

SUN VIEWS

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SUN CITY
ARIZONA
RECREATION CENTERS
OF SUN CITY

Hundreds Get Glimpse into Grand Center



The Grand Opening of the Grand Center on Friday, January 14, 2022 allowed hundreds of RCSC Cardholders to tour the club rooms now at this location - Archery Range of the Sportsmen Club, Camera Guild, Clay Club, Jewelry, Stained Glass & More, Garden Club and Vintage Vehicles. Creative Quilters will be relocating later this spring. Everyone was impressed with the facility amenities and the clubs here now have the necessary space to welcome new members and state-of-the-art equipment for projects such as a greenhouse and auto restoration machinery.

Quarantine & Isolation - Updated Guidelines

Due to high rates of COVID-19 transmission throughout Maricopa County, the Centers for Disease Control (CDC) and Maricopa County Department of Public Health have updated guidelines regarding quarantine and isolation if you have contracted or been exposed to COVID-19.

All RCSC Cardholders, Guests and Employees are asked to assess their own health and make decisions based on these criteria. If you have a known exposure to COVID-19 or have tested positive to COVID-19, RCSC respectfully requests that you follow these guidelines and not visit RCSC facilities until the designated time has passed and you are able to do so without transmitting the virus to others.

In summary:

- If diagnosed with COVID-19, PLEASE QUARANTINE
- If exposed to anyone with COVID-19, PLEASE QUARANTINE
- If you experience any COVID-19 related symptoms, PLEASE QUARANTINE

Please review the links below for more detailed information regarding isolation and quarantine guidelines:

<https://www.maricopa.gov/DocumentCenter/View/58864/Quarantine-Guidance-for-Household-and-Close-Contacts>

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#calculating-quarantine>

Your attention to this matter is greatly appreciated. Thank you.



The Sun City Posse now has a highly-visible satellite office at this central location as well, offering information and services to help residents in the community remain safe. See more photos on page 10.

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 are both be open from 9am until noon on **Saturday, February 5, 2022** to assist Sun City AZ residents & visitors.

Connect with Sun City AZ





A Message from Board President Dale Lehrer

Getting Off on the Right Foot

2022 RCSC Board of Directors

Phone: 623-561-4620

email: boardoffice@suncityaz.org

Dale Lehrer, President

email: dlehrer@suncityaz.org

Michael Ege, Vice President

email: mege@suncityaz.org

Allan Lenefsky, Secretary

email: alenefsky@suncityaz.org

Darla Akins, Treasurer

email: dakins@suncityaz.org

Steve Collins, Director

email: scollins@suncityaz.org

Kat Fimmel, Director

email: kfimmel@suncityaz.org

Karen McAdam, Director

email: kmcadam@suncityaz.org

John Nowakowski Director

email: kfimmel@suncityaz.org

Sue Wilson, Director

email: swilson@suncityaz.org

Let's start 2022 by getting off on the right foot and leaving the past behind - please. Your concerns and frustrations are real and acknowledged, but in order to move forward, everyone – board directors, those who take the time to attend meetings and residents throughout the community - need to commit to participating and becoming involved with the understanding that nothing will change overnight.

I personally have met with resistance in the work I attempted to accomplish as a board member. More accurate data collection and attempts to survey the community to get input from as many as possible on the wants, wishes and desires for the future of Sun City have been difficult to get consensus and the buy-in necessary from others to move forward. I've not given up and neither should you.

Can we please start right now talking without attacking? And work together with understanding and empathy for each other?

We have stated all along that as a Member of RCSC, you have the responsibility to participate in the governance of RCSC. Really. Those exact words have been posted on website (www.suncityaz.org) Frequently Asked Questions (FAQs) under RCSC – "How can Members make recommendations to the Board or let the Board know their concerns?" While we encourage your questions, not everything can be answered on the spot, especially when each and every word spoken in being recorded and presumed to be absolute. Please consider allowing time for us to research and to reference records before attempting to respond. Expecting timelines and immediate answers that are impossible to provide puts everyone under unnecessary and unwarranted pressure.

Another option would be to send comments and concerns by email to boardoffice@suncityaz.org or to drop them off at the Corporate/Board Office at Lakeview Center. Maybe there could

be a way to ask questions in advance and then have them answered at the following meeting. This might also allow for discussion to occur to ensure that the right question is really being asked, which can oftentimes be an issue. I would also consider using this space right here to help address issues of concern as another option.

As we look towards the future, I am hoping to establish a monthly meeting at Sundial like the Board Member Exchange where we could have an open exchange of ideas and committee reports could be shared and discussed in a town hall-style meeting format that could be video recorded and posted for others to view. We need to also develop a mechanism for reporting progress back to members on issues of concern as they arise. Lastly, I would hope we could all work together to establish a maximum meeting length of two hours.

Sun City continues to be a great place to live, play and enjoy all that's offered here. With everyone's help, cooperation and participation I hope we can continue to improve for generations to come. Get involved by being part of the solution. There is plenty of work that needs to be done.



Dale Lehrer
2022 RCSC Board President

Standing Committees Welcome New Members

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.

This Month @ The Board

RCSC Board Meetings:

Board Meeting #1	Monday, February 14, 2022 @ 9am	Sundial Auditorium
Board Meeting #2	Thursday, February 24, 2022 @ 9am	Sundial Auditorium

Committee Meetings:

Bowling Committee	Thursday, February 3, 2022 @ 9am	Lakeview Board Room
Sun City AZ in Focus Committee	Tuesday, February 8, 2022 @ 9am	Lakeview Board Room
Technology Committee	Tuesday, February 8, 2022 @ 11am	Lakeview Board Room
Lawn Bowling Committee	Tuesday, February 8, 2022 @ 1pm	Lakeview Board Room
Golf Advisory Committee	Thursday, February 17, 2022 @ 8:30am	Lakeview Social Hall #2
Long Range Planning Committee	Monday, February 21, 2022 @ 8:30am	Lakeview Board Room
Elections Committee	Wednesday, February 23, 2022 @ 1pm	Lakeview Board Room

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



"Neighbors Helping Neighbors"

The next Sun City Foundation meeting will be held on Thursday, February 10, 2022 at 1:00pm in the Lakeview Social Hall #1.

Glitz & Glam Senior Prom
 FRIDAY, MARCH 4, 2022
 SUNDIAL AUDITORIUM
 6 P.M. - 9 P.M.

Dress your best in Glitz and Glam! Dance the night away with DJ by AZ Sound Experience! Photo prop opportunities, bring your camera or smartphone. Punch will be served. You may also bring your own beverages and snacks. Couples, stag, all are welcome to attend!

A KING & QUEEN will be crowned

Free tickets are available at the Sundial Events & Entertainment Office for RCSC Cardholders & their escorted guests until February 25 (Ticket Limit: 500)

BOWL WITH THE DIRECTOR

Where: Lakeview Lanes
 When: First Thursday of Every Month
 Time: 10:30 AM – 12:00 PM

Come on out and meet with the new Director of Bowling, Bronze Level Certified Coach, Mike Dirmyer. All levels of bowler are welcome. No reservations needed. No cost to you!!!

- First time Bowler – Learn to Bowl
- Intermediate Bowler – Touch up and fine tune your game
- Advanced Bowler – Discuss Lane Play, Oil Patterns, and Ball Layouts.

SPECTO Will Be Available

Mike will also be available to answer questions about the bowling centers, the bowling industry, or anything in general can be discussed.

Any questions reach out to Mike directly at 623-561-4652

SUN CITY CONCERT BAND
 presents
SOUSA AND FRIENDS

FEBRUARY 19, 2022
 2:00PM - SATURDAY

Sundial Auditorium
 103rd & Boswell Blvd., Sun City, AZ
 Director, Ken Jaeger
 Associate Director, Charles Musgrave

Soloists: Saxophone Quartet & Dan Reed, Trumpet

TICKETS \$10 at the door the day of the concert. Ticket sales open at 10:00am.

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

December 63'
 Wednesday, February 2

Rock Me Gently
 Wednesday, February 9

Manilow & Streisand
 Wednesday, February 16

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

The Broadway Concert Experience
 Wednesday, March 2

Linda Ronstadt starring Laura Berger
 Wednesday, March 9

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

One of These Nights Eagles Tribute
 Wednesday, March 23

MJ DeJa vu Michael Jackson Tribute
 Wednesday, March 30



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
 16824 N. 99th Ave.

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

Expedient Play Makes Golf More Fun

The game of golf is more enjoyable for everyone if it moves along efficiently! This doesn't mean you have to feel rushed or hurried while hitting your shot. It simply means no matter what the situation is, you prepare yourself for your next shot before it's your turn. If everyone does this on every shot the game moves along quicker for everyone regardless of ability or handicap!

On the tee box this means when someone else is hitting you are checking yardage and deciding which club you will use and have that club out with a ball and tee in hand ready to take your turn. "Ready golf" means that whoever is ready should go ahead. (Honors is giving the person with the best score on the last hole the opportunity to hit first).

On the fairway once you have hit your shot, fill the divot if you took one, and then get in the cart, perhaps even waiting to replace the headcover, wipe the club, or return it to the bag until the next stop, especially if you are not the driver of the cart.

Near the green it means letting the person whose ball is already on the green drive the cart around to park it while the other person (who needs to chip on) walks to their ball taking a couple clubs to chip with and their putter (so an additional trip to the cart can be avoided).

On the green it means contemplating the break, line, or speed of the putt while others are putting and knowing who you follow so that when that person is tapping in or marking you are getting ready to take your turn.

And last remember not to mark your scorecard until you get to the next tee box.

Remember little things add up to lots of time over the course of a round! It's not about rushing your shot.... it's about preparing ahead of time so you're ready to go when it's your turn. That makes all the difference in the world to those you're playing with! (And those behind you as well!)

Robin Eichten has been teaching golf professionally since 1987 and is a Life Member of the LPGA and Certified Teacher. Lessons are given by appointment. For info or signup call/text Robin at 623-322-6300 or email to golfin-withrobin@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

Bell Lanes
16810 N. 99th Ave.
623-876-3050

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

Monday-Saturday: 8am-9pm
Sunday: Noon-8pm

Billiards at Lakeview Lanes, too!



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/

February 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, February 24, 2022 at 1pm in Talisman Hall.



Leathercraft Club has relocated and welcomes new members to our bright, comfortable new room in Lakeview Center! At the main entrance, go up the ramp to the second floor (or use the elevator), and we are the first door on the right. Come for a tour! You may sign-up for beginning instruction to get started (only \$10), or you can purchase any of our beautiful belts, purses, wallets, and many more custom leather goods offered by our members. Leather Craft club started in 1968 and has been a popular workspace for decades of tooling beautiful designs in leather. We proudly signed up our 1000th member recently! Club hours are Monday, Wednesday and Friday from 8am to 3pm

Our club features an extensive bookcase selection of classic Western floral design patterns. You are welcome to browse all the binder and manual selections. The club supplies tools, dyes, and fixatives to use on the premises and sells leather along with other accessories for projects. Good ventilation for application is provided in a separate side room. Classes are offered by our experienced members. Bring your own leather crafting toolbox and work on a project immediately, or we'll be glad to help you get setup with the necessary materials you need, to begin exploring this creative hobby!



For further details, please call Club President Larry Vroom at 480-276-7583. More information is available on RCSC's website at suncityaz.org/recreation/clubs/leathercraft-club/. We continue our safe practices of seat distancing, clean counters, and offer sanitizers. Come on by and introduce yourself. We look forward to working with you!

Sun City Yacht Club

Sun City Yacht Club provides an opportunity for RCSC cardholders to enjoy the sport of sailing and racing radio-controlled yachts on the Viewpoint Lake behind the Lakeview Recreation Center. The normal winter sailing hours are noon to 3pm on Tuesday and Sunday.

We invite anyone interested in experiencing the fun of sailing radio-controlled yachts to join us at any of our club gatherings where you can try your hand at sailing one of these yachts. Members will be happy to instruct new sailors and help them understand the steering and trimming of the sails.

If anyone has a RC yacht that they would like to pass to a new owner, sell or donate, we would be glad to help.

Club dues are \$2.50/year. For more information, check out the club page on the RCSC web site at www.suncityaz.org. You can also call Peter Jennings 206-802-8622 or David Nydell 623-251-1617.



Sun City Poms



Do you believe age is just a number? Would you like to join other like-minded ladies in spreading that message? Then check out The Sun City Poms, a dancing and marching group of talented senior ladies. We have been performing in the Valley of the Sun since 1979. Our club members march in local parades and perform at care centers, senior clubs, high schools, charities and community events.

The Poms are internationally known as ambassadors for healthy and active senior lifestyles. We have inspired others through documentaries, TV, media and in 2019, a Hollywood movie "POMS" starring Diane Keaton. The Sun City Poms have been honored twice with the title Arizona Treasure by former Governor Janet Napolitano and Governor Doug Ducey.

Let us know if you are interested in joining our fun, age-inspiring team. We meet and practice in the Marinette Center (99th Ave and W Union Hills Dr). Club membership is open to all RCSC cardholders and no dancing or marching experience is required.

For more information, visit <https://suncityaz.org/recreation/clubs/sun-city-poms/>, email to scpom@yahoo.com or call 623-388-3899.

Friday Afternoon Bridge



If you are looking for an afternoon of Contract Bridge, we are looking for you. Come to Fairway Center, Arizona Room #2 any Friday afternoon. We ask you to arrive by 12:15 p.m. so we can start play at 12:30 p.m.

All RCSC members in good standing are welcome to join for a low membership fee of \$5 a year plus 50 cents each play day (from which high scores are paid). Small and Grand slams are paid from the treasury.

Visitors to the club with current RCSC cards are welcome to try us out for \$1 a day with a limit of 2 times before being required to join. Escorted guests of Club members may attend any time for \$3 a day plus 50 cents. Please note, however, that preference will be given to current club members if there are excess players.

We enjoy four rounds of play with six hands each round, switching partners after each round. Men and women are welcome. No partner needed. We pair up all players.

If Fridays do not work for you, we also play at Oakmont on Wednesdays and Thursdays. The same times and rules apply.

We look forward to adding your name to our membership lists. For more information, please call 623-933-9671 or 623-249-9169.

NextGen Club



The NextGen Club is a social organization offering residents of Sun City an opportunity to meet and develop new friendships. Open to all RCSC cardholders of any age, we meet on the 1st and 3rd Monday each month in the Sundial Center – East & West Auditoriums. Our current membership is 525 strong and is open for all activities / events to club members and their accompanied guests. For your convenience, our new technology platform allows you to select the activities that best fit into your schedule. The club basically gives you a taste of many wonderful activities Sun City offers on a smaller scale which then allows you to consider joining clubs that specifically do just that activity (i.e. one or two hikes a month versus a club that goes on hikes every day). Activities include but are not limited to biking, hiking, pickle ball, golf scrambles, shuffleboard, darts, bowling and cards (Texas Hold'em, euchre, ponytail). We also do breakfast get togethers, potluck meetings with special events like the Super Bowl party and many parties that include live bands, wine and beer tasting events and happy hours. We do day trips for special events and multi-day overnights to various AZ locations. For more information, see our ever-changing event calendar at <http://nextgensuncity.org/> or send your questions to nextgensc@gmail.com. Annual dues are \$10.00 for RCSC cardholders.

Our Boutique is open to all and sells handcrafted items made by our members. We participate in charitable activities in the community and make special holiday cards for active-duty soldiers. The Happy Heart and Love Our Veterans groups use donated yarn and make lap robes and afghans for local veterans. Crochet and knitting class make a variety of items such as stuffed animals, sweaters, scarves, and baby blankets and donate them to Eve's Place. In February, our knitting and crocheting members donate red baby hats to the American Heart Association for preemie babies.

Tai Chi Club

Tai Chi improves balance, flexibility, coordination, and stamina. During our Tai Chi classes, you will learn the graceful movements that are easily adapted to any skill level and physical ability. Our classes are relaxed. Students advance at their own pace.



Tai Chi is an ancient Martial Art involving slow, flowing movements that emphasizes postures, balance, and health. Qi Gong is a Chinese system of physical exercises and breathing control designed to strengthen, stretch, and tone the body to improve the flow of energy.

We offer classes suitable for beginners as well as advanced students. We proudly continue to practice Traditional Yang Style 108 Long Form Tai Chi as taught to our founding members by Taoist Abbott Grandmaster Franklin Wood, a respected teacher of Taoism and Tai Chi for 50+ years. In addition to 108 Form, we offer 5 Form Tai Chi-Essentials, Balance & Basics and Qi Gong.

Join us and experience the benefits of Tai Chi and Qi Gong. Classes are open to all RCSC cardholders and their escorted guests. Class fee: \$3; annual membership fee: \$10. Refer to our website <http://sctaichi.wix.com/sc-tai-chi-club> for class details, club information, plus informative articles relating to the art of Tai Chi.



Bell Craft Club

Bell Craft Club opened to RCSC card holders in 1975 and are happy to announce that our membership continues to grow each year. We offer a variety of classes taught by our talented members. If you enjoy making crafts and socializing, come join us and make the craft of your choice in any class or open workshop.

We offer classes in Bead weaving, Brazilian embroidery, candles, card embroidery, crocheting and knitting, diamond painting, greeting card techniques, needle arts, paper and parchment crafting, polymer clay, quilling and silk flowers. We also have workshops for acrylic painting and other crafts and look forward to resuming our copper enameling class soon.

We're open Monday through Friday from 9am to 3pm and some evenings. For more information, call 623-974-3497 or stop by and visit us at adjacent to the library in the Bell Center Art & Craft Village.

Our Boutiqe is open to all and sells handcrafted items made by our members. We participate in charitable activities in the community and make special holiday cards for active-duty soldiers. The Happy Heart and Love Our Veterans groups use donated yarn and make lap robes and afghans for local veterans. Crochet and knitting class make a variety of items such as stuffed animals, sweaters, scarves, and baby blankets and donate them to Eve's Place. In February, our knitting and crocheting members donate red baby hats to the American Heart Association for preemie babies.

Spanish Club

Omicron got you down? Join a new club! Learning a new language is fun with El Círculo Español, otherwise known as the Spanish Club of Sun City. You don't have to know any Spanish to join. Fiesta anyone? Maybe a siesta? See, you do know a few Spanish words.

We have cultural events, lunch and dinner outings, fiestas, Spanish movies with subtitles, other excursions (Hispanic grocery stores, folkloric dance performances) and, of course, classes! Some of our classes are taught by native speakers. All instructors are enthusiastic and patient volunteers. We have culture classes, conversation classes, video learning, and grammar classes. Sample as many classes as you like, take as many classes as you like, all for one fee of \$10 per year. Most of our classes have returned to in-person learning, but there are still some Zoom classes and events. We even have summer classes for year-round learning and entertainment. And for those of you who are interested in Italian, a close relative of Spanish, there are two beginning classes.

Check out our website for instructions on how to join the club and descriptions of current course offerings.



Bell Craft 2022 Officers: Left to right: Assistant Secretary Anna Wekhamp; Vice President Bonnie Tatom; President Gail Nasson. Not pictured: Secretary Patrice Massey; Treasurer Cindy Blickendefer; Assistant Treasure, Karen Chatterton



Bell Craft Club members enjoying Christmas luncheon.



Marinette Clay Corner



The Marinette Clay Corner is a full-service pottery studio, excelling in wheel-thrown and hand-built pottery. Facilities include wheels for pot throwing, rollers for slab and hand-building, clay extruders for coiling, a pug mill for clay reconditioning and five kilns for firing. The club maintains nearly 40 pre-mixed glazes for ready use, and a multitude of tools to bring your creation to life. There's also variety of clay and tools on hand for purchase. No experience is necessary.

New members take five fundamental classes taught by the Education Team. Classes provide hands-on experience making pieces from start to finish, including glazing. Throughout the year, instructors provide a robust selection of classes for members to improve their expertise and expand their artistic horizons.

Currently, the club's membership has grown to 247. To accommodate the growing membership, the club facilities are being expanded to approximately 7400 square feet. Two front loading kilns, a spray booth, additional seating and shelving are being added to the space.

Stop by the club room anytime during open hours or make plans to visit during our annual Spring Sale on Friday and Saturday, March 25-26. Club membership is open to all RCSC card holders. For more information, check our website at ClayCornerMarinette.org or by calling 623-273-6917.

Zumba Fitness Club



Do you want to have fun, make new friends and get a workout at the same time? Zumba fitness club is for you. Zumba is a fitness program that combines Latin and international music with dance moves. The routines led by our certified instructors combine alternating fast and slow rhythms to help improve balance coordination and cardiovascular fitness. The one hour sessions are fun and energetic, no experience is necessary. You do what you are comfortable doing. The key is to stay with it until you can do more and feel better.

Zumba Fitness Club offers three styles: 1) Chair is a low intensity workout combining cardio and flexibility modified to a seated position, 2) Zumba fitness is a high intensity and high energy cardio workout, and 3) Zumba Gold is a slightly lower intensity and energy cardio workout, and they are all fun!

Club membership/participation is open to all RCSC Cardholders. Once you join for \$8 per year, you will have access to any of the sessions for just a \$2 instructor fee.

- Mondays: Zumba Gold - 11:30am-12:30pm in Bell Social Hall
- Tuesdays: Zumba Fitness - 6:30-7:30pm in Sundial West
- Wednesdays: Zumba Gold - 11:30am-12:30pm in Bell Social Hall
- Thursdays: Zumba Fitness - 6:30-7:30pm in Marinette Auditorium
- Fridays: Chair Zumba - 11:30am-noon & Zumba Gold - noon-12:30pm in Bell Social Hall
- Saturdays: Zumba Fitness - 8:30-9:30am in Marinette Auditorium



Tennis Club of Sun City



Got out and play! Tennis is a life-long game, which is really unique in the world of sport. People can enjoy playing from childhood well into their seventh and eighth decades of life and beyond.

The Sun City Tennis Club would like to invite you to join our club and start benefiting from all of the positive effects that tennis contributes to the quality of your life.

Exercise is the best medicine out there for cardiovascular health, and what better way to exercise than to have fun doing it while playing tennis. If done habitually and with commitment, tennis can lower and help control blood pressure, blood sugar and cholesterol. Meeting friends, teammates, and others at the Sun City courts has many positive impacts on our health and well-being. Tennis builds social relationships, which reinforces our health and overall quality of life. The positive social interactions and connections made through playing tennis lead to a happier and healthier lifestyle.

Come find out for yourself and see how much fun you'll have. Details can be found on the Sun City Tennis Club website at: www.suncitytennis.com or by calling: 608-792-1957.



Lawn Bowling - Novice Ladder Sessions



Forty people signed up for the Novice ladder which are being held each Wednesday at a different lawn bowl club location each week to acquaint the bowlers with the sport at various locales. Each Wednesday, play begins at 1:30 pm. Each week new information is introduced to help the new bowler get more acquainted with how the game is played. The culmination of these 6 weeks is a Singles Tournament to decide the Novice winner which receives a certificate for a set of lawn bowls from BowlsSmart at Bell Lawn Bowls Club. Pete Lenchuk is the coordinator of these weekly sessions with many volunteers that assist. If you are interested in learning the game of lawn bowling, come on our and give it a try. Please contact lenchukp@aol.com for information about upcoming session locations.

You can find information about lawn bowling at any of our five locations – Bell, Lakeview, Oakmont, Fairway and Mountain View - in the brochure holders. Stop by and see what fun everyone has at lawn bowling.



2022 Spring Sun Bowl Concert Series

Free for RCSC Cardholders & their escorted guests!
BYO Chair or Blanket!

Located on 107th Ave just south of Peoria Ave

Strait Country Sunday, March 6, 2022 @ 6pm

Let's start out the Sun Bowl concert series with return of the Kevin Sterner and the Strait Country Band with the critically acclaimed "A Tribute to the Music of George Strait" show which promises to showcase hit after hit from an amazing 60 Number One Hits and over 80 Top Ten Hits, also includes some of George's lesser known gems. We're certain it will be "Love to the End, Amen" as the stage lights go down when the show is over.

Outside the Line (Motown) Sunday, March 13, 2022 @ 6pm

RCSC is pleased to present the Phoenix-area's most soulful variety band making their first appearance at the Sun Bowl. Smooth moves together with the great Motown sound will have the audience reminiscing about the Motor City and hits that topped the charts.

Thaddeus Rose Band Sunday, March 20, 2022 @ 6pm

Let's put our hands together and get up on our feet with an encore appearance from this sure-to-please great dance band – Thaddeus Rose! With state-of-the-art sound and funky stage presence, we're certain that this show will be full of musical fun and excitement.

Backstage Crew Sunday, March 27, 2022 @ 6pm

Billed as "Arizona's Premier Classic Rock / Variety Cover Band," Backstage Crews returns to the Sun Bowl to perform everything from Classic Rock and Country to the Black Crows and Black-Eyed Peas. From their seasoned musicianship, four-part harmonies and powerful rhythm section to their amazing on-stage presence, this five-piece band promises a high-quality, high-energy, interactive and entertaining show, with a strong emphasis on audience participation including lots of great dance numbers.

Be prepared to show your RCSC Member or Privilege Card to gain access to Sun Bowl shows; no key fobs accepted! Gourmet Food Trucks arrive 1-1/2 hours prior to show for your dining pleasure. All rain locations - Sundial Auditorium at 103rd & Boswell Blvd. For information regarding rain location and a recorded message, call 623-972-6014.

Mogollon Sunday, April 3, 2022 @ 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. We can guarantee that you won't be disappointed.

Flipside 45 Sunday, April 10, 2022 @ 6:30pm

Flipside 45 is all about the music – a real live band with real live musicians – in their outstanding tribute to classic hits and forgotten gems from the 60s & 70s with a little 50s & 80s thrown in for good measure! If you like big harmonies, groovy vibes, chiming guitar, punchy bass and tasty drum, you're going to love Flipside 45!

Faded Jeans Sunday, April 17, 2022 @ 6:30pm

Let's welcome back "Arizona's Party Band" and a Sun City favorite – Faded Jeans – as they wow with a genre-hopping playlist that keeps the audience dancing throughout the show. And calling for more at the end of the night. With songs ranging from Classic Rock, R&B, Pop, Oldies, Country, 70's Funk, Rockabilly, and Blues, with each song is performed true to style and certain to be fun time for all!

Main Event Sunday, April 24, 2022 @ 6:30pm

We'll finish the Spring Sun Bowl Series with an encore performance from the Main Event – a 9-piece full horn band that performs everything from Motown and Rock, to Funk and Big Band. A little something for everyone as we say "We'll see you back here in September" for more great music. Have a good summer!

Grand Center Grand Opening Draws Hundreds



Whether working on individual projects, discussing glazes or dreaming about a vehicle restoration, Grand Center offers a great mix of clubs which many RCSC Cardholder got to tour and talk with club members during the Grand Opening. Stop by anytime and check it out!



The Journey of the Rose Window

Ernie and Kay Langevin began a stained glass art project 35 years ago but life got in the way – two children, careers and busy lives ensued – and the pieces were boxed up and stored for a later time.

Fast forward as the couple began to consider retirement options and had an opportunity to visit Sun City. They began the process of researching and planning to become snowbirds from the Tri-Cities area of Washington state.

Finally in the winter of 2020, Ernie and Kay packed up the box of glass pieces and supplies of their unfinished window project and traveled 1,200 mile hoping to refresh their passion for art glass. The completion of this project made possible with the help of "master" instructors at the Oakmont (now Grand) Jewelry, Stained Glass & More Club, including John Schmidt, Nancy O'Brien, Will Compton and Carolyn Enouen.

While that winter's stay was cut short (only 2-1/2 months due to COVID), they are overwhelmed with pride and unending memories in their home back north with the completed 2 foot X 3 foot rose window project proudly displayed, serving as a daily reminder of the knowledge and skills that were nurtured with the help of fellow club members and their unforgettable Sun City experiences.

Upon their return to Sun City this winter, Ernie and Kay were welcomed into the new club space at the Grand Center – and the outstanding people who helped them finish their beloved project all these years later. What a truly GRAND Sun City story!





February - The Month of Love

With all the current downtimes because of COVID and additional tensions, February can remind us to love in order to raise our spirits. What can do that more than the Elizabeth Barrett Browning (1806-1861) Sonnet 43, "How Do I Love Thee?"

How do I love thee? Let me count the ways.
 I love thee to the depth and breadth and height
 My soul can reach, when feeling out of sight
 For the ends of being and ideal grace.
 I love thee to the level of every day's
 Most quiet need, by sun and candle-light.
 I love thee freely, as men strive for right.
 I love thee purely, as they turn from praise.
 I love thee with the passion put to use
 In my old griefs, and with my childhood's faith.
 I love thee with a love I seemed to lose
 With my lost saints. I love thee with the breath,
 Smiles, tears, of all my life; and, if God choose,
 I shall but love thee better after death.

The Friends of the Sun City Libraries, Inc. hope to assist in this emphasis on love. Let us count the ways:

- If you ❤️ to read or listen, our Libraries and our Bookstore can assist you greatly.
- If you ❤️ helpful Library staff and Bookstore volunteers, you will have come to the right place.
- If you ❤️ a broad spectrum of Library materials to check out, or a broad selection of Bookstore materials to purchase, come in and enjoy.
- If you ❤️ being in a cozy atmosphere with others who share your same feelings, our Libraries and Books Around the Corner offer just that.
- If you ❤️ free or inexpensive ventures, you cannot beat the opportunities at our Libraries or Bookstore Around the Corner.
- If you ❤️ sports and games, the half-price February sale on these books should bring you to Books Around the Corner.
- If you ❤️ John Grisham, all of his legal thrillers are half-price in February at Books Around the Corner.
- If you ❤️ Clive Cussler, adventure novelist, many of his more than 80 different books are half-price at Books Around the Corner.
- If you ❤️ recycling, what could please you more than reading a library book, then returning it; buying a used book donated to the Bookstore; or donating your "done with" books, magazines, recent magazines, CDs, DVDs, or puzzles to the Bookstore.
- If you ❤️ staying informed about our Libraries, get on the library email list, [https:// apps.mclaz.org/subscribe](https://apps.mclaz.org/subscribe).
- If you ❤️ staying informed about Books Around the Corner, contact Irene at ireneorrena@cox.net to get on the Newsflash mailing list.

Water Conservation

Make the Dishwasher Your Water-Saving Friend

Many of us think that hand washing the few dishes and glasses we use each day uses less water than the dishwasher. Truth is that newer dishwashers only use about four gallons of water per cycle. So just let the machine do the "dirty" work.

We'll repeat it – Scrape, Don't Rinse. Scrape, Don't Rinse. Modern dishwashers do a fantastic job cleaning heavily soiled dishes. Simply scrape off any food and empty liquids and let the dishwasher do it's thing. If you're not able to break the habit and must pre-rinse, at least use cold water. Many newer models also have rinse and hold cycles which use less water than doing the job manually.



When loading the dishwasher, fill the racks to optimize water and energy use but allow for proper water circulation. Wash only full loads when possible and select the cycle that uses the least amount of energy. Use the rinse and hold cycle mentioned above if it takes several days for you to get a full load.

Try using the no-heat air-dry feature if your dishwasher has one. If you've got an older model, turn off the dishwasher after the final rinse is complete and open the door to allow drying. If spotting occurs, you could dry the dishes by hand (that's right - the old fashioned way).

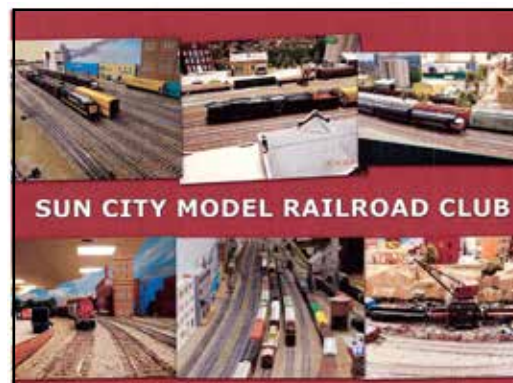


FREE MOVIES

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.



SUN CITY MODEL RAILROAD CLUB

"All aboard" for the Model RR Club Swap Meet

Saturday, February 12, 2022 | 8:30am to Noon
 Fairway Center AZ Rooms #1-4
 You just never know what you might find!

Tips from Get Fit for Life
Setting Goals for Fitness

“Goal setting is an important tool for active adults, if they want to improve health and fitness” states Jane Fortier, fitness professional with Get Fit for Life. “Goals should be the target toward which all efforts are directed. Goals add a dimension of excitement and a sense of purpose to any fitness program.”



There are several components to effective goal setting. First, goals need to be realistic – this will lead to success, rather than burnout or injury. Establishing a goal to lose 30 lbs in a month or walk 25,000 steps in a day, could easily result in disappointment. A person may have the best of intentions, but without sensible goals, and an appropriate plan to reach those goals, willpower weakens and failure follows.

Goals need to be challenging, but within the realm of possibilities, given one’s fitness and experience level.

All goals need to be written. This action takes them from the subconscious to the conscious. Writing goals affirms their existence. It makes them tangible. Written goals should be posted, to be seen and read daily. This practice gives direction to the day, and keeps one on course. Whether it’s losing pounds & inches or building muscle & strength, daily affirmation of goals is critical. In addition, share goals with people who are close and supportive, that inner circle who can be trusted.

It’s wise to define a progressive set of fitness goals that build on one another – this sort of planning will propel you toward the bigger aspiration. Establish Short-Term goals and Long-Term goals – this helps mentally and physically. Short-Term might cover a 4-6 week span. If body composition is a concern, goals might include total pounds, inches and body fat lost. If workout design is paramount, goals might address duration, frequency and heartrate with cardio work; or total weight resistance, number of sets, and repetition cadence for strength training. If controlling food intake is the topic of concern, goals might refer to calories eaten, balance of macronutrients, and size of portion. Once the term for these initial goals is over, a new set of Short-Term goals should be established. Long-Term goals look to the future, perhaps 6-12 months away. These goals might involve an activity or lifestyle change that would never have been possible, without meeting progressive Short-Term goals: running/walking a 10K race, hiking the Grand Canyon, losing 50 pounds, getting off diabetes/ blood pressure medication, getting into a 40 year-old wedding dress for a vintage family photo.

Once goals are established, a Plan of Action is in order. This is where the “rubber meets the road.” Action determines success. Charting a Plan of Action, with specific accountability, improves success. If food is the focus: keep a daily journal of what’s eaten, log grams for each macronutrient (carbohydrates, fats, protein), determining if their intake for the day is proportionately correct, read food labels, shop the outside aisles of the grocery store, clear bad foods out of the house. When exercise is the emphasis: create progress charts, log workout times and activities, record time spent on cardio, strength training and stretching, find a workout buddy to meet consistently at the gym, use a trainer to lend variety and effectiveness to your workouts. Accountability is crucial to the success of any Plan of Action. A diligently designed and executed Plan of Action yields positive results. Without action, it’s all just lip-service.

Goal setting skills are valuable and beneficial in all areas of life, especially health and fitness. Staying physically fit is not an option, but a necessity, for aging adults. If you need help in establishing fitness goals, contact a Get Fit for Life personal trainer at 623-696-6820. Training sessions focus on exercise technique, but a trainer would be happy to spend a session on “goal setting”, if needed. Get Fit for Life personal trainers design exercise workouts to fit individual needs, issues and concerns.

MONITORED ACTIVITIES

Basketball	Minimum Age: 8
Marinette Center	M-Sa: 6a-9p; 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
Duffeeland	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 2/1,2/4; 2/22,2/25	
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; Closed for Class: M, Th 9-10a on 2/21,2/24,2/28	
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 (no classes 2/5-20)	
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; (No class 2/5-20); 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 (no classes 2/5-2/20)	
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 February @ 11:30am ****

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

Member Fitness & Massage Services
 Show your support for these local services; schedule an appointment today!



Fitness Training
 623-696-6820

Personal Training Sessions are available at all RCSC Fitness Centers

Massage Services

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



Bell Center
 Lisa McCoy
 623-210-2707
 Massage by Julie
 602-689-0802