# SUNVIEWS

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# Viewpoint Lake Renovation Project Moves Forward

Water has always been a precious resource in the desert and state and regional officials have been working on various conservation efforts for many years. However, the time is now that in order to meet the demands of the Arizona Department of Water Resources' 4th and 5th Management Plans by 2025, the Recreation Centers of SugCity (along with homeowners along the shores of Viewpoint Lake and adjacent property stakeholders) have committed to working with Pacific Aquascape International as we undertake the task of repairing the long-time leaking lake to resolve this issue permanently.

Preliminary planning and meetings with stakeholders began earlier in the year and this renovation project will take many months to complete. It is anticipated the lake will be drained, refined, refilled and ready for use by late June or early July 2023. Please note that all communications regarding this project must be brought to the attention of General Manager Bill Cook in order to coordinate with the contractor, the Lakeview Homeowners Association, and RCSC project management staff.

All privately owned boats must be removed from the lake by July 1 as the first step. RCSC paddle boats, row boats and the boat ramp will be unavailable for Member/Cardholder use as of this date as well, and no fishing will be allowed at this facility until the project is complete.

## Candidate Packets Available June 6

RCSC Members interested in running for the Board of Directors will be able to obtain Candidate Packets starting Monday, June 6, 2022 at the Corporate Office at Lakeview Center. These packets must be picked up in person and you must present your valid RCSC Member Card.

Qualifications to run for the RCSC Board of Directors include the following: Must be at least 55 years of age; be a Member in good standing; must not reside with or be related by marriage or birth to any other Board of Director, Board candidate, or Management; you must reside in Sun City, Arizona and be available at least ten (10) months of the year; you must be able to meet the requirements to hold an Arizona liquor license; you must be eligible and available to serve a three (3) year term; and, you must attend the Board Candidate Orientation.

The three open positions on the ballot this year are currently held by Vice President Mike Ege, Treasurer Darla Akins, and Director Steve Collins.

The RCSC Elections Committees invites any Member with questions about serving on the Board such as the duties, responsibilities and time commitment required to attend an upcoming Candidate Information Meeting on Monday June 6, 2022. There will be two sessions – one at 9am and the other at 1pm – for your convenience. These meetings will be held in Lakeview Social Hall #2 and registration is required by calling 623-561-4600.

This is a great opportunity to find out exactly what's expected of you before you become a candidate, and you'll get the opportunity to speak to several current and former Board members regarding their experiences serving on the Board.

RCSC will continue to provide periodic updates about this project and wish to remind everyone that this will be an active construction site with barrier fencing installed to prevent entry.

Once the drainage process begins, water will be pumped to the Lakes West Golf Course to meet their irrigation needs during the overseeding process this fall.

After the lake is drained, work will be done in phases per the diagram below starting from the southeast portion and working counter-clockwise through the process. All construction traffic will access the lake via 105th Avenue from Thunderbird Blvd., using the existing RCSC boat ramp and will not impact any residential street traffic.

Below shows the three phases of work. There will be Chain Link Fencing along Cameo Dr and along the shoreline at Lakeiview Center and the Hillside Park area on the south edge of the property.



Construction ingress/egress at 105th

Additional provisions are being made to relocate waterfowl and various wildlife from the area, and all existing fish habitat within the lake will be removed and replaced during the project, including use of some debris materials from the demolition work that will occur.

Meeting the demands of continued water conservation requirements means we can rest assured that all is being done to meet our future needs.

Summer Hours Return to Lakeview • Oakmont • Mt. View

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

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

Email addresses remain confidential

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NOTE: The Cardholder Services Office at Lakeview will be open from 9am until on Saturday, June 4, 2022 to assist those who unable to visit the office during the week. Due to the Independence Day holiday, this office will instead be open on July 9, 2022.

Connect with Sun City AZ









# SUN CITY ARIZONA

#### **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 Lehrer

# Change is Happening; Misinformation Only Muddies the Process

After several months and just a bit of a rocky start, I think we can all agree that there have been a number of improvements as we reach the half-year point. Dialogue between RCSC Members and the Board of Directors continues to improve. The Member/Board Exchange is still a work in process, but I am confident that your input matters and every item and suggestion will be acted upon as appropriate.

Several changes have already been implemented based upon Member suggestions and many processes have been started which in the long run will help to resolve a number of issues; however, this type of work is incredibly time-consuming, and we must all relax and continue to remember that nothing can be fixed overnight.

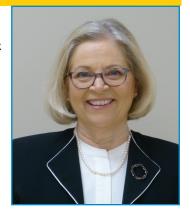
The RCSC Ad Hoc Bylaws Committee's work in underway. While review is progressing along nicely, this group needs dedicated time to brainstorm and debate. There is little to report at this time, but they will continue to formulate recommendations over the summer for presentation to all for consideration and comment.

While transparency is what we're striving for and we hear your concerns, it is next to impossible to include everyone in every discussion until ideas are formulated and options for solutions have been determined. Please know nothing is being done or decided without review and many hours of discussion. Your input will be requested when the time is right.

Too often misinformation, disinformation, half-truths, and fake news muddy the waters, causing turmoil and distress for many. It would be really nice if this could stop. Things are changing, but it takes time. Those who proclaim doom and gloom, insisting

there are hidden agendas and secret meetings should consider the tremendous amount of work that is involved to make such changes.

Your patience and understanding will help the process. The bottom line is you won't get the right answer if you don't ask the right question. Taking every statement made by anyone at face value or as the gospel truth is simply foolish and shortsighted. It's complicated and we are doing our best to keep everyone informed – when the



Dale Lehrer 2022 RCSC Board President

time is right and we have the answers.

There is always room at the table. If you feel that you have the knowledge and skills required to become an RCSC Board Director, I encourage you to attend one of the Informational Sessions that will be held on Monday, June 6 in the Lakeview Social Hall #2. There will be two sessions (at 9am and 1pm) with advanced registration required by calling the Corporate Office at 623-561-4600. Find out what it takes to truly be involved and work to help make a difference instead of just making demands and sometimes unrealistic expectations. Candidate packages may be picked up in person beginning on Monday, June 6 and you must present your RCSC Member Card.

You're welcome to really get involved, not just comment on your concerns and feelings.

# This Month @ The Board



## "Neighbors Helping Neighbors"

The next Sun City Foundation meeting will be held on Thursday, June 9, 2022 at 1:00pm in the Lakeview Social Hall #1.

**RCSC Board of Directors Meetings** 

Member/Board Exchange Monday, June 13, 2022 @ 9am Sundial Auditorium

Board of Directors Meeting Thursday, June 30, 2022 @ 9am Sundial Auditorium

Committee Meetings:

Sun City AZ in Focus Committee

Tuesday, June 14, 2022 @ 9am

Lakeview Board Room

Golf Advisory Committee

Thursday, June 16, 2022 @ 8:30am

Lakeview Social Hall #2

Long Range Planning Committee

Monday, June 20, 2022 @ 8:30am

Lakeview Board Room

Elections Committee

Wednesday, June 22, 2022 @ 1pm

Lakeview Board Room

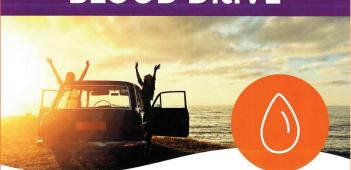
Properties Committee

Tuesday, June 28, 2022 @ 9am

Lakeview Board Room

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

# **BLOOD DRIVE**



# **Sun City Visitors Center BLOOD DRIVE**

Thursday, June 16 & Friday, June 17, 2022 8:00 am - Noon

Bloodmobile in Loading Zone

To make an appointment, call a Visitors Center Volunteer at 623-977-5000 or visit donors.vitalant.org (Blood Drive Code: suncity)

All May 27 - Sept. 9 blood donors will be automatically entered to win a 2022 VW Taos S, donated by our Valley Volkswagen dealers.





6/16

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# Ring That Bell

"A True Sun City AZ 4th of July Tradition"

Monday, July 4, 2022 **Bell Center Social Hall** Presentation & Video at 9am

Then join us outdoors to "Ring That Bell" with Uncle Sam!

Picnic with DJ Music & Dancing in Bell Lanes Free\*\* Bowling, Darts, Billiards & Shuffleboard @ Bell Lanes only from 11am-2pm; Lunch available from George's Cafe served 11am-1pm

# BBQ Pork Sandwich, Chips & Water for \$8

Donations from this event (including \$1 from each lunch) will benefit the Sun City Foundation - "Neighbors Helping Neighbors"

\*\* Free for RCSC Cardholders & their escorted guests \* Be prepared to show RCSC Member or Privilege Card; no key fobs. Red, White & Blue clothing encouraged!



Sun City AZ Rocks with Hot Music in Cool Comfort



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.

General Admission with Dancing in East & West Halls

ARIZONA

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!



Wednesday, July 13, 2022 Show 7pm; Doors Open 6pm @ Sundial Auditorium (103rd & Boswell Blvd)

Get ready for another great evening of music in the cool Sundial Auditorium as we welcome The Walkens back to Sun City AZ. A quaranteed crowd-pleaser, this band promises a little bit of everything – from Top 40 to country to classic rock, Motown and more. There will be plenty of room for dancing in the east and west halls of this facility. Some online review and comments: "Five stars are not enough! The Walkens are absolutely the best!" "Wow!" Don't miss it!

# 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.

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		Stitchers: BC	Tu Th 5 00 30	
rt and Craft Clubs		480-578-8871 (leave message)	Tu, Th, F 9a-3p	Friday Night Ballroon
rtists by the Lake: LV	M-F 9a-12p; Classes, SIG, Open Painting	2019bellstitchers@gmail.com		623-215-8718
15-491-9650	W-1 3a-12p, Classes, ClO, Open 1 ainting	Woodworking: BC	M-W 8a-8p; Th-F 8a-4p; Sa 8a-12p	www.suncityaz.org/
rtistic Stained Glass: BC	M-Sa 8a-2p; M-Th 5-8p	623-974-6058		Line Dance: SD
23-974-4765		Woodworking: FW	M-F 8a-12p	623-972-5127; 231- suncitylinedanceclub
rtistic Weavers & Fiber Artists: OM	M-F 9a-2p	623-738-7459		Sarietymicadilectial
20-253-3145 or oakmontfiberart.com		Woodworking: LV	M-F 8a-2p	Rockin' Thru The Ye
alligraphy: SD	F 9a-12p	623-933-2355		623-695-2039; 602-
23-210-9137				Squares: BC
amera Guild: GR	M-F 9a-12p; Member Mtgs: 1st Sat 9:30-11a	Card and Game Clubs		623-694-7194
ameraguildsuncity.com	& 3rd Wed 6-8p GR Sonoran Rm FMI visit http://www.cameraguildsuncity.com/	500: FW	Mon 6-9:30p FW AZ Rm 3-4	djkraus433@gmail.c
arvers: LV	Tu, Th, Sa 7:30a-12p	608-345-3252 Lois		Sun City Poms: MC 602-392-4242
23-275-2393	Gourd Art, Model Construction, Wood Carving	Bunco Broncos: FW	4th M 12-3:30p FW AZ Rm 1-2	scpoms@yahoo.com
carversaz@gmail.com	https://suncityaz.org/recreation/clubs/sun-city-carvers/	602-526-3495; 623-377-5091	•	Tip-Top Dance: MC
eramics & Porcelain: FW	M-F 9a-3p; Sa-Su 9a-1p	Canasta: OM	F 10a-2p OM Aud	253-381-1542
23-972-5818; 602-821-1197		480-886-9750; 916-225-9895	Doors open 9:30a; Dues \$5/Yr + \$1/week to play	Edward and Ob
eramics: BC	M-W-Th-Sa 9a-12p; Tu & F 9a-3p	Cribbage: LV	Tu 1-4p; W 6-9p LV SH3	Educational Clu
23-974-6750	Welcome Tea Sa 6/4 8a-2p Bell SH	623-933-7044 Tony	.,	Apple Macintosh: SI
hina Painting: OM	M-F 9a-1p	Euchre: FW	Tu 5:15-9:30p FW AZ 2-4;	623-933-5300
Incitychinapainting@gmail.com	M-Th 8:30a-8p; F-Su 8:30a-4:30p	623-693-2881; 623-533-5705	1st & 3rd Th 1:30-4:30p LV SH #3	Visit sunmacsclub.co
lay Club: GR 23-933-0899	W-111 6.304-6p, F-3u 6.304-4.30p			Computer Club: FW
lay Corner: MC	M-Sa 7:30a-9p; Su 8a-6p	Hand & Foot Club: LV	W 6-9:30p LV SH 1-2;	623-933-8953 www.computerclubo
23-977-3167	Mem Mtg 2nd F 9a MC SH	623-680-8276; 972-838-7512	Doors open 5:15p	Life Long Learning:
ayCornerMarinette.org	Yard Art/Lunch 3rd W 8a-9p	Mah Jongg: MC	Tu 11:30a-4p SD WH (National* & Chinese)	623-977-4081
-	Summer Fun Shops 9a-2p - Days vary	520-665-1789 - Claudie	Th 5:30-9p MC SH (N); Su 11:30a-4p MC SH (N)	scazlifelong@gmail.
rafts: BC	M Th 9a-7p; Tu F 9a-3p; W 9a-8:30p	970-231-3368 - Katie	* Must know National & have current league card	Spanish Club: FW
23-974-3497		Monday Night Pinochle: OM	M 5:45-9:30p OM Aud	SunCitySpanishClub
		440-478-2530 Kim/623-217-8584 Beverly		Fitness Clubs
rafts: SD	M 9a-1p; Tu 1-8p; W 9a-6p; Th 9a-1p;	Pinochle: OM	Tu 11:30a-4p, Sa 11:30a-4p OM Aud	Aerobics: BC
02-882-3512	F 9a-8p; Sat 9a-3p;	623-876-1895 Tommie		815-289-5912 Judy
ındialcraftclub@gmail.com	1st & 3rd M 2-6p; Last Th 2-6p	209-524-7358 Cheryl		317-590-2622 Joan
reative Quilters: LV	M-W-F 8a-4p; Mem Mtg 2nd F 9:30a	Sheepshead: LV	M 6-9p LV SH #3	Aqua Fitness Club: S
70-261-1798	од тр, шангинд диа г	623-933-7044; 623-999-4965		aquafitnesssuncity.c
riendship Quilters: BC	M, W, Sat 9a-3p	Contract Bridge Clubs		619-818-4380 Terry
30-414-9054; 402-721-5464	2nd Sa 9a-3p Boutique; 4th Sa 9a-3p Charity	Contract Bridge Clubs		
andweavers & Spinners: SD	M-F 9a-3p; Sa-Su 10a-1p	Wednesday Afternoon: OM	W 12:30-4:30p OM Aud	Dance for Fitness: S
handweaversandspinners@gmail.com		623-249-9169	Please arrive by 12:15pm	503-580-4636 or 25
ewelry, Stained Glass & More: GR	W-Sa 8a-12p	Thursday Afternoon: OM	Th 12:30-4:30p OM Aud	303 300 1030 01 23
62-993-4873; 623-322-4595	E 9:20a 1n EW A7 Bma 2 8 4	623-933-9671	Please arrive by 12:15pm	FUNtastic Fitness: M
nitters: FW 02-469-2505	F 8:30a-1p FW AZ Rms 3 & 4	Friday Afternoon: FW	F 12:30-4:30p FW AZ Rm2	623-759-4492
apidary: BC	M, T, Th-Sa 8a-3p; W 8a-12p; M W 5-8p	623-933-9671	Please arrive by 12:15pm	bettygrantham337@
75-351-8721	т, т, т за са ср, т са тър, т т с ср	Duplicate Bridge Clubs		Handi-Capables: SD
eathercraft: LV	M W F 8a-3p	Duplicate Bridge Clubs		602-369-3819
23-594-6591; larryvroom@cox.net	Intro classes offered in leathercraft, western tooling	Duplicate (ACBL): LV	M only 1-4p LV SH 1; Doors open 12:15p;	handicapablesaz@gi Hatha YOGA: SD Yo
etal: BC	M-Sa 8a-4p	623-518-7916 or 623-640-5554	Arrive by 12:45p; Play at 1p; Must have partner	Email: HathaYogaCli
20-235-0179 Alan	Mem Mtg 2nd M 9a BC MPR	suncitydbc.com		FMI visit www.hatha
an.ruda@yahoo.com		Kachina: SD	M 12-4p SD WH Only	
alo Verde Artist: SD	Su-Sa 8a-8p	651-592-5939 Sharon		Ladies Exercise: OM
03-635-7121		623-363-7199 Posy		928-890-9152
resident@paolverdeartists.com ew-n-Sew: LV	Tu, Th, Sa 9a-3p Open Sewing	Dance Clubs		So Grand Exercise:
ww.sewnsew.info - Check webpage	ru, m, sa 9a-sp Open sewing	Dance Clubs		623-933-0214
r exact dates of classes		Bell Tea: BC	W 2-4p BC SH 1&2	Stretch 'n Slim: BC 402-578-6948
livercraft: BC	M-Sa 8a-3:30p	623-842-3917	Ballroom dancing with DJ Rollin	Tai Chi: BC, LV, FW
23-933-8442		www.suncityaz.org/recreation/clubs/bel	l-tea-dance-club/	http://sctaichi.wix.c
lverStones: SD	M-F 8a-3p; Sa 8a-12p	Classic Rock Dance Club: BC	1st & 3rd Sa; Doors 6p; Dance 6:30-9:30p	email: suncitytaichi(
23-466-7191		623-628-4401	BC SH 1-2; 6/4, 6/18 DJ Ron West	
terling & Stones: FW	Club & Store Hours M-F 10am-2pm		w/ Music Videos - \$3 Members/\$6 Guests	
23-977-2208 - Annual Dues \$15		Country Dance Club: SD	1st/3rd Sa Open 5:30p, Dance 6-9:30p SD Aud	Zumba Club: SD
		480-431-8278; 623-972-5127		602-622-5913 Visit https://suncityaz.
				orc mepo.//ouridityd2.
			and the second s	

		Club Di
p	Friday Night Ballroom Dance: SD	F 7-9:30p SD Aud; Lesson 6:15p
	623-215-8718 www.suncityaz.org/recreation/clubs/frida	\$5/members; \$10/guests; No jeans, shorts, etc.
р	Line Dance: SD	Tu & Th: 10a-1p; SD Aud
	623-972-5127; 231-557-6555	Relocated to FW Th 6/30
p	suncitylinedanceclub.facebook	
р	Rockin' Thru The Years: SD 623-695-2039; 602-695-0209	2nd, 4th & 5th Sa: 6:30-10p; SD Aud Beach Party Dance 6/25
	Squares: BC 623-694-7194	Closed for Summer
4	djkraus433@gmail.com	Classed for Common
2	Sun City Poms: MC 602-392-4242	Closed for Summer Rehearsal M 6/13, 8-10a MC Aud
2	scpoms@yahoo.com Tip-Top Dance: MC	M 8a-3p; Tu 8a-12p; 5-8p MC SH
d	253-381-1542	W8-11a, F 8a-12p MC SH
ay 2	Educational Clubs	
3	Apple Macintosh: SD	Tu & Th 8:30-10:30a
1;	623-933-5300 Visit sunmacsclub.com for updates	
3	Computer Club: FW	M- 8:30-11:30a
) ·	623-933-8953	
p	www.computerclubofsuncity.com/ Life Long Learning: FW	No Classes at this time
e)	623-977-4081	
۱)	scazlifelong@gmail.com	M Qa-12n FW Classroom
d d	Spanish Club: FW SunCitySpanishClub@gmail.com	M 9a-12p FW Classroom
	Fitness Clubs	
d	Aerobics: BC	M W F 8-11a BC SH 1&2
	815-289-5912 Judy 317-590-2622 Joann	
3	Aqua Fitness Club: SD	Next Reg: Sa 6/18 SD; Doors 8a, Mtg 8:30a
	aquafitnesssuncity.com	Summer II starts M 7/11; ends F 9/2
	619-818-4380 Terry	Try it Before You Buy It 8/22-8/26 Next Reg: Sa 8/27 SD; Doors 8a, Mtg 8:30a
d		Fall Session starts M 09/19, ends F 11/10
n	Dance for Fitness: SD 503-580-4636 or 253-820-5453	Tu 9-10a BC SH 1&2; W 9-10a SD Aud; F 9-10a MV Aud
d	303-300-4030 01 233-020-3433	1 9-10d PIV Add
n	FUNtastic Fitness: MC	Pilates M, F 1-2MC SH
2 n	623-759-4492 bettygrantham337@gmail.com	Aerobics Tu, Th 1-2p MC SH Strength Training Tu, Th 2:10-3p MC SH
	Handi-Capables: SD	T/Th 12-2p SD Warm Water Pool
	602-369-3819	Mem Mtg 1st M 12p FW AZ 1&2
ο;	handicapablesaz@gmail.com Hatha YOGA: SD Yoga Room	Mat & Chair-C Classes:
er	Email: HathaYogaClub@gmail.com	M 8:30a, 10:30a, 1p-C, 6p
y	FMI visit www.hathayogaclub.org	Tu 8a, 10a; W 8:30a, 10:30a-C, 4p, 6p;
,	Ladies Exercise: OM	Th 8a, 10a, 1p-C; F 9a, 1p-C; Sat 8a, 10a Tu & F 8-9a OM Aud
	928-890-9152 So Grand Exercise: FW	M W F 7:30-9a FW AZ 1&2
	623-933-0214 Stretch 'n Slim: BC	M-Sa 6:45a, 8a, 9a BC Aerobics Rm
2 n	402-578-6948	Su 8, 10a BC Aerobics Rm
n	Tai Chi: BC, LV, FW	T 10:15a FW #3 - 5 Form Ess; 6p LV SH #3 QiGong
р	http://sctaichi.wix.com/sc-tai-chi-club email: suncitytaichi@gmail.com	Th 9:30a Balance & Basics, Th 10:45a Beginner; Th 12p Advanced Beginner; Th 1:15p Advanced;
st	,	Th 2:30p Intermediate - All in BC SH #2
S	Zumba Club: SD	F 6/24 Open House 11a-2:30p SD EH
d	Zumba Club: SD 602-622-5913	M W F 11-1p BC SH; Tu 6-8p SD WH; Th 6-8p MC Aud; Sa 8-10a MC Aud

Hobby Clubs		Fairway Rea 623-570-739
Armchair Travel Club: FW	Closed for Summer	arabella_tho
523-476-2811; FMI visit https://suncityaz.o	org/recreation/clubs/armchair-travel-club/	Hospitality C
Birding Club of Sun City: BC	Closed for Summer	623-341-122
tjlempidonax@gmail.com 502-616-7459 Leave Message	May have outings over summer; email for info	Illinois Club: 775-722-116
Duffeeland Dog Park: Talisman 860-789-9815		LGBT of Sun Igbtclubofsu
Garden: GR 523-875-5921	Office Hours M W F 9a-12p GR	Men's: SD 623-977-511
Model Railroad: FW	For mtg times, visit suncitymodelrailroadclub.com	Michigan Fri
239-207-7314 Leave message Model Railroad Museum: FW	W 8a-12p; 2nd & 4th Sat 9a-2p	michigan2ar Call or text 6
39-207-7314 Leave message		New Englan
Rockhounds: SD	Closed for Summer	623-215-363
crockmuseum@gmail.com		NextGen: SI
Mineral Museum: SD	Sa 10a-1p	716-445-738
523-428-6442	We are open!	Visit nextger
RV Club: SD silvercreekranch1@hotmail.com	Closed for Summer	Singles Socia
Stamp Club: MC	Closed for Summer	602-769-363 https://sunc
602-329-8905		ingles-social
/intage Vehicles: GR	No Member Meetings over Summer	Wisconsin C
502-609-0973	Shop Operations M-Sa 8a-4p	608-852-42
https://www.vintagevehiclesofsuncity.com/		Women's Sc 623-826-89
Performing Arts Clubs	Classed for Company	
Sun Cities Community Orchestra: FW 523-582-9964	Closed for Summer	Sport Clu
Choraliers: FW www.suncitychoraliers.com		Basketball: I 206-459-32
Concert Band: FW 502-625-5211	Closed for Summer	charlespete Billiards: Bel
Handbell Ringers: FW	Closed for Summer	315-806-00
502-799-1947 doreenC4488@gmail.com		Billiards: LV (602) 319-0
Piano: SD	4th M 2-4p SD Aud	` ,
523-444-4483		Bocce: SD
Sun City Players Community Theater: MV email: Writeonjoy@gmail.com	Closed for Summer	623-693-288 Check the Clu
suncityplayerscommunitytheater.org		online at http
Rhythm Ramblers: FW 502-717-7246	Closed for Summer	clubs/bocce-c
Jkulele: FW	Th 3-4:30p FW Music Rm	Dart Club: E
480-276-3780 (Oct-April)		623-203-97
920-410-6932 (May-Sept)		Lawn Bowls 623-972-32
Women's Chorus: FW	Closed for Summer	Lawn Bowls
523-308-4643 Annette	Rehearsals resume 9/8	623-933-50
Political Clubs		Lawn Bowls 907-644-46
Democratic: FW	1st Th 6p FW AZ 1-2	Lawn Bowls
523-252-4610		623-974-32
Republican: SD	Closed for Summer	Lawn Bowls 623-792-52
suncitygopclub@gmail.com		Mini-Golf: L
		602-550-07: Pickleball: M
Social Clubs		scpickleball
Best Friends Dog Club: FW 602-639-1370	Closed for Summer	Contact Club
ofdcsuncity@gmail.com		

	Fairway Readers: FW	2nd F 1-2:30p FW AZ #1
	623-570-7394	Books can be reserved in advance
mer	arabella_thorne@juno.com	at FW Library w/ MCLD Card
mer	Hospitality Club: MC 623-341-1226	Sat 11a-5p Friendship Corner - Cards/Games
info	Illinois Club: FW	Social Mtg 4th Th 6:30pm FW AZ #3
	775-722-1167; List of activities at https://sur	
	LGBT of Sun City: OM Aud lgbtclubofsuncity@gmail.com	Closed for Summer
GR	Men's: SD	M-Sa 7a-4p; Poker M 4-9p;
com	623-977-5116	Bingo resumes Th 9/1
	Michigan Friends in Sun City	Closed for Summer
-2p	michigan2arizonaclub@gmail.com Call or text 623-910-1522 to RSVP for	Last Monday 3-5p Cards BC MPR
mer	New England: LV 623-215-3637; 623-328-9878	Closed for Summer
-1p	NextGen: SD	1st M 6:30-9p SD EH
en!	716-445-7383 Visit nextgensuncity.org/ for all events	2nd & 4th F 1-4p Card Play, Talisman Every Th 1-4p Card Play BC MPR
ner	visit flextgensuricity.org/ for all events	Every 111 1-4p Cald Flay BC MFK
	Singles Social Club: FW	1st F Potluck 6-9p FW AZ 3-4
ner	602-769-3634 https://suncityaz.org/recreation/clubs/s	3rd F Game Night 6-9p FW AZ 3-4
	ingles-social-club-of-sun-city/	
ner	Wisconsin Club: SB	Save the Date! Next Picnic 3/9/2023
-4p	608-852-4227 or 715-308-9964 Women's Social: LV	To volunteer, call Lynda 715-308-9964
	623-826-8900	M-Su 9:30a-4:30p W 6-8p - Game Instruction: Mah Jongg, Poker,
		Hand & Foot, Bridge
ner	Sport Clubs	
	Basketball: MC	
	206-459-3242; 604-313-3190	
ner	charlespeterson@comcast.net	
mer	Billiards: Bell Billiards Room 315-806-0067	Tu 11a-4p; W 8a-1p; F 11a-4p; Sa 12-5p
	Billiards: LV Billiards Room	Ladies M, Th 8:30a-12p;
	(602) 319-0783	Singles: 8 Ball M 8a-12p; 10 Ball W 9a-1p; 9 Ball Th 1-5p, F 8a-12p
Aud		Doubles: 8 Ball Tu & Th 8a-12p
mer	Bocce: SD	Bocce Fun Games: Every Tu 8:30a
IICI	623-693-2881	Open Play: Every Th 8:30a, Every F 7p
	Check the Club House Bulletin Board or	
mer	online at https://suncityaz.org/recreation/ clubs/bocce-club/ for complete schedule	
	Dart Club: BC	
		M T W 5:30-8:30p; Th 2-4p
Rm	623-203-9715	M T W 5:30-8:30p; Th 2-4p
Rm	623-203-9715 Lawn Bowls: BC	M T W 5:30-8:30p; Th 2-4p M W F 7-9a & 7-9:30p
	623-203-9715 Lawn Bowls: BC 623-972-3248	
Rm mer 9/8	623-203-9715 Lawn Bowls: BC 623-972-3248 Lawn Bowls: FW & MV	
mer	623-203-9715 Lawn Bowls: BC 623-972-3248 Lawn Bowls: FW & MV 623-933-5066 Lawn Bowls: LV (Sun City Club)	
mer	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	M W F 7-9a & 7-9:30p
mer 9/8	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	M W F 7-9a & 7-9:30p Closed for Summer
mer 9/8	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	M W F 7-9a & 7-9:30p  Closed for Summer  Tu Th Sa 7-9:30a  Closed for Summer
mer 9/8 1-2	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 602-550-0733; 602-999-7011	M W F 7-9a & 7-9:30p  Closed for Summer  Tu Th Sa 7-9:30a  Closed for Summer  Closed for Summer
mer 9/8 1-2	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 602-550-0733; 602-999-7011 Pickleball: MC, MV	M W F 7-9a & 7-9:30p  Closed for Summer  Tu Th Sa 7-9:30a  Closed for Summer  Closed for Summer  Daily Drop-in MC 8-11a; MV 7-11a;
mer 9/8 1-2	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 602-550-0733; 602-999-7011	M W F 7-9a & 7-9:30p  Closed for Summer  Tu Th Sa 7-9:30a  Closed for Summer  Closed for Summer
1-2	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 602-550-0733; 602-999-7011 Pickleball: MC, MV scpickleball: O2@gmail.com	M W F 7-9a & 7-9:30p  Closed for Summer  Tu Th Sa 7-9:30a  Closed for Summer  Closed for Summer  Daily Drop-in MC 8-11a; MV 7-11a;  Social T/Th/Sat 8am; Women Ladders M 7a;

<b>#1</b>	Shuffleboard Bell: BC	M Tu F 1-3:15p
ce	623-999-0362 - Dennis	
rd	218-371-2421 - Diane	
es	Shuffleboard Outdoor: LV	Closed for Summer
	623-341-1995	
#3	Shuffleboard Sundial: BC	Th 6/9, 5:30-9p BC Cts
	623-208-9921	
er	Softball (Senior): Sun Bowl	Open Practice M, Sat 6-10a
	517-526-4873; 509-264-3088	League Play Tu & Th 6a-2p
p;	www.azsrsoftball.com	
/1	Sportsmen: GR	No meeting until September
	Dan 319-431-3563	
er	Sun City Yacht Club: LV	Su, Tu, Th 10a-1p Viewpoint Lake
PR	480-492-3477	
	Swim Club-Masters: BC	M-F 7-9a BC Lap Pool
er	tbnnock@yahoo.com	Tu/F 3-4:30p Yoga for Swim Club BC Aerobics Rm
	Swim Lessons: 480-476-8966	W 8:30-10a LV
H	Table Tennis: BC	M 10a-3p; W F 10a-4p; Tu Sa 10a-12p
an	602-291-5369; 847-421-5211	
PR	Tennis: BC	
	608-792-1957	
-4	melvindhaus@gmail.com	
-4	Volleyball:	Closed for Summer
	206-459-3242	
	charlespeterson@comcast.net	
23	Water Volleyball Club of SC: OM	Su M W F 12-3p
54	WVCofSC@gmail.com	
0p	480-297-6783	
er,	Whisperball of Sun City: BC	M W F 1:30-3:30p BC Racquetball Courts
ge	480-678-1622	
	Club Discotom Kom	
	Club Directory Key:	

### Important Dates for Clubs to Remember!

FW = Fairway Center GR = Grand Center

LV = Lakeview Center

MC = Marinette Center

SD = Sundial Center SB = Sun Bowl

MV = Mountain View Center
OM = Oakmont Center

#### June

Tu = Tuesday

F = Friday

Sa = Saturday

Area codes 623 unless noted.

Su = Sunday a = A.M. & p = P.M.

W = Wednesday
Th = Thursday

- 5 SunViews submissions due for July
- 6 2023 Budget Request due
- 10 Guest Attendance Register & guest fees due
- 10 Monthly Attendance Spreadsheet due

#### July

- 5 SunViews submissions due for August
- 10 Guest Attendance Register & guest fees due
- Monthly Attendance Spreadsheet due

#### August

- 5 SunViews submissions due for September
- 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.

\*\* NOTE: The Annual Club Articles schedule for October 2022 to March 2023 is now online \*\*

https://suncityaz.org/wp-content/uploads/2022/04/SunViews-Club-Articles-2022-23.pdf

Thoughts from a Pro-

# Topping the Ball

One of the most common problems newer golfers have is topping the ball. A topped shot rolls along the ground instead of lofting in the air and therefore doesn't go very far. Unfortunately topping the ball tends to be a catch 22 of sorts. The more a person tops the ball the more desperate they become in trying to lift the ball up, usually making the problem worse!

To get the ball to loft in the air it must hit the "sweet spot" of the club which is in the middle of the club face. This is the part of the club that is lofted so that when the ball contacts it, it lifts. On a topped shot the ball hits the bottom edge of the club instead. In understanding how to loft the ball into the air one needs to learn to let the "club do the work". In other words, the club head is weighted and so you must let gravity help you let the club head swing low enough to brush the grass.

The trick is to be light enough with your grip pressure to allow the bottom of the club to "swish" through the grass.

For successful practice, choose a high numbered iron: 7,8,9, PW. Take a few ½ swings (approximately waist high) with a light grip and relaxed arms letting the head of the club feel heavy in your hands. The heavier it feels the easier it will be to brush the grass as you swing. You can also try making those same swings brushing a tee. If you are easily hitting the tee, you are ready for the ball! Put the ball on the tee trying the same drill, ½ swing with no tension. Remember, for the ball to lift the bottom of the club needs to be contacting the tee so the ball will be hitting the sweet spot. As this begins to work consistently start lowering the tee until the ball is sitting on the grass. Don't get frustrated if hitting without the tee is difficult at first...this takes some time!

Remember as you gain confidence, relaxing becomes easier and soon topping the ball becomes an occasional miss instead of the norm.

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

## 2022 Aerification/Vericutting Dates Golf Course will be closed (including Snack Shop)

#### **Fairways Aerification**

Tun ways her meation			
May 16-17	Willowcreek		
May 19-20	Willowbrook		
May 23-24	Lakes West		
May 26-27	Lakes East		
June 2-3	Riverview		
June 6-7	North		
June 9	Quail Run		
June 20-21	South		
	May 16-17 May 19-20 May 23-24 May 26-27 June 2-3 June 6-7 June 9		

#### **Greens Aerification**

Thursday-Friday	June 23-24	Willowbrook
Mon-Tues-Wed	June 27-29	Willowcreek
Thursday-Friday	June 30-July 1	Lakes East
Tues-Wed-Thurs	July 5-7	Lakes West
Mon-Tues-Wed	July 11-13	Riverview
Mon-Tues-Wed	July 18-20	North
Mon-Tues	July 25-26	Quail Run
Mon-Tues-Wed	August 1-3	South

# **RCSC Bowling Centers**

# Lakeview Lanes

10502 W. Thunderbird Blvd. 623-876-3055

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

Billliards 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!



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

Stop by & check

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

# 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 Day 602-818-1470 or email: 1day2bettergolf@cox.net
- Robin Eichten 623-322-6300 or email: golfwithrobin@gmail.com
- Shane Crosley 702-715-1560 or email: shanecrosley@gmail.com



#### 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/

June Snack Shop Hours Open Daily 5:30am - 1pm



#### Volunteer Ranger Program

For more information about joining our program, please contact Chris Linam, Pro Shop Manager, at 623-876-8419 or email clinam@ suncityaz.org. Next meeting is Thursday, September 29,, 2022 at 1pm in Talisman Hall.



JUNEFACTS	OURFACTS
JUNE is thought to have been named for the Roman goddess Juno, patroness of marriage and the well-being of women	Books Around the Corner was named to describe where the Friends Bookstore is —just around the back corner of the Sun City Library at the Bell Recreation Center.
June 1 is SAY SOMETHING NICE DAY	The Friends of the Sun City Libraries, Inc. would suggest you say to your best friend, "Let's go shopping at Books Around the Corner."
June 5 is WORLD ENVIRONMENTAL DAY—a day meant to raise environmental awareness around the globe.	June 5, 2022, is a Sunday; the Bookstore is closed. On June 4, June 6, or any other weekday for that matter, Books Around the Corner is open from 9:30am to 3:30pm, with an ample supply of environmental books.
June 6 is NATIONAL YO-YO DAY.	Yo-Yos are not available in the Bookstore or Library; however, celebrate the day by finding your childhood one buried in your old treasures. After frustratingly trying to make it work, relax with a good book.
June 14 is FLAG DAY.	Proudly display your flag on this day and all holidays, following Flag Procedures at https://www.dav.org, or similar site. If your flag needs replacing, both Libraries have flag disposal boxes for your old flag.
June 19 is JUNETEENTH, also known as Freedom Day or Emancipation Day. The newest federal holiday celebrates the freedom of enslaved people in the United States at the end of the Civil War. For more than 150 years, African American communities have observed this holiday.	June 19, 2022, is a Sunday; therefore the holiday will be celebrated on Monday, June 20. Both Libraries and the Bookstore will be closed in observance of the holiday.
June 19 also is FATHER'S DAY. It is celebrated on the third Monday in June, which coincidentally is Juneteenth this year.	In honor of fathers, Books Around the Corner is having a half price sale on all books by male authors for the entire month of June.
June 20 is the SUMMER SOLSTICE, the start of summer in the Northern Hemisphere, and the day with the most hours of daylight.	Celebrate summer by getting a book by your favorite author from the Bookstore or Library (prior to June 20 since they are closed that day), take the book to the park, curl up on a comfortable bench, and enjoy it. If the park is too warm, enjoy summer by viewing it through a window from your air conditioned home.
June 21 is GO SKATEBOARDING DAY.	This activity is not recommended for Sun City residents. Alternatively, see above.

Stop by Books Around the Corner Bookstore at Bell Center Monday - Saturday: 9:30am to 3:30pm

Great Selection, Great Prices, Great Gift Ideas for Dads & Grads

#### Water Conservation

# **Efforts to Conserve Help Future Water Supply**

"How can they keep building houses and where is the water coming from?" That's a question frequently asked by many as the metropolitan Phoenix area continues to grow in every direction.

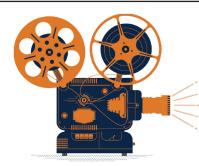
It is interesting to note that the state of Arizona actually uses less water today than in the past. According to the Arizona Department of Water Resources, Arizona used about 7.1 million acre-feet of water back in the 1950s. By 2017, this figure dropped to 7.0 million acre-feet. (An acre-foot is about 326,000 gallons of water, or the volume needed to cover one acre of land with water).

So while the demand for water in Arizona has fluctuated over the years, today is has essentially leveled out, even though the population has grown from about 1 million to 7 million within the last 50 years.

Many of today's appliances and fixtures – washing machines, dishwashers, faucets, showerheads, sprinklers, toilets, and more have all become more water-efficient. And we have all been doing our part to make water conservation a way of life. Daily watersaving practices - small things over time – have saved thousands of gallons of water annually.

Water management practices has been in place for decades and the planning is paying off now, in spite of the continued drought we are experiencing. But the more water conscious we are today, the more water we will have for future generations.

Let's keep up the good work!



# **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

# Machines vs Free Weights: Which is Better?

"This is a question we hear quite often," states Jane Fortier, personal trainer and co-owner of Get Fit for Life. "Both forms of exercise have advantages and disadvantages. Which is most appropriate, would be a better way to state the question."

Strength Machines work on a fixed path, which makes it easier to execute the movement with correct form, even when muscle-fatigue sets in. While this is an advantage, it also becomes a weakness. The fixed movement path makes it difficult to work important stabilizing muscles or utilize different planes of motion. Machines are more efficient at isolating muscle groups, which is important for rehabbing from an injury or focusing on a particular part of the body. They are user friendly, but invite serious injury if appropriate weight and proper form are not maintained. Machines have usage limitations – a person might be too tall, too short, or too heavy for pivot-point adjustments.

Here are a few other pros for Strength Machines:

- Machines can make more efficient use of space, in a gym where there are lots of people exercising at the same time.
- Working with Machines can be faster timewise. Changing the load is usually more efficient and quicker than going to a weight rack and selecting different free weights to use for the next set.
- With proper introduction and guidelines, a novice lifter will find Machines to be safer and easier to maneuver than free weights

Free Weights have greater carry over to what the body does in daily living – they are functional in nature. Movements can be completed in different planes of motion. Since the body is responsible for creating and supporting the range of motion, Free Weights involve stabilizing muscles, as well as moving muscles. Learning how to perform each exercise takes time and skill. Precise technique, form, posture and concentration is required to target muscles correctly and avoid injury. Free weights are versatile, convenient and portable. They are great to use in the gym, or any other location.

Here are a few other pros for Free Weight exercises:

- Free Weight exercises, by their very nature, mimic neurological patterns of actual fitness and sports skills, much better than exercises done with Machines.
- Free Weights are less expensive and take up less storage space than Machines. They are practical for a home workout, travel workout, or when visiting a new gym with unfamiliar Machines.
- Free Weights recruit more of the smaller, helper muscles. These
  muscles are important for balance and stability. You can perform an
  exercise to target just about any large or small muscle group with
  Free Weights

"As aging adults, issues like arthritis, osteoporosis, joint replacements, back surgeries and rotator cuff problems will dictate whether Machines or Free Weight exercises should be used," states Fortier. "Sometimes combining both is the best solution. Using a personal trainer to determine the safest and most effective exercises for a workout is definitely worth the investment. Sun City Fitness Centers have excellent Machines and an extensive selection of Free Weights to accommodate either form of exercise."

To find out more about personal training services in the Fitness Centers of Sun City, call Get Fit for Life at 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-8p; Su 8a-7p
Bell Lanes	M-Sa 8a-8p; Su 12-7p (5/1-8/31)	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	On Summer Hiatus; Back in September	Bell Lanes: Indoor	M-Sa: 8a-8p; Su: Noon-7p
	Thursdays: Doors Open 4:30p; Bingo 6:15p	Lakeview: Outdoor	M-Sa: 6a-8p; Su 8a-7p
	\$9 all 18 games w/3 special games	Spas	Minimum Age: 16/18*
Boating/ Fishing	Minimum Age: 6/NA	Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p
Lakeview Center	M-Sa: 6a-8p; Su: 8a-7p (or Dusk)	Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Bocce Courts	Minimum Age: 8	Lakeview Center	M-Sa: 6a-8p; Su: 8a-7p
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Bowling Lanes	Minimum Age: 4	Oakmont Center	M-Sa: 6a-8p; Su 8a-7p
Bell Lanes	M-Sa 8a-8p; Su 12-7p (5/1-8/31)	Sundial Center - 18+ only*	M-Sa: 6a-9p: Su: 8a-8p
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Swimming Pools - Open Sw	
Dog Parks	Minimum Age: NA	Bell Center - 18+ only	Minimum Age: 18
Duffeeland	May - September 6am-8pm	•	p; Closed for Club/Class: M-F 7-9a
	Closed last Wed/month for Maintenance	Walking Pool: M-Sa: 5a-9p; Su	• •
Darts	Minimum Age: 8	Fairway Center	Minimum Age: 16
Bell Center	M-Sa 8a-8p; Su 12-7p (5/1-8/31)	Lap Pool: M-Sa: 5a-9p;Su 8a-8p	•
Fitness Centers	Minimum Age: 14*	Walking Pool: M-Sa: 5a-9p;Su 8	
Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p	Lakeview Center	Minimum Age: 4-15*/16
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p		for Club/Class: W 8-10a (April-Oct only)
Lakeview Center	M-Sa: 6a-8p; Su 8a-7p	Children's Pool Hours - Ages 4-:	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Marinette Center	Minimum Age: 4-15*/16
Mountain View Center	M-Sa: 6a-8p; Su 8a-7p		for Class: M-Tu, Th-F 8-9am (ends 6/24)
Oakmont Center	M-Sa: 6a-8p; Su 8a-7p	Children's Pool Hours - Ages 4-:	
Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p	Mountain View Center	Minimum Age: 4-15*/16
Horseshoe Courts	Minimum Age: 12		or Class: M, Th 9-10a; T, F 8-10a (ends 6/24)
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Children's Pool Hours for Ages	
Mountain View Center	M-Sa: 6a-8p; Su 8a-7p	Oakmont Center	Minimum Age: 16
Jogging / Walking Track	Minimum Age: 14	M-Sa: 6a-7p; Su 8a-7p	· ····································
Indoor Fairway Center	M Co Fo One Cou On On		F 12-3p; Spa, Swim Lanes remain open
Sundial Center	M-Sa 5a-9p; Su: 8a-8p M-Sa only: 6a-8a	· ·	0a, Swim Lanes closed (ends 6/24)
Outdoor	Minimum Age: 8	Sundial Center - 18+ only	Minimum Age: 18
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	-	8p; Closed for Class: M, Th 9-10a (ends 6/24)
Sun Bowl	Dawn to Dusk	W 8:30-10a for Swim Lessons (	
Library (602) 652-3000	Dawii to Dusk	•	9p; Su 8a-8P; Closed for Class: T/Th 12-2p;
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p	Closed for Class M Tu, Th F 10a	
Books Around the Corner Store-BC		Table Tennis	Minimum Age: 8
Fairway Center	M-Sa: 9a-5p	Bell Center: M-Sa: 6a-9p; Su: 8	
Mini Golf	Minimum Age: 6	• • • • • • • • • • • • • • • • • • • •	а-ор, -3p; W F 10a-4p; Tu Sa: 10a-12p
Bell Center	M-Sa: 6a-9p; Su: 8a-8p	Tennis	Minimum Age: 8
Lakeview Center	M-Sa: 6a-8p; Su 8a-7p	Bell Center: 623-977-3325 M-S	3
Mountain View Center	M-Sa: 6a-8p; Su 8a-7p	Lakeview Center: 623-561-4676	•
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Mountain View: 623-876-3042	
		1110u11tall1 view. 023-070-3042	1-1-3a. 0a-7p, 3u 0a-7p

# Strength Machine Group Demonstrations

\*\* On Hiatus for the Summer; Return in September \*\*

Personal Training Sessions continue to be available in June, July & August, Call Get Fit for Life to schedule!

# **Member Fitness & Massage Services**

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Personal Training Sessions are available at all RCSC Fitness Centers

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Massage by Julie 602-689-0802