

SUN VIEWS

ISSUE #245 • APRIL 2022 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.



The ABCs of Using RCSC Facilities

You may have noticed new signage posted at all Recreation Centers (with monitored facilities) reminding RCSC Cardholders and their guests of the basic rules that must be adhered to by all who enter and use the Fitness Centers and Aquatic Areas.

With the arrival of spring and many guests coming to visit, we ask that you please familiarize yourself with these important RCSC requirements to ensure a smooth visit to RCSC facilities for everyone's enjoyment and safety.

A...All RCSC Cardholders must be in good standing and must present a valid RCSC Member or Privilege Card upon check in; providing card numbers verbally is not acceptable.

Answers to many questions can be found in the RCSC Cardholders Guide (CHG) and Board Policy 10 – RCSC Rules & Regulations on the website at www.suncityaz.org.

B...Be prepared when bringing guests and purchase Host Punch Cards at facility check-in stations or at the Lakeview Cardholder Services Office (\$20 for Eight Punches, one punch/day/guest). Guests may be required to show a government issued, picture ID to validate their identity and residency.

Better yet, Cardholders may purchase Guest Passes online through the RCSC Web Portal (\$2.50/person/day). In order to use the portal, you must have an email address on file to request a New User Password.

Board/Member Exchanges Return Starting April 11

The RCSC Board of Directors has reconsidered and passed a motion to bring back Board/Member Exchanges in an effort to have more open, two-way communication and sharing of ideas.

Starting in April, there will be a Board/Member Exchange on the second Monday of each month and a formal RCSC Board of Directors Meeting to conduct business only on the last Thursday (except July and August when no meetings are held). Both the Exchange and the Board Meeting will be at 9am in the Sundial Auditorium. In addition, all sessions will continue to be video recorded and posted on the RCSC YouTube channel.

Under this new format, Member comments at formal Board meetings will be limited to agenda items only. Meeting notices will continue to be posted in RCSC Facilities, published in SunViews and posted on the RCSC Website. Those Members signed up to receive RCSC News Email Alerts will continue to get notifications one week prior to meetings.

C...Children are welcome to participate in many activities offered but there are age restrictions. Please review the Minimum Age Requirements (page 10 of the CHG) and note that proof of age is required for children under 6 years of age to use the swimming pools (birth certificate or government issued document, copies or photos acceptable).

Children's Pool Hours are as follows: Mountain View Center (10am-1pm), Marinette Center (1-4pm) and Lakeview Center (4pm-close).

D...Don't hesitate to ask any RCSC employee for assistance should you still have questions. If they can't help, you'll get directed to the proper office/person who can get you the answer.

E...Enjoy time with your company and all that Sun City AZ has to offer! Let's save letters F to Z for another time perhaps.

Easter Fun & Worship Services Return to the Sun Bowl

The Recreation Centers of Sun City invites RCSC Members/Cardholders and their escorted guests to come to the Sun Bowl on Saturday, April 15, 2022 from 9am to noon for the annual Easter Egg hunt.

We have invited the Easter Bunny so we'll sure to have plenty of fun, eggs and prizes for all. Arts and crafts along with face painting make this a fun-filled event for the whole family.

We promise to have plenty of eggs for the age-restricted egg hunts which will begin promptly at 9:15am for children ages 2 to 4, followed by ages 5 to 8 at 9:30am, and ages 9 to 12 at 9:45am. Please note that no registration is required to participate.

On Easter morning, we'll be back at the Sun Bowl for our annual Sunrise Service beginning at 7:00am with services provided by United Church of Sun City. Bring your lawn chair and take part in this joyous celebration with family, friends and neighbors as we observe this splendid holiday the way Sun City AZ has done so for more than 50 years.

In recognition of the Easter holiday, Cardholders are reminded that all RCSC Offices at Lakeview Center, the Sundial Events & Entertainment Office and the Sun City Visitors Center at Bell will close at noon on Good Friday (April 15) and all will reopen on Monday, April 18. Please note that all recreation centers will be open regular hours over the Easter weekend for your use and enjoyment.

The Sun Bowl open-air amphitheater is located at 10220 N. 107th Ave. in beautiful Sun City AZ, just south of Peoria Ave.

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

Email addresses
remain confidential

INDEX

| | |
|--------------------------------|------------|
| News Events | Page 01-03 |
| Board News | Page 02 |
| Golf Bowling | Page 04-05 |
| Club Directory | Page 06-07 |
| Community News Events | Page 08-11 |
| Fitness Monitored Activities | Page 12 |

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, April 2, 2022** to assist Sun City AZ residents & visitors.

Connect with Sun City AZ





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: jnowakowski@suncityaz.org

Sue Wilson, Director

email: swilson@suncityaz.org

A Message from Board President Dale Lehrer

The Time for Compromise is Now

As they say - when in doubt, try, try again.

I truly believe there is finally agreement on both sides that nothing will change overnight and not everyone will be happy all of the time. All I can really say is "Enough already" - the time is now to get moving in a direction that we can all accept.

Compromise, cooperation and consideration of all concerns needs to take center stage. We cannot continue to re-evaluate and second guess all the decisions that have been made prior to now. It is simply not rational, nor productive, to constantly go back and forth, beating the same drum over and over.

While it may seem to some that opportunity for input is being restricted as we move towards a new meeting format, the true and honest intention is to allow the free flow of ideas - while still maintaining some semblance of order along with the ability to conduct formal business meetings in a timely manner.

The repeated stating of each person's opinion is to no one's benefit. The fact of the matter is we need to start moving forward with projects as agreed upon - knowing that the best interests of all truly are the desired outcome.

There have been many in the community who have patiently waited for "their turn" and to undermine those intentions by claiming one need overrides another is disheartening. Perhaps even wrong.

Even those who felt the Grand Avenue project was unnecessary must agree that the relocation of clubs to these new spaces has given them the opportunity to prosper and thrive now that they have been allocated the proper facilities and space necessary.

Please, please, please give us your input - kindly. Your thoughts are vital - and necessary. The Board needs to hear and consider the concerns of all members. Your input is valid, important and

necessary. But the bottom line is that decisions must make sense for the entire community. Jumping into the middle of processes that are well underway only serves to stall approval of improvements that are needed to keep Sun City vibrant and desirable for all - for years to come. The phrase "That train has left the station" must be adhered to and respected at a certain point in time.

Compromise, by definition, requires each side to give and take. Not every personal want, opinion and viewpoint carries equal weight. But at this point, the bickering must end. We need to move forward and get back to the business of managing the needs and desires of all - as best we can. Please let us move on and work towards a way to make changes that are necessary and compatible for the whole - not only the few who remain adamant that they seem to know best.

Let us work for everyone's benefit. No one's opinion is the absolute right or the only point of view that should be considered. Compromise is a two-way relationship; we really need to try to play nice with each other.

I believe the Directors who are currently seated on the RCSC Board are trying their best and are willing to make improvements. But it takes time. Please be willing to help us achieve what in the long run I hope are positive steps that will move us in the right direction and in line with the wishes of the community for more involvement and self-governance.



Dale Lehrer
2022 RCSC Board President



"Neighbors Helping Neighbors"

The next Sun City Foundation meeting will be held on Thursday, April 14, 2022 at 1:00pm in the Lakeview Social Hall #1.

This Month @ The Board

RCSC Board of Directors Meetings

Board/Member Exchange

Monday, April 11, 2022 @ 9am

Sundial Auditorium

Board of Directors Meeting

Thursday, April 28, 2022 @ 9am

Sundial Auditorium

Committee Meetings:

Bowling Committee

Thursday, April 7, 2022 @ 9am

Lakeview Board Room

Sun City AZ in Focus Committee

Tuesday, April 12, 2022 @ 9am

Lakeview Board Room

Lawn Bowling Committee

Tuesday, April 12, 2022 @ 1pm

Lakeview Board Room

Club Organization (COC) Committee

Wednesday, April 13, 2022 @ 10am

Lakeview Board Room

Technology Committee

Wednesday, April 13, 2022 @ 4pm

Lakeview Board Room

Insurance Committee

Friday, April 15, 2022 @ 9am

Lakeview Board Room

Long Range Planning Committee

Monday, April 18, 2022 @ 8:30am

Lakeview Board Room

Golf Advisory Committee

Thursday, April 21, 2022 @ 8:30am

Lakeview Social Hall #2

Elections Committee

Wednesday, April 27, 2022 @ 1pm

Lakeview Board Room

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

Come Celebrate Easter at the Sun Bowl

Saturday, April 16, 2022
9am to noon

Easter Egg Hunt by Ages:
Age 2-4 @ 9:15am • Age 5-8 @ 9:30am • Age 9-12 @ 9:45am

• Arts & Crafts for the Kids • Face Painting • Prizes •
• Fun for the Whole Family •

Come back to the Sun Bowl on Easter Sunday Sunrise Service at 7am

Presented by
United Church of Sun City



Free for RCSC Cardholders & their escorted guests!

** Registration not required **

On with the Show ...

Sun City Women's Chorus

Spring Concert

Saturday, April 2, 2022, 1:30 PM

Sundial Auditorium

Admission: \$5.00



Tickets can be purchased in advance from Chorus Members or prior to the performance at the door.

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.

Duffeeland Dog Park
14610 N. Del Webb Blvd.

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



The Camera Guild of Sun City would like to Invite all RCSC card holders and their escorted guests to our Spring Photography Gallery featuring current images from our members.



WHEN: April 7th from 4:00pm to 6:30pm
Where : Grand Center on Grand Ave, parking available

snacks & wine will be served

SUN CITY CONCERT BAND

Spring Concert



MOVIES, MARCHES AND MORE!

TRUMPET TRIO WITH DAN REED

NEW VENUE!

Mountain View Auditorium
9749 N 107th Ave., Sun City, AZ



2:00PM - SATURDAY
APRIL 9, 2022



Director, Ken Jaeger • Associate Director, Charles Musgrave

FREE

RCSC MEMBERS AND THEIR ESCORTED GUESTS.
DONATIONS ACCEPTED

Do Your Part to 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

The Path to Consistency

Every golfer knows the joy of hitting a perfect golf shot...sometimes it's what keeps us coming back after a horrendous round but a great shot on the last hole! Striving to be more consistent is a common goal in golf. The truth is no one hits perfect shots every time, but most people can work to have more good shots and less bad. I also think that consistency is about improving the quality of our missed shots.... if we can narrow the gap between our good and bad shots the game is more enjoyable! So, here are three things to do to help with consistency.

#1 Make sure to have a consistent pre-shot routine. This means approaching the shot the same way each time. It's no different than a basketball player shooting free throws or a tennis player preparing to serve. A routine helps the brain go into an automatic mode, which makes it easier to do the same thing each time with little or no thought. Not everyone's pre-shot routine will be the same, but it would include things like whether to take a practice swing, and the order of setting the club, grip and stance as you line up to the target.

#2 Work on having solid basics as it relates to the setup. The setup is the foundation of your swing and includes your grip position, posture, stance, distance from the ball, ball position, as well as proper line up to the target. Having a solid and consistent setup will eliminate many errors in the swing that affect everything from direction, to contact, to distance and trajectory. Since golf is a game of inches, having even one of these variables out off can change everything!

#3 Work on tempo. Make your golf swing feel the same each time regardless of the club you are hitting. Find a rhythm that works for you....it may be "one and two" or "back and through" or feeling smooth or perhaps pausing at the top of your swing. Everyone is different, so just find a consistent tempo, one that gives you control and balance and use it on every club, every swing, every time!

Robin Eichten is an LPGA Life Member and Certified Teacher. She has been teaching in the Sun City and surrounding area since moving from Minnesota to Arizona in 1994. For info or signup call/text Robin at 6233226300 or email to golfinwithrobin@aol.com

2022 Aerification/Vericutting Dates

Golf Course will be closed (including Snack Shop)

| Fairway Verticutting | | |
|----------------------|-------------|-------------|
| Monday-Tuesday | April 25-26 | Willowcreek |
| Thursday-Friday | April 28-29 | Willowbrook |
| Monday-Tuesday | May 2-3 | Lakes West |
| Thursday-Friday | May 5-6 | Riverview |
| Monday-Tuesday | May 9-10 | North |
| Thursday | May 12 | Quail Run |

| Fairways Aerification | | |
|-----------------------|------------|-------------|
| Monday-Tuesday | May 16-17 | Willowcreek |
| Thursday-Friday | May 19-20 | Willowbrook |
| Monday-Tuesday | May 23-24 | Lakes West |
| Thursday-Friday | May 26-27 | Lakes East |
| Thursday-Friday | June 2-3 | Riverview |
| Monday-Tuesday | June 6-7 | North |
| Thursday | June 9 | Quail Run |
| Monday-Tuesday | June 20-21 | South |

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 bjpga@cox.net
- Bob Day - 602-818-1470 or email 1day2bettergolf@cox.net
- Robin Eichten - 623-322-6300 or email golfwithrobin@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

Tournament Dates: April 30 - May 8, 2022

SUN CITY OPEN BOWLING TOURNAMENT



32ND ANNUAL SUN CITY OPEN

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.

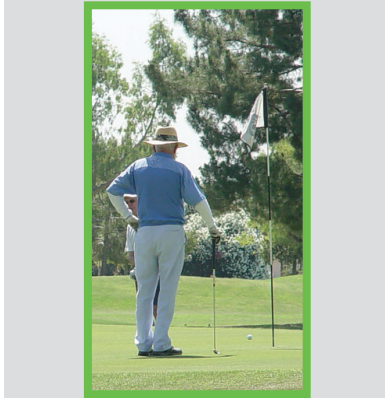
Willowbrook: (623) 876-3033
Willowcreek: (623) 876-3030
10600 W. Boswell Blvd.

Quail Run: (623) 876-3035
9774 W. Alabama Ave.

RCSC's 5 Snack Shops

Menu Available at suncityaz.org/golf/snack-shops/

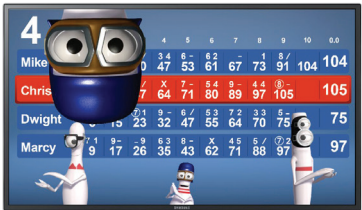
April Snack Shop Hours
Open Daily 6am - 3pm



Volunteer Ranger Program

For more information about joining our program, please contact Chris Linam, Pro Shop Manager, at 623-876-8419 or email clinam@suncityaz.org. Next meeting is Thursday, April 28, 2022 at 1pm in Talisman Hall.

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



Like no other 55+ Community!

- 11 Golf Courses
- 8 Recreation Centers
- 135+ Clubs
- Exciting Entertainment
- Low taxes
- Debt Free!
- Several housing options



Sign up for the “Sun City AZ Experience” and discover the **VALUE** and **VITALITY** of The Original FUN City!

Reserve a spot for the “Sun City AZ Experience” as a current, new, or prospective resident

3 ways

1. On the RCSC website at www.suncityaz.org/discover/sc-exp
2. Call the Sun City AZ Visitors Center at 623-977-5000 or toll free at 1-844-4 SUN CITY and choose option 3
3. Visit the Sun City AZ Visitors Center in-person at Bell Recreation Center located at 16824 N. 99th Ave.
Hours of Operation: Monday-Friday | 8:30am – 4:00pm
Saturday | 8:30am – 12:00pm (October – May only)

The Sun City AZ Experience presentation is free of charge and provided several times per month by Sun City AZ Visitors Center volunteer team tour guides. The 90-minute presentation begins with a walking tour of Bell Recreation Center. You'll learn beneficial facts about Sun City AZ including RCSC and its recreation centers and golf courses, the Sun Bowl, softball fields, shopping centers, neighborhoods, and vital community organizations. Our knowledgeable and entertaining tour guides will be happy to answer your questions about Sun City AZ topics.

If a Sun City AZ Experience is unavailable on a day you are available, you don't have to miss out! Sun City AZ Visitors Center volunteers are happy to acquaint you with our fantastic community, just stop by and see us at your convenience!



Support Your Hometown Museum! Become a Member!

Membership Application
(please print)

Name _____

Date _____ Phone _____

Email _____

Address _____

City _____ State _____ Zip _____

Check One

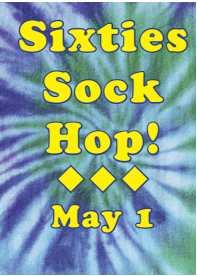
- ☐ Platinum Member (\$250 & Above)
- ☐ Gold Member (\$100-\$249)
- ☐ Silver Member (\$50-\$99)
- ☐ Turquoise Member (\$25-\$49)
- ☐ Platinum Business (\$500 and above)
- ☐ Gold Business (\$250-\$499)
- ☐ Silver Business (\$100-\$249)
- ☐ Clubs/Organizations (\$50 and above)

We are a non-profit, 501(c)(3) organization. All donations are tax-deductible. Mail to the museum, or bring to the museum during your next visit.

The Community That Changed A Nation! Sun City, Arizona

The past comes to life at the only museum in the nation devoted to the world's very first active adult retirement communities! Located in the first of five model homes built in Sun City, the Del Webb Sun Cities Museum offers a living tribute to the history of Sun City and Sun City West, and to the enduring spirit of those who pioneered an exciting new lifestyle!

Upcoming Events at the museum ...



Join us as we step back into time and enjoy the pop sounds and styles of the 1960s! Our museum deejays will spin top tunes of the decade and revisit Beatlemania, the surf sounds, Motown and more! Long hair, Beatle boots and mini-skirts may be a memory of the past -- but the music lives on! So put on your dancin' shoes and get ready for a goovy time!

6-8 p.m. Sunday, May 1
Oakmont Auditorium

Cost: \$5 (Free to Museum Members)
BYOB

Del E. Webb Birthday Party!

May 17 Del Webb Sun Cities Museum

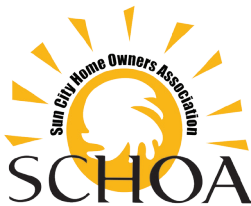
Let's celebrate the 123rd birthday of Del E. Webb, the founder of Sun City! Join us for ice cream, special displays and other activities throughout the day. Admission is **FREE** all day (although donations are welcomed!). Visit the museum's website for updates.



Del Webb Sun Cities Museum

10801 W. Oakmont Drive, Sun City, AZ
(623) 974-2568 ♦ scahsm@gmail.com
delwebbsuncitiesmuseum.org

Hours: Sunday noon-3 p.m. Monday-Thursday 10 a.m.-4 p.m.
Admission: \$5 Members: Free



Sun City Home Owners Association
Sun City's Advocate Since 1963

MISSION:

“To provide for the well-being of Sun City through fair and universal compliance with the CC&Rs.”
(Covenants, Conditions and Restrictions)

Are You A Member?

SCHOA strives to keep utility rates low and affordable.

SCHOA monitors legislation that would affect Sun City.

SCHOA offers a robust Business Partner Referral Program.

SCHOA offers many more benefits to their members.

Membership is only \$25* a year per household.
You can join by calling our office or visiting our website.

*SCHOA membership fees are separate from the RCSC fees.

10401 W. Coggins Drive | Sun City
623.974.4178 | SunCityHOA.org

| | |
|---|---|
| Art and Craft Clubs | |
| Artists by the Lake: LV 315-491-9650 Artistic Stained Glass: BC 623-974-4765 Artistic Weavers & Fiber Artists: OM 320-253-3145 or oakmontfiberart.com Calligraphy: SD 623-210-9137 Camera Guild: GR cameraguildsuncity.com | M-F 9a-4p; Classes & Open Painting Mem Mtg 12p 1st Tu LV SH 1 M-Sa 8a-2p; M-Th 5-8p M-Sa 9a-3p Mem Mtg 4th Th 1-3p M 1-3p; Th & F 9a-12p M-F 9a-12p; Member Mtgs: 1st Sat 9:30-11a & 3rd Wed 6-8p GR Sonoran Rm Potluck Social Tu 4/26 3-7p GR Sonoran Rm Tu, Th, Sa 7:30a-12p Gourd Art, Model Construction, Wood Carving https://suncityaz.org/recreation/clubs/sun-city-carvers/ M-F 9a-3p; Sa-Su 9a-1p Mem Mtg 1st Mon 9a M-F 9a-3p, W 5-8p; Sa 9a-12p Mem Mtg 2nd F 9a M-F 9a-3p Mem Mtg W 4/13 at 10a; Pizza 11a-2p M-Th 8:30a-8:30p; F-Su 8:30a-4:30p M-Sa 7:30a-9p; Su 10a-6p Mem Mtg 2nd F 9a MC SH Yard Art/Lunch 3rd W 8a-9p 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 M 9a-1p; Tu 1-8p; W 9a-6p; Th 9a-1p; F 9a-8p; Sat 9a-3p; 1st & 3rd M 2-6p; Last Th 2-6p M-W-F 8a-4p; Mem Mtg 2nd F 9:30a Charity Day F 4/29, 8a-4p M, W 9a-8p; 1st & 3rd Sa 9a-3p Open Quilting 2nd Sa 9a-3p Boutique; 4th Sa 9a-3p Charity M-F 9a-3p;Sa-Su 10a-2p; Mem Mtg 1st M 1p Spring Luncheon M 4/18, 11:30a SD EH/Mail M-Sa 8a-12p Mem Mtg Tu 4/5, 9a F 8:30a-1:30p FW AZ Rms 3 & 4 M, T, Th-Sa 8a-3p; W 8a-12p; M W 5-8p Mem Mtg 2nd Tu, 9a BC Team Rm M W F 8a-3p Intro classes offered in leathercraft, western tooling M-Sa 8a-4p; Tues 8a-8p Mem Mtg 2nd M 9a BC MPR Su-Sa 8a-8p Luncheon & Mem Mtg 3rd Th (4/21) 12p SD EH Mem Reception/Gallery Change F 4/1, 4-5:30p Tu, Th 9a-6p; Sa 9a-4p Open Sewing Su 12-4p Quilt SIG Mem Mtg/Potluck/Show & Tell 1st Th, 10am M-Sa 8a-3:30p Mem Mtg F 4/15, 9-11a M-F 8a-3p; Sa 8a-12p Club & Store Hours M-F 10am-2pm Mem Mtg 2nd M 11a-2p, FW AZ #2 |

| | |
|---|--|
| Stitchers: BC 480-578-8871 (leave message) 2019bellstitchers@gmail.com Woodworking: BC 623-974-6058 Woodworking: FW 623-738-7459 Woodworking: LV 623-933-2355 | Tu 9a-8p; Th, F 9a-3p Mem Mtg 2nd Tu, 10a M-W 8a-8p; Th-F 8a-4p; Sa 8a-12p Mtg 2nd Tu, 8am Bell MPR M-F 8a-4p; Sa 8a-12p Mem Mtg 2nd Tu, 12p FW 133 M-F 8a-2p Mem Mtg 1st Tu, 8:30a |
|---|--|

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| Card and Game Clubs | |
| 500: FW 608-345-3252 Lois Bunco Broncos: FW 602-526-3495; 623-698-3002 Canasta: OM 480-886-9750; 916-225-9895 Cribbage: LV 623-933-7044 Tony Euchre: FW 623-693-2881; 623-533-5705 Hand & Foot Club: LV 623-680-8276; 972-838-7512 Mah Jongg: MC 520-665-1789 - Claudie 970-231-3368 - Katie Monday Night Pinochle: OM 440-478-2530 Kim/623-217-8584 Beverly Pinochle: OM 623-876-1895 Tommie 209-524-7358 Cheryl Sheephead: LV 623-933-7044; 623-999-4965 | Mon 6-9:30p FW AZ Rm 3-4 4th M 12-3:30p FW AZ Rm 1-2 F 10a-2p OM Aud Doors open 9:30a; Dues \$5/Yr + \$1/week to play Tu 1-4p; W 6-9p LV SH3 ** Tu 5:15-9:30p FW AZ 2-4; 1st & 3rd Th 1:30-4:30p LV SH #3 Member Party Tu 4/12 W 6-9:30p LV SH 1-2; Doors open 5:15p Tu 11:30a-4p SD WH (National* & Chinese) Th 5:30-9p MC SH (N); Su 11:30a-4p MC SH (N) * Must know National & have current league card M 5:45-9:30p OM Aud Tu 11:30a-4p, Sa 11:30a-4p OM Aud M 6-9p LV SH #3 |

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| Contract Bridge Clubs | |
| Wednesday Afternoon: OM 623-249-9169 Thursday Afternoon: OM 612-616-4198 Friday Afternoon: FW 623-933-9671 | W 12:30-4:30p OM Aud Please arrive by 12:15pm W 12:30-4:30p OM Aud Please arrive by 12:15pm F 12:30-4:30p FW AZ Rm2 Please arrive by 12:15pm |

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| Duplicate Bridge Clubs | |
| Duplicate (ACBL): LV 623-518-7916 or 623-640-5554 suncitydbc.com Kachina: SD 651-592-5939 Sharon 623-363-7199 Posy | M Th F 1-4p LV SH 1 & 2; Doors open 12:15p; Arrive by 12:45p; Play at 1p; Must have partner M 12-4p SD WH |

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| Dance Clubs | |
| Bell Tea: BC 623-842-3917 suncityaz.org/recreation/clubs/bell-tea-dance-club/ Classic Rock Dance Club: BC 623-628-4401 | W 2-4p BC SH 1&2 Ballroom dancing with DJ Rollin 1st & 3rd Sa; Doors 6p; Dance 6:30-9:30p BC SH 1-2; No Dance 4/2 4/16 DJ Ron West \$3 Mem/\$6 Guests Country Dance Club: SD 480-431-8278; 623-972-5127 |

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| Friday Night Ballroom Dance: SD 623-215-8718 suncityaz.org/recreation/clubs/friday-night-ballroom-dance-club/ Line Dance: SD 623-972-5127; 231-557-6555 suncitylinedancedclub.facebook Rockin' Thru The Years: SD 623-695-2039; 602-695-0209 Squares: BC 623-694-7194 djkraus433@gmail.com Sun City Poms: MC 602-392-4242 scpomps@yahoo.com Tip-Top Dance: MC 253-381-1542 | F 7-9:30p SD Aud; Lesson 6:15p \$5/members; \$10/guests; No jeans, shorts, etc. Tu & Th: 10a-1p; SD Aud 4/28 Relocated to FW Dance Sa 4/30, 12-4p 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 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 4/14, 1p MC Aud |
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| Educational Clubs | |
| Apple Macintosh: SD 623-933-5300 Visit sunmacsclub.com for updates 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 | M-Th 8:30-10:30a & 12:30-2:30p See online calendar for evening classes Mem Mtg Sa 4/23, 8:30a SD WH M-F 8a-4p; Sa 8a-12p Classes are currently suspended due to continued coronavirus concerns M Tu W 8a-5:30p FW 129 Teacher Appreciation Lunch Tu 4/12 11a-2p |

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| Fitness Clubs | |
| Aerobics: BC 815-289-5912 Judy 317-590-2622 Joann Aqua Fitness Club: SD aquafitnesssuncity.com 619-818-4380 Terry | M W F 8-11a BC SH 1&2 Spring Session ends F 4/15 Try it Before You Buy It 4/11-4/15 Next Reg: Sa 4/9 SD; Doors 8a, Mtg 8:30a Next Session starts M 5/2; ends 6/24 Mem Appreciation Party W 4/13 11:30a-2p SD Tu 9-10a BC SH 1&2; W 9-10a SD Aud; F 9-10a MV Aud; No class F 4/1, 4/8, W 4/13 Mem Mtg & Spring Party W 4/13, 9a-1p SD Pilates M, 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 |

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| 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 Yoga Room Email: HathaYogaClub@gmail.com FMI visit www.hathayogaclub.org Ladies Exercise: OM 928-890-9152 So Grand Exercise: FW 623-933-0214 Stretch 'n Slim: BC 402-578-6948 Tai Chi: BC, LV, FW http://sctaichi.wix.com/sc-tai-chi-club email: suncitytaichi@gmail.com | Tu 9-10a BC SH 1&2; W 9-10a SD Aud; F 9-10a MV Aud; No class F 4/1, 4/8, W 4/13 Mem Mtg & Spring Party W 4/13, 9a-1p SD Pilates M, 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-C Classes: M 8:30a, 10:30a, 1p-C, 6p Tu 8a, 10a; W 8:30a, 10:30a-C, 4p, 6p; Th 8a, 10a, 1p-C; F 9a, 1p-C; Sat 8a, 10a Tu & F 8-9a OM Aud M W F 7:30-9a FW AZ 1&2 M-Sa 6:45a, 8a, 9a BC Aerobics Rm Su 8, 10a 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 Visit https://suncityaz.org/recreation/clubs/zumba-fitness-club/ for specific class info/times |
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| 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 602-616-7459 Leave Message Duffeeland Dog Park: Talisman 360-789-9815 Garden: GR 623-875-5921 | Every W 7p FW AZ 1 Mem Mtg W 4/13 10a FW AZ 1-2 Note location change Easter Poluck Tu 4/19 4-8p Talisman Hall Office Hours M W F 9a-12p GR Spring Potluck Sa 4/9 12-3p LV SH 1-2 No Member Meeting on T 4/5 For mtg times, visit suncitymodelrailroadclub.com |

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| 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 silvercreekranch1@hotmail.com Stamp Club: MC 602-329-8905 Vintage Vehicles: GR 602-609-0973 https://www.vintagevehiclesofsuncity.com/ Mtg/Auction 1st M, 6-9p MC SH Mtg/Potluck 4th Tu 4p SD Aud 1st W, 3rd Tu 5-9p Games at BC MP Bldg Caravan Mtg 4th F 9-11:30a SD WH Mtg 4/23 11a-3p BC SH Sa 4/9, 5p LV SH 1 M-W, F Sa 10a-1p | |
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| 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 480-276-3780 (Oct-April) 920-410-6932 (May-Sept) Women's Chorus: FW 623-308-4643 Annette | W 8:30a-12p FW Music Room M 9-11a FW Music Rm Rehearsals Tu 9-11am FW Music Room Last Rehearsal 4/12 Spring Concert Sa 4/9 2pm, MV Aud Concert: The Missing Piece 4/1, 5pm FW Music Room Free for RCSC Cardholders & guests 3rd F 9:30-11am SD Aud Clubhouse Workshop W 9:30-11:30a Gen Mem Mtg/Entertainment 3rd M 7p 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 Open Mic Party Th 4/7, 5-7p FW AZ 1-2 Th 8:30-11a FW Music Rm Spring Concert Sat 4/2, 1:30pm SD Aud |

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| Political Clubs | |
| Democratic: FW 623-252-4610 Republican: SD suncitygopclub@gmail.com | 1st Th 6p FW AZ 1-2 Guest: Adrian Fontez, Candidate AZ Sec of State Canned Goods Collected for Food Bank at Mtgs 3rd Tu 6p SD EH Annual Club BBQ F 4/8 5-8p Quail Run |

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| Social Clubs | |
| Best Friends Dog Club: FW 602-639-1370 bfdcsuncity@gmail.com | Mem Mtg Tu 4/19, 1p FW AZ 1-2 |

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| Fairway Readers: FW 623-570-7394 arabella_thorne@juno.com Hospitality Club: MC 623-341-1226 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 | 2nd F 1-2:30p FW AZ #1 Books can be reserved in advance at FW Library w/ MCLD Card Sat 11a-5p Friendship Corner - Cards/Games Wed 12-4p Bridge MC Social Hall (last day 4/13) Social Mtg 4th Th 6:30pm FW AZ #3 Farewell Party F 4/29, 5p OM Aud/Patio Meet 2nd Th & 4th W 6pm OM Aud 3rd W 4-6p BC MPR M-Sa 7a-4p; Poker M 4-9p Mem Mtg Sa 4/9, 11:30a 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 Meeting/Potluck Sat 4/23 11a-3p BC SH Sa 4/9, 5p LV SH 1 1st & 3rd M 6:30-9p SD Aud /E&W Halls 2nd & 4th F 1-4p Card Play, Talisman Every Th 1-4p Card Play BC MPR Wine Sharing 2nd F 6-8p OM Aud/Patio 1st F Potluck 6-9p FW AZ 3-4 3rd F Game Night 6-9p FW AZ 3-4 |
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| Michigan Friends in Sun City michigan2arizonacub@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 Singles Social Club: FW 602-769-3634 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 623-826-8900 | 3rd W 4-6p BC MPR Last Monday 2:30-5p Cards BC MPR Meeting/Potluck Sat 4/23 11a-3p BC SH Sa 4/9, 5p LV SH 1 1st & 3rd M 6:30-9p SD Aud /E&W Halls 2nd & 4th F 1-4p Card Play, Talisman Every Th 1-4p Card Play BC MPR Wine Sharing 2nd F 6-8p OM Aud/Patio 1st F Potluck 6-9p FW AZ 3-4 3rd F Game Night 6-9p FW AZ 3-4 Su M W F 12-3p Mem Mtg/Cookout F 4/1 3:30-8p OM Aud M W F 1:30-3:30p BC Racquetball Courts 8-10:30a W & F Villanueva Community Ctr Su M W F 12-3p Mem Mtg/Cookout F 4/1 3:30-8p OM Aud M W F 1:30-3:30p BC Racquetball Courts |
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| Sport Clubs | |
| Basketball: MC 206-459-3242; 604-313-3190 charlespeterson@comcast.net Billiards: Bell Billiards Room 315-806-0067 Billiards: LV Billiards Room (602) 319-0783 | Pick Up Games in Villanueva Community Center 3:30-5p Oct - April Tu 11a-4p; W 8a-1p; F 11a-4p; Sa 12-5p Instruction F 8-10a 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 Open Play: Every Su 2p, Th 9a, F 7p Daytime Tournaments: Every M 10a, Tu W F 9a Playoff: 4/23, 9a |

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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 schedule Dart Club: BC 623-203-9715 Lawn Bowls: BC 623-972-3248 Lawn Bowls: FW & MV 623-933-5066 Lawn Bowls: LV (Sun City Club) 907-644-4604 Lawn Bowls: LV 623-974-3214 Lawn Bowls: OM 623-792-5202 Mini-Golf: LV 317-508-5959; 623-300-4461 Pickleball: MC, MV pickleball.suncity@gmail.com Contact Club for Times, Other & Activities | M T W 5:30-8:30p; Th 2-4p M W F 9-11a, 2-4p; W-F 6-8p; Sa 2-4p Tu Th Sa 8:30-11a Closed for Summer Tu Th Sa 7:30-10:30a M W F 8:45-11:30a; Su 1:45-3:15p Golf 4/13 8a MV; 4/27 8a LV Mem Mtg Tu before 2nd W 9a LV SH #1 Daily Drop-in MC 8-11a; MV 7-11a Round Robin W 11a MC; Social Play F 5:30p MC Modified P-ball T 11a, W 2p, Sa 10 MC Social Round Robin M 2pm, Sa 1pm |
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| Shuffleboard Bell: BC 623-999-0362 - Dennis 218-371-2421 - Diane Shuffleboard Outdoor: LV 623-341-1995 Shuffleboard Sundial: BC 623-208-9921 Softball (Senior): Sun Bowl 517-526-4873; 509-264-3088 www.azsrsoftball.com Sportsmen: GR Dan 319-431-3563 Sun City Yacht Club: LV 480-492-3477 Swim Club-Masters: BC tbnnock@yahoo.com Swim Lessons: 480-476-8966 Table Tennis: BC 602-291-5369; 847-421-5211 Tennis: BC 608-792-1957 melvindhaus@gmail.com Volleyball: 206-459-3242 charlespeterson@comcast.net Water Volleyball Club of SC: OM WVCofSC@gmail.com Whisperball of Sun City: BC 480-678-1622 | M Tu F 1-3:15p M W F 1-4p LV 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 Mem Mtg 3rd Th 9-10a GR Sonoran Room Su, Tu, Th 12-3p Viewpoint Lake M-F 7-9a BC Lap Pool Tu/F 3-4:30p Yoga for Swim Club BC Aerobics Rm W 8:30-10a LV M 10a-3p; W F 10a-4p; Tu Sa 10a-12p Club Tournament Sa 4/23, 9a-5p Sa 1-2:30p BC 8-10:30a W & F Villanueva Community Ctr Su M W F 12-3p Mem Mtg/Cookout F 4/1 3:30-8p OM Aud M W F 1:30-3:30p BC Racquetball Courts |
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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 |

Important Dates for Clubs to Remember!

- April
- 5

SunViews submissions due for May
- 10

Guest Attendance Register & guest fees due
- 10

Monthly Attendance Spreadsheet due
- 30

RCSC Facility Usage & Club Meeting Schedule due for following year
- May
- 5

SunViews submissions due for June
- 10

Guest Attendance Register & guest fees due
- 10

Monthly Attendance Spreadsheet due
- 15

IRS Form 990-N or IRS Form 990-EZ & Arizona State Form 99 due
- 16

RCSC Chartered Club Inventory due (For clubs with more than \$1,000 in total inventory)

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

Not finding the club you're looking for? Stop by the Clubs Office at Lakeview or Visitors Center at Bell for assistance.



Welcome to Sunshine Service

People, meeting needs of people is what Sunshine Service is all about. Sunshine Service lends medical and children's equipment to residents of Sun City and we have been doing so for over 59 years. We are a charitable non-profit Arizona corporation and are funded by voluntary contributions and memorial gifts.

While the equipment is available for the use of all residents or visitors staying with residents, the equipment must not be taken out of Sun City on a permanent basis. As a matter of control, equipment is loaned only to Sun City residents.

Records show that as the population of Sun City grew, so did use of our medical equipment. Savings for Sun City residents have been calculated periodically; in 2019, it was estimated that residents saved over two million dollars in cost of equipment for that year alone.

Sunshine Service, Inc has received local, state and national recognition. Awards received include the George Washington Honor Medal for services to the sick and handicapped from the Freedoms Foundation of Valley Forge in Pennsylvania.

We Now Have Tall Up Right Walkers!



"The Cleanest and Most Sanitized Equipment Around"



Some Of The Many Items We Carry:

Arm Exerciser • Bath Bench • Bed Rails • Bedside Commodes • Companion Chair
Crutches • High Chairs • Hospital Beds • Lift Chairs • Overbed Tables
Pack-N-Play • Ramp - Aluminum • Rollaway Beds • Strollers • Trapeze
Walkers • Weights • Wheel Chairs • Translator Chairs • Knee Scooters

Monday-Friday • 9am-4pm
9980 W. Santa Fe Dr. • Sun City 85351-3197

623-974-2561 • www.sunshineservice.org

Get Started on the Web Portal

From the RCSC Web Portal, Cardholders can easily pay their annual assessemens, purchase guest passes, manage email subscriptions, book and edit golf tee times, vote in RCSC Board of Directors Elections 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 Retrieval Password link at the top of the page.
5. Enter your RCSC Cardholder number in the Username field.
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 the email address that is on file.
7. Return to the RCSC Web Portal Login page and enter both User Name (RCSC Cardholder number) and Password.

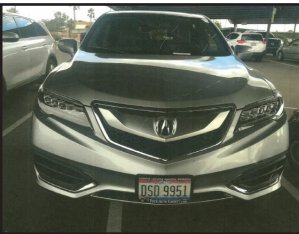
Now you're all set to start using the web portal, sign up for RCSC News Email Alerts and more!

Should you forget you 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.

RCSC Cardholders

A Few Things to Keep in Mind

Just a few reminders when you're visiting the recreation centers:



Please be scent sensitive!
Overuse of scented body such as colognes, perfumes, after-shave lotions and the like can be extremely irritating and even caustic to others, especially those with respiratory issues. Perspiration and water from pools, spas can make matters even worse.

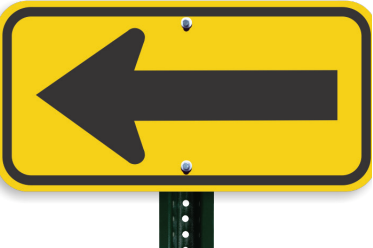
No matter what state you're from, while you're here in Sun City it is much appreciated if you would park in only one space (note the white line under car) and save these smaller spaces for golf carts - as designed.



Many RCSC parking lots have one-way routes of travel and the posted speed limit of 5 MPH should be observed at all times. Your safety is our concern!



Size matters! Per Board Policy 10, swimming pool gear, including floatation devices, may not extend more than 2 feet from the swimmer and must be within control of the swimmer at all times. Items not allowed balls, Frisbees, rafts, water guns and any metallic items. Same goes for very, very large ducks!



Sun City Farmers Market @ Bell Center

SUN CITY
ARIZONA
RECREATION CENTERS
OF SUN CITY

Thursdays
9am to 1pm

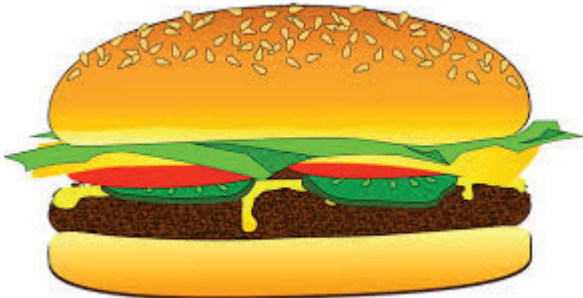


Fresh Never Tasted So Good

Farm Fresh Fruits & Vegetables
Baked Goods | Jams & Jellies | Spices
Pastas & Pickles | RCSC Clubs
Sorry! No Pets!

Best Burger in Sun City AZ?

Any of the Golf Course Snack Shops!
Try it for lunch!



Relax on the patio at an RCSC Golf Course near you!



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

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.

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!

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.



Wisconsin Club Picnic

Cheeseheads & others were glad to reunite on March 10 at the Sun Bowl after COVID caused a two-year hiatus. "This was the best turn-out we've ever had!" exclaimed Club President Daryl Lund.

A great time was had by all! Save the date now for Thursday, March 9, 2023 and plan to join in the fun - whether you're from the state of Wisconsin - or not.

Vintage Vehicles Returns for "Spring Fling" at the Sun Bowl



With support from its 468 members as well as car enthusiasts from all over the West Valley and beyond, the return of the "Spring Fling" Car Show to the Sun Bowl was a great success. Over 235 vehicles participated with 1000s coming to view the great variety of makes and models on display. And the weather could not have been more perfect. Ten "Best of Show" plaques were awarded along with an "In Memorial Plaque" to commemorate those club members who recently passed on due to various causes. The club felt it important to recognize and honor those who are no longer here to participate. Thanks to RCSC for the venue, the Sun City Posse for parking assistance and the local Marine Corps Detachment for the presentation of the colors during the open ceremony. Vroom, vroom, vroom!





Fun Facts About April

- April is named for the goddess of love, Aphrodite.
- The name April originally came from the Latin Aprillis, which means to open, as do the flowers in spring.
- The daisy, which symbolizes innocence, and sweet pea, which symbolizes blissful pleasure, are the honorary flowers of April.
- The diamond is the birthstone of April.
- April is the funny month, because of April Fool's Day and National Humor Month.
- "The first of April is the day we remember what we are the other 364 days of the year." - Mark Twain
- People born in April are optimistic, finding the silver lining in every situation.
- April's full moon is known as the Pink Moon because of the pink phlox that bloom this time of year.
- According to research, babies born in March or April are more likely to become CEOs than those born in other months.
- Special Days in April are: April 1-Sweet Potato Day; April 6-International Pillow Fight Day; April 7-National No Housework Day; April 9-National Library Worker Day; April 17 Blah, Blah, Blah Day; April 21-Go Fly a Kite Day; April 26-National Richter scale Day; April 27-National Sense of Smell Day.
- April is the best month for meteor showers.
- April is the month that birds migrate north and settle down to mate.
- Eight presidents died in office; three of them died in April.
- April is the first of four months with 30 days, and the only month with an "i" in its name.
- In the initial Roman calendar, April was the second month of the year until January and February were added in 700 BC.
- Books Around the Corner has a store-wide half-price sale from March 21 to April 15.
- April is return home month for many snowbirds; therefore, it is the month to stock up on summer reading books at Books Around the Corner before heading North.



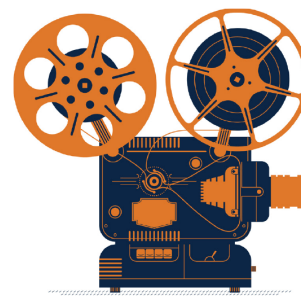
Visit Maricopa County Libraries online anytime at www.mclidaz.org or call 602-652-2000 for more information.

Water Conservation

Ways to Save Water Outside the House

Ah...springtime and the weather is fine! Now's the time to relax and continue to enjoy the great outdoors here in Sun City before the heat of the summer arrives. Take a few minutes to look around and check out these ways to save water outside of your home:

- Inspect your garden hose and irrigation system for leaks. Check hose connectors to make sure rubber washers are in place.
- Add a shut-off nozzle to your hose. You can save about 5-7 gallons each minute your hose is on.
- Put out a rain barrel (buckets work fine) to collect rainwater during monsoon storms. This is an excellent (and FREE) way to water your indoor plants – and it is fun to see how much rain actually fell.
- Water outdoor plants in the morning or late evening.
- Use a broom to clean off outside living areas (decks, porches, driveways), rather than hosing them off.
- Mulch around outdoor plants to keep the soil cool, reduce moisture evaporation, promote growth and control weeds.
- Take your car to the car wash, rather than washing it at home. Commercial car washes recycle the water.
- Wash your pet outdoors in an area of your yard that needs watering.



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

Reboot Your Workout

“When you exercise, your body adapts and becomes more efficient at doing the same exercises,” states Jane Fortier, fitness professional for Get Fit for Life. “Over time, the cardio/strength workout that was so challenging, becomes easy to do. Your body needs to be pushed again beyond its comfort zone. Whether you increase frequency, duration, intensity or change the entire exercise routine, you need to switch things up. Working harder and in different ways will challenge the body again and improve results.

Do you feel like your fitness routine is getting stale? Are you bored with the same exercises week-in and week-out? Have you hit a weight-loss plateau and need a solution? Do you want to switch-up your workout to prepare your body for an upcoming event or recreational activity? “If the answer is ‘YES’ to any of these questions,” states Fortier, “then it’s time for you to “REBOOT” your Workout Routine.”



Picture courtesy: LinkedIn

Here are several options to consider for your REBOOT:

- Use Exertion Intervals with your aerobic workouts – alternate short burst of intense activity with slower relaxed segments. This results in a stronger heart and lungs, and possible post-exercise calorie burn.
- Change your aerobic activity often, using different equipment and approaches – outdoor as well as indoor environments offer many possibilities. This change-up makes aerobic workouts more fun and alleviates mental boredom.
- Change your strength workouts, utilizing a variety of resistance options (free weights, cables, machines, body weight) for each muscle group – new options are endless, challenging and get good results.
- Switch-up the cadence and timing for strength repetitions, so muscles are challenged in new ways – the concentric, isometric and eccentric movements are opportunities to use the muscle differently and fatigue it more efficiently. Experiment with those options.
- Occasionally do a strength “circuit workout” - moving rapidly from one compound exercise to another, with little or no rest between sets. This change of pace is exhilarating and exhausting.
- Try a HIIT workout, using bodyweight exercises in timed segments to challenge aerobic output - an exercise format that guarantees calorie burn later, as your body recovers from the high intensity interval training (HIIT) experience.

Organizing exercise options and rebooting a workout can be a confusing task. Rely on a Personal Trainer to help with this. Get Fit for Life trainers create individualized programs that educate, motivate, and get results. Find out more about personal training services by calling 623-696-6820 or visit Get Fit for Life, Sun City on Facebook.

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

Strength Machine Demonstrations

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

4/6 @ Bell w/ Dick; 4/13 @ Marinette w/ Dick; 4/20 @ 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