

SUN VIEWS

ISSUE #255 • FEBRUARY 2023 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.



Lots of February Fun Ahead

Let's get the party started now that the holidays are over and spring is ready to get sprung! There are plenty of events coming up both here in Sun City and throughout the metro Phoenix area that make this a great place to be – whether all-year or just for the winter!

RCSC Members and Privilege Cardholders have enthusiastically participated in the RCSC/ASU Survey which began in mid-January. All responses must be returned by Monday, February 6, so there's still time to help shape the future of community recreation.

Wednesday nights at the Sundial Auditorium continue to be the "hot spot" for great music at a fabulous price no matter what the temperature. Great Las Vegas-style shows in the month of February include Echoes of the Platters (2/1), 6 Guitars (2/8), The Motown Miracles (2/15) and The Karen Carpenter Story (2/22). Turn to page 3 for more information on future shows. Consider taking your sweetheart (or hook up with a good friend or neighbor) for an evening of superb entertainment – right here in Sun City.

Other great ways to be entertained this month include the Sun City Concert Band's annual "Sousa Concert" on Saturday, February 18 at 2pm (free for RCSC Cardholders) and the Tip Top Dance Club's Variety Show on Sunday, February 19 at 1pm (tickets are \$12/person available in advance or at the door; see page 3 for more information). These shows will both be in the Sundial Auditorium.

RCSC Chartered Clubs are in full swing and new members are always welcome! Some of the special club events happening in February for your enjoyment include the following:

- Camera Guild's Winter First Friday Gallery Opening happens on February 3 from 4 to 6pm at Grand Center
- Artists by the Lake is hosting their first "Fine Art Show & Sale" from 9am to 3pm on Saturday and Sunday, February 4-5 in the Lakeview Center Social Halls (upper level)

RCSC Offices Closed on Presidents' Day

All RCSC Offices at Lakeview Center (Corporate, Human Resources, Cardholder Services and Chartered Clubs), Events & Entertainment at Sundial and the Sun City AZ Visitors Center at Bell will all be closed on Monday, February 20, 2023 in observance of Presidents' Day.

All Recreation Centers (fitness, pools, spas), Bowling Centers and Sun City AZ Golf Courses will be open normal operating hours for RCSC Member/Cardholder use and enjoyment.

Please note that in addition to normal weekday hours, the Cardholder Services Office at Lakeview is open the first Saturday each month from 9am to noon to conduct your transactions as needed.

- Check out the Rhythm Ramblers monthly big-band dance on Tuesday, February 7 from 2:30 to 4:30pm in the Sundial Auditorium
- Model Train enthusiasts won't want to miss the annual Sun City Model Railroad Swap Meet on Saturday, February 11 from 8:30am to noon at Fairway Center
- Sun City Carvers Open House on Saturday, February 11 from 8am to 1pm in their Lakeview Center club room is sure to "whittle" some imaginative creativity for those attending
- Zumba Club's Open House on Friday, February 24 from 11am to 2pm in the Bell Social Hall promises to inspire new club members to enjoy fitness and fun with this good time exercise activity

There is more fun ahead come March (including the full return of cactus league spring training). Some of these future events are mentioned in this edition of SunViews like the Spring Sun Bowl schedule - so pay attention. Mark your calendar and make your plans to enjoy all Sun City has to offer.

BTW – There's likely to be several Super Bowl parties going on in the West Valley as well on February 12, Please stay safe – and may the best team win!

This is your chance to make a difference!

Shape the future.
Take the RCSC survey.
Your opinion matters.

Survey responses must be returned by
Monday, February 6, 2023
Thank you for your participation!

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





2023 RCSC Board of Directors

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A Message from Board President Nowakowski

Member Participation in Process Welcomed, Encouraged

The shortest days of winter are behind us now as the 2023 Board of Directors assumes its duties, chief among which is “to do anything and everything lawfully necessary in the interest of the Members of the Corporation.” In this spirit, as days lengthen and activities and events fill our busy schedules, we welcome suggestions, assistance, and participation from our fellow residents and pledge to keep service to our Membership our guiding mission.

After an historic turnout in the recent Board election, we are pleased to welcome newly elected Board members Jean Totten (Secretary) and John Fast (Treasurer) to our midst, while welcoming back re-elected Director Steve Collins (Vice President). Former Director Sue Wilson has resigned from the Board effective December 31, 2022, leading to an unexpected first-order of business for the new Board to appoint a replacement. In accordance with RCSC Bylaws, the vacancy thus created will be filled by a person who receives a majority vote of the Board. Our intention is to install at the next Board business meeting (January 26) a ninth Board member, whose appointment will end at the conclusion of this year (2023)

Sun City’s unique history has involved twists and turns as success and failure vied with each other in testing the proposition that a community could successfully govern itself. The process of self-governance can be messy, and we recognize that some decisions we’ll be called to make will not enjoy unanimous approval. As



John Nowakowski
2023 RCSC Board President

we evaluate the challenges and opportunities facing our community - past, present, and future - we want you to know what we (a diverse group of individuals with diverse opinions) are thinking; the best decisions are often distilled from the crucible of robust debate. You deserve to both witness and shape the decision-making process, which we trust will lead to a healthy community, enjoying the present and facing the future with eagerness and anticipation.

Please continue to bring your ideas to the Exchange meetings held on the second Monday of each month, and let us know if you’ve got suggestions for improvement. While we hope to move projects forward with dispatch, we also recognize the need for careful deliberation, data gathering, and vision casting. You can help us by filling out the Member survey that will be sent out by email starting on January or if preferable, by paper copy available at the Corporate Offices at Lakeview or the Sun City Visitors Center at Bell.

Here’s hoping that 2023 will be a banner year for Sun City! Let’s rally together and get started now!



Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.

- Unknown

This Month @ The Board

RCSC Board of Directors Meetings

Member/Board Exchange	Monday, February 13, 2023 @ 9am	Sundial Auditorium
Board of Directors Meeting	Thursday, February 23, 2023 @ 9am	Sundial Auditorium

Committee Meetings:

Bowling Committee	Thursday, February 2, 2023 @ 9am	Lakeview Board Room
Lawn Bowling Committee	Tuesday, February 7, 2023 @ 1pm	Lakeview Board Room
Technology Committee	Wednesday, February 8, 2023 @ 4pm	Lakeview Board Room
Sun City AZ in Focus Committee	Monday, February 13, 2023 @ 4pm	Lakeview Board Room
Golf Advisory Committee	Thursday, February 16, 2023 @ 8:30am	Lakeview Social Hall #2
Long Range Planning Committee	Monday, February 20, 2023 @ 8:30am	Lakeview Board Room
Elections Committee	Wednesday, February 22, 2023 @ 1pm	Lakeview Board Room

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



“Neighbors Helping Neighbors”

The next Sun City Foundation meeting will be held on Thursday, February 9, 2023 at 11:00am in the Lakeview Board Room.

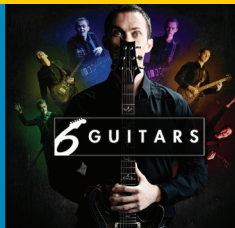
Sundial 2023 • Winter | Spring Concert Series

TY SWEET TRIBUTE:
ECHOES OF THE PLATTERS



Echoes
of the
Platters

Wednesday, February 1, 2023



Chase
Padgett
presents
"6 Guitars"

Wednesday, February 8, 2023



Wednesday, February 15, 2023

Kool KC Tribute Band



Wednesday, March 8, 2023



The Karen
Carpenter Story
featuring
Chloe Foston

Wednesday, February 22, 2023



Wednesday, March 1, 2023



Wednesday, March 15, 2023

The Righteous Brothers Tribute



Wednesday, March 22, 2023

It Takes Two - Rod Stewart & Tina Turner Tribute



Wednesday, March 29, 2023

RCSC Cardholders/Guests \$23-\$25/pp | Non-RCSC Cardholders: \$30/pp + Fees
Show Time: 6pm | Doors Open: 5pm

Purchase tickets at the Events & Entertainment Office at Sundial Center, online at www.suncityaz.org
or by phone at 623-561-4680 with Visa, MasterCard or Discover

****All ticket sales are final; no refunds will be issued.****

Great Entertainment at a Great Price - Right Here in Sun City

For the complete description of shows, visit www.suncityaz.org/recreation/concerts/

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.

Duffeland Dog Park
14610 N. Del Webb Blvd.

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

TIP TOP
DANCERS

LOVE..LAUGH..DANCE

Variety Show February 19, 2023

Show Time: 1:00pm | Tickets \$12/Person
Purchase in advance in the Sundial Atrium or at the door
For more info, call Lynn Wandrey 253-381-1542

Variety at its best!

You will see the Phoenix
Boys Choir Cadets,
Clowns, Pirates & more.
Dancers & Singers
& Talent Galore!
You'll smile, laugh & even
tap your toes.
Maybe stand up & holler,
one just never knows!

Thoughts from a Pro -
From the practice range to the course!

The easiest way to get the ball onto the green when you are close is to use your putter. Why? Because the ball stays on the ground and so it is easier to control the direction. However, when putting off the longer grass controlling distance is a bit harder since the ball must roll over the thicker grass before getting to the shorter grass.

So, the other option is to use an iron (in the same way you would the putter) and putt! This is called a “chip” but referring to it as a putt with an iron may give you a better sense of what the mechanics of the shot should be. Putting with an iron gives the ball a little hop before it rolls which will get the ball up and over the thicker grass. Unlike a putter which is flat, the iron has a lofted face which means you do not have to help it with the hop, but it will do it automatically if you simply putt!

Putting with an iron is a simple concept and it will make it a bit easier if you adjust the set up as if you were putting. In other words, stand over the ball like you do with your putter, choke down a bit to make the iron more the length of a putter and even use your putting grip.

Lastly experiment with different irons to see which ones work best for you. The more loft of the iron you choose the more it hops and the less it rolls. Most people find it helpful to have two clubs to use for chipping...one that does a little hop and a bigger roll like a 7 iron and perhaps one that does a bigger hop and a lesser roll like a pitching wedge.

Chipping can be fun and easy if you keep it simple. It also can save you lots of extra shots around the green if you practice and become consistent and confident. Enjoy!

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

COMING IN MARCH!



GOLF
CLINICS

Free for Sun City Residents & their guests!

Open to Men & Women; Junior golfers welcome!

No registration required!

If you're looking to improve your game or are just beginning to play.
If you want to lower your score, fix your slice or just hit the ball square.
Come out and join us – We can help!

- All clinics will be at Lakes West Driving Range:
- Saturday, March 4 @ 9:30am – Putting (Bring putter & a ball – 50% of your score)
 - Saturday, March 11 @ 9:30am – Chipping, approach shots (Bring 8 iron, pitching or sand wedge)
 - Saturday, March 18 @ 9:30am – Golf swing fundamentals (Bring 7 iron)
 - Saturday, March 25 @ 9:30am – Ball Flight Demo (Bring driver or 3 wood)
- Sun City Resident PGA & LPGA Professional will be on-hand to help!**
- | | |
|-----------------|---------------------|
| • Bob Day | Phone: 602-818-1470 |
| • Mike Wegner | Phone: 623-225-8546 |
| • Robin Eichten | Phone: 623-322-6300 |
| • Shane Crosley | Phone: 702-715-1560 |
- Business Cards are located in all RCSC golf pro shops. Call for an appointment.

RCSC Bowling Centers

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

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

Billiards at Lakeview Lanes, too!

Bell Lanes
16810 N. 99th Ave.
623-876-3050

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

Darts, Shuffleboard & Billiards at Bell Lanes!



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

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
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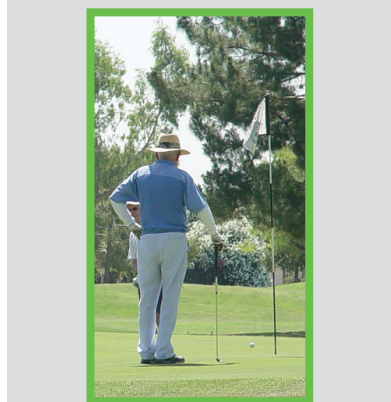
George’s Lakeview Cafe
Inside Lakeview Lanes
Phone: 623-876-3057

George’s Cafe at Bell Center
Inside Bell Lanes
Phone: 623-518-4525

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



- 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/
- February 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, February 23, 2023 at 1pm in Talisman Hall.



Visit <https://suncityaz.org/golf-courses-pro-shops/lessons/> for the full schedule of upcoming sessions or contact Chris Linam at 623-876-8419 for more info

\$130 includes 4 group lessons, with the 5th lesson being a round of golf. Lessons held at Willowcreek/Willowbrook Golf Course (unless otherwise noted**). There will be a variety of days and times, so you can pick the class that best fits your schedule.

Sessions are limited to only six students for each group, so be sure to sign up early!

Leather Craft Club

Have you looked for the perfect leather gift and couldn't find it? Have you purchased a belt that fell apart in six months? Why not join Leathercraft Club and make these items yourself? Leathercraft Club welcomes new members to our bright, comfortable room at Lakeview Center. At the main entrance, go up the ramp to the second floor (or use the elevator) and we are the first door on the right. As a resident of Sun City, you can sign up for the beginning instruction (only \$10) and get started making your leather items. Our Leather craft club started in 1968 and has been a popular workspace for decades of tooling beautiful designs in leather. Club hours are Monday, Wednesday, and Fridays from 8am-3pm. If don't want to make it yourself, you can purchase any of our beautiful belts, purses, wallets, and many more custom leather goods offered by our members. Two members recently competed at the Arizona State Fair and won first place in their leather work.

Our club features an extensive bookcase selection of classic western design patterns that work for any leather project. You are welcome to browse all the binders and manual selections. With your membership fee the club supplies tools, dyes, and fixatives to use on the premises and sells leather along with other accessories for all your projects. Good ventilation for application is provided in a separate side room. Classes are offered by our experienced members. Bring your own leather crafting toolbox and work on a project immediately or we will be glad to help you get set up with the necessary materials you need to begin exploring this creative hobby.

For further details, please call Club President Larry Vroom at 480-276-7583. More information is available on RCSC's website at suncityaz.org/recreation/clubs/leathercraft-club. Come by and introduce yourself, we look forward to seeing you!



Friday Afternoon



Now that the New Year is in full swing, it's time for some serious Bridge. We play Contract Bridge at Fairway Center, AZ Room #2 on Friday afternoons. We ask you to arrive by 12:15 pm. so we can start play at 12:30 pm.

All RCSC cardholders in good standing are welcome to join for a low membership fee of \$5.00 a year plus 50 cents each play day (from which high scores are paid). Slams are paid from the treasury.

Visitors to the club with current RCSC cards are welcome to try us out for \$1.00 a day plus .50 with a limit of 2 times before being required to join. Escorted Guests of Club members may attend any time for \$3.00 a day plus .50 cents. Please note, however, that preference will be given to current club members if we have excess players.

We enjoy 4 rounds of play with 6 hands each round, switching partners after each round. Men and women are welcome. No partner is needed. We pair up all players.

If Fridays are not convenient for you, we also play on Wednesdays and Thursdays at Oakmont Auditorium. Same time and rules apply.

We look forward to adding your name to our membership list!! For more information, please call 208-351-3806 or 623-249-9169.

Dance for Fitness

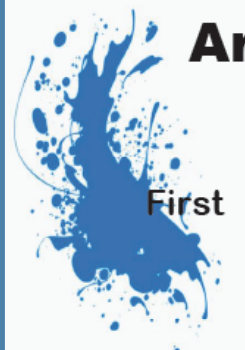


Have you lost your "get up and go"? Do your muscles rebel against any use? It's time to put some new spark in your life. Come join the fun at Dance for Fitness. Meet new friends, enjoy the music you grew up with, and ease those muscles back to the strength of the "old days."

Dance for Fitness classes will lead you through stretches, low-impact aerobics, and cool-down

routines all choreographed to music you will recognize. If you prefer some higher impact routines just put a bounce in your step. Adapt any routine to your fitness level.

Dance for Fitness classes meet three days a week from 9 to 10am on Tuesday at Bell Social Hall, Wednesday at Sundial Social Hall and Friday in the Mountain View Auditorium. Classes are open to all RCSC cardholders and you may attend three classes free of charge before you join. Dues are \$5 per year and there is no fee for each class. Join us one, two, or three days a week, whatever fits your schedule. For more information, please call Penny at 503-580-4636 or Jerry at 253-820-5453.



Artists by the Lake *Presents*

First Fine Art Show and Sale

**Lakeview Recreation Center
Social Hall, second floor**
10626 Thunderbird Blvd, Sun City 85351

**Saturday, February 4 &
Sunday, February 5
2023**

Artwork received on February 3 from 3-6 PM in the Club Room



**Show Hours
9:00 AM-3:00 PM**

Information Available at the Artists by the Lake
club room, Lakeview Recreation Center
10626 Thunderbird Blvd, Sun City 85351

Art and Craft Clubs		
Artists by the Lake: LV 402-304-2908	M-F 9a-4p; Classes & Open Painting Mem Mtg 1-3p 1st Tu LV SH 1 Art Show Sa-Su 2/4-5, 9a-3p LV SH	
Artistic Stained Glass: BC 623-974-4765	M-Sa 8a-3p; M-Th 5-8p	
Artistic Weavers & Fiber Artists: OM 320-253-3145 or oakmontfiberart.com	M-Sa 9a-3p Mem Mtg 3rd Th 1-3p	
Calligraphy: SD 623-210-9137	Th & F 9a-11p; Classes M-T, Th-F 1-3p Member Meeting Th 2/16, 9-10a	
Camera Guild: GR cameraguildsuncity.com	M-F 9a-12p; Member Mtgs: 1st Sat 9:30-11a & 3rd Wed 6-8p GR Sonoran Rm FMI visit http://www.cameraguildsuncity.com/	
Carvers: LV 847-287-1005	Tu, Th, Sa 8a-12p LV Rm 213 Club Open House - Sa 2/11, 8a-1p	
Carversaz@gmail.com	https://suncityaz.org/recreation/clubs/sun-city-carvers/	
Ceramics & Porcelain: FW 623-972-5818; 217-710-9023	M-F 9a-3p; W 9a-7p; Sa 9a-1p Mem Mtg 1st Mon 9a	
Ceramics: BC 623-974-6750	M-F 9a-3p, W 5-8p; Sa 9a-12p Mem Mtg 2nd F 9a	
China Painting: OM 714-684-4286; FMI scpcp1@gmail.com	M-F 9a-3p	
Clay Club: GR 623-933-0899	M-Th 8:30a-8:30p; F-Su 8:30a-4:30p	
Clay Corner: MC 623-977-3167	M-Sa 7:30a-9p; Su 8a-6p Mem Mtg 2nd W 8-11a MC Aud	
ClayCornerMarinette.org	Yard Art/Lunch 3rd W 8a-9p	
Crafts: BC 623-974-3497	M Th 9a-7p; Tu F 9a-3p; W 9a-8:30p No Membership Meeting this month Quality Control meets 1st M 1p BC MPR	
Crafts: SD 412-225-8065	Needle Craft M/Th 9a-1p; Heritage Albums 1st/3rd M 2-6p;	
sundialcraftclub@gmail.com	Card Making Tu 1-8pm; Scrapbooking F 9a-8p Open Crafts W 9a-6p, Sat 9a-3p;	
Handweavers & Spinners: SD schandweaversandspinners@gmail.com	Xmas Club Last Th 2-6pm; Mem Mtg M 2/13, 9:30a M 9a-12p; T/F 9a-12p & 1-3p; W/Th 9a-3p Mem Mtg 1st M 1p SD EH	
Jewelry, Stained Glass & More: GR 262-993-4873; 623-322-4595	M-Sa 8a-12p; T-Th 8a-4p	
Knitters: FW 602-469-2505	F 8:30a-12:30p FW AZ Rms 3 & 4 Mem Mtg F 2/10, 10a	
Lapidary: BC 775-351-8721	M/T, Th-Sa 8a-3p; M 5-8p, W 8a-12p, 5-8:30a Mem Mtg 2nd Tu, 9a BC Team Rm	
Leathercraft: LV 480-276-7583; larryvroom@cox.net	M W F 8a-3p	
Metal: BC 623-974-8206	M-Sa 8a-4p No Membership Meeting this month	
bellmetalclub@gmail.com		
Palo Verde Artist: SD 503-635-7121	Su-Sa 8a-8p Mem Mtg & Demo 3rd Th 12-3:30p SD EH	
president@paolverdeartists.com		
Quilters on Grand: GR 970-261-1798	M-Sat 8a-4p; Mem Mtg 2nd F 9:30a	
Sew-n-Sew: LV www.sewnsew.info - Check webpage for exact dates of classes	M-Sa 9:30a-6p Open Sewing Mem Mtg/Potluck/Show & Tell 1st Th, 10am	
Silvercraft: BC 623-933-8442	M-Sa 8a-3:30p Mem Mtg F 2/17, 9:30-11a	
SilverStones: SD 317-508-5959	M-F 8a-3p; Sa 8a-12p Mem Mtg M 2/6, 9a	
Sterling & Stones: FW 612-987-9366 - Annual Dues \$15	M-F 9-3p Mem Mtg 2nd M 11a-2p, FW AZ #2	

Stitchers: BC 315-778-9237	M/W 12-8p; T/Th/F 9a-3p Mem Mtg 2nd Tu, 10a
2019bellstitchers@gmail.com	
Woodworking: BC 623-974-6058	M-W 8a-8p; Th-F 8a-4p; Sa-Su 8a-12p Mtg 4th Tu, 8am in Club Room
Woodworking: FW 623-738-7459	M-F 8a-4p; Sa 8a-12p Mem Mtg 2nd Th, 12p FW 133

Woodworking: LV 623-933-2355	M-F 8a-4p; Sa 8a-2p; Mem Mtg 1st Tu, 9a Annual Party Su 2/26 LW SH #1-2
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Card and Game Clubs	
500: FW 815-909-6422 Robin	Mon 6-9:30p FW AZ Rm 3-4
Bunco Broncos: FW 623-377-5091	4th M 12-3:30p FW AZ Rm 1-2
Canasta: OM 480-886-9750	F 10a-2p OM Aud Doors open 9:30a; Dues \$5/Yr + \$1/week to play

Cribbage: LV 623-933-7044 Tony	Tu 1-4p; W 6-9p LV SH3
Euchre: FW 623-693-2881; 623-533-5705	Tu 6:15-9:30p FW AZ 2-4; Doors open 5:15p Th 1-4p LV SH #3; Doors open 12.15p

Hand & Foot Club: LV 623-680-8276; 972-838-7512	W 6-9:30p LV SH 1-2; Doors open 5:15p
Mah Jongg: MC 206-841-8665 - Karen 970-231-3368 - Katie	Tu 11:30a-4p SD WH (National* & Chinese) Th 5:30-9p MC SH (N); Su 11:30a-4p MC SH (N) Classes F 2/3-2/17, 12-4p MC Aud * Must know National & have current league card

Monday Night Pinochle: OM 440-478-2530 Kim/623-217-8584 Beverly	M 5:45-9:30p OM Aud
Pinochle: OM 623-876-1895 Tommie 209-524-7358 Cheryl	Tu 11:30a-4p, Sa 11:30a-4p OM Aud

Contract Bridge Clubs

Wednesday Afternoon: OM 623-249-9169	W 12:30-4:30p OM Aud Please arrive by 12:15pm
Thursday Afternoon: OM 360-509-5379	W 12:30-4:30p OM Aud Please arrive by 12:15pm
Friday Afternoon: FW 208-351-3806	F 12:30-4:30p FW AZ Rm2 Please arrive by 12:15pm

Duplicate Bridge Clubs

Duplicate (ACBL): LV 623-518-7916 or 623-640-5554 suncitydbc.com	M Th F 1-4p LV SH 1 & 2; Doors open 12:15p; Arrive by 12:45; Play at 1p; Must have partner M 2/6, 2/20, Lessons 10-11:30am
Kachina: SD 651-592-5939 Sharon 623-363-7199 Posy	M 12-4p SD WH; No Club Play 2/27 M 2/6, 2/20 Lessons 10-11:30am

Dance Clubs

Bell Tea: BC 480-370-3223	W 2-4p BC SH 1&2
www.suncityaz.org/recreation/clubs/bell-tea-dance-club/	
Classic Rock Dance Club: BC 623-628-4401	1st, 3rd Sa Doors 5:30p; Dance 6:30-9:30p BC SH 1-2; Members \$3, Guests \$6 Sa 2/18 Faded Jeans-Valentine Dance \$7/10
Country Dance Club: SD 480-431-8278; 623-972-5127	1st/3rd Sa Open 5:30p, Dance 6-9:30p SD Aud No Dance 2/18

Friday Night Social Dance: SD 623-215-8718	F 7-9:30p SD Aud; Lesson 6:15p Mem Mtg F 2/17, 6:15p SD WH
www.suncityaz.org/recreation/clubs/friday-night-social-dance-club/	
Line Dance: SD 623-972-5127; 231-557-6555	Tu & Th: 10a-1p; SD Aud Relocated to FW 2/9, 2/23
suncitylinedanceclub.facebook	
Rockin' Thru The Years: SD 623-695-2039; 602-695-0209	2nd, 4th & 5th Sa: 6:30-10p; SD Aud

Squares: BC 623-694-7194	Lessons Tu 12:30-4:30p; Dance 6-9:30p BC SH 1-2 Lessons/Dance F 5:30-9:30p BC SH 1-2
jr3me@yahoo.com	
Sun City Poms: MC 602-392-4242	M 8-11:30a MC Aud; Tu 1-5p MC Aud Th 8a-12p MC Aud No Club Hours Tu 2/7
scpomps@yahoo.com	

Tip-Top Dance: MC 253-381-1542	M 8a-1p; Tu 8a-12p; 4-8p MC SH M 1-2p MC Aud W 8-11a, Th 8a-12p, F 8a-12p MC SH Variety Show Su 2/19, 1pm SD Aud
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Educational Clubs

Apple Macintosh: SD 623-933-8953	M-Th 8:30-10:30a & 12:30-2:30p Mem Mtg Sa 2/11, 8:30a SD WH
Visit sunmacsclub.com for updates	
Computer Club: FW 623-933-8953	M-Sa 8:30a-2:30p
www.computerclubofsuncity.com/	
Spanish Club: FW SunCitySpanishClub@gmail.com	M Tu W 8a-5p FW 129 M Tu W 8a-5p, Sa 10-11:30a FW 129

Fitness Clubs

Aerobics: BC 815-289-5912 Judy	M W F 6:30-11a BC SH 1&2 Member Party Sa 2/11, 9a-1p BC SH 1-2
317-590-2622 Joann	
Aqua Fitness Club: SD aquafitnesssuncity.com	Classes at SD, MC, MV, OM Pools Mtg/Reg: Sa 1/28 SD; Doors 8a, Mtg 8:30a Spring Session starts M 2/20, ends F 4/14
619-818-4380 Terry	

Dance for Fitness: SD Questions 503-580-4636 or 253-820-5453	Tu 9-10a BC SH 1&2; W 9-10a SD Aud; F 9-10a MV Aud
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FUNtastic Fitness: MC 260-413-3862	Pilates M, F 1-2MC SH Aerobics Tu, Th 1-2p MC SH
allykatrose@live.com	Strength Training W, Th 2:10-3p MC SH

Handi-Capables: SD 602-369-3819	T/Th 12-2p SD Warm Water Pool Mem Mtg 1st M 12p FW AZ 1&2
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handicapablesaz@gmail.com	
Hatha YOGA: SD Yoga Room Email: HathaYogaClub@gmail.com	Mat & Chair-C Classes Offered M 8:30a, 10:30a, 1p-C; Tu 8a, 10a; W 10:30a-C, 6p; Th 10a, 1p-C, 6p; F 8:30a, 10:30a, 1p-C; Sat 9a
FMI visit www.hathayogaclub.org or for class schedules & membership info	
Ladies Exercise: OM 928-890-9152	Tu & F 8-9a OM Aud
So Grand Exercise: FW 623-972-6046 or 602-938-0707	M W F 7-9a FW AZ 1&2

Stretch 'n Slim: BC 402-578-6948	M-Sa 6:45-11:30a BC Aeorbics Rm Su 8-10a BC Aerobics Rm
Tai Chi: BC, LV, FW http://sctaichi.wix.com/sc-tai-chi-club email: suncitytaichi@gmail.com	Tu 9:45a 24 Form TC, 10:15a 5 Form Ess FW#3; Tue 6p Qi Gong LV SH#2; Th 9:30a Bal & Basics, 10:45a Beg TC, 12p Adv Beg TC BC SH#2, 12p Int TC BC SH#1, 1:15p Adv TC BC SH#2 No Classes Tu 2/21

Zumba Club: SD 623-583-2065	M W 11:30a-12:30p Gold BC SH; Tu 6:30-7:30p SD WH; Th 6:30-7:30p MC Aud F 11:30a-12p Chair; 12-12:30p Gold BC SH
Visit https://suncityaz.org/recreation/clubs/zumba-fitness-club/ for specific class info	
	Sa 8:30-9:30a MC Aud Zumba Fitness F 2/24 Open House 11am-2pm BC SC

Club Directory

Hobby Clubs

Armchair Travel Club: FW 623-476-2811; FMI visit https://suncityaz.org/recreation/clubs/armchair-travel-club/	Every W 7p FW AZ 1
Birding Club of Sun City: FW locascio2000@hotmail.com	Mem Mtg W 2/8, 10a FW AZ 1-2
Text to 602-616-7459	

Duffeeland Dog Park: Talisman 623-810-0208	
Garden: GR 719-338-0131	Office MWF 9a-12p; Greenhouse M-Su 9a-2p Mem Mtg 1st Tu 8:30a SD Aud
Model Railroad: FW 480-634-0106	Mem Mtg Tu 2/14, 10a FW Rm 133 Swap Meet Sat 2/11, 8:30a-12p FW AZ 1-4 FMI visit suncitymodelrailroadclub.com/

Model Railroad Museum: FW 480-634-0106	T, W, Th 9a-12p; Sat 9a-1:30p Sat 2/11 8:30a-12p Swap Meet FW AZ 1-4
Rockhounds: SD scrockmuseum@gmail.com	2nd Th 6p FW AZ 1-3
Mineral Museum: SD 623-428-6442	M-W, F Sa 10a-1p

RV Club: SD silvercreek ranch1@hotmail.com	Mtg/Potluck 4th Tu 4p SD Aud 1st W only in Feb 5-9p Games BC MP Bldg Caravan Mtg 4th F 9-11:30a SD WH
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Stamp Club: MC 602-329-8905	Mtg/Auction 1st M, 7-9p MC SH
Vintage Vehicles: GR 602-609-0973	Mem Mtg 3rd Tu 1pm LV Social Hall Shop Operations M-Sa 8a-4p Car Show Sa 2/4, 1-4p, GR N Lot
https://www.vintagevehiclesofsuncity.com/	Potluck & Social Last Tu 5-9p GR Shop

Performing Arts Clubs

Sun Cities Community Orchestra: FW 623-582-9964	W 8:30a-12p FW Music Room
Choraliers: MV www.suncitychoraliers.com	3rd M, 7pm MV Aud - Note New Location
Concert Band: FW 602-625-5211	Rehearsals Tu 9-11am FW Music Room Sousa Concert Sa 2/18, 2pm Sundial Aud
Handbell Ringers: FW 602-799-1947	F 8:30-11a FW Music Rm Mem Mtg F 2/17, 10:30am
doreenC4488@gmail.com	
Piano: SD 623-444-4483	3rd F 9:30-11am SD Aud

Sun City Players Community Theater: MV Email 13quipster@gmail.com or visit suncityplayerscommunitytheater.org	Clubhouse Workshop W 9:30-11:30a Gen Mem Mtg/Entertainment 3rd M 7p
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Rhythm Ramblers: FW 602-717-7246	Rehearsal Tu 1-5p FW Music Room Dance 1st Tue 2:30-4:30p
Ukulele: FW 480-276-3780 (Oct-April) 920-410-6932 (May-Sept)	Th 3-4:30p FW Music Rm Mentorship 1st/3rd Th 1:30-2:30p FW Music Rm 1st/3rd W 1:30-2:30p Acoustic Jamming Th 2/16 General Membership Meeting

Women's Chorus: FW 602-625-6126	Th 8:30-11a FW Music Rm
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Political Clubs

Democratic: FW 602-529-5778	1st Th 6p FW AZ 1-2 M 9am Starbucks-Bell; 2nd Tu 4-6p Angry Crab Canned Goods Collected for Food Bank at Mtgs
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Republican: SD suncitygopclub@gmail.com	3rd Tu 6p SD EH
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Social Clubs

Best Friends Dog Club: FW 602-639-1370	Class Registration W 2/15, 1p FW AZ 2-3
bfdcsuncity@gmail.com	

Fairway Readers: FW 623-231-5714	2nd F 1-2:30p FW AZ #1 Books can be reserved in advance at FW Library w/ MCLD Card
maureenopper@gmail.com	
Hospitality Club: MC 623-341-1226	Sat 11a-5p Friendship Corner - Cards/Games
Illinois Club: FW 775-722-1169	Social Mtg 4th Th 6:30pm FW AZ #3
List of activities at https://suncityaz.org/recreation/clubs/illinois-club/	
LGBT of Sun City: OM Aud lgbtclubofsuncity@gmail.com	Meet 2nd Th & 4th W 6pm OM Aud

Men's: SD 623-977-5116	M-Sa 7a-4p; Poker M 4-9p Bingo Th SD Aud - Doors open 4p; Play at 6:15p
Michigan Friends in Sun City michigan2arizonacub@gmail.com	No Meeting in Feb Last Monday 2:30-5p Cards BC MPR
Call or text 623-910-1522 to RSVP for Euchere/Cards on last Monday	
New England: LV 623-215-3637; 802-233-3721	Sa 2/11, 5p LV SH 1
NextGen: SD 920-878-0104	1st & 3rd M 6:30-9p SD Aud/E&W Halls 2nd & 4th F 1-4p Card Play, Talisman
Visit nextgensuncity.org/ for all events	1st-3rd Th 1-4p Card Play BC MPR; No Play 2/23 Wine Sharing 2nd F 6-8p OM Aud/Patio Super Bowl Party Su 2/12, 3-9p SD Aud

Singles Social Club: FW 602-769-3634	1st F Potluck, 3rd F Game Night 6-9p FW AZ 3-4 Breakfast Sa 8:30a, Brothers Rest 8466 W Peoria
https://suncityaz.org/recreation/clubs/singles-social-club-of-sun-city/	
Sun City Frat Club FMI whyputt@gmail.com or 702-296-4653 donnalynn1107@aol.com or 623-628-4401	4th Th 4:30-8p LV SH 1-2
Wisconsin Club: SB 608-852-4227 or 715-308-9964	Save the Date! Wis Day Picnic 3/9/2023 Volunteer Meeting, Tu 2/23, 1pm
Women's Social: LV 623-826-8900	M-Su 9:30a-4:30p W 6-8p - Game Instruction for Mah Jongg, Poker, Hand & Foot, Bridge

Sport Clubs

Basketball: MC 206-459-3242; 604-313-3190	Pick Up Games in Villanueva Community Center 3:30-5p Oct - April
charlespeterson@comcast.net	
Billiards: Bell Billiards Room 315-806-0067	Tu 11a-4p; W 8a-1p; F 11a-4p; Sa 12-5p
Billiards: LV Billiards Room 623-296-4869; 602-319-0783	M-Tu, Th 8a-12p; W 9a-1p 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 Traveling League Play Tu 1-4p

Bocce: SD 623-693-2881	Open Play: Th 12-3p 2/2-2/23; Su 1-5p Daytime Tournaments: M-W, F 2/1-24, 12-4p except 2/27-28 9a-12p; Playoff Sa: 2/25, 1p
Check the Club House Bulletin Board or online at https://suncityaz.org/recreation/clubs/bocce-club/ for complete schedule	Mem Mtg/Party M 2/13, 2-9:30p SD EH Deaf Bocce M 2/6-20, 9a-12:10p; M 2/27 12:30-5p

Dart Club: BC 623-203-9715	M T W 5:30-8:30p, Th 6-8p, Sa 1-3p
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Lawn Bowls: BC 780-566-8568	M W F 2-4p; F 5-8p; Sa 2-4p
Lawn Bowls: FW & MV 360-303-9722	Tu Th Sa 8:30-11a MV Club Bowling W F Su 8:30a-1p FW League Bowling Super Senior Fun Day F 2/10 10a-2p

Lawn Bowls: LV (Sun City Club) 734-673-8908	Mondays 12-5p
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Lawn Bowls: LV 623-974-3214	Tu Th Sa 8:30-10:30a; 2:30-4p Mem Mtg Tu 2/7, 4-8p LV Club House
Lawn Bowls: OM 623-792-5202	M W F 8:45-11:30a; Su 1:45-3:15p
Mini-Golf: LV 602-550-0733; 602-999-7011	SC Womens Singles W-Th 2/1-2, 9:30a-2p Golf W 2/8 10a LV; W 2/22 10a Bell Mem Mtg Tu 2/7, 9a LV SH #1

Pickleball: MC, MV scpickleball002@gmail.com	Pizza Party W 2/11 11a-12p LV SH #1 Contact Club for Times & Activities
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Shuffleboard Bell: BC 612-471-7045	M Tu F 1-3:15p
Shuffleboard Outdoor: LV	M W F 1-4p LV

Shuffleboard Sundial: BC 408-427-2056	Th 5:30-9p BC Cts
Softball (Senior): Sun Bowl 517-526-4873; 509-264-3088	League Play T Th F Sa 7a-5p
www.azsrssoftball.com	

Sportsmen: GR Dan 319-431-3563	Archery M-W Sa 9-11a, Tu 6-8p Mem Mtg 3rd Th 8-9a GR Sonoran Room
Sun City Yacht Club: LV 360-566-7076/206-802-8622	Closed due to Viewpoint Lake Renovation Project
Swim Club-Masters: BC 406-546-9776	M-F 7-9a BC Lap Pool M/W 2:30-4p Yoga for Swim Club BC Aerobics Rm

Swim Lessons: 480-467-8966	W 8:30-10a SD
Table Tennis: BC 602-291-5369; 847-421-5211	M 10a-3p; W F 10a-4p; Tu Sa 10a-12p Club Tournament Sa 2/25,8a-5p
Tennis: BC 608-792-1957; melvindhaus@gmail.com	Club Member Social Tennis Sa 1-2:30p BC Team Play: Sun 2/5, 12, 19, 1-2:30p BC
https://suncitytennisclub.wixsite.com/suncitytennis	

Volleyball: 206-459-3242 charlespeterson@comcast.net	8-10:30a W & F Villanueva Community Ctr
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Sun City Table Tennis

The Sun City Table Tennis Club is the go-to place for exercise and fun! With five high quality tables, we'll keep you playing. Members range from beginners to high-level tournament players. Coaching is available if you're new to table tennis. The club is open to all RCSC cardholders, with dues of \$10 annually.

The club includes singles and doubles play – both are great ways to meet people and make friends! We'll introduce you to the other players, and make sure everyone gets time to play.

Recreational players typically play in the morning, advanced players in the afternoon. Most players have their own paddle, but you can check one out from the monitor station too. The club provides balls.

We have an annual club tournament with separate events for 'recreational' and 'advanced' players. Everyone has a chance to win – 15 players took home prizes this year! Some of our members also compete in tournaments across the US, including the two largest – the National Senior Games and the Huntsman World Senior Games. This year, club members brought home a total of five gold medals, four silvers and one bronze! For more information, call or email Randy at 602-291-5369 / SunCityAzTTClub@gmail.com.



Table tennis is one of the great indoor sports - not even rainy days can keep club members away!

Club Hours

Monday 10am-3pm
Wednesday, Friday 10am-4pm
Tuesday, Saturday 10am-noon
Tournament: Saturday, February 25



SUNDIAL SILVERSTONES

Welcome Sun City residents, to the SilverStones Club at Sundial. You are invited to come and check out our all-in-one club, NO EXPERIENCE NECESSARY.

Have you ever wanted to learn any of these crafts?

- *Silversmithing, *Lapidary, *Glass Fusion, *Lost Wax/Casting,
- *Chain Making, *Faceting *Wire Wrapping.

Are you wondering what some of these crafts are all about? Well just come on over to SUNDIAL COMMUNITY CENTER and introduce yourself. We have so many friendly, helpful club members and teachers to get you started. We will help you become your own Artist! If you have experience, that's great! You too could become a teacher/trainer in our club. The more the merrier. As our club grows we have more skills to share with one another in our retirement days of fun.

SilverStones is open January through May from 8:00am to 3:00pm. Starting in June our club closes early at noon. We are an all-in-one club so you can work across the crafts in the same area.

Being a member of the SilverStones club at Sundial Community Center costs just \$15 a year, with lockers if needed for \$3 each. We provide you with the opportunity to take classes for as little as \$10 to \$50 dollars, plus any cost of materials at club cost. No worries about tools and equipment they are provided by the club. Our contact number is 317-508-5959.

Sun Cities Community Orchestra



The Sun Cities Community Orchestra is made up of musicians from Sun City and the neighboring areas. Our conductor is maestro George Zoske. You can get more information about the club at the website address shown below or from one of our brochures, which are available at the Visitors Center at Bell

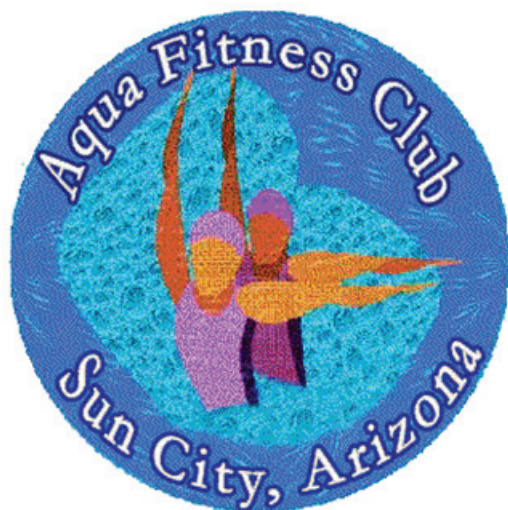
Rehearsals are held Wednesdays from 9am to 11am October through April in the music room at the Fairway Recreation Center. Our concert schedule is available upon request via email. Also, you can request to be on our mailing list to receive an email before each concert so you will know when and where they are. Just include your name and email address and email this information to our email address provided above.

Club membership is open to all RCSC cardholders, however participation in the orchestra itself may be limited. Club dues are \$5. For more information, contact the club at

the email address shown above. We have any Booster members who belong to the club and attend our concerts, but do not play in the orchestra. So, if you do not play an instrument, you can still belong to our club and support our efforts. Just email us your information at the email address provided.

Some of the locations we perform at are various churches in Sun City and Sun City West, Sundial auditorium in Sun City, and local schools. Music performed by the group from time to time includes classical, jazz, easy listening, movie themes, Broadway tunes, concertos, and sacred.

For more information about joining this group or upcoming performance, please visit our website at <https://suncityaz.org/recreation/clubs/community-orchestra/> or email us directly at SunCitiesCommunityOrchestra@gmail.com.



The Aqua Fitness Club was founded to encourage exercise, providing a gentler alternative in the pool. Exercises are done to music in waist to chest deep water. Classes are approximately 50 minutes in length. Cardio exercises comprise the first 25 minutes of class with the final 25 minutes focused on strengthening, stretching and balance. A stretch and tone class is offered for those who prefer a non-aerobic class. You do not need to know how to swim to enroll in a class. Instructors and Helpers are present at all classes to assist and answer questions.

Co-ed classes are offered to all RCSC members in good standing. There are 5 sessions each year. Each session runs for 8 weeks with classes held 2 times per week. There are 14 or more classes offered at Sundial, Oakmont, Mountain View and Marinette pools each session. Classes are offered early morning, mid-morning and evenings.

The club offers RCSC members an opportunity to try any class during "Try It Before You Buy It" week. Just bring your RCSC card to any class the week before registration. Give it a try during the week of March 27, 2023!

Membership in Aqua Fitness is \$5 per year. Each 8-week class session is \$15. The next registration is April 1, 2023, at Sundial Auditorium. Doors open at 8am and close promptly at 8:30 when registration begins.

Visit the club website at www.aquafitnesssuncity.com or call Terry Bishop at (619) 818-4380 for more information.

**Wisconsin Picnic
Sun Bowl
Thursday, March 9, 2023
10:00AM-4:00PM
Everyone Invited**

**Entertainment by Zweifel Bros Band
Alum Associations from UW Campuses**

**Food Served
11:00-2:00
Prizes
Silent Auction
Raffle
Bring a Chair**



**Beer/Soda
Brats/Hot Dogs
Beans
Chips
Sauerkraut
All Included**



Farm Fresh Goodness Made Great

Tickets: \$10.00 Sold at the door

Sponsored by Wisconsin Club of Sun City

No Vendor Sales at the Picnic

www.suncityaz.org/recreation/clubs/wisconsin-club-of-sun-city/



A Restoration and Social Club

PROUDLY PRESENTS



Saturday, March 4, 2023

9am to 1pm

Sun Bowl Amphitheater

Cars, Trucks, Motorcycles & More

50s & 60s Music • Raffle Prizes

Free Admission to the Public

Rain or Shine • Register Now!

www.vintagevehiclesofsuncity.com

Rhythm Ramblers



The Rhythm Ramblers is a band in the tradition of the great American dance bands of the 30s, 40s, and 50s. Started by Del Webb in 1963 to help welcome newcomers to Sun City, the Rhythm Ramblers became one of RCSC's first chartered clubs in 1968. Today, the club has performing and non-performing members and is open to all RCSC cardholders. Dues are \$10 per year.

Membership includes free admission to dances held at the Sundial Auditorium on the first Tuesday of each month from October through April. Dancers can swing, cha cha, fox trot, rumba, waltz, polka, and line dance, or just listen. Snacks and beverages may be brought in; ice and cups are provided. Tables may be reserved by contacting Lynn Altherr at laltherr@aol.com. Admission for RCSC cardholders who are not club members is \$5. Escorted guests pay \$7.

Led by Sun City resident, Bryan Altherr, the Rhythm Ramblers features five saxophones, four trumpets, four trombones, guitar, piano, bass, and drums, with male and female singers. Rehearsals are Tuesdays from 1 to 3pm at Fairway Recreation Center and are open to the public. To inquire about performing opportunities or to book the band, contact Bryan at tubalips@aol.com.



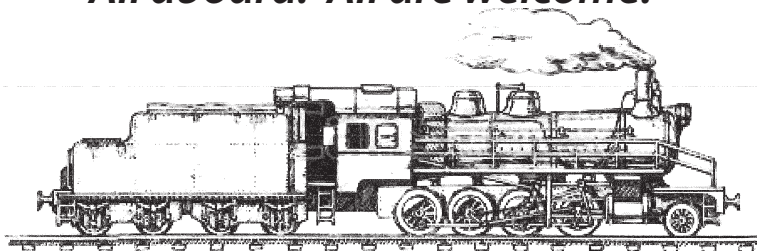
Sun City Model Railroad Club

Swap Meet

Saturday, February 11, 2023

Fairway Center Arizona Rooms • 8:30am to Noon

All aboard! All are welcome!



Spring Sun Bowl Concerts

**** Free for RCSC Members/Cardholders/Escorted Guests ****

Be ready to show your Member/Privilege Card with Photo for entry

The Polyesters Sunday, March 5, 2023 at 6pm

We'll start the Spring 2023 Sun Bowl season by welcoming to Sun City "The Polyesters" - Southwest's Premiere Disco Party Band. This band was put together by five child musical sensations that were all children of several huge disco stars of the 1970s. Let's get the party started!

Hi-Fi All Star Band Sunday, March 12, 2023 at 6pm

Let's keep things movin' and groovin' with great variety of dance music from Hi-Fi All-stars! From Disco, Rock, Pop, Classics, and Country, this band will have the audience on the dance floor all night!

Classic Jukebox Sunday, March 19, 2023 at 6pm

Classic Jukebox is Phoenix, Arizona's most dynamic four-piece variety dance band, specializes in vocal harmonies as they play a variety of Rock, Country, Oldies, Surf, R&B, party and slow dance songs. This promises to be a memorable experience for all!

Uncle Click Sunday, March 26, 2023 at 6pm

Named the "Top Classic Rock/Country Rock Band" in the Phoenix area by Gigmasters, we're pleased to bring back Uncle Click who have been rocking the southwest for more than 15 years. With familiar, upbeat cover tunes spanning several musical genres, this band is what great shows at the Sun Bowl are all about: rockin' the house!

Learning to Fly (Tom Petty Tribute) Sunday, April 2, 2023 at 6:30p

Join us in welcoming "Learning to Fly" - a Tom Petty Tribute band that has been rockin' the greater Phoenix area with 40 plus years of classic rock/party hits from one of the great rock musicians starting in the 1970s with his band The Heartbreakers and into the 1980s with The Traveling Wilburys. Come out for a special evening of super hits.

The Fabulous Decades Sunday, April 9, 2023 at 6:30pm

Get ready for all the great dance hits from "The Fabulous Decades" Band. We are certain there will be songs you know and love - no matter what your age! Put your hands together and we'll this band to the Sun Bowl. Let's show them we know who to have a great time.

Outside the Line (Motown Variety) Sunday, April 16, 2023 at 6:30pm

RCSC is pleased to bring back Phoenix-area's most soulful variety band to the Sun Bowl. Smooth moves together with the great Motown sound promise to have the audience reminiscing about the Motor City and hits that topped the charts.

The Elements Sunday, April 23, 2023 at 6:30pm

Welcome The Elements Band to Sun City - Arizona's Top-40 Variety Dance Band performing R&B, Motown, Rock, Funk, Pop and Country Hits including cover songs by Journey, Pat Benatar, DNCE, Bruno Mars, Wilson Pickett, Stevie Wonder, Commodores, KC and the Sunshine Band, Santana and many others.

Yesterday Once More Sunday, April 30, 2023 at 6:30pm

We'll end the Sun Bowl season with this stunning tribute to the Carpenters - the biggest selling group of the 1970s. More than just creators of beautifully crafted and hugely successful hit records, Karen and Richard's melodic pop produced a record-breaking run of hits on the American Top 40 and Adult Contemporary charts. Relax and enjoy for one last beautiful evening under the stars.



15 WAYS TO LEAVE YOUR LOVER

With February the month of Valentine’s Day, our thoughts turn to love. Those of us at Friends of the Sun City Libraries, Inc. have as our love libraries. We delight in telling about our two Libraries, their excellent staff, the wide variety of their collections, and the simple joy of a visit to either of them. We also love to tell about Books Around the Corner, the Friends Bookstore that earns funds to help support our Libraries. To avoid availing oneself of our Libraries or Bookstore, we believe, would be to leave your lover. This is how to do it, as well as avoid it. (With apologies to Paul Simon on his “Fifty Ways to Leave Your Lover.”)

1. LET YOUR LIBRARY CARD EXPIRE. Do you know how easy it is to renew your card? Go to the Library, or renew on line at mclaz.org/renew.
2. MISS OUT ON THE MONTHLY BOOKSTORE SALE. Sign up for the Bookstore newsletter to know what sales are coming. In February, for example, books on presidents and their families, and all biographies and memoirs will be half off.
3. BUY A BOOK. When you can check one for free in the Library, why would you do that? The Library keeps up very well with new publications. You might have to wait a bit longer, but isn’t it worth that?
4. SPEND A LOT FOR A NEW JIGSAW PUZZLE. Instead, buy a used one at the Bookstore for a much reduced price. Another option, borrow a free one in either Library and keep it as long as you need to complete it, and return it avoiding one more storage item in your crowded closet.
5. GO TO AN EXPENSIVE CONCERT. When an inexpensive used CD is available in the Bookstore, or a free one can be checked out at the Library, why would you?
6. SIT AT HOME ALONE. When you can meet other book lovers at the Library or Books Around the Corner, why would you spend the whole day isolated?
7. PAY FOR CLASSES. So many free programs are available every month. For example, SoSco Valentine’s Music 2/13 4:30-5:30pm [https://tinyurl.com/ SoScoFairway](https://tinyurl.com/SoScoFairway) . Check each month at mclaz.org Events.
8. GO TO A MOVIE. When DVDs are available in the Library to check-out for free, choose that option. Buy a used DVD in Books Around the Corner to watch over- and-over at no extra cost.
9. BUY A NEW COMPUTER. Yes, you would have to leave home to do it; but if a new one or updating the old one is not in the budget, why not use one at the Library? Staff will be glad to assist you with questions you might have.
10. GIVE UP READING BECAUSE OF SMALL PRINT. Both Libraries and the Bookstore have Large Print Books to assist. In addition, if you are homebound, the Library will mail you Large Print books for free.
11. BUY AN AT HOME COVID TEST. They are free at either Library.
12. CALL IRS FOR TAX INFORMATION. Get it the info you need at mclaz.org.
13. PAY TO VISIT A MUSEUM OR ZOO. Culture Passes are available free for any of 16 venues. Go to mclaz.com, then Quick Links, then Culture Pass.
14. BUY A NEW YORK TIMES TO GET THE BEST SELLER LIST. It is available free on mclaz.org.
15. PAY TO LEARN A LANGUAGE. Learn it on line free with Rocket Languages at mclaz.org, or ask at either Library.

Maricopa County Libraries | mclaz.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

Enjoy the Weather & Conserve Water

Now that spring is nearly here in the desert southwest, we’re starting to spend more time outside enjoying the weather. And it is the perfect time to check how things are going - and growing - in order to make sure we’re conserving water as best we can.

First of all, deal with any weeds! They’re not only unsightly (and might get you a letter from SCHOA) but they rob water and nutrients from other plants in your landscape.

With up to 70% of water use happening outdoors, watering efficiently is one of the best and easiest ways to save water. It is a great time to check your irrigation systems and make sure there are no leaks and that you are watering on a proper schedule.

Although year-round planting here is possible, the ideal time is from fall through spring, so take advantage of the remaining “planting-perfect” weather and get something new in yard to enjoy and nurture. This is actually the best time for any frost-sensitive species you might be considering. Roots grow throughout the cooler months, allowing the plants to get established before the onset of summer heat. And you know that it is coming.

Get outside and commune with the flora and fauna. And look at ways to save water while you’re there!



Looking for work? RCSC is looking for YOU!

Are you looking for a job working for a GREAT company with GREAT people? Did we happen to mention GREAT benefits? 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/>



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.

Tips from Get Fit for Life

Let’s Look at Metabolic Rates & Aging

“According to research, one’s metabolic rate decreases 1-2% each decade after the age of 30,” states Jane Fortier, fitness specialist with Get Fit for Life. “The primary reason for a slowing metabolism is muscle loss. If a person works at maintaining muscle mass with aging, the metabolic rate stays strong. The GOOD NEWS is: If muscle has been lost, a sluggish metabolic rate can be corrected with proper exercise.”

Metabolism in Your 20s - Basal metabolic rate is at its highest in the 20s. People are active - at their peak with bone mass, and muscle strength. Actual muscle degradation hasn’t really begun. Twenty year olds have a high level of growth hormones, which helps to maintain muscle size and density. Even without strength training, younger people can retain muscle tone and density.

Metabolism in Your 30s - Major lifestyle changes occur in the 30s. People settle into careers and start families. They get office jobs, work from home, and juggle more domestic responsibilities. Body movement and mobility tends to decrease. Less movement results in less muscle and lean body mass. Thus, a lower metabolic rate. During this decade, there is a natural reduction of human growth hormone (HGH), which the body uses to regulate metabolism, bone growth and muscle strength. This age group needs to focus on good nutrition and formal exercise, in order to maintain muscle tone and vitality.

Metabolism in Your 40s - Most people in their 40s start to notice age-related aches, pains and crackling joints. As a result, activity levels drop and more caution is used with physical activity. Introducing resistance exercise is imperative for this age group. Building strength will provide structural support for joints and allow for more comfortable movement. Age-related muscle loss can result in loose skin and fat accumulation. Strength exercise will encourage the firming of muscles under the skin to alleviate both cellulite and sagging. Sarcopenia (loss of muscle mass due to aging) becomes a major factor. Inactive individuals potentially lose as much as 3-5% of muscle mass per decade.

Metabolism in Your 50s - Attention to muscle mass is critical during the 50s. Women enter menopause, bringing a decrease in HGH, estrogen and progesterone. This, on top of continued muscle loss, leads to a decline in metabolism and unexpected weight gain. Equally important, after 50, is heart and lung health. Aerobic Capacity diminishes by 5-15% from this decade forward. That loss decreases stamina and endurance. Engaging in cardiovascular exercise becomes important. Supplementing a healthy diet and strength exercise with endurance-based cardio work (such as biking, hiking, swimming, dancing, or brisk walking) is paramount. Gyms offer many options for Aerobic exercise – treadmill, bicycle, rowing machine, elliptical. Using Exertion Intervals with any cardio exercise, helps dramatically improve aerobic capacity.

Metabolism in Your 60s - Heading into the 60s, the body’s ability to use stored energy slows down, creating a less effective metabolic rate and a decrease in muscle mass. At this age, exercise is of the utmost importance, to keep metabolism running at a beneficial pace. Aerobic exercise, strength training and stretching are a winning combination to combat the physiological changes taking place. Many people experience greater sleep disturbances as they get older. Metabolism is linked to sleep. Poor sleep patterns cause insulin resistance, a condition that elevates glucose levels in the blood and increases the risk of diabetes, heart disease and stroke. Insulin Resistance improves when a comprehensive exercise program is maintained.

Metabolism in Your 70s - After 70, the basal metabolic rate continues to decline, making healthy diet and regular exercise more important than ever. Balance becomes challenging in the 70s, making seniors more susceptible to falls. Bone density issues are a concern, especially if a fall occurs. A comprehensive exercise program, at this age, should include specific exercises for balance, bone density and posture. If someone has reached the 70’s without formal exercise, it’s advisable to find a trained professional to help develop an exercise regimen that would include balance, strength, flexibility and cardio development. Using these elements of exercise will take a person into their 80s and 90s with increased “quality of life.”

Get Fit for Life personal trainers are experts at developing exercise programs that address all of the above concerns, and many more individual needs. To find out more about personal training services in the Sun City Fitness Centers, call Get Fit for Life at 623-696-6820, or visit Get Fit for Life, Sun City AZ on Facebook.

MONITORED ACTIVITIES

Basketball Minimum Age: 8 Marinette Center 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-7p; Su 8a-7p
Billiard Tables Minimum Age: 14 Bell Lanes M-Sa: 8a-9p; Su: Noon-8p (9/1-4/30) Lakeview Lanes M-Sa: 8a-8p; Su: Noon-6p Fairway Center M-Sa: 5a-9p; Su: 8a-8p	Racquetball/Whisperball Minimum Age: 8 Bell Center Courts A & B M-Sa: 6a-9p; Su: 8a-8p; Closed for Club/Class: M-F 1:30-3:30pm
Bingo Minimum Age: 18 Sundial Center Thursdays: Doors Open 4:30p; Bingo 6:15p \$9 all 18 games w/3 special games Everyone welcome.	Shuffleboard Minimum Age: 8 Bell Lanes: Indoor M-Sa: 8a-8p; Su: Noon-7p Lakeview: Outdoor M-Sa: 6a-7p; Su 8a-7p
Boating/ Fishing Minimum Age: 6/NA Lakeview Center Closed for Viewpoint Lake Renovation	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-7p; Su: 8a-7p Marinette Center M-Sa: 6a-9p; Su: 8a-8p Oakmont Center M-Sa: 6a-7p; Su 8a-7p Sundial Center - 18+ only* M-Sa: 6a-9p; Su: 8a-8p
Bocce Courts Minimum Age: 8 Sundial Center M-Sa: 6a-9p; Su: 8a-8p	Swimming Pools - Open Swim Hours Bell Center - 18+ only Minimum Age: 18 Lap Pool: M-Sa: 5a-9p; Su 8a-8p; Closed for Club/Class: M-F 7-9a Walking Pool: M-Sa: 5a-9p; Su 8a-8p
Bowling Lanes Minimum Age: 4 Bell Lanes M-Sa: 8a-9p; Su: Noon-8p (9/1-4/30) Lakeview Lanes M-Sa: 8a-8p; Su: Noon-6p	Fairway Center Minimum Age: 16 Lap Pool: M-Sa: 5a-9p;Su 8a-8p Walking Pool: M-Sa: 5a-9p;Su 8a-8p
Dog Parks Minimum Age: NA Duffeland October - April: 7am-6pm Closed last Wed/month for Maintenance	Lakeview Center Minimum Age: 4-15*/16 M-Sa: 6a-7p; Su 8a-7p; Closed for Club/Class: W 8-10a (April-Oct only) Children's Pool Hours - Ages 4-15 yrs: Daily 4p-Close*
Darts Minimum Age: 8 Bell Center M-Sa: 8a-9p; Su: Noon-8p (9/1-4/30)	Marinette Center Minimum Age: 4-15*/16 M-Sa: 6a-9p, Su: 8a-8p; Closed for Class: F 2/3 9-10am; Break til 2/21 then Tu, F 9-10am; Children's Pool Hours - Ages 4-15 yrs Daily 1-4p*
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-7p; Su 8a-7p Marinette Center M-Sa: 6a-9p; Su: 8a-8p Mountain View Center M-Sa: 6a-7p; Su 8a-7p Oakmont Center M-Sa: 6a-7p; Su 8a-7p Sundial Center - 18+ only* M-Sa: 6a-9p; Su: 8a-8p	Mountain View Center Minimum Age: 4-15*/16 M-Sa: 6a-7p; Su 8a-7p; Closed for Class Th 2/2 9-10am; Break then Closed for Club/Class Starting 2/20 M, Th 9-10am Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p*
Horseshoe Courts Minimum Age: 12 Marinette Center M-Sa: 6a-9p; Su: 8a-8p Mountain View Center M-Sa: 6a-7p; Su 8a-7p	Oakmont Center Minimum Age: 16 M-Sa: 6a-7p; Su 8a-7p Closed for Club: Every Su M W F 12-3p; Spa, Swim Lanes remain open Closed for Class: Th 2/2 9-10a, Starting 2/20 M-Tu, Th-F 9-10a with Swim Lanes closed
Jogging / Walking Track Minimum Age: 14 Indoor Fairway Center M-Sa 5a-9p; Su: 8a-8p Sundial Center M-Sa only: 6a-8a	Sundial Center - 18+ only Minimum Age: 18 Large Pool: M-Sa: 6a-9p; Su: 8a-8p; Closed for Class: Th F 2/2-3 8-10a Starting 2/20 Closed for Class: M Tu Th F 8-10a Closed for Swim Lessons W 8:30-10a (Nov-Mar only) Warm Water Pool: M-Sa: 6a-9p; Su 8a-8p; Closed for Class: Th F 2/2-3 10a-12p & 4:30-6:30p; Starting 2/20 Closed for Class: M T Th F 10a-12p, 4:30-6:30p
Outdoor Minimum Age: 8 Marinette Center M-Sa: 6a-9p; Su: 8a-8p Sun Bowl Dawn to Dusk	Table Tennis Minimum Age: 8 Bell Center: M-Sa: 6a-9p; Su: 8a-8p; Closed for Club Activity: M 10a-3p; W F 10a-4p; Tu Sa: 10a-12p
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	Tennis Minimum Age: 8 Bell Center: 623-977-3325 M-Sa: 6a-9p; Su: 8a-8p Lakeview Center: 623-561-4676 M-Sa: 6a-7p; Su 8a-7p Mountain View: 623-876-3042 M-Sa: 6a-7p; Su 8a-7p
Mini Golf Minimum Age: 6 Bell Center M-Sa: 6a-9p; Su: 8a-8p Lakeview Center M-Sa: 6a-7p; Su 8a-7p Mountain View Center M-Sa: 6a-7p; Su 8a-7p Sundial Center M-Sa: 6a-9p; Su: 8a-8p	

Strength Machine Demonstrations

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

2/1 @ Bell w/ Dick; 2/8 @ Marinette w/ Dick; 2/15 @ 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!



Get Fit for Life

Fitness Training

623-696-6820

Personal Training Sessions are available at all RCSC Fitness Centers

Massage Services

Fairway Center

Laura Moore

623-201-0378

latouchwellness@massagetherapy.com



Bell Center

Lisa McCoy

623-210-2707

Massage by Julie

602-689-0802