

# SUN VIEWS

ISSUE #246 • MAY 2022 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.

**SUN CITY**  
ARIZONA  
RECREATION CENTERS  
OF SUN CITY

## Lakes E/W Maintenance Project on Track

The Lakes East/West Maintenance Facility project is progressing on budget and on schedule despite some initial weather and shipping delays. Work continues and completion by late summer/early fall is anticipated.

A change in the color palate for the exterior of the building and perimeter site walls has been made based upon feedback from neighboring properties as shown in the artist's rendering to the right. The view of the from the south (right middle) shows existing view.

The bottom photos show (left to right) the grounds equipment storage area, maintenance workspace including a mezzanine, and the current facility, scheduled for demolition in May. Photo directly below shows outdoor storage area for materials such as sand, rock, etc.



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[www.suncityaz.org](http://www.suncityaz.org)

Email addresses  
remain confidential

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NOTE: The Cardholder Services Office at Lakeview and the Sun City Visitors Center at Bell will both be open from 9am until noon on **Saturday, May 7, 2022** to assist Sun City AZ residents & visitors.

## Golf Courses + Golfing Hours = Golfers Only

RCSC Cardholders are reminded that walking on the golf courses, including cart paths, is not allowed during golfing hours. Golfing hours are defined as beginning at the first tee time until sunset and only golfers are allowed on courses during this time.

Only bicycles specifically manufactured for golf course use and approved by the Director of Golf may be ridden on courses during golf hours.

Pets are not allowed at any RCSC facilities, including but not limited to all buildings, golf courses, grounds nor parking lots, except for Duffeeland Dog Park, Best Friends Dog Club sessions at Fairway, and/or trained service animals.

RCSC Cardholders who fail to comply with Board Policy 10 – Rules & Regulations, along with Board Policy 17 – Golf, may have their privileges suspended. Anyone can (and should) report a person or persons failing to comply with these rules and regulations by completing an Incident Report, which can be obtained from any Facility Attendant, Golf Pro Shop Worker or Bowling Center Staff. Forms are also available on the RCSC website ([www.suncityaz.org/forms](http://www.suncityaz.org/forms)) or at the Corporate Office.

## Memorial Day Closures; Summer Hours Start

All RCSC Offices at Lakeview Center (Corporate, Human Resources, Cardholder Services and Chartered Clubs), will be closed on Monday, May 30, 2022 in observance of Memorial Day. The Sundial Events & Entertainment Office and the Sun City AZ Visitors Center at Bell will also be closed.

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

Summer hours begin on Memorial Day at the following centers: Mountain View, Oakmont and Lakeview. Extended hours through Labor Day (Monday, September 5, 2022) at these three centers are Sundays from 8am to 7pm; and Monday through Saturday from 6am to 8pm. Hours at all other RCSC recreation centers remain the same throughout the year.

The Sun City Visitors Center at Bell goes to summer hours, too. This facility remains open Monday through Friday 8:30am to 4:00pm but will be closed on Saturdays, June through September.

Connect with Sun City AZ





*A Message from Board President Lehrer*

## Good Things are Coming to Sun City AZ

### 2022 RCSC Board of Directors

Phone: 623-561-4620

email: [boardoffice@suncityaz.org](mailto:boardoffice@suncityaz.org)

**Dale Lehrer, President**  
email: [dlehrer@suncityaz.org](mailto:dlehrer@suncityaz.org)

**Michael Ege, Vice President**  
email: [mege@suncityaz.org](mailto:mege@suncityaz.org)

**Allan Lenefsky, Secretary**  
email: [alenefsky@suncityaz.org](mailto:alenefsky@suncityaz.org)

**Darla Akins, Treasurer**  
email: [dakins@suncityaz.org](mailto:dakins@suncityaz.org)

**Steve Collins, Director**  
email: [scollins@suncityaz.org](mailto:scollins@suncityaz.org)

**Kat Fimmel, Director**  
email: [kfimmel@suncityaz.org](mailto:kfimmel@suncityaz.org)

**Karen McAdam, Director**  
email: [kmcadam@suncityaz.org](mailto:kmcadam@suncityaz.org)

**John Nowakowski Director**  
email: [jnowakowski@suncityaz.org](mailto:jnowakowski@suncityaz.org)

**Sue Wilson, Director**  
email: [swilson@suncityaz.org](mailto:swilson@suncityaz.org)

Excitement is in the air as new projects and processes begin taking shape all around the Recreation Centers of Sun City facilities!

On April 11, 2022 we welcomed the return of the Member/Board Exchange (please note name change) and topics of concern ranged from a request for an indoor, climate controlled dog training space for the Best Friends Dog Club to the Mountain View renovation project, IT upgrades, outside golf play and tournaments, along with communication and transparency. The opportunity to hear your concerns, ideas, suggestions and possible solutions was refreshing. I'm looking forward to working with Members to making these sessions beneficial for all.

And I am excited to say that we're looking to the future and progressing with numerous projects.

Mountain View will begin to move forward following the vision and plan concepts based on input from Town Hall meetings with Members now that the moratorium on this project has expired. The Sun City Players will get a true performing arts center that will not only host their theatrical productions but other concerts and such by the various musical groups that provide so much entertainment to our residents. Perhaps we will even be able to offer weekly movie screening with comfortable seating!

A pool designed and designated strictly for water sports (another Sun City first!) is included in the plans for Mountain View addition to the large resort-style pool that was a top-requested amenity for this facility. The Water Volleyball Club is anxiously awaiting this new space so they can expand their sessions and host tournaments with neighboring communities.

Sun City's first gymnasium at this location will serve multiple purposes for various sports including basketball, volleyball, and badminton along with large group activities such as line dancing. And another indoor walking track is also a welcome addition – especially for those who stay here year-round.

Though use of the pickleball courts will be lost during Mountain View construction, we've worked closely with the Pickleball Club to gather their requirements for a solution to meet the growing Pickleball demands. One potential solution under review is the conversion of the Lakeview Center tennis courts.

Investing in the future of Sun City AZ remains a top priority and work is moving forward on a variety of projects, including:

- Lakes East/West Golf Maintenance Facility construction continues on schedule and the golf/grounds crews look forward to having a sound and safe place to house and work on equipment.
- The Viewpoint Lake Renovation project, including liner replacement, wall repair and pier work as needed is in the initial stages. The first step is that all boats in the lake must be removed by July 1, including RCSC paddle boats. The drainage process will take several months (water will be pumped for use at the Lakes Golf Course) with actual construction beginning in the early fall and is expected to take approximately nine months to complete.
- IT infrastructure upgrades and improvements are underway, and functional performance for Members should be noticeable when the new RCSC Web Portal goes live.

Life is good in Sun City! And there are more good things still to come! Enjoy!



**Dale Lehrer**  
2022 RCSC Board President

**SUN CITY FOUNDATION**

**“Neighbors Helping Neighbors”**

The next Sun City Foundation meeting will be held on Thursday, May 12, 2022 at 1:00pm in the Lakeview Social Hall #1.

## This Month @ The Board

### RCSC Board of Directors Meetings

Member/Board Exchange	Monday, May 9, 2022 @ 9am	Sundial Auditorium
Board of Directors Meeting	Thursday, May 26, 2022 @ 9am	Sundial Auditorium

### Committee Meetings:

Bowling Committee	Thursday, May 5, 2022 @ 9am	Lakeview Board Room
Sun City AZ in Focus Committee	Tuesday, May 10, 2022 @ 9am	Lakeview Board Room
Lawn Bowling Committee	Tuesday, May 10, 2022 @ 1pm	Lakeview Board Room
Technology Committee	Wednesday, May 11, 2022 @ 4pm	Lakeview Board Room
Long Range Planning Committee	Monday, May 16, 2022 @ 8:30am	Lakeview Board Room
Golf Advisory Committee	Thursday, May 19, 2022 @ 8:30am	Lakeview Social Hall #2
Finance & Budget Committee	Friday, May 20, 2022 @ 9am	Lakeview Board Room
Elections Committee	Wednesday, May 25, 2022 @ 1pm	Lakeview Board Room

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

## Sun City Farmers Market @ Bell Center

**SUN CITY**  
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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!

Last Day for the Market is May 26

Thanks for a great season! See you in October!

Summer Hours Return to  
Lakeview • Oakmont • Mt. View

Memorial Day thru Labor Day  
Sunday 8am - 7pm | Monday-Saturday 6am-8pm

## Do Your Part! Help Keep Sun City Pools Healthy!

Please remember that showers are required by everyone prior to entering any RCSC Swimming Pool or Spa facility.

Thanks for your cooperation and understanding!

### Sun City AZ Rocks with Hot Music in Cool Comfort



# Americana

Wednesday, June 15, 2022

Show 7pm; Doors Open 6pm

@ Sundial Auditorium (103rd & Boswell Blvd)

Free for RCSC Members/Cardholders & their guests!

RCSC Member or Privilege Card (with photo) required for entry;  
no key fobs accepted.

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General Admission with Dancing in East & West Halls

*Americana features four fantastic vocalists performing timeless songs that celebrate an era of lasting classics from North American singers and songwriters like Simon & Garfunkel, Mamas & Papas, James Taylor, The Carpenters, Jim Croce, Linda Ronstadt, Eagles, Crosby, Stills & Nash, and many more. Just sit back and relax!*

# WANTED

## Must be Alive & Willing to Serve on the RCSC Board of Directors

Requirements to become a RCSC Board candidate:

- Must be at least fifty-five (55) years of age;
- Must not reside with or be related by marriage or birth to any other member of the Board, Senior Management Staff, or Board Candidate;
- Must be a Deeded Real Estate Owner of property in Sun City, Maricopa County, Arizona;
- Must be a RCSC Member in good standing;
- Must reside in Sun City, Arizona and be available at least ten (10) months of the year;
- Must meet the requirements to hold an Arizona liquor license (RCSC holds liquor licenses which require Board Officers to be included on the licensing);
- Must be eligible and available to serve a three (3) year term; and
- Must to attend Board Candidate Orientation.
- Board Directors cannot serve on any board of a Chartered Club or green committee or golf association affiliated with RCSC golf courses.
- Candidates must also submit a fully completed RCSC petition, signed by 100 or more RCSC Members in good standing, along with all other forms provided in the RCSC Candidate Packet.

Candidate Packets available starting Monday, June 6  
at the Lakeview Corporate/Board Office  
FMIC 623-561-4620

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**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](http://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.

Art and Craft Clubs		Stitchers: BC		Friday Night Ballroom Dance: SD		Hobby Clubs		Fairway Readers: FW		Shuffleboard Bell: BC			
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 Carvers: LV 623-275-2393 scarversaz@gmail.com Ceramics & Porcelain: FW 623-972-5818; 602-821-1197 Ceramics: BC 623-974-6750 China Painting: OM suncitychinapainting@gmail.com Clay Club: GR 623-933-0899 Clay Corner: MC 623-977-3167 ClayCornerMarinette.org Crafts: BC 623-974-3497 Crafts: SD 602-882-3512 sundialcraftclub@gmail.com Creative Quilters: LV 970-261-1798 Friendship Quilters: BC 480-414-9054; 402-721-5464 Handweavers & Spinners: SD schandweaversandspinners@gmail.com Jewelry, Stained Glass & More: GR 262-993-4873; 623-322-4595 Knitters: FW 602-469-2505 Lapidary: BC 775-351-8721 Leathercraft: LV 623-594-6591; larryvroom@cox.net Metal: BC 520-235-0179 Alan alan.ruda@yahoo.com Palo Verde Artist: SD 503-635-7121 president@paolverdeartists.com Sew-n-Sew: LV www.sewnsew.info - Check webpage for exact dates of classes Silvercraft: BC 623-933-8442 SilverStones: SD 623-466-7191 Sterling & Stones: FW 623-977-2208 - Annual Dues \$15		M-F 9a-4p; Classes & Open Painting Mem Party/Picnic 1st Tu (5/3 at 12p) LV SH 1 M-Sa 8a-2p; M-Th 5-8p M-F 9a-2p F 9a-12p M-F 9a-12p; Member Mtgs: 1st Sat 9:30-11a & 3rd Wed 6-8p GR Sonoran Rm FMI visit http://www.cameraguildsuncity.com/ 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 M-Th 8:30a-8:30p; F-Su 8:30a-4:30p M-Sa 7:30a-9p; Su 8a-6p Mem Mtg 2nd F 9a MC SH Yard Art/Lunch 3rd W 8a-9p Summer Fun Shops 9a-2p - Days vary 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 Member Mtg 1st M 10:30a SD Aud M-W-F 8a-4p; Mem Mtg 2nd F 9:30a M, W, Sat 9a-3p; 1st & 3rd Sa 9a-3p Open Quilting 2nd Sa 9a-3p Boutique; 4th Sa 9a-3p Charly M-F 9a-3p; Sa-Su 10a-1p W-Sa 8a-12p F 8:30a-1:30p FW AZ Rms 3 & 4 M, T, Th-Sa 8a-3p; W 8a-12p; M W 5-8p 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 Mem Mtg & Demo 3rd Th 12p SD EH 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 M-F 8a-3p; Sa 8a-12p Club & Store Hours M-F 10am-2pm		Tu, Th, F 9a-3p 480-578-8871 (leave message) 2019bellstitchers@gmail.com Woodworking: BC 623-974-6058 Woodworking: FW 623-738-7459 Woodworking: LV 623-933-2355		F 7-9:30p SD Aud; Lesson 6:15p \$5/members; \$10/guests; No jeans, shorts, etc. www.suncityaz.org/recreation/clubs/friday-night-ballroom-dance-club/ Tu & Th: 10a-1p; SD Aud Relocated to FW Th 5/26 Special Dance Sa 5/29 12-4p SD 2nd, 4th & 5th Sa: 6:30-10p; SD Aud Closed for Summer 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 Tu & Th 8:30-10:30a M-Sa 8a-12p M 9a-12p FW Classroom M W F 8-11a BC SH 1&2 M 9-11a FW Music Rm Closed for Summer 4th M 2-4p SD Aud Clubhouse Workshop W 9:30-11:30a Gen Mem Mtg/Entertainment 3rd M 7p Closed for Summer Th 3-4:30p FW Music Rm Closed for Summer Rehearsals resume 9/8 1st Th 6p FW AZ 1-2 Canned Goods Collected for Food Bank at Mtgs 3rd Tu 6p SD EH - Guests for 5/17 Mtg Candidates Kimberly Yee, State Treasurer; Steve Gaynot, Governor; Beverly Pengereilli, LD 28 Rep Closed for Summer M W F 7-9a & 7-9:30p Closed for Summer Golf 5/11 8a BC; 5/25 8a SD 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 M 2p & Sat 1p MC Social Round Robin M 2pm, Sa 1pm		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 Social Mtg 4th Th 6:30pm FW AZ #3 775-722-1167; List of activities at https://suncityaz.org/recreation/clubs/illinois-club/ Meet 2nd Th & 4th W 6pm OM Aud M-Sa 7a-4p; Poker M 4-9p Bingo Th SD Aud - Doors open 4p; Play at 6:15p Last Bingo Night 5/26; Resumes 9/1 Closed for Summer Sa 5/14, 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 1st F Potluck 6-9p FW AZ 3-4 3rd F Game Night 6-9p FW AZ 3-4 M-Su 9:30a-4:30p W 6-8p - Game Instruction: Mah Jongg, Poker, Hand & Foot, Bridge		M Tu F 1-3:15p 623-999-0362 - Dennis 218-371-2421 - Diane M W F 1-4p LV Last play F 5/13 Th 5:30-9p BC Cts Open Practice M, Sat 6-10a League Play Tu & Th 6a-2p www.azsrsoftball.com Mem Mtg 3rd Th 9-10a GR Sonoran Room Su, Tu, Th 10a-1p Viewpoint Lake M-F 7-9a BC Lap Pool Tbnnock@yahoo.com W 8:30-10a LV M 10a-3p; W F 10a-4p; Tu Sa 10a-12p M 10a-3p; W F 10a-4p; Tu Sa 10a-12p Su M W F 12-3p M W F 1:30-3:30p BC Racquetball Courts			
Card and Game Clubs		Educational Clubs		Performing Arts Clubs		Sport Clubs		Club Directory Key:		Important Dates for Clubs to Remember!			
500: FW 608-345-3252 Lois Bunco Broncos: FW 602-526-3495; 623-377-5091 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 Sheepshead: 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 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 W F 8-11a BC SH 1&2 M 9-11a FW Music Rm Closed for Summer 4th M 2-4p SD Aud Clubhouse Workshop W 9:30-11:30a Gen Mem Mtg/Entertainment 3rd M 7p Closed for Summer Th 3-4:30p FW Music Rm Closed for Summer Rehearsals resume 9/8 1st Th 6p FW AZ 1-2 Canned Goods Collected for Food Bank at Mtgs 3rd Tu 6p SD EH - Guests for 5/17 Mtg Candidates Kimberly Yee, State Treasurer; Steve Gaynot, Governor; Beverly Pengereilli, LD 28 Rep Closed for Summer M W F 7-9a & 7-9:30p Closed for Summer Golf 5/11 8a BC; 5/25 8a SD 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 M 2p & Sat 1p MC Social Round Robin M 2pm, Sa 1pm		Apple Macintosh: SD 623-933-5300 Visit summacsclub.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 Aerobics: BC 815-289-5912 Judy 317-590-2622 Joann Aqua Fitness Club: SD aquafitnesssuncity.com 619-818-4380 Terry Dance for Fitness: SD 503-580-4636 or 253-820-5453 FUNtastic Fitness: MC 623-759-4492 betttygrantham337@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 Zumba Club: SD 602-622-5913 Visit https://suncityaz.org/recreation/clubs/zumba-fitness-club/ for specific class info/times		Sun Cities Community Orchestra: FW 623-582-9964 Choralliers: FW www.suncitychoralliers.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 Political Clubs Democratic: FW 623-252-4610 Republican: SD suncitygopclub@gmail.com Social Clubs Best Friends Dog Club: FW 602-639-1370 bfdcsuncity@gmail.com		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 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 = 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		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) June 5 SunViews submissions due for July 6 2023 Budget Request due 10 Guest Attendance Register & guest fees due 10 Monthly Attendance Spreadsheet due Chartered Clubs Office 623-561-4660 email: clubs@suncityaz.org Office Hours: Monday-Friday 8:30am to 4pm	

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

Thoughts from a Pro -

## Putting Tips to Help with Consistency, Reduce Your Score

Here are just a few putting tips to help you with consistency and reduce your score!

First: Have a consistent routine for line up. Whether you use a spot on the green or use the line on your ball and point it in the direction of the hole, always line up your putt from behind the ball looking towards the hole. Perception with your eyes from the side of the ball will generally not be accurate!

Second: Make sure to stand so that your eyes are directly above the golf ball on your set-up. This helps to keep your stroke on the line to the hole and control direction. How wide or narrow your stance is or how much to crouch or stand up straight is all just a preference. Get comfortable...everyone is different!

Third: Make a pendulum stroke using your hands, arms, and shoulders all together as a unit. This helps to control the direction. Using the wrists makes it harder to control distance and direction and can cause inconsistency.

Fourth: Work on distance by changing the length of your pendulum and not the speed. Short strokes for short putts and long strokes for long putts. Controlling the length of the pendulum is much easier than trying to control distance by hitting the ball harder or softer!

Remember, once your mechanics are solid and consistent, putting is largely about confidence. Practice pressure-type situations, perhaps a putting contest with a friend, to simulate on course conditions.

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

**Attention: Golf Course Property Owners**  
**Did you know?**  
 All contractors who need to access private properties via RCSC Golf Courses MUST place a \$200 deposit with Cardholder Services Office (Cash, Check, Cashier's Check or Money Order) prior to the start of any project.

This money will be returned once the Golf Course Superintendent determines that no damage has occurred.

Your attention to this matter is very much appreciated!



**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.

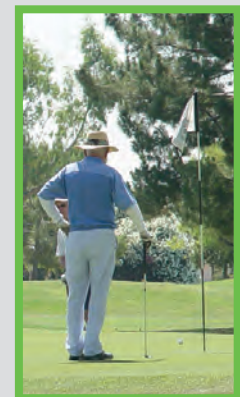
Riverview: (623) 876-3025  
 16401 N. Del Webb Blvd.

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/](http://suncityaz.org/golf/snack-shops/)

**May Snack Shop Hours**  
 Open Daily 6am - 3pm



## 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-8pm  
 Sunday: Noon-7pm

*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**

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

### 2022 Aerification/Verticutting 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](mailto:mikewegnergolf@gmail.com)
- Bob Day - 602-818-1470 or email [1day2bettergolf@cox.net](mailto:1day2bettergolf@cox.net)
- Robin Eichten - 623-322-6300 or email [golfwithrobin@gmail.com](mailto:golfwithrobin@gmail.com)
- Shane Crosley - 702-715-1560 or email [shanecrosley@gmail.com](mailto:shanecrosley@gmail.com)

### 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](mailto:clinam@suncityaz.org). Next meeting is Thursday, May 26, 2022 at 1pm in Talisman Hall.



## The “Good Old Days” are Gone

And I don't want them back!

Many in Sun City fondly remember the libraries of our youth and early adulthood. Nostalgia for the sights and smells of public, school and academic libraries continue to fill our senses. Consider...

- Quiet reading rooms.
- The Dewey Decimal system.
- The distinctive smell of paper and glue and perhaps dust.
- Preschool story times.
- The card catalog: a treasure trove of information, once you learned how to decipher its secrets. The Google of its time.
- Record albums and framed art for checkout.
- Interlibrary Loan materials.
- Microfiche and microfilm.
- Readers Guide to Periodical Literature: the only way to find a specific magazine article.
- Overdue charges for late materials.
- Librarians who “shush” their patrons.
- Librarians who answer how to spell a word, or settle a bar bet, or assist us with a school paper.
- Librarians who suggest new authors and lead books discussions
- Librarians who protect privacy and advocate for “Freedom to Read.”



The libraries of the past were often challenged to make do – with reduced budgets, with threadbare furniture, with limited new books and other materials. This continues in some communities.

But the “Good Old Days” are best left behind - in favor of technology and information access providing almost unlimited data and materials, available with a keystroke or two, 24/7, and constantly updated. Granted, there is more information out there than each of us requires, but that means there is something for EVERYONE!

We still utilize trained librarians and other staff to help teach us the technology and to retrieve information when necessary. Librarians don't know everything, but they do know how to find everything!

Librarians want to provide just what each person needs – whether that's in a printed format, a digital item, an audio or video format, or perhaps a presenter who shares their expertise in person or on Zoom. Librarians want to share! They want to give things away!

During COVID, libraries worked very hard to identify ways to serve without closing, and yet protect staff and patrons from the contagious disease. Social distancing and lockdowns were a challenge for all businesses and services, and I am proud that new strategies have been implemented for continued access.

Even after all these decades, I still get a thrill walking into a library. It is a bastion of democracy and freedom. It contains a bounty of knowledge and beauty and creativity, and celebrates the pursuit of education and recreation. I could not be prouder to be a retired public librarian, and President of the Friends of the Sun City Libraries, Inc.

Sincerely, Sue Blechl

### Water Conservation

## Time to Check Irrigation to Save Water

According to the Arizona Department of Water Resources website, up to 70 percent of the state's residential water usage is used for landscaping. With the warmer weather coming (and our continuing drought conditions), now is the perfect time to inspect your irrigation system and reset your timers.

How often and how long to water plants requires consideration of many factors besides the season – plant type and maturity, soil, location and root depth. Newer plantings will have different watering requirements than established plants, but water use can be significantly reduced by using efficient landscape design, plant selection and proper irrigation practices.

During these warmer months, irrigation should occur at night or in the early morning (between 3am and 8am) to reduce water loss from evaporation and wind. Continue to observe plants regularly, watching for signs of water stress such as wilted, curled or drooping leaves, yellowing or leaves dropping off, or dead stems and/or branches. Signs of excess watering include brittle leave on plant, wilting shoot tips, smelly and soft tissues and the presence of algae or fungi.

If you're looking for new plant and garden ideas, stop by the West Valley Xeriscape Demonstration Garden located at the Epcor Water offices at 15626 N. Del Webb Blvd. right here in Sun City. Just remember, whether in your home or out in the yard...



**Every Drop Counts!**  
Do your part to help conserve!





## FREE MOVIES

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

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

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

## 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

## Overtraining with Exercise

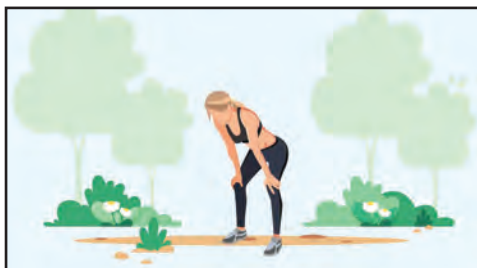
"It's possible to have too much of a good thing, even when it comes to exercise" states Jane Fortier, co-owner of Get Fit for Life. "Everyone is different, and no certain amount of exercise is automatically too much. But, one-to-two days rest is recommended, especially when exercising at high intensity or with heavy weights. While none of the following symptoms is a guaranteed sign of overtraining, it's possible that extensive workouts can cause the following unhealthy situations."

### Exercise leaves you exhausted instead of energized:

Exercise should make you feel good and give you an energy boost. You might feel physically tired after a tough workout, but if you leave the gym exhausted, totally spent or feeling like you could go home and take a nap, it might be a sign that you are overdoing things.

### You get sick easily (or it takes forever to get over a cold):

When you exercise regularly, your body is constantly spending energy and working to repair body tissues. Overtraining can rob your immune system of the energy it needs to stave-off colds or flu. Discontinue or cut back on exercise, until full health returns.



### You have the blues:

Do the workouts you used to love feel more like a chore than anything else? Overtraining has been linked to a decrease in energy and mood. If you have the workout blues, let your body recover with a few days off. Appropriate exercise should stimulate endorphins, not act as a depressant.

### You're unable to sleep or you can't seem to get enough sleep:

Are you unable to fall asleep, or are constantly tired, no matter how much sleep you get? The body and brain recover during deep sleep. If you consistently push hard during exercise, those extreme demands on the body could upset a healthy sleep pattern.

### You have "heavy" legs:

Does it seem like your legs have been traded-out for heavy lead sticks? If it takes a lot of effort to get those body parts moving, overtraining could be the culprit. Tired and over-fatigued legs (or arms) can be caused by muscles that just haven't had enough time to fully recharge and repair.

### You have a short fuse:

If the smallest things set you off, or you are feeling more irritable than normal, it could be due to over-exercise. Equate overtraining to spending too many hours at work on a big project. Stress hormones are triggered and the body reacts adversely. Cut back, and get some rest and relaxation!

### You're regularly sore for days at a time:

We all know that muscle soreness is the sign of a good workout. Soreness means you have challenged the tissue, so that it becomes stronger and fitter. If you do familiar exercises, and are not adding weight or changing exercise approach, yet experience constant soreness, it's probably a sign that you are pushing too hard - the body is exhausted and needs some extra rest.

If overtraining symptoms are cropping up, it might be advisable to cut back on the intensity, frequency and/or duration of your workouts. Get Fit for Life trainers can help you put together a sensible workout, that is safe, effective, and appropriate for needs and goals. For more information, call 623-696-6820 or visit Get Fit for Life, Sun City on Facebook.

## MONITORED ACTIVITIES

<b>Basketball</b>	Minimum Age: 8	<b>Pickleball</b>	Minimum Age: 8
Marinette Center	M-Sa: 6a-8p; Su: 8a-8p	Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
<b>Billiard Tables</b>	Minimum Age: 14	Mountain View: Outdoor	M-Sa: 6a-7p; Su: 8a-7p
Bell Lanes	M-Sa 8a-8p; Su 12-7p (5/1-8/31)	<b>Racquetball/Whisperball</b>	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	
<b>Bingo</b>	Minimum Age: 18	<b>Shuffleboard</b>	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
<b>Boating/ Fishing</b>	Minimum Age: 6/NA	Lakeview: Outdoor	M-Sa: 6a-7p; Su 8a-7p
Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p (or Dusk)	<b>Spas</b>	Minimum Age: 16/18*
<b>Bocce Courts</b>	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
<b>Bowling Lanes</b>	Minimum Age: 4	Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p
Bell Lanes	M-Sa 8a-8p; Su 12-7p (5/1-8/31)	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
<b>Dog Parks</b>	Minimum Age: NA	Oakmont Center	M-Sa: 6a-7p; Su 8a-7p
Duffieldland	May - September 6am-8pm Closed last Wed/month for Maintenance	Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p
<b>Darts</b>	Minimum Age: 8	<b>Swimming Pools - Open Swim Hours</b>	
Bell Center	M-Sa 8a-8p; Su 12-7p (5/1-8/31)	<b>Bell Center - 18+ only</b>	Minimum Age: 18
<b>Fitness Centers</b>	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	<b>Fairway Center</b>	Minimum Age: 16
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p	Lap Pool: M-Sa: 5a-9p; Su 8a-8p	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	<b>Lakeview Center</b>	Minimum Age: 4-15*/16
Oakmont Center	M-Sa: 6a-7p; Su 8a-7p	M-Sa: 6a-7p; Su 8a-7p; Closed for Club/Class: W 8-10a (April-Oct only)	
Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p	Children's Pool Hours - Ages 4-15 yrs: Daily 4p-Close*	
<b>Horseshoe Courts</b>	Minimum Age: 12	<b>Marinette Center</b>	Minimum Age: 4-15*/16
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	M-Sa: 6a-9p, Su: 8a-8p; Closed for Club/Class: M-Tu, Th-F 8-9am	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Children's Pool Hours - Ages 4-15 yrs Daily 1-4p*	
<b>Jogging / Walking Track</b>	Minimum Age: 14	<b>Mountain View Center</b>	Minimum Age: 4-15*/16
Indoor		M-Sa: 6a-7p; Su 8a-7p; Closed for Class: M, Th 9-10a; T, F 8-10a	
Fairway Center	M-Sa 5a-9p; Su: 8a-8p	Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p*	
Sundial Center	M-Sa only: 6a-8a	<b>Oakmont Center</b>	Minimum Age: 16
Outdoor	Minimum Age: 8	M-Sa: 6a-7p; Su 8a-7p	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Closed for Club: Every Su M W F 12-3p; Spa, Swim Lanes remain open	
Sun Bowl	Dawn to Dusk	Closed for Class: M Tu Th F 9-10a, Swim Lanes closed	
<b>Library (602) 652-3000</b>	Call to confirm hours	<b>Sundial Center - 18+ only</b>	Minimum Age: 18
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p	<b>Large Pool:</b> M-Sa: 6a-9p; Su: 8a-8p; Closed for Class: M, Th 9-10a	
Fairway Center	M-F 9a-4p; Sat 8a-12p	W 8:30-10a for Swim Lessons (Nov-Mar only)	
<b>Mini Golf</b>	Minimum Age: 6	<b>Warm Water Pool:</b> M-Sa: 6a-9p; Su 8a-8p; Closed for Class: T/Th 12-2p;	
Bell Center	M-Sa: 6a-9p; Su: 8a-8p	Closed for Class M Tu, Th F 10a-12p, 4:30-6:30p	
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p	<b>Table Tennis</b>	Minimum Age: 8
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Bell Center: M-Sa: 6a-9p; Su: 8a-8p;	
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Closed for Club Activity: M 10a-3p; W F 10a-4p; Tu Sa: 10a-12p	
		<b>Tennis</b>	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 May @ 11:30am \*\*

5/4 @ Bell w/ Dick; 5/11 @ Marinette w/ Dick; 5/18 @ 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