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Shuffleboard Bell: BC 623-999-0362 - Dennis 218-371-2421 - Diane Shuffleboard Outdoor: LV 623-688-6026 Shuffleboard Sundial: BC 623-208-9921 Softball (Senior): Sun Bowl 517-526-4873; 509-264-3088 www.azsrssoftball.com	M Tu F 1-3:15p Christmas Party W 1/12, 5-8p Talisman M W F 1-4p LV Winter Party Tu 1/18 3-7p LV SH #1 Th 5:30-9p BC CtS Open Practice Sat 7a-3p; Green Team M 8a League Play M-F 8a-2p Field Maintenance W 5a-3p
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Sportsmen: GR Dan 319-431-3563 Swim Lessons: LV 503-730-4718 Swimmers Master: BC 602-540-6077	Mem Mtg 3rd Th 8-11a GR Sonoran Room W 8:30-10a SD M-F 7-9a BC Lap Pool Tu/F 3-4:30p Yoga for Swim Club BC Aerobics Rm Starrs Mem Mtg Th 1/6, 6:30p MC MPR After Holiday Party Sa 1/15, 4-9p LV SH #1 Gen Mem Mtg W 1/26, 10:30a-12p LV SH #1 M 10a-3p; W F 10a-4p; Tu Sa 10a-12p
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Table Tennis: BC 602-291-5369; 847-421-5211	
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Tennis: BC 608-792-1957 melvindhaus@gmail.com Volleyball: 206-459-3242 charlespeterson@comcast.net Water Volleyball Club of SC: OM WVCofSC@gmail.com	Club Member Social Tennis Sa 1-2:30p BC League Play: Sun 1/9, 16, 23, 1-2:30p BC 8-10:30a W & F Villanueva Community Ctr Su M W F 12-3p Mem Mtg Su 1/16 3:30-5p OM Aud
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Whisperball of Sun City: BC 480-678-1622	M-F 1:30-3:30p BC Racquetball Courts Member Meeting M 1/3, 9-11a Bell MPR
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Club Directory Key:

M = Monday Tu = Tuesday W = Wednesday Th = Thursday F = Friday Sa = Saturday Su = Sunday a = A.M. & p = P.M. Area codes 623 unless noted.	BC = Bell Center FW = Fairway Center GR = Grand Center LV = Lakeview Center MC = Marinette Center MV = Mountain View Center OM = Oakmont Center SD = Sundial Center SB = Sun Bowl
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Important Dates for Clubs to Remember!

January	
5	SunViews submissions due for February
5	RSVP deadline for Discover Sun City on 1/19
7	Club Officer Training @ Sundial 9-11am or 1-3p
10	Guest Attendance Register & guest fees due
10	Monthly Attendance Spreadsheet due
12	Club Officer Training @ Fairway 9-11am or 1-3p
31	Club Annual Financial Statement due
31	IRS Form 1099 due (for Indepdent Contractors paid >\$600

February	
3	Treasurer Training- Grand Sonoran Room 1-2pm
5	SunViews submissions due for March
7	Treasurer Training-Grand Sonoran Room 9-11am
10	Guest Attendance Register & guest fees due
10	Monthly Attendance Spreadsheet due

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

Learn about all of the Chartered Clubs listed above and much more at Discover Sun City AZ on Wednesday, January 19, 2022 at Sundial Center (9-11am & 6-8pm)

Aqua Fitness Club



The Aqua Fitness Club was founded to encourage exercise, providing a gentler environment in the pool. Aerobic, strengthening and stretching exercises are done to music in waist to chest deep water. A stretch and tone class is offered for those who prefer a non-aerobic class. You do not need to know how to swim. Instructors and Helpers are present at all classes to assist and answer questions.

Co-ed classes are offered to all RCSC members in good standing. There are 5 sessions each year. Each session runs for 8 weeks with classes held 2 times per week. There are 14 or more classes held at Sundial, Oakmont, Mountain View and Marinette pools. Classes are offered early morning, mid morning and evenings.

The club offers RCSC members an opportunity to try any class during "Try It Before You Buy It" week. Just bring your RCSC card to any class the week before registration. Give it a try during the week of January 24th!

Membership in the Aqua Fitness Club is \$5 per year. Each 8-week class session is \$15. The next registration is January 29, 2022 at Sundial Auditorium. Doors open at 8am and close promptly at 8:30 when registration begins.

Visit the club website at aquafitnessuncity.com or call Terry at (619)818-4380 for more information.

Above: Aqua Fitness Appreciation Luncheons, such as Picnic in the Park from 2019, always include lots of festive fun for all! We're all looking forward to more good times ahead!

Bunco Broncos

Did someone yell "Bunco"? Yikes, another winner!

If you haven't tried Bunco, you are missing the time of your life. The Bunco Broncos meet at the Fairway Recreation Center on the 4th Monday of every month all year long - January to December. Play starts when the bell rings at 12:30pm. Come early to get seated at your "lucky" table. Winners move up a table and meet new players. You'll experience new friendships and camaraderie.

Don't know how to play? Just throw those dice, your bunco pardners and your table mates will show you the rest. You'll leave afterwards with whole new great feeling. Club fees are only \$3 to join for the year and \$2 each session to play. Now that's a bargain! We look forward to seeing you soon! For more information, please call 602-526-3495 or 623-377-5091.



Historically, Euchre is an offshoot of Juckerspiel, a game that became widely popular throughout Europe during the Napoleonic era. In the 1800s, it became one of the most popular card games in America and Australia. Euchre (and its variations) is the reason why modern card decks were first packaged with jokers, a card originally designed to act as the right and left "bowers" (high trumps). Although later eclipsed by Bridge (as with so many other games of this type), Euchre is still well known in America and is an excellent social game.

The Euchre Club of Sun City invites you to come play with us. The Club meets every Tuesday at Fairway Recreation Center. Doors open at 5:15pm and play starts at 6:15pm. We also play the first and third Thursdays at the Lakeview Recreation Center in Social Hall #3. Doors open at 1:00pm & play starts at 1:30pm. Open to all RCSC Cardholders and their escorted guests. You need to know how to play euchre in advance. For more information, please call Dennis at 623-693-2881.

Sun City Mini-Golf Club

The Mini-Golf Club of Sun City plays at all four RCSC mini-golf courses, and all equipment is provided free for our members during game time. Monthly meetings are held at Lakeview Recreation Center on the second Tuesday of the month at 10am in Social Hall #1 with Social Hour from 9 to 9:50am. Coffee and treats are provided at the meeting. Regular game play is held on the 2nd and 4th Wednesdays of the month. Starting times do change according to the weather. Printed sheets are given out to each member with the time, dates and courses where we play. We also send out e-mail reminders as well as phone call to remind you of golf play games.

The club looks forward to our annual Friendship Tournament with the Sun City West Mini-Golf Club. In the spring we go to Sun City West and in the fall Sun City West comes to Sun City. Starting off the morning fun with a wonderful breakfast hosted by the home club. We then enjoy the friendly competition and fellowship of the game. We also host a Christmas party and club members look forward to the annual Spring luncheon held in April, both with games being played, great food and lots of camaraderie with fellow members. Game play ends in May until September rolls around when play resumes.

Yearly dues are \$6.00 per person and all current RCSC Cardholders are welcome. As we like to say, the fresh air and a little exercise are perks of playing mini golf, no fees for them. For more information, please contact Joanne LeBlanc at 480-309-6234 or Wayne Braband at 602-999-7011.



Founders/Directors Tournament was held on November 10, 2021, at Lakeview Mini Golf Course. This tournament is held every year in November to honor the people that establish the Sun City Mini Golf Club. Winners of the 49th annual Founders/Directors Tournament were Elaine Fulton of the Women's Division with a score of 37 and Paul Lawrence of the Men's Division with a score of 33. Thanks to all who participated.



If you like outdoor sporting events then you should definitely consider joining the Bocce Club. The courts are located at the Sundial Center, right by the mini golf courts. You can't miss "The Fun Club" sign.

Bocce Ball is really an enjoyable game to play and you'll find it similar to bowling. Member competition is played on weekdays but members and escorted guests may play in open play. Teams consist of either three or four players except for the two-person team tournaments. The courts are carpeted with easy access and are shaded to help keep you cooler in the summer. If you are so inclined, you can play Bocce six days a week or pick the days you wish to play. You have lots of options. There are various ways you can be involved in club activities and meet new people. Fun is always guaranteed.

Stop by the courts anytime you see people playing or call Dennis at 623-693-2881 for more information.

Aerobics Club



Want To Get Active, Meet New People? Join The Aerobic Club at Bell Social Hall! All RCSC Cardholders are welcomed to come and join the Aerobic Club. Classes are held Monday, Wednesday and Friday at 8:00, 9:00 and 10:00am in the Social Hall at Bell Center. We exercise to audio tapes, with mats and poles, bending, stretching, and floor exercises for 40 minutes at a time. Come join us and meet some new friendly faces. For more information, please call Judy at 815-289-5912 or Jan at 623-934-483.



Sunday Nite Sun Bowl Shows return in March!

Look for the full line-up in the next edition of SunViews!

Tip Top Dance Club

Since 1983 the Tip Top Dancers have been dancing and performing throughout the West Valley showcasing their talents to the delight of their audiences. The club offers Tap and Jazz instruction at Marinette Recreation Center for all levels of dance experience. Classes are held Mondays – Wednesdays and on Fridays from September through June. Summer classes are usually available during July and August. The dance instructors are committed and focused on providing quality instruction and choreography while also being supportive of each dancer's level of dance experience. More importantly, fun is had by all!

Learning, practicing, putting dance steps together, and memorizing patterns is great exercise for the brain. We all know that mental exercise promotes healthy brain activity and can help ward off other diseases in the long run.

Each year, the club holds a Showcase at the Sundial Recreation Center in February, performing dance routines that the dancers learned. The Showcase is open to the public. This year's Showcase, "Dancin' Thru the Decades," (a multi-media presentation) is scheduled for February 20, 2022. In addition to the club members performing, there are also a variety of entertainers from the West Valley including a pianist, a harpist, comedy routines, and singers. On top of the yearly Showcase, the classes often perform their routines at "Dance Outs" for a variety of other clubs and organizations in the West Valley.

The club holds several social events during the year including Halloween and Christmas luncheons and an end of year party for all club members.

Annual dues are \$10 per person. Class instruction fees are \$20 per class each month. For more information, visit the club website, tiptopdancerssuncityaz.wordpress.com for the full complete schedule of classes or contact the Club President, Lynne at (253) 381-1542.



RCSC Web Portal Sign-Up Instructions

From the RCSC Web Portal, Cardholders can easily make your annual assessment payment, manage email subscriptions, purchase guest passes, view the current movie schedule, book and edit golf tee times and so much more!

Just follow these simply steps and you'll be on your way!

1. Notify Cardholder Services of your email address for your RCSC Cardholder number. Go to <https://login.suncityaz.org/AddEmail.aspx> to securely provide the necessary information to update your email address.
2. Go to www.suncityaz.org and click on Login (right side, top of page).
3. Welcome to the RCSC Web Portal page will display. There is a link from this page to general web portal information, including the Web Portal Instruction Manual.
4. First time users MUST click on the New User Password Retrieval link.
5. Enter your RCSC Cardholder number in the Username field. Your Member or Privilege Card number will always be your User Name (not able to change).
6. Click on "Send Password" and in a few minutes, check your email for your password. If you do not receive this email, contact Cardholder Services to confirm that the email address is on file and correct.
7. Return to the RCSC Web Portal Login page and enter both User Name (RCSC Cardholder number) and Password.

Now you're all set to start using the web portal, sign up for RCSC News Email Alerts and more!

Should you forget your password, simply go to the Portal Welcome page and click on "forgot your password?" and enter your User Name (RCSC Cardholder number) then click the Send Reset Link button. You will receive an email with a link to reset your password.

Thanks to your support & generosity in the Sun City AZ Holiday Celebration

WOW! Your participation helped to raise over \$9,300 for the Sun City Foundation!



What a wonderful time we all had, so glad to be back together again!

The winners took home a bundle of cash (\$3,700+) while the rest of us shared good will & some laughs.
Cheers to the New Year and all that it brings; health, joy, happiness & other good things.



NEW, KNEW, GNU YEAR

Happy New Year

- January half-price sales in the Bookstore will include all Danielle Steele and Nora Roberts books.
- The buy-one get-one-free sale on all paperback books will continue through January.
- Great collections of both hardback and paperback books on sports, Westerns, Arizona, the Southwest are abundant in the Bookstore.
- This time of year is perfect to get outside and explore something new. Rediscover curiosity at our Libraries with a take-home science kit: Exploring Biodiversity; Measuring Light at Night; Monitoring Air Quality; Zombie Hunting, or Stream Mapping.
- Two new locations were recently added to the Culture Pass program—the Desert Caballeros Western Museum and the Irish Cultural Center. Culture Passes, available at either Library, provide free entry for two persons to the Heard Museum, Arcosanti, the Desert Botanical Gardens, and the Scottsdale Museum of Contemporary Art.
- MCLD and Maricopa County Department of Public Health are partnering to offer free BinaxNOW COVID-19 Antigen Self-Test, a self-administered nasal swab test to detect COVID-19 infection. Each Library has a limited supply of kits, given out on a first-come first-served basis.



Happy Knew Year

- You already knew that the Friends of Sun City Libraries, Inc. operate a Bookstore, Books Around the Corner, at the Bell Recreation Center.
- You already knew the Bookstore, open 9:30-3:30 Monday through Saturday, provides inexpensive, quality, used, books, magazines, DVDs, CDs, Audio Books, large print books, and old books in a cozy, friendly environment.
- You already knew that proceeds from our 100% volunteer run Books Around the Corner go to support our Libraries' programs, equipment, materials, and more.
- You already knew that the Sun City Library and Fairway Library are operated by the Maricopa County Library District, providing comprehensive library services.
- You already knew that the assistance provided by Library staff and Bookstore volunteers make visiting either place a pleasure.
- You already knew you could donate used hard covers, paperbacks, newer magazines, CDs, DVDs, and jigsaw puzzles to the Bookstore.

"I knew that!"

Happy Gnu Year

"Wildebeest, also called gnu, are antelopes of the genus Connochaetes and native to Eastern and Southern Africa. They belong to the family Bovidae, which includes true antelopes, cattle, goats, sheep, and other even-toed horned ungulates." (Wikipedia) This has nothing to do with the Friends of the Sun City Libraries, Inc. We just wanted to draw your attention to the end of the article.



Happy 2022!

Water Conservation

More Ways to Save Water Around the House

Check toilets for leaks - Put a few drops of food coloring in your toilet tank. If the coloring begins to appear in the bowl, you have a leak could waste up to 100 gallons of water a day.

Stop using the toilet as a wastebasket - Every tissue you flush also flushes away five to seven gallons of water.

Take shorter showers - Showers typically use five to ten gallons of water a minute. Limit your showers to the time it takes to soap up, wash down and rise off.

Install water-saving shower heads or flow restrictors - Hardware or plumbing supply stores stock inexpensive shower heads or flow restrictors that will cut your shower flow to about three gallons a minute instead of five to ten.

Turn off the water while brushing your teeth or when shaving - Before brushing, wet your toothbrush and fill a glass for rinsing. When shaving, fill the sink with a few inches of warm water to rinse your razor.

Check faucets and pipes for leaks - Even a small drip can waste 50 or more gallons of water a day.

Don't let the faucet run while you clean vegetables - Rinse your vegetables instead in a bowl or sink full of clean water.

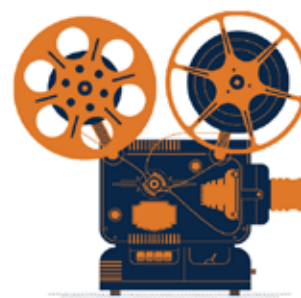
Keep a bottle of drinking water in the refrigerator - Put a stop to wasting water while running the tap water for it to cool.

If you wash dishes by hand, don't leave the water running for rinsing. Fill a sink or a pan with rinse water. Better yet, use the dishwasher and only run full.

Plant drought-resistant trees and plants - Many beautiful trees and plants thrive without irrigation.

Put a layer of mulch around trees and plants to slow evaporation.

Use a broom to clean driveways, patios and sidewalks rather than a hose.



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.

Looking for work? RCSC is looking for YOU!

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

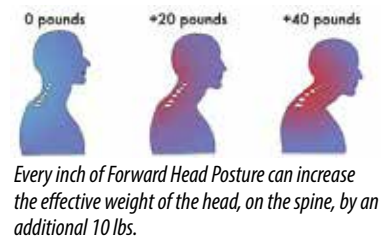
Learn how to apply, locations of available positions with job descriptions, and hourly pay rate at the link below. Please direct all questions regarding employment to the RCSC Human Resources Department online at:

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

Tips from Get Fit for Life

Beware of Forward Head Posture

“If the head isn’t balanced correctly over the body, it puts wear and tear on the entire posterior chain”, states Jane Fortier, fitness specialist for Get Fit for Life. “It’s estimated that 66% to 90% of people suffer from Forward Head Posture. This problem, known as ‘turtle neck’, quickly robs a person of their height (up to 2 inches) and creates an appearance of being 5-10 lbs. heavier. Forward Head Posture negatively impacts appearance, but has adverse physiological effects as well. Research reveals that severe Forward Head Posture can lead to a decrease in testosterone, an increase in cortisol, breathing restrictions, energy reduction, digestive complications, vision impairment, hearing loss, range of motion limitations, and balance problems. When the head is forward, over the spine, the brain may not be receiving sufficient blood flow, nerve impulses and oxygen. These types of restrictions can occur, due to compression of the carotid arteries and surrounding nerve endings – all induced by the head being out of position.”



The average human head weighs between 8 and 10 pounds. In a neutral posture, with the head directly over the spine, the head feels nearly weightless. The body is perfectly balanced. But for every inch the head moves forward, the body feels as if the weight of the head has doubled. This is due to the effects of gravity. If a bag of groceries were held close to the body, its weight is tolerable. If that same bag of groceries were held out in front of the body with arms extended, it would be an effort, thus creating strain and pain. The same would be true, if a 10-pound bowling ball were held that way. This is EXACTLY what takes place when the head, which weighs about 10 pounds, is moved out in front of the spine. The muscles of the neck, shoulders and upper back are forced to work, to support the head in this position. The resulting strain on these muscles is exhausting. Once they become exhausted, the body is prone to discomfort and injury. Forward Head Posture can bring about changes in shoulder stability, putting one at risk for shoulder injury.

The body follows the head. Moving the head forward leads to a change in one’s center of gravity. The body compensates by shifting the upper body backward. To counter upper body shifting, the hips move forward. The body compensates with these two changes, so as to control its center of mass over its base of support. This structural shifting becomes necessary, in order to maintain balance. Once the head moves forward permanently, the neck eventually flattens out, putting greater stress on the tissues of the spine. This results in strain and pain on the muscles, ligaments, fascia and bones of the spine and lower back.

“Forward Head Posture has become a wide-spread epidemic,” states Fortier. “Bucket Seats, recliners, phone texting, computer usage, laptops, tablets, and today’s technology tools encourage people to fall into a Forward Head Posture. When this occurs, bone structure changes and fat deposits accumulate at the base of the neck. An unsightly and annoying hump begins to develop from these fat deposits. Permanent structural changes take place. Once these permanent changes occur, it’s difficult to reverse them. Addressing Forward Head Posture in its initial stages, will hopefully insure positive results. An easy change with one of the most harmful activities, is to adjust a smartphone to head level, when reading messages and texts. Making a conscious effort to align the head over the body, throughout day-to-day activities, will help active adults avoid Forward Head Posture. This effort needs to become part of normal functioning. Strengthening and stretching upper back muscles, and a well-balanced exercise program can help improve the situation also.”

Get Fit for Life personal trainers develop individual exercise programs that address all issues, concerns and goals. To find out more about working with a Get Fit for Life trainer, in any of the Sun City Fitness Centers, call 623-696-6820 or visit Get Fit for Life Sun City on Facebook.

MONITORED ACTIVITIES

Basketball	Minimum Age: 8
Marinette Center	M-Sa: 6a-8p; Su: 8a-8p
Billiard Tables	Minimum Age: 14
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	Minimum Age: 18
Sundial Center	Thursdays: Doors Open 4:30p; Bingo 6:15p \$9 all 18 games w/3 special games Everyone welcome.
Boating/ Fishing	Minimum Age: 6/NA
Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p (or Dusk)
Bocce Courts	Minimum Age: 8
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p
Bowling Lanes	Minimum Age: 4
Bell Lanes	M-Sa 8a-9p; Su 12-8p
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p
Dog Parks	Minimum Age: NA
Duffieldand	October - April: 7am-6pm Closed last Wed/month for Maintenance
Darts	Minimum Age: 8
Bell Center	M-Sa: 8a-9p; Su: Noon-7p
Fitness Centers	Minimum Age: 14*
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	Minimum Age: 12
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p
Jogging / Walking Track	Minimum Age: 14
Indoor	
Fairway Center	M-Sa 5a-9p; Su: 8a-8p
Sundial Center	M-Sa only: 6a-8a
Outdoor	Minimum Age: 8
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Sun Bowl	Dawn to Dusk
Library (602) 652-3000	Call to confirm hours
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p
Fairway Center	M-F 9a-4p; Sat 8a-12p
Mini Golf	Minimum Age: 6
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	Minimum Age: 8
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View: Outdoor	M-Sa: 6a-7p; Su 8a-7p
Racquetball/Whisperball	Minimum Age: 8
Bell Center Courts A & B	M-Sa: 6a-9p; Su: 8a-8p;
Closed for Club/Class: M-F 1:30-3:30pm	
Shuffleboard	Minimum Age: 8
Bell Lanes: Indoor	M-Sa: 8a-8p; Su: Noon-7p
Lakeview: Outdoor	M-Sa: 6a-7p; Su 8a-7p
Spas	Minimum Age: 16/18*
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	Minimum Age: 18
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	
Lap pool: M-Sa:5a-9p; Su: 8a-8p; Closed for class: M-F 7-9a	
Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Fairway Center	Minimum Age: 16
Lap Pool: M-Sa: 5a-9p;Su 8a-8p	
Walking Pool: M-Sa: 5a-9p;Su 8a-8p	
Lakeview Center	Minimum Age: 4-15*/16
M-Sa: 6a-7p; Su 8a-7p; Closed for Club/Class: W 8-10a (April-Oct only)	
Children's Pool Hours - Ages 4-15 yrs: Daily 4p-Close*	
Marinette Center	Minimum Age: 4-15*/16
M-Sa: 6a-9p, Su: 8a-8p; Closed for Club/Class: Tu, F 9-10a	
Children's Pool Hours - Ages 4-15 yrs Daily 1-4p*	
Mountain View Center	Minimum Age: 4-15*/16
M-Sa: 6a-7p; Su 8a-7p	
Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p*	
Oakmont Center	Minimum Age: 16
M-Sa: 6a-7p; Su 8a-7p	
Closed for Club: Every Su M W F 12-3p; Spa, Swim Lanes remain open	
Closed for Class: M Tu Th F 9-10a, Swim Lanes closed	
Sundial Center - 18+ only	Minimum Age: 18
Large Pool: M-Sa: 6a-9p; Su: 8a-8p; Closed for Class: M Tu, Th F 8-10a	
W 8:30-10a for Swim Lessons (Nov-Mar only)	
Warm Water Pool: M-Sa: 6a-9p; Su 8a-8p; Closed for Class: T/Th 12-2p;	
Closed for Class M Tu, Th F 10a-12p, 4:30-6:30p	
Table Tennis	Minimum Age: 8
Bell Center: M-Sa: 6a-9p; Su: 8a-8p;	
Closed for Club Activity: M 10a-3p; W F 10a-4p; Tu Sa: 10a-12p	
Tennis	Minimum Age: 8
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 January @ 11:30am **

1/5 @ Bell w/ Dick; 1/12 @ Marinette w/ Dick; 1/19 @ 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

Massage by Julie

602-689-0802