SUNVIEWS

ISSUE #248 • JULY 2022 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.



New System at Oakmont Gets Praise & Applause



With the recent installation of the hyper dissolved oxygen and ozone sanitation system and upgraded filtration at the Oakmont Center, the verdict is unanimous - Come on in, the water is fine!

Behind the scenes (aka pool equipment room) this state-of-the-art technology utilizes ozone along with oxygen to create "nanobubbles" (1000 times smaller than standard systems) resulting in more bubbles. Smaller bubbles not only last longer but also provide a larger area of disinfection and oxidation, resulting in higher levels of sanitation.

This system offers numerous benefits - both environmental and economic - with a process that reduces chemical use and requires less labor/staff attention. In addition, there is overall swimmer comfort, enhanced water clarity and less irritation for people with sensitive

skin and allergy issues.

"It is absolutely wonderful! The water just feels different and makes your skin super smooth and soft." is the general consensus among pool users at this location, including members of the Water Volleyball Club and Aqua Fitness participants.

> Stop by Oakmont Center to cool off and experience the oxygen/ozone sanitation and filtration difference for vourself!





Chris Brunson, Fitness Equipment Technician (left above) and Paul Peloquin, Pool/Spa Technician, explain the equipment used now to sanitize the Oakmont facility, Nanobubbles can be seen above..



Come "Ring That Bell" in Sun City on July 4

RCSC is pleased to host the 44th annual "Ring That Bell" Ceremony on Monday, July 4, 2022 in the Bell Social Halls starting at 9:00am. This patriotic, time-honored tradition celebrates our nation's birthday in unique Sun City AZ style with Uncle Sam serving as the Master of Ceremonies.

The fun continues at Bell Lanes for RCSC Cardholders and their escorted guests with an old fashioned "indoor" picnic from 11am until 2pm with free bowling, shuffleboard, billiards and darts. It is certain to be fun for all attending - guaranteed!

George's Café will offer BBQ Pork Sandwiches served with chips and bottled water for \$8 per person; \$1 from each meal and other donations collected during this event will benefit the Sun City Foundation.

Stop by and "Ring That Bell!" It is certain to be an all-American, only in Sun City AZ kind of celebration.

Summer Hours Lakeview • Oakmont • Mt. View Memorial Day thru Labor Day

Sunday 8am - 7pm | Monday-Saturday 6am - 8pm

RCSC Offices Closed for Independence Day

All RCSC Offices at Lakeview Center (Corporate, Human Resources, Cardholder Services and Chartered Clubs), will be closed on Monday, July 4, 2022 in observance of Independence Day. The Events & Entertainment Office at Sundial and the Sun City AZ Visitors Center at Bell will also be closed.

Cardholder Services will also be closed on the first Saturday (July 2) due to the holiday but will be open on Saturday, July 9 from 9am to noon for those needing weekend service.

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

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 noon on Saturday, July 9, 2022 to assist those who unable to visit the office during the week. due to the Independence Day holiday.

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

Analyis Paralysis & Mountain View Project

Based upon the past few months of RCSC Members repeatedly expressing their opinions, I feel it's necessary that we all agree to take a break, enjoy summer and plan on returning to Board business in the fall with the understanding that the Mountain View project has officially "left the station."

The Board has made its decision and determined that the process started years ago and is moving forward. Period. No one can predict that the economy will improve, and the longer we wait, the longer it will take to get work done and return to having first-class amenities at our Mountain View location.

I believe that after all this time, we have reached what I like to refer to as "Analysis Paralysis" – the inability to make a decision due to over-thinking a problem. There comes a time when an individual or a group of individuals can have too much data. The result is endless wrangling over the upsides and the downsides of each and every option - and an inability to pick one.

As most of you know, I have been a staunch advocate when it comes to consistent collection of utilization data for all RCSC club and monitored activities. It's hard to believe I would be opposed to too much data, but in this case, we need to stop the second-guessing and move forward. Two town hall meetings, a year of evaluation and discussion on the Long-Range Planning Committee, and an Ad Hoc committee composed of RCSC Members who represented all activities and sports at Mountain View have all contributed in creating a recommendation for the design of Mountain View. The Board approved the recommendation, and an architect was hired to create a conceptual plan.

The conceptual plan was presented to the Board and Members who commented on the lack and proximity of handicap/accessible parking. As Chair of the Long-Range Planning Committee at the time, the lack of safety, security, and access control in the architectural plan was also a huge red flag for me. These concerns brought forward by members were all legitimate. The plans

went back to the architect for revision to address these issues.

OH NO! The revision to correct concerns of RCSC members now called for the rotation of a building to an area currently occupied by pickleball courts – and the rest is now part of our history. As a result, a small group of Members has crafted numerous ploys and claimed a lack of transparency all designed to delay or change the entire Mountain View project.



Dale Lehrer 2022 RCSC Board President

There has never been any secrecy or a lack of transparency around this project. There was only a design change that happened to interfere with the current pickleball accessibility. Acknowledging this, the Board has been looking at options that would supplement the lost Mountain View courts. The Pickleball Club has been heavily involved in this planning and has overwhelmingly agreed with a potential court replacement solution.

Therefore, I respectfully ask that you trust and respect the process that has occurred and trust and respect your fellow members who dedicated their time and energies to determine what would be best for all. There may come a time when you'll be involved in a similar project and will come to understand the investment and commitment made by these individuals who worked to serve the needs of everyone affected.

The Mountain View project is long overdue. It's time to stop the "analysis paralysis" and move ahead.



"Neighbors Helping Neighbors"

The next Sun City Foundation meeting will be held on Thursday, September 11, 2022 at 1:00pm in the Lakeview Social Hall #1.

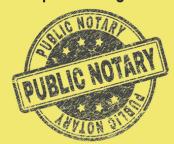
This Month @ The Board

There are no meetings scheduled in July or August.

Board & Committee Meetings resume in September!



Get Documents Notarized and Help Your Neighbors



Notary Services Now Available Benefitting the Sun City Foundation

Cardholder Services at the Lakeview Center offers Notary Services for non-RCSC documents for just \$10 per document with all monies collected benefitting the Sun City Foundation.

Cardholder Services is located on the lower level at Lakeview and is open Monday through Friday from 8:30am to 4pm; and the first Saturday of each month from 9am to noon. Please arrive one-half hour prior to closing with proper government issued identification for this service.

What a great way for "Neighbors to Help Neighbors!"

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, July 13, 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.

SUN CITY A R I Z O N A RECREATION CENTERS

General Admission with Dancing in East & West Halls

Viewpoint Lake Renovation Project is Now Underway!

Boating & Fishing are no longer allowed and the boat ramp on 105th Ave. is closed except for construction traffic until this project is completed (mid to late summer 2023).

Fencing has been installed to prevent entry from all access points on the Lakeview Center property.

Periodic updates will be provided on the progress of this very important RCSC project.



Friendship Quilters at Bell

Christmas in July/ Moving Preparation Sale

Saturday 7/16 & Monday 7/18 8am to 3pm

Great bargins for gift-giving! Finished projects & quiliting supplies!

Help us "lighten our load" as we prepare to move into our new club space at Grand Center (date yet to be determined).



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!

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.

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Art and Craft Clubs	
Artists by the Lake: LV	M-F 9a-12p; Classes, SIG, Open Painting
315-491-9650 Artistic Stained Glass: BC	M-Sa 8a-2p; M-Th 5-8p
623-974-4765 Artistic Weavers & Fiber Artists: OM	M-F 9a-2p
320-253-3145 or oakmontfiberart.com Calligraphy: SD	F 9a-12p
623-210-9137 Camera Guild: GR	M.E.O. 12m. Mambar Mirro, 1st Cat 0:20 11s
camera Guild: GR cameraguildsuncity.com	M-F 9a-12p; Member Mtgs: 1st Sat 9:30-11a GR Sonoran Rm Potluck Social Tu 7/26 3-7p GR Sonoran Rm
Carvers: LV	Tu, Th, Sa 7:30a-12p
623-275-2393 sccarversaz@gmail.com	Gourd Art, Model Construction, Wood Carving
Ceramics & Porcelain: FW	https://suncityaz.org/recreation/clubs/sun-city-carvers/ M-F 9a-3p; Sa-Su 9a-1p
623-972-5818; 602-821-1197	,
Ceramics: BC 623-974-6750	M-W-Th-Sa 9a-12p; Tu & F 9a-3p
China Painting: OM 714-684-4286; FMI sccpc1@gmail.com	M-F 9a-12p
Clay Club: GR 623-933-0899	M-Th 8:30a-8p; F-Su 8:30a-4:30p
Clay Corner: MC	M-Sa 7:30a-9p; Su 8a-6p
623-977-3167	Mem Mtg 2nd F 9a MC SH
ClayCornerMarinette.org	Yard Art/Lunch 3rd W 8a-9p Summer Fun Shops 9a-2p - Days vary
Crafts: BC	M Th 9a-7p; Tu F 9a-3p; W 9a-8:30p
623-974-3497	
Crafts: SD 602-882-3512	M 9a-1p; Tu 1-8p; W 9a-6p; Th 9a-1p; F 9a-8p; Sat 9a-3p;
sundialcraftclub@gmail.com	1st & 3rd M 2-6p; 4th Th 2-8p
Creative Quilters: LV	M-W-F 8a-4p; Mem Mtg 2nd F 9:30a
970-261-1798 Friendship Quilters: BC	Charity Day F 7/29, 8a-4p M, W, Sat 9a-3p
480-414-9054; 402-721-5464	2nd Sa 9a-3p Boutique; 4th Sa 9a-3p Charity Xmas in July/Moving Sale Sa 7/16, M 7/18 8a-3p
Handweavers & Spinners: SD schandweaversandspinners@gmail.com	M-F 9a-3p; Sa-Su 10a-1p
Jewelry, Stained Glass & More: GR 262-993-4873; 623-322-4595	W-Sa 8a-12p
Knitters: FW 602-469-2505	F 8:30a-1p FW AZ Rms 3 & 4
Lapidary: BC 775-351-8721	M, T, Th-Sa 8a-3p; W 8a-12p; M W 5-8p
Leathercraft: LV 480-276-7583; larryvroom@cox.net	M W F 8a-12p
Metal: BC 520-235-0179 Alan	M-Sa 8a-4p
alan.ruda@yahoo.com	
Palo Verde Artist: SD	Su-Sa 8a-8p
503-635-7121	Mem Reception/Gallery Change F 7/1, 4-5:30p
president@paolverdeartists.com Sew-n-Sew: LV	Tu, Th 9a-3p Open Sewing
www.sewnsew.info - Check webpage for exact dates of classes	
Silvercraft: BC 623-933-8442	M-Sa 8a-3:30p
SilverStones: SD 623-466-7191	M-F 8a-3p; Sa 8a-12p
Sterling & Stones: FW	Club & Store Hours M-F 10am-2pm
623-977-2208 - Annual Dues \$15	

titchers: BC	Tu, Th, F 9a-3p	Friday Night Ballroom Dance: SD
80-578-8871 (leave message)		623-215-8718
019bellstitchers@gmail.com	M W 90 9n; Th E 90 4n; So 90 12n	www.suncityaz.org/recreation/clu Line Dance: SD
Voodworking: BC 23-974-6058	M-W 8a-8p; Th-F 8a-4p; Sa 8a-12p	623-972-5127; 231-557-6555 suncitylinedanceclub.facebook
Voodworking: FW 23-738-7459	M-F 8a-12p	Rockin' Thru The Years: SD 623-695-2039; 602-695-0209
Voodworking: LV 23-933-2355	M-F 8a-2p	Squares: BC 623-694-7194
Card and Game Clubs		djkraus433@gmail.com Sun City Poms: MC
00: FW 08-345-3252 Lois	Mon 6-9:30p FW AZ Rm 3-4	602-392-4242 scpoms@yahoo.com
unco Broncos: FW	4th M 12-3:30p FW AZ Rm 1-2	Tip-Top Dance: MC
02-526-3495; 623-377-5091	·	253-381-1542
anasta: OM 80-886-9750; 916-225-9895	F 10a-2p OM Aud	Educational Clubs
ribbage: LV	Doors open 9:30a; Dues \$5/Yr + \$1/week to play Tu 1-4p; W 6-9p LV SH3	Apple Macintosh: SD 623-933-5300
23-933-7044 Tony uchre: FW	Tu 5:15-9:30p FW AZ 2-4;	Visit sunmacsclub.com for updates Computer Club: FW
23-693-2881; 623-533-5705	1st & 3rd Th 1:30-4:30p LV SH #3	623-933-8953
,	Member Party Tu 7/5	www.computerclubofsuncity.com/
and & Foot Club: LV	W 6-9:30p LV SH 1-2;	Life Long Learning: FW
23-680-8276; 972-838-7512	Doors open 5:15p	623-977-4081 scazlifelong@gmail.com
lah Jongg: MC	Tu 11:30a-4p SD WH (National* & Chinese)	Spanish Club: FW
20-665-1789 - Claudie	Th 5:30-9p MC SH (N); Su 11:30a-4p MC SH (N) * Must know National & have current league card	SunCitySpanishClub@gmail.com
70-231-3368 - Katie londay Night Pinochle: OM	M 5:45-9:30p OM Aud	Fitness Clubs
40-478-2530 Kim/623-217-8584 Beverly inochle: OM	Tu 11:20a 4a Ca 11:20a 4a OM Aud	Aerobics: BC
23-876-1895 Tommie	Tu 11:30a-4p, Sa 11:30a-4p OM Aud	815-289-5912 Judy 317-590-2622 Joann
09-524-7358 Cheryl		Aqua Fitness Club: SD
heepshead: LV	M 6-9p LV SH #3	aquafitnesssuncity.com
23-933-7044; 623-999-4965		619-818-4380 Terry
Contract Bridge Clubs		Dance for Fitness: SD
Vednesday Afternoon: OM	W 12:30-4:30p OM Aud	503-580-4636 or 253-820-5453
23-249-9169	Please arrive by 12:15pm	
hursday Afternoon: OM 23-933-9671	Th 12:30-4:30p OM Aud Please arrive by 12:15pm	FUNtastic Fitness: MC 623-759-4492
riday Afternoon: FW	F 12:30-4:30p FW AZ Rm2	bettygrantham337@gmail.com
23-933-9671	Please arrive by 12:15pm	Handi-Capables: SD
Numberta Bridge Clubs		602-369-3819
Ouplicate Bridge Clubs		handicapablesaz@gmail.com Hatha YOGA: SD Yoga Room
uplicate (ACBL): LV	M Th F 1-4p LV SH 1 & 2; Doors open 12:15p;	Email: HathaYogaClub@gmail.com
23-518-7916 or 623-640-5554	Arrive by 12:45p; Play at 1p; Must have partner	FMI visit www.hathayogaclub.org
uncitydbc.com achina: SD	M 12-4p SD WH Only	to confirm current class schedule
51-592-5939 Sharon	M 12-4p 3D WH Only	Ladies Exercise: OM 928-890-9152
23-363-7199 Posy		So Grand Exercise: FW 623-933-0214
Dance Clubs		Stretch 'n Slim: BC 402-578-6948
ell Tea: BC	Summer Recess; Resume in September	Tai Chi: BC, LV, FW
23-842-3917		http://sctaichi.wix.com/sc-tai-chi-
/www.suncityaz.org/recreation/clubs/bell-t		email: suncitytaichi@gmail.com
lassic Rock Dance Club: BC 23-628-4401	1st & 3rd Sa; Doors 6p; Dance 6:30-9:30p BC SH 1-2, 7/2, 7/16 DJ Ron West	Zumba Club: SD
23 020 1101	w/ Music Videos - \$3 Members/\$6 Guests	602-622-5913
ountry Dance Club: SD 80-431-8278; 623-972-5127	1st/3rd Sa Open 5:30p, Dance 6-9:30p SD Aud	Visit https://suncityaz.org/recreation/o
00 131 02/0, 023 3/2-312/		

	Club Di
lay Night Ballroom Dance: SD	F 7-9:30p SD Aud; Lesson 6:15p
3-215-8718	\$5/members; \$10/guests; No jeans, shorts, etc.
w.suncityaz.org/recreation/clubs/frid	
e Dance: SD 3-972-5127; 231-557-6555	Tu & Th: 10a-1p; SD Aud Dance Sa 7/30 12-4pSD
icitylinedanceclub.facebook	Dance Sa 7/30 12-4pSD
ckin' Thru The Years: SD	2nd, 4th & 5th Sa: 6:30-10p; SD Aud
3-695-2039; 602-695-0209	Pizza & Dance 8/27
iares: BC	Closed for Summer
3-694-7194	
raus433@gmail.com	
City Poms: MC	Closed for Summer
2-392-4242	Rehearsal M 7/11, 8-10a MC Aud
oms@yahoo.com	M 0 42 T 0 42 W 0 44 MC CH
-Top Dance: MC	M 8a-12p; Tu 8a-12p; W 8-11a MC SH
3-381-1542	
ucational Clubs	
ole Macintosh: SD	Tu & Th 8:30-10:30a
3-933-5300	
t sunmacsclub.com for updates	M C-+ 0.20 44 20
mputer Club: FW	M-Sat 8:30-11:30a
3-933-8953 w.computerclubofsuncity.com/	
Long Learning: FW	No Classes at this time
3-977-4081	NO Classes at this time
zlifelong@gmail.com	
nish Club: FW	M at 3p FW Classroom
CitySpanishClub@gmail.com	
ness Clubs	
obics: BC	M W F 8-11a BC SH 1&2
5-289-5912 Judy	
7-590-2622 Joann	0 77 1 1 10 0 744 1 5 0 0 700
a Fitness Club: SD	Summer II starts M 07/11; ends F 09/02
afitnesssuncity.com	Try it Before You Buy It 8/22-8/26
9-818-4380 Terry	Next Reg: Sa 8/27 SD; Doors 8a, Mtg 8:30a Fall Session starts M 09/19, ends F 11/11
	. a.i. 30331011 3tai to 111 03/13, Chas F 11/11
nce for Fitness: SD	Tu 9-10a BC SH 1&2; W 9-10a SD Aud;
3-580-4636 or 253-820-5453	F 9-10a MV Aud
Ntastic Fitness: MC	Pilates M, F 1-2MC SH
3-759-4492	Aerobics Tu, Th 1-2p MC SH
tygrantham337@gmail.com	Strength Training Tu, Th 2:10-3p MC SH
ndi-Capables: SD	T/Th 12-2p SD Warm Water Pool
2-369-3819	Mem Mtg 1st M 12p FW AZ 1&2
ndicapablesaz@gmail.com ha YOGA: SD Yoga Room	Mat & Chair-C Classes:
ail: HathaYogaClub@gmail.com	M 8:30a, 10:30a, 1p-C, 6p
I visit www.hathayogaclub.org	Tu 9:30a; W 10:30a-C, 6p;
confirm current class schedule	Th 10a, 1p-C; F 9a, 1p-C; Sat 9a
lies Exercise: OM	Tu & F 8-9a OM Aud
3-890-9152	
Grand Exercise: FW	M W F 7:30-9a FW AZ 1&2
3-933-0214	
etch 'n Slim: BC	M-Sa 6:45a, 8a, 9a BC Aerobics Rm
2-578-6948	Su 8, 10a BC Aerobics Rm
Chi: BC, LV, FW	T 10:15a FW #3 - 5 Form Ess; 6p LV SH #3 QiGong
p://sctaichi.wix.com/sc-tai-chi-club	Th 9:30a Balance & Basics, Th 10:45a Beginner;
ail: suncitytaichi@gmail.com	Th 12p Advanced Beginner; Th 1:15p Advanced;
	Th 2:30p Intermediate - All in BC SH #2
nha Club: SD	M W E 11_1= PC CH, To 6 0= CD WILL
nba Club: SD 2-622-5913	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 Readers: FW 623-570-7394
rmchair Travel Club: FW	Closed for Summer	arabella_thorne@juno.com
23-476-2811; FMI visit https://suncityaz.o	rg/recreation/clubs/armchair-travel-club/	Hospitality Club: MC
Birding Club of Sun City: BC	Closed for Summer	623-341-1226
jlempidonax@gmail.com	May have outings over summer; email for info	Illinois Club: FW 775-722-1167; List of activities at http
02-616-7459 Leave Message Ouffeeland Dog Park: Talisman		LGBT of Sun City: OM Aud
60-789-9815		lgbtclubofsuncity@gmail.com
Garden: GR	Office Hours M W F 9a-12p GR	Men's: SD
23-875-5921	Summer Fling Sa 7/9, 12-3p GR Sonoran Rm	623-977-5116
Nodel Railroad: FW	For mtg times, visit suncitymodelrailroadclub.com	
39-207-7314 Leave message		Michigan Friends in Sun City michigan2arizonaclub@gmail.com
Model Railroad Museum: FW	W 8a-12p; 2nd & 4th Sat 9a-2p	Call or text 623-910-1522 to RSVP fo
239-207-7314 Leave message		New England: LV
Rockhounds: SD crockmuseum@gmail.com	Closed for Summer	623-215-3637; 623-328-9878
Aineral Museum: SD	Sa 10a-1p	NextGen: SD
523-428-6442	52 104 Ip	716-445-7383
RV Club: SD	Closed for Summer	Visit nextgensuncity.org/ for all eve
ilvercreekranch1@hotmail.com		Singles Social Club: FW
		602-769-3634
Stamp Club: MC	Closed for Summer	https://suncityaz.org/recreation/clu
102-329-8905	No Mombor Mostings Curr	Wisconsin Club: SB
/intage Vehicles: GR 602-609-0973	No Member Meetings over Summer Shop Operations M-Sa 8a-4p	608-852-4227 or 715-308-9964
https://www.vintagevehiclesofsuncity.com/	Shop Operations in 3a 6a-4p	Women's Social: LV
Performing Arts Clubs		623-826-8900
Sun Cities Community Orchestra: FW	Closed for Summer	Sport Clubs
23-582-9964		Basketball: MC
Choraliers: FW		206-459-3242; 604-313-3190
vww.suncitychoraliers.com	.	charlespeterson@comcast.net
Concert Band: FW	Closed for Summer	Billiards: Bell Billiards Room
02-625-5211 Handbell Ringers: FW	Closed for Summer	315-806-0067
602-799-1947	Closed for Suffiffer	Billiards: LV Billiards Room (602) 319-0783
loreenC4488@gmail.com		(002) 313 0703
Piano: SD	4th M 2-4p SD Aud	
23-444-4483	·	Bocce: SD
un City Players Community Theater: MV	Closed for Summer	623-693-2881
email: Writeonjoy@gmail.com		Check the Club House Bulletin Board or
uncityplayerscommunitytheater.org	Classif for Communication	online at https://suncityaz.org/recreation
Rhythm Ramblers: FW 602-717-7246	Closed for Summer	clubs/bocce-club/ for complete schedule Dart Club: BC
Jkulele: FW	Th 3-4:30p FW Music Rm	623-203-9715
80-276-3780 (Oct-April)	THE THOUSE IN	Lawn Bowls: BC
20-410-6932 (May-Sept)		623-972-3248
Vomen's Chorus: FW	Closed for Summer	Lawn Bowls: FW & MV
23-308-4643 Annette	Rehearsals resume 9/8	623-933-5066
Political Clubs		Lawn Bowls: LV (Sun City Club) 907-644-4604
Democratic: FW	1st Th 6p FW AZ 1-2	Lawn Bowls: LV
523-252-4610	13t 111 Op 1 W 7/2 1-2	623-974-3214
		Lawn Bowls: OM
Republican: SD	Closed for Summer	623-792-5202
uncitygopclub@gmail.com		Mini-Golf: LV
		602-550-0733; 602-999-7011 Pickleball: MC, MV
Social Clubs		scpickleball002@gmail.com
Post Evianda Dog Club: 514	Classad for Comment	Contact Club for Times, Other Activities
Best Friends Dog Club: FW	Closed for Summer	Contact Club for Times, Other Activities

	Fairway Readers: FW	2nd F 1-2:30p FW AZ #1	Shuffleboard Bell: BC
	623-570-7394	Books can be reserved in advance	623-999-0362 - Dennis
mer	arabella thorne@juno.com	at FW Library w/ MCLD Card	218-371-2421 - Diane
mer	Hospitality Club: MC 623-341-1226	Sat 11a-5p Friendship Corner - Cards/Games	Shuffleboard Outdoor: LV 623-341-1995
info	Illinois Club: FW	Social Mtg 4th Th 6:30pm FW AZ #3	Shuffleboard Sundial: BC
	775-722-1167; List of activities at https://su		623-208-9921
	LGBT of Sun City: OM Aud	Closed for Summer	Softball (Senior): Sun Bowl
	lgbtclubofsuncity@gmail.com Men's: SD	M Sa 7a Ant Pokor M 4 Ont	517-526-4873; 509-264-3088 www.azsrsoftball.com
GR.	623-977-5116	M-Sa 7a-4p; Poker M 4-9p; Bingo resumes Th 9/1	Sportsmen: GR
.com	023-9/7-3110	billigo resulties 111 9/1	Dan 319-431-3563
.com	Michigan Friends in Sun City	Closed for Summer	Sun City Yacht Club: LV
a-2p	michigan2arizonaclub@gmail.com	Last Monday 3-5p Cards BC MPR	360-566-7076/206-802-8622
p	Call or text 623-910-1522 to RSVP for		Swim Club-Masters: BC
mer	New England: LV	Closed For Summer	tbnnock@yahoo.com
	623-215-3637; 623-328-9878	1+ M C-20 0- CD EU	Swim Lessons: 480-476-8966 Table Tennis: BC
a-1p	NextGen: SD 716-445-7383	1st M 6:30-9p SD EH 2nd & 4th F 1-4p Card Play, Talisman	602-291-5369; 847-421-5211
	Visit nextgensuncity.org/ for all events	Every Th 1-4p Card Play BC MPR	Tennis: BC
mer			608-792-1957
	Singles Social Club: FW	1st F Potluck 6-9p FW AZ 3-4	melvindhaus@gmail.com
mer	602-769-3634	3rd F Game Night 6-9p FW AZ 3-4	Volleyball:
IIICI	https://suncityaz.org/recreation/clubs/si		206-459-3242 charlespeterson@comcast.net
mer	Wisconsin Club: SB	Save the Date! Next Picnic 3/9/2023	Water Volleyball Club of SC: ON
a-4p	608-852-4227 or 715-308-9964 Women's Social: LV	To volunteer, call Lynda 715-308-9964	WVCofSC@gmail.com
	623-826-8900	M-Su 9:30a-4:30p W 6-8p - Game Instruction: Mah Jongg, Poker,	480-297-6783
	015 010 0500	Hand & Foot, Bridge	Whisperball of Sun City: BC
			623-216-9466
mor	Sport Clubs		
mer	Sport Clubs Baskethall: MC		Club Directory Key:
mer	Basketball: MC		
mer			M = Monday
mer	Basketball: MC 206-459-3242; 604-313-3190	Tu 11a-4p; W 8a-1p; F 11a-4p; Sa 12-5p	M = Monday Tu = Tuesday
ımer	Basketball: MC 206-459-3242; 604-313-3190 charlespeterson@comcast.net	Tu 11a-4p; W 8a-1p; F 11a-4p; Sa 12-5p	M = Monday
	Basketball: MC 206-459-3242; 604-313-3190 charlespeterson@comcast.net Billiards: Bell Billiards Room 315-806-0067 Billiards: LV Billiards Room	Ladies M, Th 8:30a-12p;	M = Monday Tu = Tuesday W = Wednesday
ımer	Basketball: MC 206-459-3242; 604-313-3190 charlespeterson@comcast.net Billiards: Bell Billiards Room 315-806-0067	Ladies M, Th 8:30a-12p; Singles: 8 Ball M 8a-12p; 10 Ball W 9a-1p;	M = Monday Tu = Tuesday W = Wednesday Th = Thursday F = Friday Sa = Saturday
mer	Basketball: MC 206-459-3242; 604-313-3190 charlespeterson@comcast.net Billiards: Bell Billiards Room 315-806-0067 Billiards: LV Billiards Room	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	M = Monday Tu = Tuesday W = Wednesday Th = Thursday F = Friday Sa = Saturday Su = Sunday
ımer	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	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	M = Monday Tu = Tuesday W = Wednesday Th = Thursday F = Friday Sa = Saturday Su = Sunday a = A.M. & p = P.M.
mer	Basketball: MC 206-459-3242; 604-313-3190 charlespeterson@comcast.net Billiards: Bell Billiards Room 315-806-0067 Billiards: LV Billiards Room	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	M = Monday Tu = Tuesday W = Wednesday Th = Thursday F = Friday Sa = Saturday Su = Sunday
mer mer Aud	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	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 Bocce Fun Games: Every Tu 8:30a	M = Monday Tu = Tuesday W = Wednesday Th = Thursday F = Friday Sa = Saturday Su = Sunday a = A.M. & p = P.M.
mer mer Aud	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/	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 Bocce Fun Games: Every Tu 8:30a	M = Monday Tu = Tuesday W = Wednesday Th = Thursday F = Friday Sa = Saturday Su = Sunday a = A.M. & p = P.M.
mer mer Aud	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	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 Bocce Fun Games: Every Tu 8:30a Open Play: Every Th 8:30a, Every F 7p	M = Monday Tu = Tuesday W = Wednesday Th = Thursday F = Friday Sa = Saturday Su = Sunday a = A.M. & p = P.M.
mer Aud mer	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	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 Bocce Fun Games: Every Tu 8:30a Open Play: Every Th 8:30a, Every F 7p M T W 5:30-8:30p; Th 2-4p	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.
mer Aud	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	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 Bocce Fun Games: Every Tu 8:30a Open Play: Every Th 8:30a, Every F 7p M T W 5:30-8:30p; Th 2-4p Ice Cream Social Sa 7/16, 12:30-4:30p, LV SH 1	M = Monday Tu = Tuesday W = Wednesday Th = Thursday F = Friday Sa = Saturday Su = Sunday a = A.M. & p = P.M.
mer Aud mer	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	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 Bocce Fun Games: Every Tu 8:30a Open Play: Every Th 8:30a, Every F 7p M T W 5:30-8:30p; Th 2-4p	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.
mer Aud mer : Rm	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	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 Bocce Fun Games: Every Tu 8:30a Open Play: Every Th 8:30a, Every F 7p M T W 5:30-8:30p; Th 2-4p Ice Cream Social Sa 7/16, 12:30-4:30p, LV SH 1	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.
Aud Immer Rm Rm Immer	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	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 Bocce Fun Games: Every Tu 8:30a Open Play: Every Th 8:30a, Every F 7p M T W 5:30-8:30p; Th 2-4p Ice Cream Social Sa 7/16, 12:30-4:30p, LV SH 1	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.
mer Aud mer : Rm	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	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 Bocce Fun Games: Every Tu 8:30a Open Play: Every Th 8:30a, Every F 7p M T W 5:30-8:30p; Th 2-4p Ice Cream Social Sa 7/16, 12:30-4:30p, LV SH 1	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. Important Date July 5 SunViews su
Aud Immer Rm Rm Immer	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	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 Bocce Fun Games: Every Tu 8:30a Open Play: Every Th 8:30a, Every F 7p M T W 5:30-8:30p; Th 2-4p Ice Cream Social Sa 7/16, 12:30-4:30p, LV SH 1 M W F 7-9a & 7-9:30p Closed for Summer	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. Important Data July S SunViews St 10 Guest Attern
Aud Immer Rm Rm Immer	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	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 Bocce Fun Games: Every Tu 8:30a Open Play: Every Th 8:30a, Every F 7p M T W 5:30-8:30p; Th 2-4p Ice Cream Social Sa 7/16, 12:30-4:30p, LV SH 1 M W F 7-9a & 7-9:30p	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. Important Date July 5 SunViews su
Aud Imer Rm Rm Imer 9/8	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	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 Bocce Fun Games: Every Tu 8:30a Open Play: Every Th 8:30a, Every F 7p M T W 5:30-8:30p; Th 2-4p Ice Cream Social Sa 7/16, 12:30-4:30p, LV SH 1 M W F 7-9a & 7-9:30p Closed for Summer	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. Important Date July 5 SunViews st 10 Guest Atten 10 Monthly Att
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Aud Imer Rm Rm Imer 9/8	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	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 Bocce Fun Games: Every Tu 8:30a Open Play: Every Th 8:30a, Every F 7p M T W 5:30-8:30p; Th 2-4p Ice Cream Social Sa 7/16, 12:30-4:30p, LV SH 1 M W F 7-9a & 7-9:30p Closed for Summer	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. Important Date July 5 SunViews su 10 Guest Atten 10 Monthly Att August 5 SunViews su
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Aud mer Rm er 9/8	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	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 Bocce Fun Games: Every Tu 8:30a Open Play: Every Th 8:30a, Every F 7p M T W 5:30-8:30p; Th 2-4p Ice Cream Social Sa 7/16, 12:30-4:30p, LV SH 1 M W F 7-9a & 7-9:30p Closed for Summer Tu Th Sa 7-9:30a Closed for Summer	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. Important Date July 5 SunViews st 10 Guest Atten 10 Monthly Att August 5 SunViews su

#1	Shuffleboard Bell: BC	M Tu F 1-3:15p
ce	623-999-0362 - Dennis	
ırd	218-371-2421 - Diane	
ies	Shuffleboard Outdoor: LV	Closed For Summer
	623-341-1995	
#3	Shuffleboard Sundial: BC	Th 7/7, 5:30-9p BC Cts
	623-208-9921	
ner	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	
9/1	Sportsmen: GR	No meeting until September
	Dan 319-431-3563	
ner	Sun City Yacht Club: LV	Closed due to Viewpoint Lake
PR	360-566-7076/206-802-8622	Renovation Project
	Swim Club-Masters: BC	M-F 7-9a FW Lap Pool
ner	tbnnock@yahoo.com	Yoga for Swimmers will resume in Sept
	Swim Lessons: 480-476-8966	W 8:30-10a LV
EΗ	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	
3-4	melvindhaus@gmail.com	
3-4	Volleyball:	Closed for Summer
	206-459-3242	
23	charlespeterson@comcast.net	
64	Water Volleyball Club of SC: OM	Su M W F 12-3p
0p	WVCofSC@gmail.com	
er,	480-297-6783	
ge .	Whisperball of Sun City: BC	M-F 1:30-3:30p BC Racquetball Courts
	623-216-9466	
	a a	
	Club Directory Key:	

Important Dates for Clubs to Remember!

BC = Bell Center

FW = Fairway Center

GR = Grand Center LV = Lakeview Center

MC = Marinette Center

OM = Oakmont Center

SD = Sundial Center SB = Sun Bowl

MV = Mountain View Center

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

August

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

September

Modified M/F 8a: Women 3.0+ Round Robin T 7a.

Round Robin W 7a; Men Ladders Th 7a;

Mixed Ladders F 7a - All at MC

- SunViews submissions due for October
- 10 Guest Attendance Register & guest fees due
- 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-

"Perfect Practice" makes perfect!

What is the best way to practice? How do you optimize your time to improve your game? Here are some ideas!

- 1. Divide up your session: Since 60-70 % of the game is short game shots (putting, pitching, chipping) devote that much time to the short game. If you have an hour set aside to practice spend, 45 minutes on short shots and 15 minutes on full swings.
- 2. Combine shots to simulate the game: If you are practicing chipping, consider chipping to a few different targets and finish up by putting out. (Target score would be 2 or 3 depending on your level). In putting use one ball and putt until it is holed out. Play all holes on the putting green from different distances and keep total score....18 being target score. For full swings on the driving range, pretend you are playing a real hole. If you declare the first hole to be a par 4, pick a target and hit your driver.... then choose a club to hit your second shot with, picking a target to hit at. Next hole play a par 5 and hit the driver, perhaps then a fairway wood and end up with an iron. Play 9 holes remembering to simulate your pre-shot routine as you would on the course. It makes practice more fun and keeps it more realistic.
- 3. Use repetition as needed: If you are working on the mechanics of your swing, repetition is important. Regardless of which area you are working on, practicing the shot over and over "correctly" is the key. You are better off rehearsing with a practice swing a few times correctly before executing with the ball, rather than hitting several bad shots in a row!
- 4. Quality is always more important than quantity: Hitting hundreds of balls a day is not necessarily better than hitting 50. Take your time and make each ball count. Set up to a target each time as you would on the golf course instead of just hitting. Practice is about making the game automatic, so you won't have to think about the "how to" when in the middle of the game.
- Hitting balls before your round is called warming up, not practicing! Try not to get into a thinking mode when warming up and have the last shots you hit on the range be with the club you will hit on the first hole.

Robin Eichten is a Life Member of the LPGA and Certified Teacher. She has been teaching golf in the Sun City area since 1994 and gives lessons by appointment. For info or scheduling call/text Robin at 623-322-6300 or email to qolfinwithrobin@aol.com

RCSC Golf Professionals can help improve your game!

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 Bowling Centers

Lakeview Lanes

10502 W. Thunderbird Blvd. 623-876-3055

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

Billliards at Lakeview Lanes,

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

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

2022 Aerification/Verticutting Dates

Golf Course will be closed (including Snack Shop)

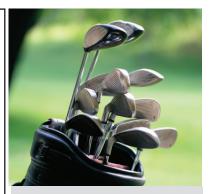
Greens Aerification

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

Overseed Schedule

Golf Course	Overseed	Course	Cart Path
	Starts	Opens	Until
Lakes East	Sept 26	Oct 15	Nov 4
Riverview			
Willowcreek			
South			
Lakes West	Oct 17	Nov 5	Nov 25
Quail Run			
Willowbrook*	Oct	Nov 5	Limited
North*			Restrictions

 Willowbrook and North non-overseeded fairways, cart restrictinos limited only to around tee and green complexes



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/

July 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.

A Community Newsletter COMMUNITY NEWS | EVENTS PAGE 7



Go forth, July!

Yes, it is hot. And yes, it is time to slow down a bit. And yet, life goes on with all its trials and tribulations. And, yes there have been more of those than usual these past two years. So, what are we going to do about it? Here are your Friends of the Sun City Libraries, Inc. recommendations:

CELEBRATE: Canada Day (July 1); Independence Day (4); National Graham Cracker Day (5); Fried Chicken Day (6); Chocolate Day (7); French Fries Day (13); Bastille Day (14); World Emoji Day (17); Junk Food Day 21); Wine and Cheese Day (25); Scotch Day (27); Take Your House Plants for a Walk Day (27); and Milk Chocolate Day (28).



CELEBRATE: Christmas in July. All Christmas items are 1/2 price at Books Around the Corner in July. To honor America's independence, history books, political books, and books on presidents will also be 1/2 off.

DIGITAL LIBRARY HELP: Available at the Sun City Library Wednesday, July 13 and 27. Four 15-minute slots are open each day. Registration is required for a time slot in the 10:00 to 11:00 a.m. session. Get help with things like Libby, Hoopla, etc.



HARPIST: Playing for the whole Sun City Library on July 28, from 2:00 to 3:00 p.m. No registration is required.

JOLLY ROGER: Providing a magic and comedy show at Fairway on Tuesday, July 19th from 10:00 a.m. to 11:00 a.m. Registration is required.



OCEANS OF POSSIBILITIES: Join or continue in the Summer Reading Program, June 1 to August 1, 2022. Join by signing up at maricopacountyreads.org.

CLOSED: Both Libraries and Books Around the Corner will be closed on Monday, July 4, Independence Day.

JULY BETCHA DIDN'T KNOWS

- July is when the Sun is furthest from the Earth. This occurs during aphelion, which takes place on July 4th, every year.
- Hundreds of years ago, July was pronounced closer to the name Julie than the way we pronounce it today.
- Seven presidents died in July, more than in any other month.
- The first-ever telephone call was made in July, 1881, between Canada and the United States
- America declared its independence from Britain on July 2, 1776. The July 4 date was when the Declaration was published in newspapers.
- Americans consume 150 million hotdogs (30 million pounds) on July 4.
- John Hancock and Charles Thompson were the only two men who signed the Declaration of Independence on July 4, 1776. The rest did later.
- July 4 wasn't established as a national holiday until 1870.

Friends of the Sun City Libraries, Inc.:

- 1. Visit our website at https://www.suncitylibraryfriends.org;
- 2. Find us on Facebook: https://m.facebook.com/suncitylibraryfriends/posts;
- 3. Newsflash, Books Around the Corner email, request from ireneOrRena@cox.net;
- 4. Books Around the Corner at Bell is open Monday thru Saturday, 9:30am-3:30pm

Water Conservation

You're wasting water if you have...

Thrown ice down the drain (or kicked it under the refrigerator) after it drops on the floor.

Solution: Drop that errant ice cube in Fido's (or Garfield's) water dish or drop it in a houseplant. Put it in a baggy (clearly marked with a warning such as "dirty!") and save it for getting gum out of carpet or off from clothing, or save as an ice pack for sore muscles or bee stings. And while garbage disposals are not water-economical, you can use dropped ice with a little lemon peel or cleanser to clean and freshen.

Not caught the water in a bucket while waiting for the shower to heat up. Solution: Pretty obvious and probably one of the most ignored. Store that bucket of water right in the shower and use it to flush the toilet. Solves that "not having any place to put it" issue. If the bucket is a new, clean one, watering Fido or using the water to scrub fruits and vegetables is acceptable. Then you can take that lightly-used water out and water landscaping or houseplants for sure!

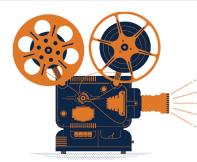
Rinsed your fresh fruits and vegetables under running water.

Solution: Okay, if you're not collecting your shower water in a clean bucket, then at least put a stopper and a small amount of water in the sink or find a suitably-sized bowl in which to soak/wash those fruits and vegetables. Use the left over water to water house plants or to run the garbage disposal. There is also no need to wash vegetables if you're intending to peel them. Simply give them a quick dunk afterwards and they're ready to go.



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

Mindful Exercies Gets Results

"When exercising, it's easy to slip into a mental to-do list, or listen to music/books/or a podcast to take your mind off the physical demands you are putting on your body," states fitness specialist Jane Fortier. "This approach can prove destructive, if used on a regular basis. If you aren't getting the results you want from your workout or seem to be in a monotonous whirlwind, it's probably because you need to take a more 'mindful approach' to exercise."

Mindful exercise, involves focusing on each individual movement during the workout. These movements are what help you achieve small goals. Recalling small goals during exercise is a motivator to gaining larger ones. Don't get discouraged by a few super-buffed people around you. Focus instead, on how your own muscles respond to each exercise, and how much stronger they become with each repetition. Mindfulness gives a purpose to a workout. Staying mentally focused on each exercise boosts the effectiveness of the entire workout.

Studies reveal "increased muscle activity" when concentrating intently on the muscle being worked in a particular exercise. The mind/muscle connection is important. During each exercise be mindful of which muscle is responsible for performing the move(s). Approach your workout by muscle group rather than by machine number. Focusing on each specific muscle group will force that group to work 100%, instead of recruiting other muscles for help. Think about the last time you did crunches or ab exercises. Were you focused on your core muscles at work, or were you thinking about how much longer it would be until you could stop? The abdominals are one muscle group that commonly suffers from a poor mind/body connection. During a crunch, most individuals use momentum to produce the movement instead of contracting the actual muscles. By simply telling yourself to 'squeeze and pull in the navel,' more muscle activation will be produced. Concentration with each repetition is important.

You don't have to be a bodybuilder to benefit from making the mind/ muscle connection. Whatever your workout, focusing on the movements will help you learn new techniques and get more out of the experience. If you are using an aerobic machine, be mindful of your heartrate, or perceived exertion rate. Pay attention to how you are breathing and whether you have broken a sweat. Use interval patterns, or vary the resistance and speed, to achieve maximum results. Stay mentally engaged in the continuous motion pattern you are using, when on an aerobic machine - don't get involved in a TV monitor or IPad screen. If you are on a strength machine or using free weights, be mindful of your posture, breathing, and muscle tissue at work, throughout the entire set of repetitions. If your thoughts begin to wander to other things, mistakes are made in each of these areas. Taking a mindful approach with strength exercise ensures that form and technique will be correct. This leads to safer workouts, less risk of injury and much better results.

When you are tuned into your body, you'll pick up new sensations that you might miss if you were mentally checked out. Removing your attention from a magazine, phone, TV screen, or the person next to you will allow you to notice things that could slip-by unnoticed. Are you pushing harder with one leg than the other? Is your back rounded when it shouldn't be? Are you using body leverage to move the weights, rather than muscle? This new awareness will improve exercise form and reduce injury. Focusing on your movements will increase your workout satisfaction. Greater satisfaction leads to greater adherence, which leads to improved results. If you're just going through the motions, it may be time to put more mind into your workouts. When you come to the gym, leave the outside world OUTSIDE!

Get Fit for Life personal trainers help clients key in on the mind/muscle connection. They teach clients how to stay focused on the important elements of exercise. To find out more about working with a personal trainer in Sun City, call 623-696-6820 or visit Get Fit For Life Sun City on Facebook.

MONITORED ACTIVITIES

Basketball	Minimum Age: 8
Marinette Center	M-Sa: 6a-8p; Su: 8a-8p
Billiard Tables	Minimum Age: 14
Bell Lanes	M-Sa 8a-8p; Su 12-7p (5/1-8/31)
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Bingo	Minimum Age: 18
Sundial Center	On Summer Hiatus; Back in September
	Thursdays: Doors Open 4:30p; Bingo 6:15p
	\$9 all 18 games w/3 special games
Boating/ Fishing	Minimum Age: 6/NA
Lakeview Center	Closed for Viewpoint Lake Renovation
Bocce Courts	Minimum Age: 8
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p
Bowling Lanes	Minimum Age: 4
Bell Lanes	M-Sa 8a-8p; Su 12-7p (5/1-8/31)
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p
Dog Parks	Minimum Age: NA
Duffeeland	May - September 6am-8pm
	Closed last Wed/month for Maintenance
Darts	Minimum Age: 8
Bell Center	M-Sa 8a-8p; Su 12-7p (5/1-8/31)
Fitness Centers	Minimum Age: 14*
Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Lakeview Center	M-Sa: 6a-8p; Su 8a-7p
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View Center	M-Sa: 6a-8p; Su 8a-7p
Oakmont Center	M-Sa: 6a-8p; Su 8a-7p
Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p
Horseshoe Courts	Minimum Age: 12
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View Center	M-Sa: 6a-8p; Su 8a-7p
Jogging / Walking Track	Minimum Age: 14
Indoor	
Fairway Center	M-Sa 5a-9p; Su: 8a-8p
Sundial Center	M-Sa only: 6a-8a
Outdoor	Minimum Age: 8
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Sun Bowl	Dawn to Dusk
Library (602) 652-3000	Call to confirm hours
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p
FOTL Bookstore at Bell	M-Sa 9:30a-3:30p
Fairway Center	M-Sa: 9a-5p
Mini Golf	Minimum Age: 6
Bell Center	M-Sa: 6a-9p; Su: 8a-8p
Lakeview Center Mountain View Center	M-Sa: 6a-8p; Su 8a-7p
	M-Sa: 6a-8p; Su 8a-7p

M-Sa: 6a-9p; Su: 8a-8p

Pickleball	Minimum Age: 8
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View: Outdoor	M-Sa: 6a-8p; Su 8a-7p
Racquetball/Whisperball	Minimum Age: 8
Bell Center Courts A & B	M-Sa: 6a-9p; Su: 8a-8p;
Closed for Club/Class: M-F 1:3	
Shuffleboard	Minimum Age: 8
Bell Lanes: Indoor	M-Sa: 8a-8p; Su: Noon-7p
Lakeview: Outdoor	M-Sa: 6a-8p; Su 8a-7p
Spas	Minimum Age: 16/18*
Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Lakeview Center	M-Sa: 6a-8p; Su: 8a-7p
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Oakmont Center	M-Sa: 6a-8p; Su 8a-7p
Sundial Center - 18+ only*	M-Sa: 6a-9p: Su: 8a-8p
Swimming Pools - Open Sv	
Bell Center - 18+ only	Minimum Age: 18
	8p; Closed for Club/Class: M-F 7-9a
Walking Pool: M-Sa: 5a-9p; Su	ı 8a-8p
Fairway Center	Minimum Age: 16
Lap Pool: M-Sa: 5a-9p;Su 8a-8	•
Walking Pool: M-Sa: 5a-9p;Su	•
Lakeview Center	Minimum Age: 4-15*/16
M-Sa: 6a-8p; Su 8a-7p; Closed Children's Pool Hours - Ages 4	d for Club/Class: W 8-10a (April-Oct only) -15 yrs: Daily 4p-Close*
Marinette Center	Minimum Age: 4-15*/16
M-Sa: 6a-9p, Su: 8a-8p; Close	d for Class: M-Tu, Th-F 8-9am starting 7/11
Children's Pool Hours - Ages 4	-15 yrs Daily 1-4p*
Mountain View Center	Minimum Age: 4-15*/16
M-Sa: 6a-8p; Su 8a-7p; Closed fo	r Class: M, Th 9-10a; T, F 8-10a starting 7/11
Children's Pool Hours for Ages	4-15 yrs - Daily 10a-1p*
Oakmont Center	Minimum Age: 16
M-Sa: 6a-8p; Su 8a-7p	
•	/ F 12-3p; Spa, Swim Lanes remain open
	-10a, Swim Lanes closed starting 7/11
Sundial Center - 18+ only	Minimum Age: 18
	a-8p; Closed for Class: M, Th 9-10a starting 7/11
W 8:30-10a for Swim Lessons	**
	a-9p; Su 8a-8P; Closed for Class: T/Th 12-2p;
Closed for Class M Tu, Th F 10	0a-12p, 4:30-6:30p starting 7/11
Table Tennis	Minimum Age: 8
Bell Center: M-Sa: 6a-9p; Su:	8a-8p;
Den denter i i dar da sp/ dar	

Bell Center: 623-977-3325 M-Sa: 6a-9p; Su: 8a-8p Lakeview Center: 623-561-4676 M-Sa: 6a-8p; Su 8a-7p

Mountain View: 623-876-3042 M-Sa: 6a-8p; Su 8a-7p

Group Strength Machine Demonstrations

** On Hiatus for the Summer; Returns in September **

Personal Training Sessions continue to be available over the summer.

Call Get Fit for LIfe to schedule!

Member Fitness & Massage Services

Show your support for these local services; schedule an appointment today!



Fitness Training 623-696-6820

Sundial Center

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