SUNVIEWS

ISSUE #253 • DECEMBER 2022 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.

Holiday Fun & Much More Coming Soon

As we head into the holidays and with the new year just around the corner, there's plenty to keep you busy, involved and celebrating the season.

Voting in the RCSC Board of Director Elections continues online via the RCSC Web Portal for all RCSC Members in good standing through Election Day (Tuesday, December 13, 2022) when you may cast your ballot in person if you prefer between 8am and 4pm in Lakeview Social Hall #2. Absentee ballots are available through December 7 by contacting the Corporate Office at Lakeview (no later December 2 if request is for mailing); all must be returned by December 13.

Video recordings of the Candidate Forums are posted on the RCSC YouTube channel so you can hear their thoughts, concerns and goals about the future of RCSC/Sun City. You can also find the full slate of candidates and their biographies in the special pull-out section on pages 5 and 8 of this month's SunViews newsletter. Those elected will be announced via email blast/press release and will be formally sworn in at the Board Meeting on Thursday, December 15 at 9am in the Sundial Auditorium.

We're ready to spread holiday joy at this year's Sun City Holiday Celebration - relocated to Sundial Center due to the Viewpoint Lake project - on Friday, December 9 from 3 to 7pm. Games of chance, food, fun for all - this promises to be a berry, merry good time! The traditional Duck Race (albeit a little different with livestreaming from the Riverview Golf Course) along with a decorated golf cart parade in lieu of lighted boats this year are sure to please kids of all ages. Santa will be on-hand for photos, so don't forget your smart phone, camera or tablet. Put on your ugliest sweater, craziest hat or elf-like attire and join in the fun. All proceeds benefit the Sun City Foundation, so come out and celebrate while helping those less fortunate.

There's still time to help with Santas for Seniors! You've got until December 9 to stop by Bell or Fairway Centers, grab a tag from the tree and return it to the RCSC Corporate Office at Lakeview with a \$25 gift card. Those who qualified this past year for Sun City Foundation assistance will receive some extra help for the holidays thanks to your generosity.

You don't want to miss the opportunity to see behind the scenes as we invite golfers, neighbors and those interested to the Lakes East/West Maintenance Building Open House on Monday, December 12 from 12:30 to 2:30pm. Located at 10406 W. Cameo, this facility now provides safe and secure housing for equipment and a top-notch work environment for employees.

Enjoy the smooth, festive sounds of Scott Keo's Michael Bublé Christmas Spectacular on Tuesday, December 13 at 6pm in the Sundial Auditorium - the perfect pause to your hectic holiday schedule. This musical gift to you is free for all RCSC

Turn to Pages 5 & 8



Members/Cardholders and their guests. Hot cocoa and cider will be served; doors open at 5pm. We're also collecting non-perishable food donations at this event so give what you can.

Individual tickets for the Sundial Winter/Spring Concerts are available for purchase at the Sundial Events & Entertainment Office (Monday through Friday 8am to 4pm), by calling 623-561-4680 or online at via the RCSC Web Portal. View the full line-up of shows with descriptions and video links www.suncityaz.org/ recreation/concerts/.

We'll kick off the new year with a community meeting on crime prevention. This presentation by Maricopa County Sheriff's Office staff will be on Monday, January 16, 2023 from 9am to noon in the Sundial Auditorium. Let's make a resolution to be safe; invite your friends and neighbors so we can work together for everyone's protection and well-being.

In mid-January we will also be releasing the RCSC Community Survey project, in partnership with Arizona State University. Plan to participate and remind others - your voice and opinions can help change to future of Sun City. Stay tuned for more details.

Cheers to the holidays and the new year!

Lakes East/West **Maintenance Facility Open House**

Monday, December 12, 2022 12:30 to 2:30pm 10406 West Cameo Drive





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

Email addresses remain confidential

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Connect with Sun City AZ



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BOARD OF DIRECTORS

SUN CITY A R I Z O N A

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



"Neighbors Helping Neighbors"

The next Sun City Foundation meeting will be held on Thursday, December 8, 2022 at 11:00am in the Lakeview Board Room.

A Message from Board President Lehrer Reflecting on This Year's Accomplishments

Let's reflect and rejoice in all we have accomplished together. Despite a rough start, we have come a long way in improving Sun City and our Recreation Centers this year. We have developed a new meeting I like to call "The Exchange" - a fantastic way to come together and respectfully share ideas, make suggestions, and ask questions. Despite a few somewhat contentious meetings over the last few months, I have hope that the genuine spirit of give

and take and compromise will return. I hope that respecting others and their opinions can be the order of the day.

The Lakes East/ West Maintenance building is now completed and operational. Even though this building is not for recreational purposes, it allows us to better maintain and expand the life of our golf assets, which is a win for everyone. Stop by the open house on Monday, December 12 from 12:30 to 2:30pm and check out this new facility located at 10406 W. Cameo Dr.



Dale Lehrer 2022 RCSC Board President

Even with all the rainfall, Viewpoint Lake is gradually emptying. Repairing the lake liner is a significant undertaking but critically needed to address the loss of a decreasing resource - water. Our management team has done an exceptional job meeting regularly with members impacted by this project. When completed, this project will ensure that our lake remains a jewel for Sun City now and in the future.

The Mountain View project is now moving forward. A general contractor has been hired, and the dreams of many are getting closer. Management has been meeting with clubs and activities that will be impacted during this project. Clubs like Dance for Fitness and Aqua Fitness will be reassigned space and time at existing Centers. The Sun City Players will also need to be temporarily housed during construction. And plans are currently underway to build thirteen regulation Pickleball courts at Lakeview to address this sport's rapid growth and the loss of courts at Mountain View.

Another significant development this year was the successful negotiations with ADWR (Arizona Department of Water Resources). The persistent efforts of our General Manager will result in considerable savings as we move forward with required tuff reductions at our golf courses. Our Director of Golf and Grounds has also been experimenting with new seed that is more drought and heat tolerant. This seed has been used on a trial basis on some small areas and monitoring has produced positive results.

All this behind-the-scenes work is a great example of Teamwork. Looking back at all that we have accomplished in 2022, I am highly optimistic about the new year. Let's all be thankful and kind to one another. Remember Civility in all we do, and choose to be the difference in your life and your community.



Help us make the holidays a little brighter for those who have qualified for Sun City Foundation assistance this past year.

Take a tag from a tree at either Bell Fitness/Pool or the Fairway Center lobby & return it to the RCSC Corporate Office at Lakeview Center no later than Friday, December 9, 2022 with a \$25 gift card (Fry's, Safeway, Walmart, etc.) & we'll share your generosity with those less fortunate.

Thank you for caring and sharing!

This Month @ The Board

RCSC Board of Directors Meetings Member/Board Exchange Board of Directors Meeting

Committee Meetings: Bowling Committee Lawn Bowling Committee Golf Advisory Committee Sun City AZ in Focus Committee Club Organization (COC) Committee Technology Committee Long Range Planning Committee Elections Committee Monday, December 5, 2022 @ 9am Thursday, December 15, 2022 @ 9am

Thursday, December 1, 2022 @ 9am Tuesday, December 6, 2022 @ 1pm Thursday, December 8, 2022 @ 8:30am Monday, December 12, 2022 @ 4pm Wednesday, December 14, 2022 @ 10am Wednesday, December 14, 2022 @ 4pm Monday, December 19, 2022 @ 8:30am Wednesday, December 28, 2022 @ 1pm Sundial Auditorium Sundial Auditorium

Lakeview Board Room Lakeview Board Room Lakeview Social Hall #2 Lakeview Board Room Lakeview Board Room Lakeview Board Room Lakeview Board Room

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

NEWS | EVENTS



RCSC Holiday Events Here's to very, merry festive fun - right here is Sun City! Wishing everyone peace & joy this holiday season!

Sun City AZ Holiday Gelebration

A Community Celebration for All Continues at Sundial

Friday, December 9, 2022 Sundial Center • 3 to 7pm

NEW LOCATION with LOTS OF FUN & GAMES
Reindeer Yahtzee • Tic Tac Mistletoe • Money Tree Raffle • • Hole-in-One Mini-Golf Contest •
Holiday Music • Food Trucks • Lots of Festive Fun •
Photos with Santa • Bring camera or smart phone, tablet •
Livestream of Duck Race • Buy Duck Bucks in Advance or Day of Event •
Decorated Golf Cart Parade (Begins at approximately 6:30pm) •

All proceeds benefit the Sun City Foundation



Golf cart line up begins at 5:00 p.m. Parade begins at 6:30 p.m

Golf carts should be festive and creative!

Advanced registration is required to participate in the parade. Register at the Sundial Events & Entertainment Office



Get your Duck Bucks right now!

Purchase at RCSC Offices, Facility Attendant Stations, Golf Pro Shops & Bowling Centers by Wednesday, December 7. You can't win if you don't play! Proceeds benefit the Sun City Foundation!



Tuesday, December 13, 2022 • 6pm Sundial Auditorium

Free for RCSC Members/ Cardholders & Escorted Guests

Hot Cider & Cocoa will be served

General Admission; Doors open @ 5pm





Banner Olive Branch Senior Center

On December 13, 2022 at the **FREE** Michael Bublé Christmas Spectacular Concert at Sundial Auditorium Show at 6 p.m. | Doors at 5 p.m. This concert is FREE for EGG Methodes for deced courts only, Must show your Member or

Donation bins will be located inside the Sundial Auditorium lobby. Feel free to bring a non-perishable item or two. Every little bit helps!





SIN CITY A R I Z O N A

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.

GOLF | BOWLING

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Thoughts from a Pro -

5 Expedient Play = More Fun for Everyone

It's that time of year again when the courses are busy with lots of winter visitors and so it's a good time for a reminder about playing "ready golf." What exactly does that mean?

Well, the game of golf is more enjoyable for everyone if it moves along efficiently. This doesn't mean you have to feel rushed or hurried while hitting your shot. It simply means no matter what the situation is, you prepare yourself for your next shot before it's your turn.

On the tee box this means whoever is ready to hit should go ahead. While that person is hitting their shot, you should be selecting your club and be ready to go with your ball and tee in hand!

On the fairway drive to your ball anytime you can (without going in front of anyone) and prepare to hit. Also, once you have hit the shot, fill the divot and then get in the cart, perhaps even waiting to replace the headcover, wipe the club, or return it to the bag until the next stop, especially if you are not the driver of the cart.

Near the green it may mean bringing a couple of clubs with you to chip with, (in addition to your putter) if you're not sure of which one you might need, rather than having to make another trip back to the cart.

On the green it means contemplating the break, line or speed of your putt while others are putting and knowing who you follow so that when it's your turn you're ready to go.

And last remember not to mark your scorecard until you get to the next tee box so that the people behind you can hit their shot to the green as soon as you clear the green and drive away.

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

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

90 Degree Rule

Managing to alleviate stress on golf course can be a constant issue for golf course superintendents. Foot or vehicular can cause soil compaction, soil degradation which can result in thinning turf canopy. The area of turf impact carrying two golfers is at least 48 times greater than the area affected by foot traffic.

A study conducted by a USGA agronomist had very surprising results. The average area of impact on a 6,200-yard golf course was staggering, one riding golfer with a motorized cart on 18 holes covered 4,761,600 sq ft. (1)

At RCSC we allow 5 golfers per tee time which results in a total number of square feet impacted is 19,046,400 sq ft. Peak golf season at RCSC golf courses we can see upwards to 250 golfers a day at an 18-hole golf course. The number of square feet impacted is tremendous.

RCSC golf course superintendents encourage golfers who play at RCSC courses to use the 90-degree rule.

The 90-degree rule is in place to minimize the impact on the turf. When the 90-degree rule is in effect at a golf course, it means.

- · Riding in golf carts is allowed
- Those carts can be driven onto the fairway.
- They must remain on the cart path as much as possible, turning off the path only at right angles (90 degrees) to reach the player's ball.

RCSC Bowling Centers

Lakeview Lanes 10502 W. Thunderbird Blvd. 623-876-3055

Monday-Saturday: 8am-8pm Monday-Saturday: 8am-9pm Sunday: Noon-6pm

Billliards at Lakeview Lanes, too!



Year-Round Bowling Rates - Cardholders: \$2.65 | Guests: \$2.90 (per Game)

Bowl with the Director

First Thursday Every Month at Lakeview Lanes 10:30am to Noon FMIC Mike Dirmyer at 623-561-4652

Same great food now at two Sun City AZ locations!



Stop by & check out our **Daily Specials**

Bell Lanes

16810 N. 99th Ave.

623-876-3050

at Bell Lanes!

Breakfast Special 2 Eggs, Bacon or Sausage, Hash Browns & Toast M-Sat 7-11a: Sun 7a-noon

George's

Lakeview Cafe

Phone: 623-876-3057

Walleye 'n Chips 9 Oz. Walleye, Coleslaw & Potato Wednesday & Friday

Fish 'n Chips 9 Oz. Cod, Coleslaw & Potato Wednesday & Friday

George's Cafe at **Bell Center Inside Lakeview Lanes**

Inside Bell Lanes Phone: 623-518-4525

Hours: Mon-Sat 7am-8pm; Sun 7am-6pm

Contact golf instructors directly to schedule an appointment for private lessons:

- 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

Get Golf Ready Lessons (max 8 students) are another option! Contact Pro Shop Manager Chris Linam (clinam@suncityaz.org, call 623-876-8419) or online at https://suncityaz.org/golf-courses-pro-shops/lessons/ for more infomation.



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/

December Snack Shop Hours Open Daily 6am - 5pm



Volunteer Ranger Program

For more information about joining our program, please contact Chris Linam, Pro Shop Manager, at 623-876-8419 or email clinam@ suncityaz.org. Next meeting is Thursday, December 22, 2022 at 1pm in Talisman Hall.



RCSC Board of Directors Election

Special Election Pull-Out Section



JEAN TOTTEN

Experience:

Stay-at-home Mom for over 18 years. Professional Wait Staff for over 30 years. Executive Secretary, Membership Coordinator & Office Management Assistant for over 10 years.

Skills mastered and used in all professions include Time Management, Attention to Detail, Ability to Work Under Pressure, Problem Solving, Patience, Verbal Communication, Multi-Tasking, Team Player, Persistence, Thoroughness, Positive Attitude & exceptional Organizational Skills.

SC/Community Involvement:

- Aqua Fitness & Card Clubs (Euchre, 500, Hand and Foot).
- Advocated for the members since 2021 by attending & speaking out at Board meetings, educating via newsletters & Facebook posts & striving to bring awareness to the community.

Goals:

- 1. Restore Members' Trust
- 2. Ensure that non-members are NEVER able to enjoy our amenities for less than members who pay our yearly assessment do.
- 3. Make decisions based on facts & data.
- 4. Do anything & everything possible to ensure our technology becomes up to date.
- Strengthen member roles on committees & consider adjusting time slot for Board of Directors' meetings.



STEVE COLLINS

Experience:

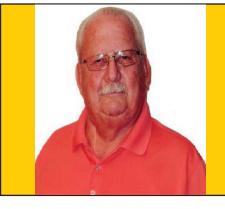
20 years Syracuse NY Fire Department; Department of Health and Safety Chairman 15 years; Own my own pest control company 16 years; Machine shop Forman M & W Steel and Aluminum 3 years; Faulter Construction 2 years:

SC/Community Involvement:

- Vice President Bell Metal Club 3
 years
- Vintage Vehicle Club 5 years
- Club Organization Committee (COC) 1 year
- Men's Club Bingo 7 years
- Chair of Golf Advisory Committee
- Co-Chair Insurance, Properties, Lawn
 Bowl and COC Committees
- Liaison to SC Posse & SC Fire Dept

Goals:

- Keep Sun City a great place to live and spend money responsibly. Make sure we pay the lowest price for quality work performed and verify all work done is per the contract before payment is complete. Hold companies responsible for their work.
- Listen to members of our community and use their knowledge skills to our benefit. Help with relaying requests to RCSC and accomplishing those requests.
- 3. Strive to assist the less fortunate in our community any way we can. After all this community was founded on caring for one another
- 4. Change the way new projects evolve.



JERRY WALCZAK

Experience:

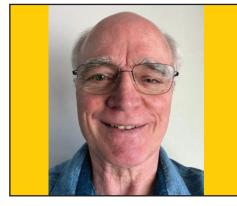
Saint Joseph College (BA) Marketing/Economics/Accounting. 2-year diploma from Harvard Computer School (Chicago) in Computer Science. 25 years Bulk Mailing Industry. Plant Manager for 8 years. Maintained fiscal accountability for a Budget of over 7 million dollars. 15 years - Circle K. Field Trained potential Store Managers while operating three stores. Responsible for Budgets, hiring, training, daily supervision of store employees.

SC/Community Involvement:

- RCSC Board Member 2016 to 2018
- RCSC Committees: COC; Long Range Planning; Finance & Budget; Election; Bowling; Sun City Foundation; Golf Advisory
- SCHOA Board Member 2019 & 2022
- Director of The Men's Octogenarian
 Golf Tournament (Largest in Sun City)
- HOA Board member (Chair, Vice Chair, Secretary, Yard Director)
- SCCOA President 10 years Board Member
- Friends of the Library Vice Pres 6 years Board Member
- Quail Run Golf Course Greens Committee Member Pres - 4 years Member
- Monitor 5 years & Member Wednesday
 Men's Golf League 15 years
- Past Member Calligraphy, LV Wood Shop, Computer & Camera clubs.

Goals:

To work with Individuals & Organizations in Sun City to maintain our affordable, diverse and friendly community. Newer generations are moving into Sun City and have different and diverse interests than my generation and we need to discover their wants & needs to assist these individuals to assimilate into our great community.



JAMES ROUGH

Experience:

40+ years of management experience. Math major and MBA graduate looks at issues through experience, thoughtfulness and open discussion.

Retired Naval Officer - 22 years - Commander of the Naval Reserve Financial Processing Information Center where we paid 5,000+ civilian employees biweekly, paid 12,000+ invoices monthly and performed accounting services for 400+ entities over three billion dollars for three separate fiscal years.

Executive Director of two different licensing boards for State of Ohio over 15 years. Passed three statute changes through Ohio House, Senate and Governor.

SC/Community Involvement:

- Pickleball member
- Tai Chi member
- Cribbage member
- Work out at Bell Center three times weekly.

Goals:

- 1. Help keep RCSC financially sound.
- 2. Ensure all clubs have access to support commensurate with numbers of users and needed equipment and space.

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Art and Craft Clubs		Stitchers: BC
Artists by the Lake: LV	M-F 9a-4p; Classes & Open Painting	480-578-8871 (leave message) 2019bellstitchers@gmail.com
315-491-9650	Holiday Get-together Tu 12/6 at 12p LV SH 1	
Artistic Stained Glass: BC	M-Sa 8a-2p; M-Th 5-8p	Woodworking: BC 623-974-6058
623-974-4765		
Artistic Weavers & Fiber Artists: OM	M-Sa 9a-3p; Mem Mtg 4th Th 1-3p	Woodworking: FW 623-738-7459
320-253-3145 or oakmontfiberart.com	Holiday Party M 12/5 9a-3p OM Aud	023-730-7439
Calligraphy: SD	M 1-3p; Th & F 9a-12p	
623-210-9137		Woodworking: LV 623-933-2355
Camera Guild: GR	M-F 9a-12p; Member Mtgs: 1st Sat 9:30-11a	Card and Game Clubs
cameraguildsuncity.com	& 3rd Wed 6-8p GR Sonoran Rm	Card and Came Oldba
	Holiday Party Sat 12/17, 9-11am GR Sonoran Rm	500: FW
Carvers: LV	Tu, Th, Sa 7:30a-12p	815-909-6422 Robin
847-287-1005	Gourd Art, Model Construction, Wood Carving	Bunco Broncos: FW
sccarversaz@gmail.com	https://suncityaz.org/recreation/clubs/sun-city-carvers/	623-377-5091
Ceramics & Porcelain: FW	M-F 9a-3p; Sa-Su 9a-1p	Canasta: OM
623-972-5818; 602-821-1197	Mem Mtg 1st Mon 9a	480-886-9750
	Christmas Party Th 12/8, 10am FW AZ #1-3	
Ceramics: BC	M-F 9a-3p, W 5-8p; Sa 9a-12p	Cribbage: LV
623-974-6750	Xmas Party Sa 12/10 8a-2p Bell SH	623-933-7044 - Pat
China Painting: OM	М-F 9а-3р	
714-684-4286; FMI sccpc1@gmail.com	Christmas Luncheon M 12/12 10a-2p OM Aud	Euchre: FW
Clay Club: GR	M-Th 8:30a-8:30p; F-Su 8:30a-4:30p	623-693-2881; 623-533-5705
623-933-0899	Holiday Party F 12/2, 9a-2p GR Sonoran Room	
Clay Corner: MC	M-Sa 7:30a-9p; Su 8a-6p	Hand & Foot Club: LV
623-977-3167	No Mem Mtg in December	623-680-8276; 972-838-7512
ClayCornerMarinette.org	Yard Art/Lunch 3rd W 8a-9p	Mah Jongg: MC
Crafts: BC 623-974-3497	M Th 9a-7p; Tu F 9a-3p; W 9a-8:30p	520-665-1789 - Claudie
020-014-0401	Christmas Party during Mem Mtg Th 12/8, 11a BC SH #1	970-231-3368 - Katie
Crafts: SD	M 9a-1p; Tu 1-8p; W 9a-6p; Th 9a-1p;	
602-882-3512	F 9a-8p; Sat 9a-3p;	Monday Night Pinochle: OM
sundialcraftclub@gmail.com	1st & 3rd M 2-6p; 4th Th 2-8p	440-478-2530 Kim/623-217-8584 B
sundialciartcius@gmail.com	Member Mtg Rescheduled to M 12/19 9:30a SD WH	Pinochle: OM
Creative Quilters: LV	M-W-F 8a-4p; Mem Mtg 2nd F 9:30a	623-876-1895 Tommie
970-261-1798	Holiday Party W 12/14, 11a-2p LV SH #3	209-524-7358 Cheryl
Friendship Quilters: BC	M, W, Sat 9a-3p	Sheepshead: LV
480-414-9054; 402-721-5464	2nd Sa 9a-3p Boutique; 4th Sa 9a-3p Charity	623-933-7044; 623-999-4965
Handweavers & Spinners: SD	M 9a-12p; T/F 9a-12p & 1-3p; W/Th 9a-3p	
schandweaversandspinners@gmail.com	Mem Mtg 1st M 1p	Contract Bridge Clubs
	Christmas Lunch M 12/5, 11:30a Palmbrook	Wednesday Afternoon: OM
Jewelry, Stained Glass & More: GR	M-Sa 8a-12p	623-249-9169
262-993-4873; 623-322-4595		Thursday Afternoon: OM
Knitters: FW	F 8:30a-1p FW AZ Rms 3 & 4	623-933-9671
602-469-2505	Member Mtg/General Info 2nd F 10-11a	Friday Afternoon: FW
	Holiday Party F 12/9, 11a-1p	623-933-9671
Lapidary: BC	M, T, Th-Sa 8a-3p; W 8a-12p; M W 5-8p	025 555 5671
775-351-8721	Mem Mtg 2nd Tu, 9a BC Team Rm	Duplicate Bridge Clubs
	Christmas Party F 12/9 11a-3p MC Aud	Duplicate (ACBL): LV
Leathercraft: LV	M W F 8a-3p	623-518-7916 or 623-640-5554
480-276-7583; larryvroom@cox.net	Mem Mtg/Xmas Party Tu 12/6, 10:30a LV SH	suncitydbc.com
Metal: BC	M-Sa 8a-4p	suncityube.com
623-308-5544 Debie	Mem Mtg 2nd M 9a BC MPR	Kachina: SD
debiepryor@gmail.com		651-592-5939 Sharon
Palo Verde Artist: SD	Su-Sa 8a-8p	
503-635-7121	Holiday Luncheon M 12/12, 12p SD EH	623-363-7199 Posy
president@paolverdeartists.com Sew-n-Sew: LV		Dance Clubs
	Tu, Th 9a-6p; Sa 9:30a-2p Open Sewing	Bell Tree BC
www.sewnsew.info - Check webpage	Su 12-4p Quilt SIG	Bell Tea: BC
for exact dates of classes Silvercraft: BC	Christmas Party Th 12/7, 11a-2p FW AZ 1-2 M So 8c 3:30p	623-842-3917
623-933-8442	M-Sa 8a-3:30p	www.suncityaz.org/recreation/
SilverStones: SD	M-F 8a-3p; Sa 8a-12p	Classic Rock Dance Club: BC
317-508-5959	1VI-F 0d-3p, 3d 8d-12p	623-628-4401
Sterling & Stones: FW	Club & Store: M-F 9a-3p; Supply Room 9a-1p	
612-987-9366 - Annual Dues \$15	Mtg/Xmas Party M 12/12, 5-8p, FW AZ #2	Country Dance Club: SD
		480-431-8278; 623-972-5127

				Club I
	Stitchers: BC	Tu 9a-8p; Th, F 9a-3p	Friday Night Social Dance: SD	F 7-9:30p SD Aud; Lesson 6:15p
	480-578-8871 (leave message)	Mem Mtg 2nd Tu, 10a	623-215-8718	No Dance 12/9
Painting	2019 bells titchers @gmail.com		scfridaynightdance@gmail.com	New Year's Eve Dance 12/31 Bell SH
LV SH 1	Woodworking: BC	M-W 8a-8p; Th-F 8a-4p; Sa 8a-12p	www.suncityaz.org/recreation/clubs/friday	
Th 5-8p	623-974-6058	Mtg 2nd Tu, 8am Bell MPR	Line Dance: SD	Tu & Th: 10a-1p; SD Aud
Th 1 2n	Woodworking: FW	M-F 8a-4p; Sa 8a-12p	623-972-5127; 231-557-6555	No dance 12/13, 12/15 Relocate to FW
Th 1-3p OM Aud	623-738-7459	**Mem Mtg 2nd Th, 12p FW 133	suncitylinedanceclub.facebook Rockin' Thru The Years: SD	Dance Sa 12/31 10a-2p SD Aud
9a-12p		Christmas Party Sa 12/3, 5-8p FW AZ 3-4	623-695-2039; 602-695-0209	2nd, 4th & 5th Sa: 6:30-10p; SD Aud Mem Mtg 12/10, 8:30-9p; No Dance 12/17
00 12p	Woodworking: LV	M-F 8a-2p	Squares: BC	Round Lessons Tu 1-4p BC SH;
	623-933-2355	Mem Mtg 1st Tu, 8:30a	623-694-7194	Square Dance Tu 7-9:30p BC SH
:30-11a	Card and Game Clubs		djkraus433@gmail.com	Lessons/Workshop F 6-9:30p BC SH
oran Rm	Card and Game Clubs		,	Pre New Year's Dance F 12/30; 5-10:30p
oran Rm	500: FW	Mon 6-9:30p FW AZ Rm 3-4	Sun City Poms: MC	M 7-11:30a MC Aud; Tu 3-5p MC Aud
30a-12p	815-909-6422 Robin		602-392-4242	Th 8:30-11:30a MC Aud
l Carving	Bunco Broncos: FW	4th M 12-3:30p FW AZ Rm 1-2	scpoms@yahoo.com	Mem Mtg M 8:15-9am MC Aud
y-carvers/	623-377-5091	Xmas Party/Dice M 12/12 FW AZ 3 & 4	Tip-Top Dance: MC	M 8a-3p; Tu 8a-12p; 5-8p MC SH
iu 9a-1p	Canasta: OM	** F 10a-2p OM Aud	253-381-1542	W8-11a, Th 8a-12p, F 8a-12p MC SH
Mon 9a	480-886-9750	Doors open 9:30a; Dues \$5/Yr + \$1/week to play		Mem Mtg Th 12/22, 1p MC Aud
AZ #1-3		Mem Mtg/Xmas Party F 12/2, 10a-2p		No Class M 12/5
9a-12p	Cribbage: LV	** Tu 1-4p; W 6-9p LV SH3	Educational Clubs	
Bell SH	623-933-7044 - Pat	Holiday Party W 12/9, 4:30-10p LV SH 1	Apple Macintachi SD	M Th 8:20a 10:20a 8 12:20 2:20a
F 9a-3p		Mem Mtg/Elections W 12/15 6:30p, LV SH 1	Apple Macintosh: SD 623-933-5300	M-Th 8:30a-10:30a & 12:30-2:30p 1st & 3rd F 12:30-2:30p
OM Aud	Euchre: FW	Tu 6:15-9:30p FW AZ 2-4; Doors open 5:15p	Visit sunmacsclub.com for updates	Club Closed 12/16 thru 1/3
a-4:30p	623-693-2881; 623-533-5705	Th 1-4p LV SH #3; Doors open 12.15p	Computer Club: FW	M-F 8:30a-2:30p; Sat 8:20-11:30a
an Room Su 8a-6p		Member Party Tu 12/6; Member Party Th 12/15	623-933-8953	····
cember	Hand & Foot Club: LV	W 4-9:30p LV SH 1-2; 12/18 Play in SH 2-3	www.computerclubofsuncity.com/	
N 8a-9p	623-680-8276; 972-838-7512	Mtg & Xmas Party W 12/7 LV SH 1-2, 3-9:30p	Life Long Learning: FW	Classes in Session
a-8:30p	Mah Jongg: MC	** Tu 11:30a-4p SD WH	623-977-4081	
Th 12/8,	520-665-1789 - Claudie	Th 5:30-9p MC SH; Su 11:30a-4p MC SH	scazlifelong@gmail.com	
C SH #1	970-231-3368 - Katie	Mem Mtg/Lunch/Play Tu 12/6 SD WH	Spanish Club: FW	M Tu W 8a-5:30p; Sa 10-11:30a FW 129
n 9a-1p;		No Play on Tu 12/13	SunCitySpanishClub@gmail.com	Christmas Fiesta Tu 12/20, 11a-2p FW AZ 1-2
9a-3p;	Monday Night Pinochle: OM	M 5:45-9:30p OM Aud	Fitness Clubs	
Th 2-8p	440-478-2530 Kim/623-217-8584 Beverly		Association PC	MW 5 0 11- BC CU 102
a SD WH	Pinochle: OM	Tu 11:30a-4p, Sa 11:30a-4p OM Aud	Aerobics: BC	M W F 8-11a BC SH 1&2
F 9:30a	623-876-1895 Tommie	Mem Mtg/Elections Sa 12/6, 10:30a OM Aud	815-289-5912 Judy 317-590-2622 Joann	Mem Mtg F 12/9 8-11a
V SH #3	209-524-7358 Cheryl		Aqua Fitness Club: SD	Winter Session starts M 11/28, ends 12/16
Sat 9a-3p	Sheepshead: LV	M 6-9p LV SH #3	aquafitnesssuncity.com	
Charity	623-933-7044; 623-999-4965	Mem Mtg, Elections, Party M 12/5, 6p	619-818-4380 Terry	
Th 9a-3p 1st M 1p	Contract Bridge Clubs			
Imbrook	Wednesday Afternation OM	W/12-20_4-20s OM Ands Amber has 12-1 From	Dance for Fitness: SD	Tu 9-10a BC SH 1&2; W 9-10a SD Aud;
8a-12p	Wednesday Afternoon: OM 623-249-9169	W 12:30-4:30p OM Aud; Arrive by 12:15pm	503-580-4636 or 253-820-5453	F 9-10a MV Aud; Xmas Party W 12/7 SD
100 120		Christmas Party W 12/7	FUNtastic Fitness: MC	Pilates M, F 1-2MC SH
ns3&4	Thursday Afternoon: OM	Th 12:30-4:30p OM Aud; Arrive by 12:15p	260-413-3862	Aerobics Tu, Th 1-2p MC SH
10-11a	623-933-9671	Christmas Party Th 12/1	allykatrose@live.com	Strength Training Tu, Th 2:10-3p MC SH
11a-1p	Friday Afternoon: FW 623-933-9671	F 12:30-4:30p FW AZ Rm2; Arrive by 12:15p Christmas Party F 12/16	Handi-Capables: SD 602-369-3819	T/Th 12-2p SD Warm Water Pool Mem Mtg 1st M 12p FW AZ 1&2
W 5-8p	023-933-9071		handicapablesaz@gmail.com	No Mtgs week of Christmas
eam Rm	Duplicate Bridge Clubs		Hatha YOGA: SD Yoga Room	Mat & Chair Classes - Mon-Sat SD Yoga Room
MC Aud	Dualizata (ACDL): 1)/	Mith E 1 45 DV CU 1 0 D Design store 12:15	Email: HathaYogaClub@gmail.com	For Class Schedules & Membership Info
F 8a-3p	Duplicate (ACBL): LV	M Th F 1-4p LV SH 1 & 2; Doors open 12:15p;	FMI visit www.hathayogaclub.org	visit www.hathayogaclub.org
a LV SH	623-518-7916 or 623-640-5554	Arrive by 12:45p; Play at 1p; Must have partner	to confirm current class schedule	Mem Mtg/Xmas Party F 12/2 7a-1:30p SD Aud
a 8a-4p	suncitydbc.com	Mbr Mtg, Elections M 12/5; No Play F 12/9	Ladies Exercise: OM	Tu & F 8-9a OM Aud
BC MPR	Kachina: SD	Lesson M 12/5 10a-1p; Christmas Party M 12/23	928-890-9152	
	651-592-5939 Sharon	M 12-4p SD WH	So Grand Exercise: FW	M W F 7:30-9a FW AZ 1&2
a 8a-8p		Annual Mtg M 12/12 11:30a SD WH	623-933-0214	
SD EH	623-363-7199 Posy		Stretch 'n Slim: BC	M-Sa 6:45a, 8a, 9a BC Aerobics Rm
Courier	Dance Clubs		402-578-6948	Su 8, 10a BC Aerobics Rm
Sewing	Ball Table RC			Holiday Party, W 12/7, 10a-2p LV SH, Patio
uilt SIG N AZ 1-2	Bell Tea: BC	W 2-4p BC SH 1&2	Tai Chi: BC, LV, FW	Tu 9:45a 24 Form TC, 10:15a 5 Form Ess FW#3;
a-3:30p	623-842-3917	Ballroom dancing with DJ Rollin	http://sctaichi.wix.com/sc-tai-chi-club	Tue 6p Qi Gong LV SH#2; Th 9:30a Bal & Basics,
0.000	www.suncityaz.org/recreation/clubs/bel		email: suncitytaichi@gmail.com	10:45a Beg TC, 12p Adv Beg TC BC SH#2, 12p Jot TC BC SH#1, 1:15p Adv TC BC SH#2
8a-12p	Classic Rock Dance Club: BC	1st & 3rd Sa; Doors 6p; Dance 6:30-9:30p		12p Int TC BC SH#1, 1:15p Adv TC BC SH#2 Mem Mtg W 12/8, 2-6p BC MPR
	623-628-4401	BC SH 1-2; DJ Ron West/Music Videos	Zumba Club: SD	M W F 11-1p BC SH; Tu 6-8p SD WH;
om 9a-1p	Country Dance Club: SD	12/3 Member Meeting 1st/3rd Sa Open 5:30p, Dance 6-9:30p SD Aud	623-583-2065	Th 6-8p MC Aud; Sa 8-10a MC Aud
V AZ #2	Country Dance Club: SD 480-431-8278: 623-972-5127	Mem Mtg Sa 12/3. 6p		No Class Tu 12/13

	Club
Friday Night Social Dance: SD	F 7-9:30p SD Aud; Lesson 6:15p
623-215-8718	No Dance 12/9
scfridaynightdance@gmail.com	New Year's Eve Dance 12/31 Bell SH
www.suncityaz.org/recreation/clubs/frida	
Line Dance: SD	Tu & Th: 10a-1p; SD Aud
623-972-5127; 231-557-6555	No dance 12/13, 12/15 Relocate to FW
suncitylinedanceclub.facebook	Dance Sa 12/31 10a-2p SD Aud
Rockin' Thru The Years: SD	2nd, 4th & 5th Sa: 6:30-10p; SD Aud
623-695-2039; 602-695-0209 Squares: BC	Mem Mtg 12/10, 8:30-9p; No Dance 12/17
623-694-7194	Round Lessons Tu 1-4p BC SH; Square Dance Tu 7-9:30p BC SH
djkraus433@gmail.com	Lessons/Workshop F 6-9:30p BC SH
ujkiaus+55@gmail.com	Pre New Year's Dance F 12/30; 5-10:30p
Sun City Poms: MC	M 7-11:30a MC Aud; Tu 3-5p MC Aud
602-392-4242	Th 8:30-11:30a MC Aud
scpoms@yahoo.com	Mem Mtg M 8:15-9am MC Aud
Tip-Top Dance: MC	M 8a-3p; Tu 8a-12p; 5-8p MC SH
253-381-1542	W8-11a, Th 8a-12p, F 8a-12p MC SH
	Mem Mtg Th 12/22, 1p MC Aud
	No Class M 12/5
Educational Clubs	
Apple Macintosh: SD	M-Th 8:30a-10:30a & 12:30-2:30p
623-933-5300	1st & 3rd F 12:30-2:30p
/isit sunmacsclub.com for updates	Club Closed 12/16 thru 1/3
Computer Club: FW	M-F 8:30a-2:30p; Sat 8:20-11:30a
623-933-8953	111 0.300 2.300, 500 0.20 11.500
www.computerclubofsuncity.com/	
Life Long Learning: FW	Classes in Session
623-977-4081	
scazlifelong@gmail.com	
Spanish Club: FW	M Tu W 8a-5:30p; Sa 10-11:30a FW 129
SunCitySpanishClub@gmail.com	Christmas Fiesta Tu 12/20, 11a-2p FW AZ 1-2
Fitness Clubs	
Aerobics: BC	M W F 8-11a BC SH 1&2
815-289-5912 Judy	Mem Mtg F 12/9 8-11a
317-590-2622 Joann	
Aqua Fitness Club: SD	Winter Session starts M 11/28, ends 12/16
aquafitnesssuncity.com	
619-818-4380 Terry	
Dance for Fitness: SD	Tu 9-10a BC SH 1&2; W 9-10a SD Aud;
503-580-4636 or 253-820-5453	F 9-10a MV Aud; Xmas Party W 12/7 SD
FUNtastic Fitness: MC	Pilates M, F 1-2MC SH
260-413-3862	Aerobics Tu, Th 1-2p MC SH
allykatrose@live.com	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
handicapablesaz@gmail.com	No Mtgs week of Christmas
Hatha YOGA: SD Yoga Room	Mat & Chair Classes - Mon-Sat SD Yoga Room
Email: HathaYogaClub@gmail.com	For Class Schedules & Membership Info
FMI visit www.hathayogaclub.org	visit www.hathayogaclub.org
to confirm current class schedule	Mem Mtg/Xmas Party F 12/2 7a-1:30p SD Aud
Ladies Exercise: OM	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
402-578-6948	Su 8, 10a BC Aerobics Rm
	Holiday Party, W 12/7, 10a-2p LV SH, Patio

ail: suncitytaichi@gmail.com 10:45a Beg TC, 12p Adv Beg TC BC SH#2, 12p Int TC BC SH#1, 1:15p Adv TC BC SH#2 Mem Mtg W 12/8, 2-6p BC MPR mba Club: SD M W F 11-1p BC SH; Tu 6-8p SD WH; 3-583-2065 Th 6-8p MC Aud; Sa 8-10a MC Aud No Class Tu 12/13 Mem Mtg Sa 12/3, 6p https://suncityaz.org/recreation/clubs/zumba-fitness-club/

Hobby Clubs Armchair Travel Club: FW 623-476-2811; FMI visit https://sund Birding Club of Sun City: BC tjlempidonax@gmail.com 602-616-7459 Leave Message Duffeeland Dog Park: Talisman 360-789-9815 Garden: GR 623-875-5921

Model Railroad: FW 239-207-7314 Leave message Model Railroad Museum: FW 239-207-7314 Leave message Rockhounds: SD scrockmuseum@gmail.com Mineral Museum: SD 623-428-6442 RV Club: SD silvercreekranch1@hotmail.com

Stamp Club: MC 602-329-8905 Vintage Vehicles: GR 602-609-0973 https://www.vintagevehiclesofsuncity

Performing Arts Clubs

Sun Cities Community Orchestra: 623-582-9964 Choraliers: FW 715-529-6320 - Pete

Concert Band: FW 602-625-5211

Handbell Ringers: FW doreenC4488@gmail.com Piano: SD

623-444-4483 Sun City Players Community Theater: FMI email: 13quipster@gmail.com or suncityplayerscommunitytheater.o Rhythm Ramblers: FW 602-717-7246

Ukulele: FW 480-276-3780 (Oct-April) 920-410-6932 (May-Sept) Women's Chorus: FW 623-308-4643 Annette

olitical Clubs

Democratic: FW 602-529-5778 President@suncitydems.com Republican: SD suncitygopclub@gmail.com

Social Clubs

Best Friends Dog Club: FW 602-639-1370 bfdcsuncity@gmail.com

RCSC | SUN CITY AZ HOLIDAY FUN EVENTS FOR ALL Sun City Holiday Celebration | Friday, December 9; 3-7pm | Sundial Center - Duck Race, Goif Cart Parade, Money Tree, etc. All proceeds benefit the Sun City Foundation

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		Fairway Readers: FW	2nd F 1-2:30p FW AZ #1	Shuffleboard Bell: BC	M Tu F 1-3:15p
		623-570-7394	Mem Mtg F 12/9, 1p FW AZ #1	623-999-0362 - Dennis	District 5 League Play 10a-12:30p
	Every W 7p FW AZ 1	arabella_thorne@juno.com	Cat 11a En Eviendatio Campon Canda/Campo	218-371-2421 - Diane	12/5-6, 12/12-13, 12/19-20
uncityaz.o	No meeting 12/28	Hospitality Club: MC 623-341-1226	Sat 11a-5p Friendship Corner - Cards/Games Wed 12-4p Bridge MC Social Hall	Shuffleboard Outdoor: LV	M W F 1-4p LV
	Closed for December	Illinois Club: FW	Social Mtg 4th Th 6:30pm FW AZ #3	623-341-1995	
		775-722-1167;		Shuffleboard Sundial: BC 623-208-9921	Th 5:30-9p BC Cts Mem Mtg Tu 12/6, 4-8:30p SD EH
		List of activities at https://suncityaz.org/re	creation/clubs/illinois-club/	Softball (Senior): Sun Bowl	Open Practice Sat 7a-1p; Green Team 8a
		LGBT of Sun City: OM Aud	Meet 2nd Th & 4th W 6pm OM Aud	517-526-4873; 509-264-3088	League Play M-F 8a-2p
	Office Hours MWE 02 122 CD	lgbtclubofsuncity@gmail.com	Holiday Dinner/Dance, Sa 12/10, 5-10p BC SH	www.azsrsoftball.com	Field Maintenance W 5a-3p
	Office Hours M W F 9a-12p GR	Men's: SD	M-Sa 7a-4p; Poker M 4-9p		·····
	Mem Mtg 1st Tu 8a SD Aud E Holiday Func Sa 12/3, 6-9p LV SH 1-2	623-977-5116	Bingo Th SD Aud - Doors open 4p; Play at 6:15p	Sportsmen: GR	Mem Mtg 3rd Th 9-10a GR Sonoran Room
	For mtg times, visit suncitymodelrailroadclub.com	Michigan Friends in Sun City	3rd W 4-6p BC MPR	Dan 319-431-3563	
	Mem Mtg M 12/12, 9-10a FW Rm 133	michigan2arizonaclub@gmail.com	Last Monday 3-5p Cards BC MPR	Sun City Yacht Club: LV	Club Activities On Hiatus during
	T W Th 9a-12p; Sat 9a-1:30p	Call or text 623-910-1522 to RSVP for Euc	Meeting/Potluck Sa 12/10 11a-3p FW AZ#3	360-566-7076/206-802-8622	Viewpoint Lake project
		New England: LV	Sa 12/10, 5p LV SH 3	Swim Club-Masters: BC	M-F 7-9a BC Lap Pool
	2nd Th 6:30p FW AZ 1-2	623-215-3637	38 12/10, 3P EV 3H 3	tbnnock@yahoo.com	M/W 2:30-4p Yoga for Swim Club BC Aerobics Rm
	Holiday Dinner Th 12/8 5-9p FW AZ 1-2	NextGen: SD	1st & 3rd M 6:30-9p SD Aud /E&W Halls	Swim Lessons: 480-467-8966	W 8:30-10a SD
	M-W, F-Sa 10a-1p	716-445-7383	Card Play: 2nd & 4th F 1-4p Talisman;	Table Tennis: BC 602-291-5369; 847-421-5211	M 10a-3p; W F 10a-4p; Tu Sa 10a-12p
		Visit nextgensuncity.org/ for all events	No Play F 12/9		Club Momber Cosial Tonnia, Co. 1, 2:20a BC
	Mtg/Potluck Tu 12/20, 4p SD Aud		Every Th 1-4p & 1st Th 6:30-9pm BC MPR	Tennis: BC 608-792-1957; melvindhaus@gmail.com	Club Member Social Tennis Sa 1-2:30p BC League Su 12/4, 11, 18, 1-2:30p
	1st W, 3rd Tu 5-9p Games at BC MP Bldg		Wine Sharing 1st F 6-8p OM Aud/Patio	https://suncitytennisclub.wixsite.com/suncitytennis	Annual Meeting Sa 12/10, 11am BC Canopy
	Caravan Mtg F 12/16, 9-11:30a SD WH	Singles Social Club: FW	1st F Potluck 6-9p FW AZ 3-4	Volleyball:	8-10:30a W & F Villanueva Community Ctr
	Mtg/Auction 1st M, 6-9p MC SH	602-769-3634	3rd F Game Night 6-9p FW AZ 3-4	206-459-3242	e reised in an manaced commanity cu
		https://suncityaz.org/recreation/clubs/		charlespeterson@comcast.net	
	Mem Mtg 3rd Tu 1pm LV Social Hall	Wisconsin Club: SB	Save the Date! Next Picnic 3/9/2023	Water Volleyball Club of SC: OM	Su M W F 12-3p
	Shop Operations M-Sa 8a-4p	608-852-4227 or 715-308-9964 Women's Social: LV	To volunteer, email Gene: gstash38@msn.com M-Su 9:30a-4:30p	WVCofSC@gmail.com	Christmas Party Su 12/4, 5-9p OM Aud
ty.com/	Car Show & Food Drive Sa 12/3, 2-5p Sun Bowl	623-826-8900	W 6-8p - Game Instruction	480-297-6783	
	Last Tu Potluck & Social 5-9p in Shop	023 020 0300	Xmas Party/Elections W 12/14, 12-2p LV SH 1-2	Whisperball of Sun City: BC	M W F 8:30-9:45am, 1:30-3:30p; Tu 1:30-3:30p
			······································	623-216-9466	Th 6-8am, 1:30-3:30p BC Racquetball Courts
a: FW	W 8:30a-12p FW Music Room	Sport Clubs		Club Directory Kow	
a. I VV	Mem Mtg W 12/14 FW Music Room	Basketball: MC	Pick Up Games in Villanueva	Club Directory Key:	
	Winter Season - Cancelled	206-459-3242; 604-313-3190	Community Center 3:30-5p Oct - April	M = Monday	BC = Bell Center
	No Rehearsals at this time	charlespeterson@comcast.net		Tu = Tuesday	FW = Fairway Center
	Annual Member Meeting M 12/12, 9:30a	Billiards: Bell Billiards Room	Tu 11a-4p; W 8a-1p; F 11a-4p; Sa 12-5p	W = Wednesday	GR = Grand Center
	Tu 9-11a FW Music Rm; Mem Mtg 12/14	315-806-0067	Instruction F 8-10a	Th = Thursday	LV = Lakeview Center
	Christmas Concert, Sun 12/11, 2p SD Aud	Billiards: LV Billiards Room	Holiday Party Sa 12/10, 10a-2p LV SH #1	F = Friday	MC = Marinette Center
	XMas Luncheon Tu 12/6 11a-1p FW AZ 1-2	(602) 319-0783	Ladies M, Th 8:30a-12p; Singles: 8 Ball M 8a-12p; 10 Ball W 9a-1p;	Sa = Saturday	MV = Mountain View Center
	F 8:30a-11:30a FW Music Rm	(002) 519-0785	9 Ball Th 1-5p, F 8a-12p	Su = Sunday	OM = Oakmont Center
	F 12/2 Last Rehearsal		Doubles: 8 Ball Tu & Th 8a-12p	a = A.M. & p = P.M.	SD = Sundial Center
	3rd F 9:30-11a SD Aud		Mem Mtg M 12/5, 10a	Area codes 623 unless noted.	SB = Sun Bowl
		Bocce: SD	Open Play: Su 12/4-18 2p; MTWTF 12/1-30 1p		
r: MV	Clubhouse Workshop W 9:30-11:30a	623-693-2881	Daytime Tournaments: M Tu W F 1p; end 12/16	Important Datas fo	r Clubs to Domombarl
or visit	Gen Mem Mtg/Entertainment 3rd M 7p	Check the Club House Bulletin Board or	Super Tournament Sa 12/10 1p	important Dates io	r Clubs to Remember!
r.org	Upcoming Winter production Fri-Sun 1/13-1/22	online at https://suncityaz.org/recreation/	Daytime Playoff Sa 12/17 1p;		
	Rehearsal Tu 1-5p FW Music Room	clubs/bocce-club/ for complete schedule	Xmas Party M 12/12 4-8p SD EH	December	
	Dance 1st Tu (12/6) 2:30-4:30p Sundial Aud		Closed 12/25 Christmas Day		ons due for January
		Dart Club: BC	M T W 5:30-8:30p; Th 2-4p		·
	Th 3-4:30p FW Music Rm	623-203-9715	Christmas Party Su 12/11 2-7:30p OM Aud		Register & guest fees due
	Mentorship 1st/3rd Th 1:30-2:30p FW Music Rm	Lawn Bowls: BC 623-972-3248	M W F 8:45-11:15a		e Spreadsheet due
	Xmas Open Mic Party Th 12/1, 5-7p FW AZ 1-2	Lawn Bowls: FW & MV	Tu Th Sa 8:30-11a	31 RCSC Chartered Clu	ub Officers Form BP12-3 due
	Th 8:30-11a FW Music Rm	623-933-5066	14 11 54 0.30-114		
	Last Rehearal 12/8			January	
	Winter Concert Su 12/4, 1:30p SD Aud	Lawn Bowls: LV (Sun City Club)	Mondays 12-5p	5 SunViews submissi	ons due for February
		907-644-4604	, ···		Register & guest fees due
	No Media this second				
	No Meeting this month	Lawn Bowls: LV	Tu W Sa 8:30-10:30a	10 Monthly Attendance	
		623-974-3214	Election, Xmas Party Sa 12/17, 4-9p FW AZ	31 Club Annual Finance	cial Statement due
	Christman Darts 9, Officer Tests Haller	Lawn Bowls: OM	M W F 8:45-11:30a; Su 1:45-3:15p	31 IRS Form 1099 due	(For Independent Contractors
	Christmas Party & Officer Installation	623-792-5202	Election, Xmas Party Sa 12/10, 5-7p FW AZ	paid \$600 or more)	-
	W 12/14 5:30-8:30p SD EH	Mini-Golf: LV	Golf 12/14 10a BC; 12/28 10a MV		
		602-550-0733; 602-999-7011	Mem Mtg Tu before 2nd W 9a LV SH #1	February	
	Projectration/Mem Mta Tu 12/12, 15 FW 47.1.2	Dicklobally MC MV	Christmas Party Tu 12/13, 3-6p LV SH #1		
	Registration/Mem Mtg Tu 12/13, 1p FW AZ 1-2 Holiday Party Th 12/1 1-4p FW AZ 1-2	Pickleball: MC, MV scpickleball002@gmail.com	Contact Club for Times, Other Activities Member Mtg M 12/5, 4-6p MC Aud	5 SunViews submissi	
	Holiday Party Th 12/1, 1-4p FW AZ 1-2	Contact Club for Times, Other Activities	Christmas Party W 12/7, 2-10p SD Aud	10 Guest Attendance	Register & guest fees due
		contact club for filmes, other Activities	Simistings Forty W 12/7, 2-10p 3D Add	10 Monthly Attendance	

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

Special Election Pull-Out Section

RCSC Board of Directors Election

VOTE

Important RCSC BOD Election Information & Dates to Remember

Ongoing

- Online Voting via the RCSC Web Portal continues thru Election Day -Tuesday, December 13, 2022 at 4pm
- Absentee Ballots can be obtained via Lakeview Corporate/Board Office

Friday, December 2, 2022

 Last day to request Absentee Ballots be mailed. Absentee Ballots can be obtained in person at the Lakeview Corporate/Board Office until Monday, 12/12 and all ballots must be returned/received by 12/13

Tuesday, December 13, 2022

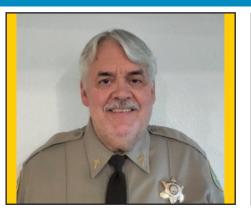
- Election Day In-person Voting in Lakeview Social Hall #2 from 8am to 4pm. Bring your RCSC member card (with photo) to cast your ballot.
- Election Results Announced to RCSC
 Members & Press (late evening)

Thursday, December 15, 2022

 Candidates Elected Sworn-In at the RCSC Board of Diretors Meeting at 9am in the Sundial Auditorium

Candidate Forums

• View the Candidate Forum videos on the RCSC YouTube channel via the RCSC website at www.suncityaz.org



JOHN SAHLBERG

Experience:

2 years and still present as Chaplain Maricopa County Sheriff Office

3 years a Chaplain for Sun City Fire Department 4 years in the Army and 6 months in the

Army Nation Guard with an Honorable Discharge

28 years as a firefighter with different departments in Illinois. Dive Rescue Specialist 20years

Medical Diver Fire Department 20 years 3 years chairman of my church board in

Waukegan, IL I have worked with the public in all my jobs

Went to Hope International University. I have lived in Sun City for 17 years.

SC/Community Involvement:

- Avid SC Bowler
- Avid SC Woodshop Member
- Member of Piano Club

Goals:

- 1. To bring the word neighbor back to life in Sun City, caring and loving one another.
- 2. To contribute my life experience and abilities in a truthful and honorable way.
- 3. As a Liaison to listen with an open mind to all who share their concerns with me.
- 4. To encourage the community to keep Sun City beautiful as Del Web envisioned it should be for us and future families who will be retiring here.



DARLA AKINS

Experience:

Over 30 years as a Physical Education Teacher and Coach. Masters in Elementary Education and Bachelors in Physical Education. Taught K-12 in Rochester NY for 10 years and K-8 in Glendale AZ for 26 years. Elected Vice President of Glendale Elementary Teachers Association/AZ Education Association. 6 years Detention Officer for Maricopa County Sheriff's Office. 6 years in the Army National Guard.

SC/Community Involvement:

- RCSC Board Director 4 years; 1 yr. appointed; 3 years elected
- Co-Chair of Bowling Committee
- Vice President Sun City Foundation
- Liaison for SCHOA Roads & Safety
- 14 years SC Line Dance Club
- 10 years Rock & Roll Dance Club & Classic Rock Dance Club
- Member of Mah Jongg Club

Goals:

- 1. Work to keep Sun City affordable and appealing for all residents.
- 2. Help the Board to continue to build the Sun City Residents confidence and respect by promoting transparency.
- 3. Work to help the Board continue to improve communication with Sun City Residents.
- 4. Work to help keep our fees lower than other comparable age restricted communities.



JOHN FAST

Experience:

Ohio native who with his wife of 44 years have made Sun City their retirement community of choice. Formally trained in accounting, finance and law. Worked for 35+ years in corporate finance departments of large corporations (Coors, Price Waterhouse Coopers, TRW, Exxon and Nutrien) as a leader in the tax field. Major duties included drafting and reviewing legal documents, company contact for IRS (not my favorite duty), accounting preparation and review, developing internal financial controls relating to the tax function and, of course, other duties and special projects as assigned.

SC/Community Involvement:

- Member of Tennis Club
- Bell Woodworking Club
- Next Gen
- New member of Budget & Finance
 Committee
- VVSC Club and willing participant in many other activities available in Sun City.

Goals:

- 1. Restore trust between board, members and management through open and honest communications.
- 2. Proactively seek member input on major decisions and concerns.
- 3. Insist on data driven decisions
- 4. Hold management accountable for prudent use of members funds to provide members with high quality recreational opportunities.

Fairway Sterling & Stones

Fairway Sterling and Stones is always a happening place! Whether it's a class, artisans creating incredible pieces of jewelry or even members reuniting with friends, there is always something happening. It is also a great place to learn a new skill in the art of lapidary and/or metal smithing. The years of experience present in the club on any given day is phenomenal. It is truly a wonderful place to learn as all are so willing to share their knowledge and mentor those who are beginning their sterling and stones journey.

Basic classes teach fundamental skills, project classes teach more advanced skills and you walk away with a lovely piece of jewelry you created. Classes are also available in lost wax casting, wire wrapping, silversmithing, glass fusion, lapidary, viking knit, reticulation and chain making.

All are welcome to visit Fairway Sterling and Stones at Fairway Center (107th Ave & Peoria Ave. Room #136). We also sell many beautiful pieces in our Jewelry shop which is open Monday through Friday 9am to 3pm. All RCSC Cardholders are invited to become members. We'd love to welcome you into the club!

500 Club

The card game 500 is a trick taking game similar to Euchre but using a 45 card deck. It dates back to the early 1900s and is played by four players in two sets of partners. Although the game is played with partners, you do not need a partner to join or participate. We select partners before play begins for the first round and rotate them after each round of four games.

We play every Monday at the Fairway Recreation Center. Sign-in and practice at begins 5:45pm, game play starts promptly at 6:15pm and we finish by 9:00pm.

The club is open for membership to all RCSC Cardholders. Dues are \$3 per year plus 50 cents per night to play. For more information contact Robin at 815-909-6422.

Model Railroad Club

The Sun City Model Railroad Club has a 1,600 square foot, three level HO-scale layout located at in our club space at the Fairway Center. The club, chartered since November 1971 is open for membership to all RCSC Cardholders.

While most model railroad clubs in the area are road and era specific, we recognize most of our members moved here from elsewhere and many have

equipment for railroads that did not run in Arizona. So if you have Great Northern, New Haven, Milwaukee or anything else; it is welcome here. On the other hand, if you got rid of your equipment in downsizing and moving, we have 60 club owned locomotives and over 500 pieces of rolling stock available.

We have monthly operating sessions with six operating switch areas, a branch line and two main line trains. We also have a need for people interested in wiring, scenery building and track and equipment maintenance.

The club is formally open for visitors Wednesday and Saturday 9:00 am to noon, but visitors are welcome anytime members are present, Monday through Friday 8:00 am till noon. For more information contact Tony at 239-207-7314 and leave a message

The Creative Quilters Club looks forward to our relocation to the Grand Center and merger with the Friendship Quilters and Fabric Artists Club. The combined club will be named Quilters on Grand. Dues for the new club will be \$10 per year. We expect the event to happen early next year. Hours of operation for the new club have not been determined.

Until that time, our hours at Lakeview are Monday, Wednesday and Friday from 8:00am to 4:00pm with meetings on Fridays at 9:30am. Our meetings feature show and tell by members, guest speakers and a monthly business meeting on the second Friday. We have an assortment of sewing and guilting machines available as well as cutters, cutting tables, ironing boards, rulers and a design wall.

We participate in Sun City's annual Arts & Crafts Festival every November and hold a biannual Quilt Show in March. Proceeds from these events are used to purchase material used in guilts donated to local charities. The club is open to all RCSC cardholders. For more information., please contact President Jo Ann Bray at 970-261-1798

Artistic Weavers & Fiber Artists

2023 is right around the corner and the Artistic Weavers Club is busy planning classes and activities for our long-standing and brand-new members.

Special interest groups meet and offer lessons on the following days: Coiled baskets-Mondays, reed baskets-Fridays, spinning-Wednesdays, and a great group of knitters and crocheters gather for all kinds of fun on Thursday afternoons. We offer lessons for rigid heddle, inkle loom and Swedish weaving techniques. Beginners loom weaving classes will start the first week of February and run for four weeks. Every group offers low-stress classes where you can learn new skills, hone the ones you have, and make new friends while having fun.

The club also offers workshops, field trips and guest speakers for topics related to fiber arts and beyond. Members' hand-crafted items are displayed for sale and will inspire you to make your own wonderful creations.

Membership meetings are held on the third Thursday of each month, October through April. Annual membership is \$12 for all RCSC cardholders. We're open for visitors from 9am to 3pm, Mondays-Fridays. Please contact Kim at oakmontawfa@gmail.com for more information or stop by our club room at Oakmont. We'd LOVE to have you join us!

Handbell Ringers

The Handbell Ringers, directed by Libbie Randels, are working diligently on the music for their holiday show at American Lutheran Church in Sun City on Sunday, December 11 at 3 pm. "Ring a Song of Christmas" is the title and central theme of this year's program. They will be ringing some familiar favorites like "Frosty the Snowman," "What Child Is This?" and the ever popular "White Christmas." The program also includes several sing-a-long holiday

songs when the audience is invited to join the bells. The program concludes with "Joy to the World" featuring guest organist Dr. James Gerber, Director of Music at American Lutheran Church. Tickets are \$5 and can be purchased from members and at the door.

This semester there are 26 ringers who come from a wide variety of musical and non-musical backgrounds that include numerous medical fields, a photographer, an airline stewardess, a pastor, a

dog groomer, a web site designer and many music teachers. They come together each week at Fairway Center to rehearse, to enjoy great comradery and to share their love of music.

Membership in Handbell Ringers is open to RCSC cardholders and invited guests. For more information, please email Doreen at doreenc4488@gmail.com.





ANNUAL CLUB ARTICLES







2022 RCSC Christmas/New Year's Holiday Schedule

Friday, December 23

All RCSC Offices - Close at noon. Corporate/Board, Cardholder Services, Clubs, Human Resources) at Lakeview; Events & Entertainment at Sundial & Sun City AZ Visitors Center at Bell.

Saturday, December 24 - Christmas Eve

All Recreation Centers - Close at 4pm. All Golf Courses - Open. Pro Shops & Snack Shops - Close 3pm. Bowling Centers (including George's Cafés) - Close 3pm.

Sunday, December 25 - Christmas Day

All RCSC Offices & Recreation Centers - Closed (except Bell and Fairway) All Golf Courses and Snack Shops - Closed. Bowling Centers (including George's Cafés) - Closed.

Christmas Day - Bell & Fairway Centers

Open 8am to 4pm. Children may swim at Fairway only (ID required for 4-5 YO)

Monday, December 26

All RCSC Offices - Closed. Corporate/Board, Cardholder Services, Clubs, Human Resources at Lakeview; Events & Entertainment at Sundial; Sun City AZ Visitors Center at Bell.

Duffeeland Dog Park

Open all holidays, normal hours of 7am to 6pm.

Pickleball Courts

Mountain View Pickleball Courts will be open 8am to 4pm on Christmas Day and New Year's Day.

Because of you, life doesn't stop.

Friday, December 30

All RCSC Offices - Close at noon. Corporate/Board, Cardholder Services, Clubs, Human Resources at Lakeview; Events & Entertainment at Sundial & Sun City AZ Visitors Center at Bell.

Saturday, December 31 - New Year's Eve

All Recreation Centers - Close at 4pm. All Golf Courses - Open. Golf Snack Shops - Close at 3pm; Pro Shops - Close at 5pm. Bowling Centers - Close at 4pm. George's Cafés at Bell & Lakeview - Close at 3pm.

Sunday, January 1 - New Year's Day

All RCSC Offices & Recreation Centers - Closed (except Bell & Fairway) All Golf Courses - Open. Snack Shops - Close at 3pm; Pro Shops - Close at 5pm. George's Café at Bell & George's Lakeview Café - Closed.

New Year's Day - Bell and Fairway Centers Open 8am to 4pm.

Children may swim at Fairway only (ID required for 4-5 YO)

Monday, January 2

All RCSC Offices - Closed. Corporate/Board, Cardholder Services, Clubs, Human Resources at Lakeview; Events & Entertainment at Sundial: Sun City AZ Visitors Center at Bell.

Wishing everyone a very merry & safe

#VitalToLife

Discover ΑΓΙΖΟΝΑ **RECREATION CENTERS** OF SUN CITY

Wednesday, January 18, 2023 **Sundial Auditorium** Two Sessions: 9am & 6pm

JOIN US FOR A COMMUNITY MEETING **ON CRIME PREVENTION**

The Maricopa County Sheriff's Office - District III will be giving a presentation on Crime and Fraud Prevention to the residents of Sun City

January 16th, 2023

9:00 AM - 12:00 PM **Sundial Recreation Center** 14801 N. 103rd Ave. Sun City, AZ 85351



Invite your neighbors!



12/15

ADVANCE **APPOINTMENTS**

are encouraged to help maintain social distancing.



DONATE BLOOD vitalant.org | 877-25-VITAL

12/16

Sun City Visitors Center BLOOD DRIVE

Thu., Dec. 15 & Fri., Dec 16, 2022

8:00 am - Noon

Bloodmobile in Loading Zone

Please call the Sun City Visitors Center at (623) 977-5000 to schedule your lifesaving appointment.

Streets of New York would like to thank you for giving blood with a voucher for a free 10" cheese pizza.

vitalant



WHO ARE WE?

Across the nation, thousands of independent non-profit organizations called Friends of the Library exist to support their local libraries. They all have one common goal—to help the libraries thrive by providing assistance at all levels, from fundraising to staff support to community programs. All members are volunteers.

The Sun City Friends are unique in that there are no membership fees. Almost 100% of our fundraising comes from books and other media sold in Books Around the Corner, a used book store located in the Sun City Library at the Bell Recreation Center. All books are donated by generous readers throughout Sun City and neighboring towns. Proceeds go to support our two Libraries located in Sun City at the Fairway and Bell Recreation Centers.

Recently the Friends Board has funded a drive-up book return, signage for a designated parking space for curbside pick-up, an automated book return at Bell, supplies for a Seed Library, a 3D printer, and improved lighting in the Library entrance to Fairway. Prior to COVID restrictions, our Book Buddies delivered books to the homebound, and our Book Friends read aloud to residents in memory care facilities. These services may not be able to return; however, we are looking at ways to improve our service to our Libraries and Sun City community in the future.

The Sun City Friends continue to work with our librarians to provide updated materials, equipment, and manpower to enhance the library's ability to remain current and accessible to all patrons. You can visit us at our Bookstore Monday through Saturday in person, or online at https://www.suncitylibraryfriends.org.

WHAT'S NEW FOR DECEMBER

BOOKS AROUND THE CORNER is having a half price sale on everything in the store.

- Christmas gifts for friends and family.
- Happy New Year personal bookshelf restock.
- DVDs, CDs, Books on Tape, Sheet Music, Puzzles, Large Print Books, Vintage Books.

OUR LIBRARIES will close at 1 p.m. on Saturday,

December 24, and reopen on Tuesday, December 27 for the Christmas holiday; and will be closed on Sunday, January 1, and reopen Tuesday, January 3 to celebrate the New Year's holiday.

At the Sun City Library (Bell) December programs include:

- Thursday, December 1 from 10-11am. Snowflake Rocks: https://tinyurl.com/Snowflakerocks
- Monday, December 5 from 5-6pm Flute and Guitar with SoSco. No registration.
- Tuesday, December from 1-3pm. Light Up Graham Cracker Houses: https://tinyurl.com/ LightUpHouse
- Thursday, December 29 from 2:30-4:30pm. Make a Dinosaur with the Grandkids https://tinyurl.com/ MakeDinosaur

Maricopa County Libraries | mcldaz.org | 602-652-3000

Sun City Library Hours: Mondays 9am-7pm; Tuesday thru Saturday 9am-5pm
Fairway Library Hours: Monday thru Saturday, 9am-5pm

Books Around the Corner | suncitylibraryfriends.org | 602-651-2014 The Friends of the Sun City Libraries, Inc. Bookstore

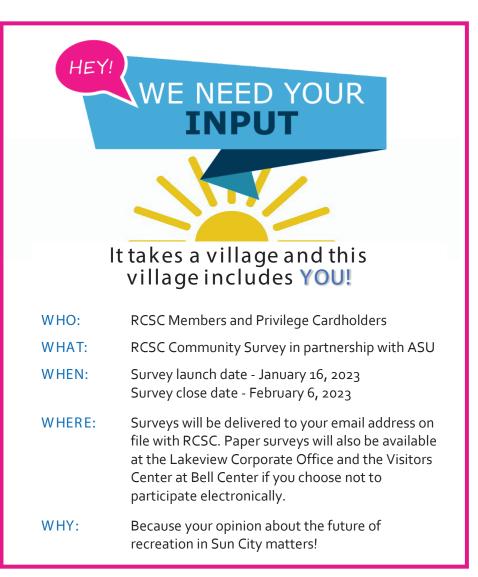
- Open Monday thru Saturday, 9:30am-3:30pm
- Located in the Sun City Library at the Bell Recreation Center

Water Conservation

Tips for Saving Water Over the Holidays

'Tis the season for giving - and for saving water with these simple tips. Cheers!

- Buy recycled paper products as those require much less water in their manufacturing than those made from virgin paper. Or better yet, use real plates and glassware for your party rather than waste going to the landfill.
- Check your bathroom fixtures for malfunctions or leaks. With company visiting there more potential for plmbing issues. Just a faulty toilet flapper can waste as much as 200 gallons per hour.
- Cook food in as little water as possible which also helpspreserve nutrients. Try roasting vegetables and let the oven do double-duty when cooking holiday meals.
- Turn the water off while you lather when washing hands.
- Consider swapping meat for a vegetarian meal. It takes almost 1,800 gallons of water to produce just a pound of beef. If you were to skip meat one day a week, you'd conserve 65,000 gallons of water in a year. Wow!
- Don't use water to thaw food. Plan ahead and defrost food in the refrigerator.
- Use your dishwasher and run only full loads rather than hand washing.
- Use the leftover ice from your holiday party cocktails to water indoor plants.
- Rather than letting the faucet run, rinse vegetables in a pan of clean water instead.



FITNESS | MONITORED ACTIVITIES

Tips from Get Fit for Life

Exercise Mistakes Can Lead to Joint Injury

Seasoned exercisers and weekend-warriors will occasionally suffer joint injury. Those injuries could be avoided, with careful attention to some common pitfalls, when exercising:

- Doing too much, too soon Whether coming back from an injury or starting a new exercise program, there is a tendency to push too hard. Joint injury is common when you don't allow the body to adapt slowly to exercise. As an aging adult, every system in your body needs time to adapt to exercise: your muscles, circulatory system, ligaments, cartilage, bones, and joints. Ease into an exercise program, regardless of how motivated you are to get that workout going. If all goes well, progress sensibly, with the intensity, duration and frequency of what you are doing. It's important to remember that a myriad of physiological changes are occurring in the body, after the age of 50. Exercise can help to deal with those changes, but caution should be used, as you delve into the "start-up" phase.
- Performing the same exercises all the time Too much of a good thing, when exercising, can become a bad thing. Using the same workout approach, week after week, can trigger negative results. Your body likes change. Switch-up your cardio machines, and use various workout approaches with them. Change your strength routine with completely different exercises for each muscle group. Challenge your body with new stretches this will bring better results, with fewer injuries. Taxing the same muscles and joints in the same way, week after week, can easily lead to overuse injury and cartilage decline. Moving muscles and joints in different directions, with varied intensities, will improve mobility and fitness, as well as increase bone density.
- Exercising with improper technique and form If the seat or resistance level on a cardio machine is set improperly, knee or hip injury can occur; if pivot-point and range-of-motion settings on weight machines are overlooked, shoulder, elbow, knee or hip joint problems can develop; if gait patterns, alignment, and form are poorly executed with body-weight exercises (squats, lunges), the body is at risk with every movement. Diligence and attention to detail is necessary, if joints are going to perform correctly through the required range of motion. Proper form is the key to exercise results, and joint security. Focusing carefully on form and exercise execution is a must. Some exercises may be entirely contraindicated, due to existing physical concerns and issues. This fact needs to be respected, in order to remain injury-free.
- Non-supportive footwear Although saving money and fashion trends are the primary motivators in footwear purchases, those same motivators may be leading to joint concerns. Wearing shoes with too little support, and ones that don't lend themselves to specific anatomical and mechanical issues (over-pronation, supination) will put knee & hip joints at risk. Exercise footwear is best purchased from a professional, who can analyze needs and issues, and recommend appropriate shoes for each exercise activity. Proper footwear is far more important than most people realize.

Whether you are a seasoned exerciser or new to the workout world, a Get Fit for Life personal trainer can help you avoid the exercise pitfalls that result in joint problems. Trainers monitor form, technique, cadence, breathing, and all of the elements that result in correct exercise protocol. All medical issues are taken into consideration, before a program is designed. To find out more about working with a trainer, call 623-696-6820 or visit Get Fit for Life, Sun City AZ on Facebook. Gift Certificates are available for Holiday giving.

MONITORED ACTIVITIES

** See Page 10 for Christmas/New Years Holiday Schedule/Hours **

Basketball	Minimum Age: 8	Pickleball	Minimum Age: 8
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Billiard Tables	Minimum Age: 14	Mountain View: Outdoor	M-Sa: 6a-7p; Su 8a-7p
Bell Lanes	M-Sa: 8a-9p; Su: Noon-8p (9/1-4/30)	Racquetball/Whisperball	Minimum Age: 8
akeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Bell Center Courts A & B	M-Sa: 6a-9p; Su: 8a-8p;
airway Center	M-Sa: 5a-9p; Su: 8a-8p	Closed for Club/Class: M-F 1:3	0-3:30pm
Bingo	Minimum Age: 18	Shuffleboard	Minimum Age: 8
Sundial Center	Thursdays: Doors Open 4:30p; Bingo 6:15p	Bell Lanes: Indoor	M-Sa: 8a-8p; Su: Noon-7p
	\$9 all 18 games w/3 special games	Lakeview: Outdoor	M-Sa: 6a-8p; Su 8a-7p
	Everyone welcome.	Spas	Minimum Age: 16/18*
Boating/ Fishing	Minimum Age: 6/NA	Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p
akeview Center	Closed for Viewpoint Lake Renovation	Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Bocce Courts	Minimum Age: 8	Lakeview Center	M-Sa: 6a-7p; 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-7p; Su 8a-7p
Bell Lanes	M-Sa: 8a-9p; Su: Noon-8p (9/1-4/30)	Sundial Center - 18+ only*	M-Sa: 6a-9p: Su: 8a-8p
akeview 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	October - April: 7am-6pm	-	8p; 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-9p; Su: Noon-8p (9/1-4/30)	Lap Pool: M-Sa: 5a-9p;Su 8a-8	5
itness Centers	Minimum Age: 14*	Walking Pool: M-Sa: 5a-9p;Su	•
Sell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p	Lakeview Center	Minimum Age: 4-15*/16
airway Center	M-Sa: 5a-9p; Su: 8a-8p		I for Club/Class: W 8-10a (April-Oct only)
akeview Center	M-Sa: 6a-7p; Su 8a-7p	Children's Pool Hours - Ages 4	
Aarinette Center	M-Sa: 6a-9p; Su: 8a-8p	-	
Iountain View Center	M-Sa: 6a-7p; Su 8a-7p	Marinette Center	Minimum Age: 4-15*/16
Dakmont Center	M-Sa: 6a-7p; Su 8a-7p		d for Class: Tu, F 9-10a (thru 12/16)
Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p	Children's Pool Hours - Ages 4	, , ,
Horseshoe Courts	Minimum Age: 12	Mountain View Center	Minimum Age: 4-15*/16
Aarinette Center	M-Sa: 6a-9p; Su: 8a-8p		l for Class: M Th 9-10a (thru 12/15)
Yountain View Center	M-Sa: 6a-7p; Su 8a-7p	Children's Pool Hours for Ages	
logging / Walking Track	Minimum Age: 14	Oakmont Center	Minimum Age: 16
indoor	Pinindin Age. 14	M-Sa: 6a-7p; Su 8a-7p	
Fairway Center	M-Sa 5a-9p; Su: 8a-8p	,	F 12-3p; Spa, Swim Lanes remain open
Sundial Center	M-Sa only: 6a-8a	,	10a (thru 12/16), Swim Lanes closed.
Dutdoor	Minimum Age: 8	Sundial Center - 18+ only	Minimum Age: 18
Aarinette Center	M-Sa: 6a-9p; Su: 8a-8p	Large Pool: M-Sa: 6a-9p; Su:	
Sun Bowl	Dawn to Dusk	Closed for Class: M, Tu, Th, F	
ibrary (602) 652-3000	Call to confirm hours		-9p; Su 8a-8P; Closed for Class: T/Th 12-2p;
Sell Center	M: 9a-7p; Tu-Sa: 9a-5p	Closed for Class M Tu, Th F 10	a-12p, 4:30-6:30p (thru 12/16)
OTL Bookstore at Bell		Table Tennis	Minimum Age: 8
	M-Sa 9:30a-3:30p	Bell Center: M-Sa: 6a-9p; Su:	8a-8p;
airway Center	M-Sa: 9a-5p	Closed for Club Activity: M 10	a-3p; W F 10a-4p; Tu Sa: 10a-12p
Mini Golf	Minimum Age: 6	Tennis	Minimum Age: 8
Bell Center	M-Sa: 6a-9p; Su: 8a-8p	Bell Center: 623-977-3325 M-	Sa: 6a-9p; Su: 8a-8p
akeview Center	M-Sa: 6a-7p; Su 8a-7p	Lakeview Center: 623-561-467	'6 M-Sa: 6a-7p; Su 8a-7p
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Mountain View: 623-876-3042	M-Sa: 6a-7p; Su 8a-7p
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p		••••••

Strength Machine Demonstrations ** Wednesdays in December @ 11:30am **

12/7 @ Bell w/ Dick; 12/14 @ Marinette w/ Dick; 12/21 @ Fairway w/ Jane Space is limited; advanced sign-up at front/welcome desk at each specific center is required.

Member Fitness & Massage Services

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



Fitness Training 623-696-6820

Personal Training Sessions are available at all RCSC Fitness Centers



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



Bell Center Lisa McCoy 623-210-2707

Massage by Julie 602-689-0802