

SUN VIEWS

ISSUE #256 • MARCH 2023 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.



Fun & Good Times Continue in March

Ah...the month of March. In like a lion, out like a lamb? Along with "Erin go bragh" and "top o' the morning" to all, the arrival of spring this year looks to be spectacular. While we're typically blessed with fine weather, Sun City will be absolutely a-buzz with a plethora of concerts, special events and club activities. After successfully hosting the Super Bowl this year, it is hoped that MLB Cactus League spring training will come back "full swing" here in the Valley of the Sun now that most restrictions have been lifted and life continues returning to normal.

Quick – before the snowbirds head back north – let's get anything and everything jammed into this month. We've included all we could within this edition of SunViews and have enhanced the Your Sun City AZ Week email blast to include happenings each week so you can plan accordingly. We'll do our best to keep things up-to-date, so check for additional events as they get added to calendar.

Here's just a sampling of the what's to come – Vintage Vehicles Spring Fling Car Show (March 4 at the Sun Bowl), and the spring Sun Bowl concert series begins on March 5. Don't miss the Rockhounds Rock Sale at Mt. View (March 4) where you're sure to find some real gems. There are still great Wednesday ticketed concerts at Sundial and we're excited to have Sun City's First Italian Festival (March 11-12) with food, wine, exotic cars, art, music and more (discounted tickets for RCSC Members can be purchased in advance). We're also moving the March 12 Hi-Fi All Stars show from the Sun Bowl so you'll be able to have one-stop, non-stop fun all at one location.

The Wisconsin Day Picnic on March 9 at the Sun Bowl is a not-to-be-missed event. For \$10 you'll get lunch (brats/hot dogs, chips, beans, beer) and a great time with live music and more.

Make plans to attend an art show (Palo Verde @ Sundial March 17-18), Sundial Center Club's open house (March 10-11), Sun City Clay Club's Spring Pottery Show/Sale at Lakeview (March 17-18) and Marinette Clay

Corner's annual Show & Sale (March 24-25). The Sundial Handweavers & Spinners will also be hosting a spring sale (March 31-April 1).

The Sun City Poms will be performing on Saturday, March 25 at 12:30pm in their first ever "stage show" at Sundial. This is free for RCSC Cardholders and guests, but donations will be accepted. This is a show you won't want to miss.

We're pleased to present the U. S. Navy Sea Chanters for a special Monday night concert at the Sun Bowl on March 27 at 6pm. Bring your lawn chair or blanket along with your patriotic sense of pride for this sure-to-be stellar performance. No food trucks at this show.

There's also golf clinics, the Spring Slam Pickleball Tournament and the Sun City Player's spring production for your entertainment. Whew!

Lottery Tee Time Trial Underway This Month

Beginning in March, the Golf Division is running a trial (as approved at the January 2023 Golf Advisory Meeting), attempting to reduce the number of reservations failing to get a tee time through the lottery system.

For the month of March, we will be running straight sheets only, with a few exceptions. Ladies and Men playing on Tuesday and Wednesday will continue to choose the tee sheet format they prefer on their respective days of play. In addition, there are two roaming Ladies Team play events that will also play crossover tee sheets (March 2 and March 11).

The time frame of 9:00 a.m. to 12:00 p.m. is the most requested through the lottery process and by running straight sheets there will be more times available during this time frame, as there will be no courses closed for crossovers. We will be keeping track of the "bump rate" of unsuccessful requests for March 2023 and compare the 2023 rate to unsuccessful requests in March of 2022.

We will report the results of the trial at the April 2023 Golf Advisory meeting. We look forward to improving this process going forward for all. Your patience, cooperation and comments/input are always appreciated!

Quick Tips to Improving Lottery Success

- Always review the online RCSC Golf Calendar prior to submitting Lottery requests and plan your booking window around courses and/or times with conflicts
- Request a minimum 2 hour range of acceptable tee times – request a wider range if your window falls within crossover times
- Request more than one course, consider including Executive Courses
- Check the "Break Group" box if booking more than one foursome/fivesome

For more tips, please visit <https://suncityaz.org/wp-content/uploads/2023/02/RCSC-Golf-Lottery-Tips-for-Success.pdf>

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

Email addresses
remain confidential

INDEX

News Events	Page 01-03
Board News	Page 02
Golf Bowling	Page 04
Club Articles	Page 05-06
Club Directory	Page 06-07
Club Articles	Page 08-09
Club Articles Events	Page 10
Community News Events	Page 11
Fitness Monitored Activities	Page 12

Lifelong Learning to Host Meet & Greet

The Lifelong Learning Club of Sun City has been reorganized and rejuvenated to begin offering courses, workshops, and talks to promote learning for all interested RCSC Members/Cardholders this fall.

Although the pandemic put Lifelong Learning on hiatus, we are eager to serve learners in Sun City once again. Several previous instructors have been contacted and most are happy to be called back into action.

Lifelong Learning welcomes all to an Open House on Friday, March 24, 2023 from 5 to 7pm for a "Meet & Greet" session at the Fairway Recreation Center (10600 W Peoria Ave). Club President Michael Powell will be there to give a presentation about the value of learning in our elder years.

Come find out more about the extraordinary learning opportunities that will be offered at an unbelievable price. Members both old and new will have the opportunity to register for the Fall 2023 term.

Connect with Sun City AZ





2023 RCSC Board of Directors

Phone: 623-561-4620
email: boardoffice@suncityaz.org

Kat Fimmel, President
email: kfimmel@suncityaz.org

Karen McAdam, Vice President
email: kmcadam@suncityaz.org

John Fast, Treasurer
email: jfast@suncityaz.org

Jean Totten, Secretary
jtotten@suncityaz.org

Steve Collins, Director
email: scollins@suncityaz.org

Dale Lehrer, Director
email: dlehrer@suncityaz.org

Allan Lenefsky, Director
email: alenefsky@suncityaz.org

Denny Nichols, Director
email: dnichols@suncityaz.org

John Nowakowski, Director
email: jnowakowski@suncityaz.org

A Message from Board President Fimmel

Building a Better Tomorrow - Together

It all started here on January 1, 1960, with the opening of Sun City. This new concept revolutionized retirement living, but it had its challenges. Chief among these was the need for the members to create a partnership with the numerous organizations across the community, to ensure that we would both succeed and flourish. To this day, Sun City remains unique, and different from other age restricted communities. One of those differences is the sheer size and strength of our membership. This strength has carried us through the years, and it is this same strength that will carry us into the future. There is a wealth of talent, skills, and knowledge in our community. Our members are Sun City's greatest asset.



Kat Fimmel
2023 RCSC Board President

We've drifted off course over the years, and while all of us love how reasonable it is to live in Sun City, we have major issues that will prove challenging and need to be addressed. Technology, water issues, building projects, safety initiative, as well as residential/non-residential use of our amenities. These are just a few of the issues that top the list. Let's not forget clubs' needs and members' expectations. Clubs are the very heart of Sun City's existence. As your president, I can tell you our Board of Directors takes every one of these items seriously.

Taking steps to address these issues won't be either easy or done quickly. We are, however, confident that by engaging the membership and becoming more transparent, we can come

together to overcome these issues. Other Board members and I have talked about the importance of using data and facts in the decision-making process. It all starts with good data collection and then willingness to share the outcomes with the membership. The key here is to properly obtain and validate the data before moving forward, and to ensure that all decisions are appropriate from a fiduciary perspective.

One key component for success is membership inclusion, which is why the full membership was included in the recent ASU survey. We are looking forward to the survey results. We know it's just a starting point, a benchmark, leading us to the future. It will help us better understand what you as members want from us, and how we can work together to meet those expectations. Your voice matters and we know you care deeply about the community. The survey and the focus groups will provide a structure where we don't talk around or over one another, but with each other as stakeholders in the process.

Many of you know about our monthly Exchange where the floor is open to you, the members. If you haven't come to the Exchange we encourage you to join us to hear more about what is going on in the community and to stop and see us. We also have regular monthly Board meetings where we conduct the business portion of our work which you may find very informative. There are also comment cards at our centers and we look forward to receiving your comments and feedback. Hearing from you, the members, helps us shape our decisions as we move forward as a community.

In closing, let me simply say, "Thank You". Thank you for your trust in electing us as your representative. Thank you for taking the time to read this article. Thank you for making this remarkable community your choice to live out your golden years. Working together we can build a better tomorrow.

This Month @ The Board

RCSC Board of Directors Meetings

Member/Board Exchange	Monday, March 13, 2023 @ 9am	Sundial Auditorium
Board of Directors Meeting	Thursday, March 30, 2023 @ 9am	Sundial Auditorium

Committee Meetings:

Bowling Committee	Thursday, March 2, 2023 @ 9am	Lakeview Board Room
Club Organization Committee (COC)	Wednesday, March 8, 2023 @ 10am	Lakeview Board Room
Technology Committee	Wednesday, March 8, 2023 @ 4pm	Lakeview Board Room
Insurance Committee	Friday, March 10, 2023 @ 9am	Lakeview Board Room
Sun City AZ in Focus Committee	Monday, March 13, 2023 @ 4pm	Lakeview Board Room
Lawn Bowling Committee	Tuesday, March 14, 2023 @ 1pm	Lakeview Board Room
Golf Advisory Committee	Thursday, March 16, 2023 @ 8:30am	Lakeview Social Hall #2
Long Range Planning Committee	Monday, March 20, 2023 @ 8:30am	Lakeview Board Room
Elections Committee	Wednesday, March 22, 2023 @ 1pm	Lakeview Board Room
Properties Committee	Tuesday, March 28, 2023 @ 9am	Lakeview Board Room

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



"Neighbors Helping Neighbors"

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

The First ITALIAN Festival™

in Sun City, Arizona

Open To The Public

SUNDIAL RECREATION CENTER
14801 N. 103RD AVENUE

SATURDAY, MARCH 11
11 am–8 pm

SUNDAY, MARCH 12
11 am–5:30 pm

FREE PARKING

AUTHENTIC FOOD | WINE | EXOTIC CARS | ARTS | MUSIC | FLAG WEAVERS | PARADE

Presale: \$10 | Door: \$15
Presale RCSC Member Rate: \$8 (special code: RCSCMEMBER)

TICKETS & INFO:
ItalianAssociation.org




The **Hi-Fi All Stars**
Sun Bowl Concert on
Sunday, March 12
has been **MOVED** to
Sundial Auditorium during the
Italian Festival at 4:00 p.m.



Do not bring lawn chairs, coolers, beverages or food to Sundial as the Italian Festival will be going on during this time.

Food and beverages will be available for purchase from the Italian Festival vendors.

Concert goers coming to see Hi-Fi All Stars may enter the Italian Festival no earlier than 3:00 p.m. **FREE.** RCSC Member Cards are not needed to attend this concert.

Before 3:00 p.m. there is an entry fee of \$15 at the door for the festival.

Presale \$10 or \$8 tickets
(code: RCSCMEMBER) at
www.ItalianAssociation.org



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.

Sundial 2023 • Winter | Spring Concert Series



Wednesday, March 1, 2023

The Righteous Brothers Tribute



Wednesday, March 22, 2023

Kool KC Tribute Band



Wednesday, March 8, 2023

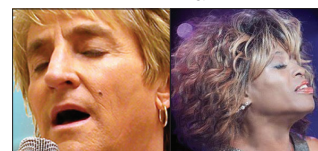
Thanks for a great
winter concert season
at Sundial &
your continued support!

- Theresa & The E&E Staff



Wednesday, March 15, 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/

Thoughts from a Pro -
Develop a Pre-Shot Routine

One of the most important things to do during practice is to develop a consistent pre-shot routine. A pre-shot routine keeps you focused on the task at hand and becomes a way to ready yourself to hit your shot without overthinking. Pre-shot routines may include a variety of elements; however, the key is practicing it over enough times where it becomes automatic.

Here are some things to include in working on your pre-shot routine.

- 1. Practice swings- not all people include a practice swing, but if you do make sure you limit yourself to just one on the course. If you think there is a good reason to take one, do it! If not and it just tires you out, skip it! This is all about what works for you.
- 2. Alignment- standing behind the target line and choosing a spot to line up with is usually most effective but however you decide to ensure your alignment is consistent must be included.
- 3. Addressing the ball-means lining up the clubface to the hole, taking your grip and lastly your stance.
- 4. Trigger to swing-this is different for everyone. Some people take a breath, others do a waggle with their hands and club, or maybe a forward press.... whatever you choose it must be the same every time.

Think of another sport you may be familiar with that may have a pre-shot routine. I think of hitting a serve in tennis or shooting a free throw in basketball....it doesn't matter how many times you bounce the ball before take your shot or hit your serve only that you do it the same way each time. Work out your pre-shot routine for golf so that it's comfortable for you.

Remember, a good pre-shot routine takes a matter of 10-20 seconds, so it is not about playing slow. We always want to move along on the course to make the game more fun for everyone. The most important reason for developing your pre-shot routine is so that you will do the same thing every time, for every shot. This helps with consistency and overthinking. You will automatically go into your routine instead of cluttering your brain with distractions! Try it and see how it works for you!

Robin Eichten is a Lifetime Member of the LPGA and Certified Teacher. She has been teaching golf professionally since 1987 and in the Sun City area since 1994. For info or signup call/text at 623-322-6300 or email to golfinwithrobin@aol.com

RCSC Bowling Centers

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

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

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

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

Billiards at Lakeview Lanes,
too!



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

**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/

March 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, March 30 2023 at 1pm in Talisman Hall.

2023 AERIFICATION/VERTICUTTING DATES		
Golf Course will be Closed		
<u>Fairway Verticutting</u>		
Mon	April 17, 18	North (Front Nine Closes through Overseeding)
Mon-Tue	April 24, 25	Quail
Thu-Fri	April 27, 28	South
Mon-Tue	May 1, 2	Lakes East
Thu-Fri	May 4, 5	Riverview
Mon-Tue	May 8, 9	Willowcreek
<u>Fairways Aerification</u>		
Thu	May 15	North (Back 9)
Mon	May 18	Quail
Thu-Fri	May 22, 23	South
Mon-Tue	May 25, 26	Lakes East
Thu-Fri	June 1, 2	Lakes West
Mon-Tue	June 5, 6	Riverview
Thu-Fri	June 8, 9	Willowcreek
Mon-Tue	June 12, 13	Willowbrook
<u>Greens Aerification</u>		
Thu, Fri	June 15, 16	North (Back 9)
Mon, Tue	June 19, 20	Quail
Wed, Thu, Fri	June 21-23	South
Wed, Thu, Fri	July 5-7	Lakes East
Mon, Tue, Wed	July 10-12	Lakes West
Mon, Tue, Wed	July 17-19	Riverview
Mon, Tue	July 24-26	Willowcreek
Mon, Tue, Wed	July 31-Aug 2	Willowbrook



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!

**** More Golf News on Next Page ****



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!

NOTE: March 4 Clinic at Riverview; All other sessions 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.

Golf Demo Day

Riverview Golf Course
Monday, March 6, 2023
9:00am to 2:00pm

PING

Wilson  Staff

 **TaylorMade**

 **COBRA**

Callaway
GOLF

Sundial Center Clubs Open House

*Crafts, Silverstones, Calligraphy &
Rockhounds*

Friday & Saturday, March 10-11
9am to 1pm

**All RCSC Cardholders are invited
to see what these club have to offer!**

Next Gen

Are you looking to meet new friends? Do you enjoy socializing? Consider joining the NextGen Club! We're a social organization, with over 500 members, open to ALL RCSC cardholders in good standing. Our club provides many opportunities to meet and develop new friendships.

We meet on the 1st and 3rd Monday each month at the Sundial Center - East & West Auditoriums (October - April) and on the 1st OR 3rd Monday in May, June, August and September. Our meetings may include potlucks, games and/or speakers.

Upon joining our club, you'll have access to our convenient online calendar and registration software which allows you to select and easily register for any of our many activities or events. Activities include but are not limited to happy hours, wine tastings, beer tastings, biking, hiking, golf scrambles and card playing. Among our popular special events, some of which include a live band, are a Super Bowl Party, Chili Cook Off, Amazing Race, Halloween Party and Welcome Back Snowbirds Party. We also do day trips and multi-day overnight trips to various AZ locations. Annual dues are \$10. For more information visit our website at www.NextGenSC.org or contact us at NewMembers@NextGenSC.org.



Sun City Poms

The Sun City Poms have been performing in the Valley of the Sun since 1979. Our club members, ladies ages 61-90, march in parades and perform at high schools, conventions, care centers, senior clubs, charities, and community events.

The Poms are internationally known as ambassadors for healthy and active senior lifestyles. We have inspired others through documentaries, TV, media, magazine articles and in 2019, a Hollywood movie "POMS" starring Diane Keaton. The Sun City Poms have been honored twice with the title 'Arizona Treasure' by former Governors Napolitano and Ducey.

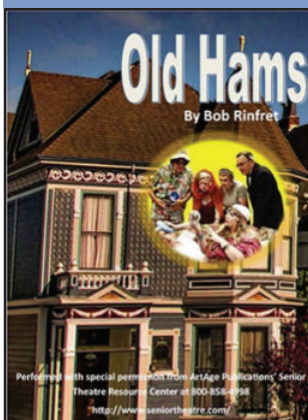
The Poms practice at Marinette Center. Performers practice Mondays 8-11:30am and Thursdays 10-11:30am. Marchers practice Thursdays 8-9am. Business meeting are held on Thursdays from 9-10am. Optional practices are on Tuesday afternoons for those wishing to fine tune routines. Membership is open to all female RCSC cardholders who are 55+ years of age.

Visit our website, Suncitypoms.org for information on membership, upcoming performances, parades, pictures, videos, and historical information. You may contact the Sun City Poms at scpoms@yahoo.com or 623-392-4242.

We will be showcasing our talents at our first stage show, "Celebrate the Poms" at 12:30pm on Saturday, March 25 at Sundial Auditorium. We hope you will join us. Having fun is required; donations are optional.



Sun City Players Theater Spring Production



Old Hams

Director: Herb Hyland

Some retired thespians living in an old San Francisco mansion are faced with a dilemma. The owner of the mansion has died, and the taxes are due, in a few days. The lawyer and the nurse have hatched a plan to claim the property. The tenants band together to save their home by organizing a rummage sale to distract the lawyer. The owner's granddaughter and the lawyer's nephew help the thespians. This leads to a hilarious set of circumstances before a final resolution.

7:00 PM on March 17, 18, 24, 25
2:00 PM on March 19, 26

Tickets sold at Fairway Center, Sun City
March 13-16 & 20-23, 10 AM-noon

By John Patrick
Dramatists Play Service, Inc.



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
Artistic Stained Glass: BC 623-974-4765	M-Sa 8a-3p; M-Th 5-8p Party Tu 3/14 11a-1p Talisman
Artistic Weavers & Fiber Artists: OM 320-253-3145 or oakmontfiberart.com	M-Sa 9a-3p Mem Mtg 3rd Th 1-3p
Calligraphy: SD 623-974-6137	Th & F 9a-11p; Classes M-T, Th-F 1-3p Member Meeting Th 3/16, 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 Mem Mtg Th 3/2 9am; Open House Sa 3/25 9a-2p
ccarversaz@gmail.com	Gourd Art, Model Construction, Wood Carving
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 sccpc1@gmail.com	M-F 9a-3p
Clay Club: GR 623-933-0899	M-Th 8:30a-8:30p; F-Su 8:30a-4:30p Mem Mtg 1st Wed 8:30a, GR Sonoran Rm Open House/Sale Th-Sa 3/16-18, 8a-5p LV SH
Clay Corner: MC 623-273-6347	M-Sa 7:30a-9p; Su 8a-6p Mem Mtg 2nd W 8-11a MC Aud Yard Art/Lunch 3rd W 8a-9p
ClayCornerMarinette.org	Open House/Sale F-Sa 3/24-25 8a-4p M Th 9a-7p; Tu F 9a-3p; W 9a-8:30p Mem Mtg 2nd Th 9:30-11a BC SH1
Crafts: BC 623-974-3497	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; Card Making Tu 1-8pm; Scrapbooking F 9a-8p
sundialcraftclub@gmail.com	Open Crafts W 9a-6p; Sat 9a-12p; Xmas Club Last Th 2-6pm; Mem Mtg M 3/13, 9:30a Spring Luncheon Th 3/9, 10a-2p SD EH
Handweavers & Spinners: SD schandweaversandspinners@gmail.com	M 9a-12p; T/F 9a-12p & 1-3p; W/Th 9a-3p Mem Mtg 1st M 1p SD EH Spring Lunch M 3/13, 11:30a-3p SD EH Beading M 9a-12p; Spinning M 12-3p Rugmaking T 9a-12p; 3D Needle Felting T 1-3pm Beg Weaving W 9a-12p; Int Weaving W 12-3p Fine Stitching Th 9a-12p; Inkle/Kumihimo Th 12-3p Basket Weaving F 9a-12p; Tatting F 1-3p
Jewelry, Stained Glass & More: GR 262-993-4873; 623-322-4595	M-Sa 8a-12p; T-Th 8a-4p Mem Mtg 1st T, 10a
Knitters: FW 602-469-2505	F 8:30a-12:30p FW AZ Rms 3 & 4 Silent Auction F 3/17 10a-12p
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 Mem Mtg Tu 3/17, 10:30a LV SH 2
Metal: BC 623-974-8206	M-Sa 8a-4p; Mem Mtg 2nd M 9a BC MPR Spring BBQ Sa 3/11, 9a-1p LV SH, Patio
bellmetalclub@gmail.com	Potluck 3rd Su 5:30-7:30p BC MPR
Palo Verde Artist: SD 503-635-7121	Su-Sa 8a-8p Mem Mtg & Demo 3rd Th 12-3:30p SD EH
president@paolverdeartists.com	Art Show F-Sa 3/17-18, 8a-5p
Quilters on Grand: Relocating Apr 2023 970-261-1798	M-Sat 8a-4p; Mem Mtg 2nd F 9:30a White Elephant F 3/17, 8a-4p GR
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 3/17, 9-11a
SilverStones: SD 317-508-5959	M-F 8a-3p; Sa 8a-12p Mem Mtg & Pizza M 3/20, 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 480-578-8871	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 623-9724385	M-F 8a-4p; Sa 8a-12p Mem Mtg 2nd Tu, 12p FW 133

Woodworking: LV 623-933-2355	M-F 8a-4p; Sa 8a-2p Mem Mtg 1st Tu, 9a
---------------------------------	---

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 Potluck/Dice Game M 3/27, 10:30a FW AZ 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 Pat	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 No Play Th 3/16

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) * Must know National & have current league card
Monday Night Pinochle: OM 440-478-2530 Kim/623-217-8584 Beverly	No play on Tu 3/21 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; Doors open 12:15p; Arrive by 12:45p; Play at 1p; Must have partner
Kachina: SD 651-592-5939 Sharon 623-363-7199 Posy	M 12-4p SD WH M 3/6, 20, 27 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 3/18 Flashback Band - St Pat's 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

Friday Night Social Dance: SD 623-215-8718	F 7-9:30p SD Aud; Lesson 6:15p \$5/members; \$10/guests; No jeans, shorts, etc. 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 No Dance 3/21; Relocated to FW 3/30
suncitylinedancedclub.facebook	Dance & Party Tu 3/14, 8a-3p
Rockin' Thru The Years: SD 623-695-2039; 602-695-0209	2nd, 4th & 5th Sa: 6:30-10p; SD Aud St Partick's Dance 3/11
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 scpoms@yahoo.com	M 8-11:30a MC Aud; Tu 1-5p MC Aud Th 8a-12p MC Aud Show Rehearsals M 3/20, F 3/24 SD Aud Show Sa 3/25 @ 12:30p SD Aud
Tip-Top Dance: MC 253-381-1542	M 8a-1p; Tu 8a-12p; 4-8p MC SH M 1-2p; F 1-2pMC Aud W 8-11a, Th 8a-12p, F 8a-12p MC SH

Educational Clubs	
Apple Macintosh: SD 623-933-5300	M-Th 8:30-10:30a & 12:30-2:30p Mem Mtg Sa 3/11, 8:30a SD WH
Visit sunmacsclub.com for updates	
Computer Club: FW 623-933-8953	M-Sa 8:30a-2:30p
www.computerclubofuncity.com/	
Life Long Learning: FW scazlifelong@gmail.com	Meet & Greet - F 3/24, 5-7pm, FW Get ready for fall classes & share your ideas
Text to 602-330-6371	
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 623-826-2323 Karen 602-578-1067 Judy	M W F 6:30-11a BC SH 1&2
Aqua Fitness Club: SD aquafitnessuncity.com	Classes at SD, MC, MV, OM Pools Try it Before You Buy It 3/27-3/31 Next Reg: Sa 4/1 SD; Doors 8a, Mtg 8:30a Next Session starts M 5/1; ends Th 6/22
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; No Class 3/25 Relocate F 3/24 to SD Aud
FUNtastic Fitness: MC 260-413-3862	Pilates M, F 1-2MC SH Aerobics Tu, Th 1-2p MC SH
allykatrose@live.com	Strength Training Tu, Th 2:10-3p MC SH
Handi-Capables: SD 602-369-3819	T/Th 12p, 1p SD Warm Water Pool Mem Mtg 1st M 12p FW AZ 1&2
handicapablesaz@gmail.com	
Hatha YOGA: SD Yoga Room	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	Tu & F 8-9a OM Aud
Ladies Exercise: OM 928-890-9152	Potluck F 3/24 , 9-11a OM Patio
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, 8, 9a; Su 8, 9a BC Aeoribcs Rm Spring Picnic W 3/8 10a-3p LV SH-Patio
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 Regular Classes Tu 3/7, Tu 3/14 Grand Master Workshops 3/14-15 FW, 3/16 BC
Zumba Club: SD 623-583-2065	M W 11:30a-12:30p Gold BC SH; Tu 6:30-7:30p SD WH; Tu 3/7 Relocated to MC
Visit https://suncityaz.org/recreation/clubs/zumba-fitness-club/ for specific class info	Th 6:30-7:30p MC Aud F 11:30a-12p Chair; 12-12:30p Gold BC SH F 9:30-10:30 MC; Sa 8:30-9:30a MC Aud Fitness

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 Text to 602-616-7459	Mem Mtg W 3/8, 10a FW AZ 1-2
Duffeeland Dog Park: Talisman 623-810-0208	Cookout Sun 3/19, 10a-4p OM Pation
Garden: GR 719-338-0131	Office MWF 9a-12p; Greenhouse M-Su 9a-2p No Mem Mtg Tu 3/7
Model Railroad: FW 480-634-0106	Mem Mtg Tu 3/14, 10a FW Rm 133 FMI visit suncitymodelrailroadclub.com
Model Railroad Museum: FW 480-634-0106	T, W, Th 9a-12p; Sat 9a-1:30p
Rockhounds: SD scrockmuseum@gmail.com	2nd Th 6p FW AZ 1-3 Rock Sale Sat 3/11 8a-1p Mt View
Mineral Museum: SD 623-428-6442	M-W, F Sa 10a-1p
RV Club: SD silvercreekranch1@hotmail.com	Mtg/Potluck 4th Tu 4p SD Aud 1st W, 3rd Tu 5-9p Games at BC MP Bldg Caravan Mtg 4th F 9-11:30a SD WH Annual Picnic F 3/10, 8a-3p SD Patio
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/Vendor Show Sa 3/7 8a-1p Sun Bowl Potluck & Social Last Tu 5-9p GR Shop
https://www.vintagevehiclesofuncity.com/	

Performing Arts Clubs	
Sun Cities Community Orchestra: FW 623-582-9964	W 8:30a-12p FW Music Room
Choraliers: MV Partnered with the Sun City Players Community Theater (see below)	3rd M, 7pm MV Aud - Note New Location
Concert Band: FW 602-625-5211	Rehearsals Tu 9-11am FW Music Room
Handbell Ringers: FW 602-799-1947	F 8:30-11a FW Music Rm Last Rehearsal 3/17
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 Spring Production F-Su 3/17-18, Th-Su 3/23-26 Choraliers 3rd M, 7pm MV Aud

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)	Th 3-4:30p FW Music Rm Mentorship 1st/3rd Th 1:30-2:30p FW Music Rm
920-410-6932 (May-Sept)	1st/3rd W 1:30-2:30p Acoustic Jamming

Women's Chorus: FW 602-625-6126	Th 8:30-11a FW Music Rm Membership Meeting Th 3/16
------------------------------------	---

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
Republican: SD suncitygopclub@gmail.com	3rd Tu 6p SD EH

Social Clubs	
Best Friends Dog Club: FW 602-639-1370 bfcdsuncity@gmail.com	Mem Mtg Tu 3/21, 1p FW AZ 1-2

Fairway Readers: FW maureenopper@gmail.com	2nd F 1-2:30p FW AZ #1 Books can be reserved in advance at FW Library w/ MCLD Card
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 Anniversary Celebration Sun 3/26, 5-10p BC SC
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 michigan2arizonaclub@gmail.com	No Meeting in March Last Monday 2:30-5p Cards BC MPR
New England: LV 623-215-3637; 802-233-3721	Sa 3/11, 5p LV SH 1
NextGen: SD 920-878-0104	1st & 3rd M 6-9p SD Aud/E&W Halls Wine Sharing 2nd F 6-8p OM Aud/Patio
Visit www.NextGenSC.org for more info or email NewMembers@NextGenSC.org	Amazing Race Sat 3/4, 8a-4p; LV SH/Patio
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 #466 W Peoria
https://suncityaz.org/recreation/clubs/s	
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	Th 3/9 WIS Day 2022 Picnic Sun Bowl 10a-2p
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 charlespeterson@comcast.net	Pick Up Games in Villanueva Community Center 3:30-5p Oct - April
Billiards: Bell Billiards Room 315-806-0067	Tu 11a-4p; W 8a-1p; F 11a-4p; Sa 12-5p Bust Up Party Sat 3/18, 10a-2p Bell SH #1
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 3/2-23; Th 3/30 8a-12p; Su 1-5p; Daytime Tournaments: M-W, F 9a-12p except MTW 3/27-31, 8a; Playoff Sa 3/25, 9a 2-Person Tournaments: Th 3/2-23 9a-12p Super Tournament: 3/18, 9a-1p Meeting/Party M 3/27 9a-4p SD EH/Mall
Dart Club: BC 623-203-9715	M T W 5:30-8:30p, Th 6-8p, Sa 1-3p Member Meeting Tu 3/7, 4-5:30p Bell MPR BBQ Su 3/26, 2-7:30p OM Patio
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 St Patrick's Day Th 3/16, 9a-1p MV
-------------------------------------	--

Lawn Bowls: LV (Sun City Club) 734-673-8908	Mondays 12-5p
Lawn Bowls: LV 623-974-3214	Tu Th Sa 8:30-10:30a; 2:30-4p
Lawn Bowls: OM 623-792-5202	M W F 8:45-11:30a; Su 1:45-3:15p Bye-Bye Birdie Party Su 3/12, 1:30-5p OM Patio
Mini-Golf: LV 623-974-8442	Golf W 3/8 9a SD; W 3/22 7a BC Mem Mtg Tu 3/7, 9a LV SH #1
623-583-2065	SCW Breakfast W 3/22, 7a-12p Bell Patio
Pickleball: MC, MV scpickleball002@gmail.com	Daily Drop-in MC 8-11a; MV 7-11a Round Robin W 11a MC; Social Play M 2pm & Sat 1pm MC; Spring Slam 3/10-12, 7a-8p MC
Contact Club for Times, Other Activities	

Shuffleboard Bell: BC 612-471-7045	M Tu F 1-3:15p Member Mtg W 3/8, 3:15p Bell Team Room
Shuffleboard Outdoor: LV	M W F 1-4p LV
	Bean Bag Party Sa 3/25, 12:30-5p LV SH #1

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 Mem Mtg Tu 3/7, 6p LV SH #1
www.azsrsfootball.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 Fun Day Sa 3/4, 8:30a-12p BC Pool Potluck/Mini-Golf F 3/24 11a-1p BC Gen Mem Mtg W 3/29, 10:30a-12p LV SH #1

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
Tennis: BC 608-792-1957; melvindhaus@gmail.com	Club Member Social Tennis Sa 1-2:30p BC Team Play: Sun 3/5, 12, 19, 1-2:30p BC
https://suncitytennisclub.wixsite.com/suncitytennis	SCTC Tournament F 3/24 5-9p, Sa 3/25 9a-5p
Volleyball: 206-459-3242	8-10:30a W & F Villanueva Community Ctr
charlespeterson@comcast.net	
Water Volleyball Club of SC: OM 480-297-6783; WVCoFSC@gmail.com	Su M W F 12-3p
Whisperball of Sun City: BC 623-216-9466	M W F 8:30-9:45am, 1:30-3:30p; Tu 1:30-3:30p Th 6-8am, 1:30-3:30p BC Racquetball Courts

Club Directory Key:	
---------------------	--

M = Monday	BC = Bell Center
Tu = Tuesday	FW = Fairway Center
W = Wednesday	GR = Grand Center
Th = Thursday	LV = Lakeview Center
F = Friday	MC = Marinette Center
Sa = Saturday	MV = Mountain

Marinette Clay Corner

The Marinette Clay Corner is a full-service pottery studio, excelling in wheel-thrown and hand-built pottery. We are well known for the beautiful and unique totems. Club membership/ participation is open to all RCSC Cardholders

Last year on our website, claycorner.org, we began to feature some of the talented artist members. This month the featured artist is Dave Knorr. He graduated with a BFA Sculpture major, Ceramic minor. Dave has been a part of the Phoenix art scene for several years and his sculptures have been on display in numerous exhibitions in Arizona. Recently, Dave's sculptures were featured in a one-person show at Five15Arts@Chartreuse Gallery in Phoenix.

After retiring and moving to Sun City, Dave decided to refocus on his art. He wanted to join a club with an artistic environment, good facilities, and a wide variety of equipment and tools. Dave toured and joined the Clay Corner last year. It was important to him to find a place to build relationships, be a resource, and encourage people to stretch their boundaries. He also enjoys contributing to the Clay Corner as a member of the Glaze Team. To view Dave's website visit DavidKnorr.com

Visit the Clay Corner, located at 99th Ave. and Union Hills Dr. at our Spring Sale on Friday, March 24 from 8am to 4pm and Saturday, March 25 from 8am to 3pm.



Birding Club of Sun City

The Birding Club enters our 7th year as a casual and friendly club open to all RCSC members and birder abilities spanning beginner to expert. We have 6 meetings each year that have expert presentations on educational themes. They may take the form of a photo essay following an Eagle family from inception to fledge. A weeklong birding trip to Southern Texas or Costa Rica. Origins of Flight, and how to use birding applications such as Cornell Labs eBird. Coffee and snacks are served during the meeting.

We lead an average of 6 field trips a month between October and May and a couple a month in the summer. We have ranged as far as San Diego, San Jacinto Mountains, Southern Arizona, Flagstaff & Boyce Thompson Arboretums. That was before Covid. At this time we stay mostly within Maricopa County. We visit five of the Maricopa Regional Parks like Hassayampa. We love the Glendale Ponds, Gilbert Water Ranch, and many close by Community Parks. At some of these we have a picnic afterwards or bagels and coffee before we start. Some trips are more social but the birds are always close by.



We do community service too. Some examples are habitat cleanup, bird counts, Fish and Wildlife surveys, reporting tagged birds such as American White Pelicans. We meet on the 2nd Wednesday at 10am in the Fairway Arizona Room 1-2. Visit our Club webpage to see our newsletter to get more information or contact Tom Locascio, President via email at locascio2000@hotmail.com

Tai Chi (con't) RCSC Cardholders pay \$7 per each afternoon event. Add \$2.50 per event for escorted guest.

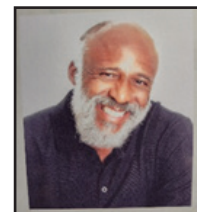
March 14, Fairway AZRM 4: 10:00AM to 12:00PM Tai Chi Workshop for Beginners & all Tai Chi 108 students past and present. Guided by Grandmaster Franklin.

March 15, Fairway AZRM 3: 10:00AM to 12:00PM Tai Chi Workshop for Intermediate & Advanced Tai Chi 108 students past and present. Guided by Grandmaster Franklin.

Each Workshop is \$15 for RCSC cardholders. Add \$2.50 for escorted guests.

Grandmaster Franklin has taught Tai Chi, Qi Gong, Kung Fu for 50 years. Students enjoy his humble, fun teachings and his generosity in sharing his knowledge.

Questions: call: Elisa 480-710-8497, email: emcarthur1@cox.net. Website: <http://sctaichi.wix.com/sc-tai-chi-club>



Tai Chi Club of Sun City

"Tai Chi For Arthritis, Balance & Fall Prevention" is just one of the exciting events with Grandmaster Franklin at Sun City Tai Chi Club this month

March 16 at Bell SH2 begin a fun day 10:00AM to 12:00PM: "Tai Chi for Arthritis, Balance & Fall Prevention" Listen, ask questions, try moves to ease stiff joints, improve flexibility, strength, and confidence. Harvard Medical School calls it "the perfect activity for the rest of your life." \$15 for RCSC cardholders add \$2.50 for escorted guests.

At 1:00PM: Chinese Tea Ceremony. First time ever, relax with the picturesque story and beauty of this peaceful tea tradition. Bring mats, blankets and pillows. Chairs provided.

At 2:15PM: float away cares with Singing Bowls Meditation.

Because of you,
life doesn't stop.

#VitalToLife



ADVANCE APPOINTMENTS
are encouraged to help maintain social distancing.



FACE MASKS ARE NOW OPTIONAL FOR VITALANT DONORS



MARCH 16



MARCH 17

DONATE BLOOD
vitalant.org | 877-25-VITAL

Sun City Visitors Center

BLOOD DRIVE

Thursday, March 16 and Friday, March 17

8:00 am - 12:00 pm

Bloodmobile in Loading Zone

Please call a Visitor's Center Volunteer at (623) 977-5000 to schedule your lifesaving appointment.

vitalant.



Art Show & Sale



Friday and Saturday
March 17 & 18
9am to 3pm

**Palo Verde Club Room
Sundial Recreation Center
103rd Ave. and Boswell Blvd.**

Palo Verde Artists are pleased to welcome everyone to our free annual art show.



Visit our website:
<https://www.paloverdeartists.com>

Rock Sale

The Sun City ROCKHOUNDS
invite you to this yearly event



Slabs for Crafting / Petrified Wood / Unique Specimens

RAFFLE

**Saturday, March 4
8AM-1PM**

Mountain View R.C.

Parking Lot (Near Mini-Golf)

Spanish Club of Sun City

Learning a new language is fun with El Círculo Español, otherwise known as the Spanish Club of Sun City. You don't have to know any Spanish to join; you just need to be an RCSC cardholder. Fiesta anyone? Maybe a siesta? See, you do know a few Spanish words. We have cultural events, lunch and dinner outings, fiestas, games (bingo, etc.), weekly comics, Spanish movies with subtitles, other excursions (Hispanic grocery stores, folkloric dance performances), and, of course, classes! Some of our classes are taught by native speakers. All instructors are enthusiastic and patient volunteers. We have culture classes, conversation classes, video learning, reading classes, and grammar classes. Sample as many classes as you like, take as many classes as you like, all for one fee of \$10 per year. Most of our classes have returned to in-person learning at Fairway Recreation Center Room 129, but there are still some Zoom classes and events. We even have summer classes for year-round learning and entertainment. Check out our website for instructions on how to join the club and descriptions of current course offerings, or visit our bulletin board outside Fairway 129.



Bell Metal

Interested in learning metalworking? Visit the Bell Metal Club (BMC) for a tour of the shop. We are located at the Bell Recreation Center near lawn bowling and the tennis courts. The BMC offers tools and machines in the following areas: Welding, sheet metal, machine shop, CNC plasma cutting, and powder coating. Experienced members can help and offer guidance if you are new to metalworking.

BMC membership is open to all RCSC cardholders and membership dues are \$20 per calendar year. Many of the members make artwork using the CNC Plasma Cutter then powder coat using a large array of colors. The club also offers welding classes.

The BMC is open Monday-Saturday, 8am-4pm. The phone number is 623-974-8206. Pictured above are Bonnie Swank with the Hit and Miss Engine she made in the machine shop and Keith Schwartz with the metal art pieces and clock he fabricated in the welding area.



Zumba Club

Do you want to have fun, make new friends and get a workout at the same time? Zumba Club is for you. Zumba is a fitness program that combines Latin and international music with dance moves. The routines led by our licensed instructors combines alternating fast and slow rhythms to help improve balance, coordination and cardiovascular fitness. The one hour classes are fun and energetic, no experience necessary. You do what you are comfortable doing. The key is to stay with it until you can do more and feel better.

Zumba Club offers three styles: 1) Zumba Chair is a low intensity workout combining cardio and flexibility modified to a seated position. 2) Zumba Fitness is a high intensity and high energy cardio workout. 3) Zumba Gold is a slightly lower intensity and energy cardio workout, and they are all fun! Club membership/participation is open to all RCSC cardholders. Once you join for \$10 per year, you have access to any of the classes for just a \$2 instructor fee per class.

CLASSES:

- Mondays: Zumba Gold - 11:30am-12:30pm in Bell Social Hall
- Tuesdays: Zumba Fitness - 6:30-7:30pm in Sundial West
- Wednesdays: Zumba Gold - 11:30am-12:30pm in Bell Social Hall
- Thursdays: Zumba Fitness - 6:30-7:30pm in Marinette Auditorium
- Fridays: Zumba Fitness - 9:30-10:30am in Marinette Auditorium
- *Fridays: Zumba Chair - 11:30am-noon & Zumba Gold - noon-12:30pm in Bell Social Hall
- *You must check in by 11:25 to take either or both classes
- Saturdays: Zumba Fitness - 8:30-9:30am in Marinette Auditorium



Please plan to arrive 15 minutes early for all classes.

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

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/

Vintage Vehicles of Sun City
Proudly Presents ~
6th Annual
SPRING FLING
20 Car Show 23

Sun Bowl Amphitheater
ALL MAKES. ALL MODELS. ALL YEARS

Saturday, March 4th 2023
9 am to 1 pm Car Show Check-In Starts at 8 am
Sun Bowl Amphitheater
10220 N. 107th Avenue ~ Sun City, AZ
Register on-line at: vintagevehiclesofsuncity.com
Or on-line at: register.carshowtoolbox.com
Top Ten Trophies ~ T-Shirts ~ Raffle Prizes ~ Music

Sun City Clay Club
Spring Pottery Show
Friday, March 17th 9am to 4pm
and
Saturday, March 18th 9am to 3pm
Lakeview Recreation Center
Social Hall
10626 W Thunderbird Rd
Looking for that perfect gift
Come take a look at the unique and wonderful pottery for sale

Bell Craft Club

Bell Craft has been going strong for over 48 years. We are happy to announce that our membership continues to grow each year. We offer a variety of classes taught by our talented members. If you enjoy making crafts and socializing, come and join us and make the craft of your choice in any class or open workshop.

We have classes for Bead weaving, Brazilian embroidery, candle making, card embroidery, crocheting and knitting, diamond painting, greeting card techniques, copper enameling, needle arts, paper and parchment crafting, polymer clay, quilling. In addition, we have open workshops for acrylic painting and other crafts.

Our Boutique is open to all and sells handcrafted items made by our members. We participate in charitable activities for our community. and make special holiday cards for active-duty soldiers. We also have Happy Hearts and Love our Veterans groups who use donated yarn to make lap robes and afghans for local vets. Our crochet and knitting class make a variety of items including stuffed animals, sweaters, scarves, and baby blankets and donate them to Eves Place. In February, our knitting and crocheting members donate red baby hats to the American Heart Association for preemie babies.

Bell Craft is open Monday-Friday, 9am-3pm and some evenings. For more information call 623-974-3497 or stop by and visit us at 99th Avenue and Hutton, adjacent to the library, in the Bell Center Arts & Craft Village.

Sun City Tennis Club

Sun City Tennis Club is one of the best places in Sun City for Daily Fun, Friendship and Exercise for tennis players at all levels and all ages (even in their 80's). Club membership/participation is "open to all RCSC Cardholders."

Out of practice? The answer, Come and check us out and check out your present skill level during our very informal "Drop-in" tennis Monday-Saturday at 8 to 11am at Bell Recreation Center. You'll find a bunch of friendly, welcoming people. A limited number of tennis racquets are available to check out at the proctor's office. Club members frequently connect with other members and create their own tennis groups. There are also club tournaments, an annual dinner/dance party, occasional club membership meeting and other activities from time to time.

Like what you see, club dues are still \$7 per year, one of the best values around. For more information, check out our website at "suncitytennis.com" or call one of the club board members: David Clawson: President - 602-579-5848; Jeanette Dredge-Jones: Membership - 928-587-0128; Karen Lynch - Vice President/Social; Jo Hagel - Secretary/Social; Jesse Thompson - Treasurer.



U.S. NAVY BAND IN CONCERT

SEA CHANTERS

FREE PERFORMANCE

MONDAY, MARCH 27, 6:00 P.M.

SUN BOWL AMPHITHEATRE

The Navy Band Sea Chanters are the United States Navy's official chorus. Come and enjoy the ensemble as they perform a variety of music including traditional choral music, sea chanteys, patriotic fare, opera, Broadway and contemporary music.

Bring your own lawn chair, sit back, relax and enjoy the show!



SUN CITY ARIZONA

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 - RELOCATED TO SUNDIAL

Sunday, March 12, 2023 at 4pm

We're moving this show over to Sundial (due to Italian Festival) and we're absolutely certain that this show will be a totally good-time for all. From disco, rock, pop classics and country, the Hi-Fi All Star Dance Band is sure to get the dance floor hopping with non-stop great tunes.

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.



Sun City Library News
mclidaz.org/suncity
602-652-3000

March Events at Sun City & Fairway Libraries



Advanced Registration Required

Club Kanopy: Unladylike2020
Sun City Library
March 21
1pm

Fiction and More Book Club
Sun City Library
March 21
1-2pm

Swedish Death Cleaning
Sun City Library
March 7
10-11am

The Rat Pack
Fairway Library
March 23
5-6pm

Apple iPhone Help Table

Every Wednesday, 1:30-3pm

Customers will be able to get help with basic iPhone/iPad questions like basic apps, using our digital media, moving files, etc. No registration required.



16828 N 99th Ave
Sun City, AZ 85351

Follow us on Facebook!



Water Conservation

Don't Waste Water Needlessly

With warmer temperatures, we're likely to start spending more time outside and enjoying all that spring has to offer us here in Sun City.

Save water by using a broom to clean off your patio area and driveway rather than hosing the debris away. Chances are your patio furniture could use a good cleaning, too. Wash down each piece using a bucket of sudsy water and then only a quick rinse is needed.

Now is also a great time to go for a drive and see wildflowers out in the desert. Should the car get a bit dusty, use a commercial car wash which recycle water. If you must wash your own vehicle, be sure to have a nozzle on your hose. Water running down the street is simply wasted water.

Back at home, take a good look at your existing landscaping and determine ways to conserve water there as well. Check local nurseries and other resources for drought tolerant plants that thrive in this climate and typically look great all year long. Mulch around existing plants to deter weeds and help retain moisture too!



Every Drop Counts!
Do your part to help conserve!

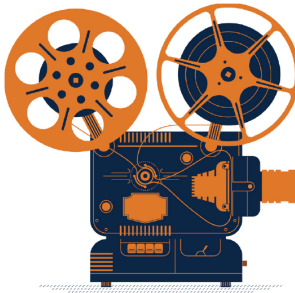


Every dog is Irish on Saint Patrick's Day
But not when on RCSC Properties!

Remember: Household Pets are not allowed on RCSC properties nor in RCSC facilities (please see Board Policy #26 for more info).

Exceptions: Duffeland Dog Park, Best Friends Dog Club training arena, dogs trained as service animals.

NOTE: Emotional support animals are not an exception!



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.

Maricopa County Libraries | mclidaz.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

Tips from Get Fit for Life

Is My Exercise Regimen Working?

Many people feel their workout isn’t effective unless they are totally out of breath, drenched in sweat, or cringe the next morning because of muscle soreness. Heart rate level, and muscle burn are definitely indicators of workout intensity, in the moment. But, what if you worked hard, and didn’t experience exhaustion or muscle burn after your efforts. Was the workout a waste of time? “Certainly Not”, states Jane Fortier, senior fitness specialist. “Evaluating a workout regimen is more complex than just a few immediate physical signs. Looking at the BIGGER PICTURE has more value: has there been an increase in your energy level; is body composition changing; are inches being lost; has strength increased to handle day-to-day functioning better; are recreational activities more enjoyable – these are the REAL measure of whether those consistent weekly workouts are paying off. Many factors come into play, as you exercise to reach health and fitness objectives.”

Six Signs of a Successful Workout Program

- Am I sleeping better? Exercise can improve the quality and quantity of sleep, over time. Too much or not enough exercise can make sleep more difficult, so it’s important to be sure your workouts are making you stronger and not running you down. When you notice you’re sleeping better and feeling more rested when you wake up in the morning, that’s a positive sign you’re on the right track.
- Do I seem more mentally focused? A good workout provides an energy boost and improves concentration. It can help relieve the symptoms of depression and anxiety by releasing “feel good” endorphins and replenishing neurotransmitters. These changes begin to happen as soon as your workout is over. Over time, exercise improves memory and prevents cognitive decline.
- Am I hungrier? Exercise increases the production of ghrelin, a hormone that stimulates appetite. It’s important to plan ahead for a healthy, post-workout snack or meal that fits into your calorie budget for the day. Be sure to stay adequately hydrated, too, since dehydration can often be confused for signs of hunger.
- Am I seeing progress in my ability to perform exercise tasks? Over time, you should notice your fitness level improving. Aerobically, more demands can be made on your heart rate level. The amount of resistance you use with strength exercise should increase. Your flexibility will improve with consistent static stretching. Progress means you are able to work harder than when you first started your exercise routine. Keep in mind, however, that as you become more fit, improvements in performance become less frequent – you reach a plateau, of sorts. Then, it becomes important to change up your exercise routine, so that your body continues to be challenged in new ways.
- Am I feeling good about myself? A good workout can leave you tired, but should leave you with a sense of accomplishment and a boost of confidence. A good workout not only improves how you look on the outside, but it makes you feel stronger and more confident on the inside.
- Do I like my exercise regimen? If you don’t have a sense of accomplishment after your workout, consider trying something different. There are lots of exercise options out there. Don’t like the treadmill - try rowing or biking instead. Tired of strength machines - try free weight or body weight exercises. Sometimes it takes a little creativity, and the help of a trainer, to find a workout that you are happy with.

Using a Get Fit for Life personal trainer can help get you into an effective exercise regimen. Trainers design programs that address needs, goals and medical issues. They teach clients how to exercise safely and effectively. To find out more about the services available in the Sun City Fitness Centers, visit Get Fit for Life Sun City AZ on Facebook, or call 623-696-6820.

MONITORED ACTIVITIES			
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
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Bell Center Courts A & B	M-Sa: 6a-9p; Su: 8a-8p;
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	Closed for Club/Class: M-F 1:30-3:30pm	
Bingo	Minimum Age: 18	Shuffleboard	Minimum Age: 8
Sundial Center	Thursdays: Doors Open 4:30p; Bingo 6:15p \$9 all 18 games w/3 special games Everyone welcome.	Bell Lanes: Indoor	M-Sa: 8a-8p; Su: Noon-7p
Boating/ Fishing	Minimum Age: 6/NA	Lakeview: Outdoor	M-Sa: 6a-7p; Su 8a-7p
Lakeview Center	Closed for Viewpoint Lake Renovation	Spas	Minimum Age: 16/18*
Bocce Courts	Minimum Age: 8	Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Bowling Lanes	Minimum Age: 4	Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p
Bell Lanes	M-Sa: 8a-9p; Su: Noon-8p (9/1-4/30)	Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Oakmont Center	M-Sa: 6a-7p; Su 8a-7p
Dog Parks	Minimum Age: NA	Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p
Duffeeland	October - April: 7am-6pm Closed last Wed/month for Maintenance	Swimming Pools - Open Swim Hours	
Darts	Minimum Age: 8	Bell Center - 18+ only	Minimum Age: 18
Bell Center	M-Sa: 8a-9p; Su: Noon-8p (9/1-4/30)	Lap Pool: M-Sa: 5a-9p; Su 8a-8p; Closed for Club/Class: M-F 7-9a	
Fitness Centers	Minimum Age: 14*	Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p	Fairway Center	Minimum Age: 16
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	Lap Pool: M-Sa: 5a-9p;Su 8a-8p	
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p	Walking Pool: M-Sa: 5a-9p;Su 8a-8p	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Lakeview Center	Minimum Age: 4-15*/16
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	M-Sa: 6a-7p; Su 8a-7p; Closed for Club/Class: W 8-10a (April-Oct only)	
Oakmont Center	M-Sa: 6a-7p; Su 8a-7p	Children's Pool Hours - Ages 4-15 yrs: Daily 4p-Close*	
Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p	Marinette Center	Minimum Age: 4-15*/16
Horseshoe Courts	Minimum Age: 12	M-Sa: 6a-9p, Su: 8a-8p; Closed for Class: Tu, F 9-10am	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Children's Pool Hours - Ages 4-15 yrs Daily 1-4p*	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Mountain View Center	Minimum Age: 4-15*/16
Jogging / Walking Track	Minimum Age: 14	M-Sa: 6a-7p; Su 8a-7p; Closed for Class M, Th 9-10am	
Indoor		Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p*	
Fairway Center	M-Sa 5a-9p; Su: 8a-8p	Oakmont Center	Minimum Age: 16
Sundial Center	M-Sa only: 6a-8a	M-Sa: 6a-7p; Su 8a-7p	
Outdoor	Minimum Age: 8	Closed for Club: Every Su M W F 12-3p; Spa, Swim Lanes remain open	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Closed for Class: M-Tu, Th-F 9-10a with Swim Lanes closed	
Sun Bowl	Dawn to Dusk	Sundial Center - 18+ only	Minimum Age: 18
Library (602) 652-3000	Call to confirm hours	Large Pool: M-Sa: 6a-9p; Su: 8a-8p; Closed for Class: M Tu Th F 8-10a	
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p	Closed for Swim Lessons W 8:30-10a (Nov-Mar only)	
FOTL Bookstore at Bell	M-Sa 9:30a-3:30p	Warm Water Pool: M-Sa: 6a-9p; Su 8a-8p	
Fairway Center	M-Sa: 9a-5p	Closed for Class: M T Th F 10a-12p, 4:30-6:30p	
Mini Golf	Minimum Age: 6	Table Tennis	Minimum Age: 8
Bell Center	M-Sa: 6a-9p; Su: 8a-8p	Bell Center: M-Sa: 6a-9p; Su: 8a-8p;	
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p	Closed for Club Activity: M 10a-3p; W F 10a-4p; Tu Sa: 10a-12p	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Tennis	Minimum Age: 8
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Bell Center: 623-977-3325 M-Sa: 6a-9p; Su: 8a-8p	
		Lakeview Center: 623-561-4676 M-Sa: 6a-7p; Su 8a-7p	
		Mountain View: 623-876-3042 M-Sa: 6a-7p; Su 8a-7p	

Strength Machine Demonstrations

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

3/1 @ Bell w/ Dick; 3/8 @ Marinette w/ Dick; 3/15 @ 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!



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