

# SUN VIEWS

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## Easter, End of the Season Fun

Well spring has really sprung and what seems to have been a longer than usual winter is behind us. "Back to normal" took a full three years and getting to where we all want to be is taking a bit longer for some. But there has been no slow down as we come to the final few spring celebrations.

History repeats itself as activities at the Sun Bowl for Easter "roll on" including the Easter Egg Hunt with petting zoo and crafts, returning on Saturday, April 8 from 9am to noon. There will be plenty of prizes, sweet candy treats and more for kids of all ages. This event is free for all RCSC Members/Cardholders and no registration is required. (Turn to page 3 for more information).

Everyone is welcome back to the Sun Bowl on Easter Sunday when Unity Church of Sun City celebrates with a Sunrise Service at 7am. Please remember to bring your lawn chair. Let us join together with joy and praise for this long-standing Sun City holiday tradition.

Spring concerts at the Sun Bowl continue throughout the month and there's plenty of great entertainment for all every Sunday evening with shows starting at 6:30pm. As always, please be prepared to show your RCSC Member/Privilege Card for entry to these free concerts (no key fobs accepted) and gourmet trucks arrive 1-1/2 hours prior to the show.



Speaking of music, two of Sun City's performing arts groups will be presenting their spring concerts in April. On Saturday, April 8 at 2pm, the Sun City Concert Band welcomes RCSC Members/Cardholders for "Sails and Swords" in the Sundial Auditorium. This is a free concert; however, donations will be accepted at the end of the show. The following week, the Women's Chorus will be performing "Movie Music Magic" on Saturday, April 15 at 1:30pm also at Sundial. Tickets for this show are \$5 per person available in advance from chorus members or at the door.

## Exchange Meeting on 4/10 at 3pm

The RCSC Board of Directors will be offering an afternoon Exchange meeting this month on Monday, April 10, 2023 at 3pm in the Sundial Auditorium.

This alternate meeting time is for those who have expressed interest in attending meetings but that have not been able to participate and share their concerns at the normally scheduled 9am time due to other commitments.

The Board looks forward to your attendance and participation.

Lastly, the Sun City Posse celebrates their 50th anniversary this year and invites everyone to attend their Jubilee Celebration on Saturday, April 8 from 1 to 4pm at the Posse Headquarters located at 10861 W. Sunland Drive. This event will feature a parking lot filled with something for everyone - live music, emergency services on display (if available), bouncy house, face painting, popcorn, games, raffle and on-site food truck. Bring the whole family. There will be fun for kids of all ages!

To our seasonal residents and visitors, it has been great having you here as always. To all, please travel safe wherever you might go this summer. And for the rest of us who remain - peace out and stay cool!

## ASU/RCSC Survey Update

### Next Up: Working Groups

Over 6,200 participated in the initial the ASU/RCSC survey process which began in January, representing a 22% response rate (which includes both electronic and paper responses).

The 93-question survey, created by Long Range Planning Committee's Survey Ad Hoc Sub-committee along with Arizona State University professors, touched on what current RCSC Members/Privilege Cardholders desire in future recreation.

Analysis of survey results is estimated to be completed in May and will be presented at a future Board of Directors Meeting and posted on the RCSC website ([www.suncityaz.org](http://www.suncityaz.org)).

Community-based focus groups held March 25-29 and led by ASU staff brought together volunteer participants who were tasked with addressing two issues - Sun City and/or recreation. These Focus Group sessions lasted 45 minutes each with 140 Member/Privilege Cardholders participating. A special "thank you" goes to these individuals who expressed their thoughts freely and openly to further understand their concerns and points of view on these matters.

Topics developed from the Focus Groups will be utilized to determine the emphasis and direction of the ASU-led Working Groups currently scheduled for Wednesday, April 26 from 4 to 7pm at Fairway Center. This will require a time commitment for the full 3-hour period and participation by at least 150 community residents would be ideal. Should you want to be a part of these Working Groups and take a deeper dive into solutions and alternatives for some of the issues that arose from the survey and focus groups, please email [pcorsino@suncityaz.org](mailto:pcorsino@suncityaz.org). Deadline to register is Wednesday, April 19.

Let's keep working together as we continue the process and help to shape the future of Sun City AZ recreation!

Stay in the loop!  
Get RCSC News Alert  
Emails, sign up at:  
[www.suncityaz.org](http://www.suncityaz.org)

Email addresses  
remain confidential

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NOTE: RCSC Offices will close at 12 noon on April 7 (Good Friday) and remain closed until Monday, April 10. This includes offices at Lakeview, Events & Entertainment at Sundial and the Sun City Visitors Center at Bell.

## Connect with Sun City AZ





2023 RCSC Board of Directors

Phone: 623-561-4620  
email: [boardoffice@suncityaz.org](mailto:boardoffice@suncityaz.org)

**Kat Fimmel, President**  
email: [kfimmel@suncityaz.org](mailto:kfimmel@suncityaz.org)

**Karen McAdam, Vice President**  
email: [kmcadam@suncityaz.org](mailto:kmcadam@suncityaz.org)

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email: [scollins@suncityaz.org](mailto:scollins@suncityaz.org)

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email: [dnichols@suncityaz.org](mailto:dnichols@suncityaz.org)

**John Nowakowski, Director**  
email: [jnowakowski@suncityaz.org](mailto:jnowakowski@suncityaz.org)

**PLEASE NOTE:**  
As of press time, there were two vacancies on the Board, which are to be filled by the March 30 Board Meeting.

A Message from Board President Fimmel

Mastering A Plan for the Future

Survey data is rolling in. While we realize the tool was less than perfect, the survey still gathered, for the first time in 20 years, data that will be useful for mapping the future of Sun City and the membership of the RCSC. The response rate to the survey was overwhelming and members have done themselves proud. We truly appreciate their effort and time spent completing the survey.

The data that is being analyzed will yield results that will be critical as we move to build a better tomorrow together. This data gathering process is more than just a survey. Perhaps more important to the process are the focus groups that have been pulled together to collect more information about RCSC membership and community needs. We wish to thank those who have volunteered to participate in these groups and there will be another opportunity to share your thoughts when “working groups” are formed (scheduled to meet in late April). Stay tuned for more communications on how to further participate. These opportunities remain available to all – even if you chose not to answer the original survey.

Our ASU contract also includes a second survey that will focus on prospective members. We are interested in knowing what potential buyers will be looking for as they consider the next phase of their lives. Once the Board has a solid understanding of those future needs, we can make recommendations on how best to meet those needs. Throughout this process we will keep the members updated as we strive to meet our goal of increasing and improving our lines of communication with the membership.



**Kat Fimmel**  
2023 RCSC Board President

We believe it is paramount that members understand the recommendations we are making, and that those recommendations are based on facts and data; not on the wishes of the few, to the detriment of the many. This is why we have asked the membership to take a step back, as we look at our upcoming projects. We want to ensure that the steps we are taking accurately reflect the needs of the community. More importantly as a member of this amazing community, we will be spending millions of dollars of your money. We want to ensure we do that in the most impactful way possible. Doing so in that manner should secure a bright future for all of us.

We realize over time we have moved away from this membership engagement process. It is time now to move back to thinking strategically, and to develop a master plan that will carry us into the future. It is time for all of us - Board, Management, and Membership - to come together as a whole to keep our community moving forward. By working together, we hope to create a blueprint for future Boards, and with the support of the members, to make the best decisions for Sun City. We know we have a long way to go, but every journey starts with those first steps and the key to our success is to walk the path together.



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

RCSC Committees are seeking volunteers!  
Call 623-561-4620 to find out more information.

This Month @ The Board

RCSC Board of Directors Meetings

Member/Board Exchange	Monday, April 10, 2023 @ 3pm	Sundial Auditorium
Board of Directors Meeting	Thursday, April 27, 2023 @ 9am	Sundial Auditorium

Committee Meetings:

Long Range Planning Committee	Tuesday, April 4, 2023 @ 8:30am	Lakeview Board Room
Bowling Committee	Thursday, April 6, 2023 @ 9am	Lakeview Board Room
Sun City AZ in Focus Committee	Monday, April 10, 2023 @ 4pm	Lakeview Board Room
Lawn Bowling Committee	Tuesday, April 11, 2023 @ 1pm	Lakeview Board Room
Club Organization Committee (COC)	Wednesday, April 12, 2023 @ 10am	Lakeview Board Room
Technology Committee	Wednesday, April 13, 2023 @ 4pm	Lakeview Board Room
Long Range Planning Committee	Tuesday, April 18, 2023 @ 8:30am	Lakeview Board Room
Golf Advisory Committee	Thursday, April 20, 2023 @ 8:30am	Lakeview Social Hall #2
Insurance Committee	Friday, April 21, 2023 @ 9am	Lakeview Board Room
Elections Committee	Wednesday, April 26, 2023 @ 1pm	Lakeview Board Room

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



“Neighbors Helping Neighbors”

The next Sun City Foundation meeting will be held on Thursday, April 13, 2023 at 11:00am in the Lakeview Board Room.



## Spring Sun Bowl Concerts

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

RCSC Member/Privilege Card with Photo required for entry

The Sun Bowl is located just south of Peoria Ave on 107th  
FMI visit [www.suncityaz.org/recreation/concerts/](http://www.suncityaz.org/recreation/concerts/)

### 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 an encore performance from Yesterday Once More - Variety Rock & Roll Show and Dance Band who play classic rock and roll music/doo wop and R & B tunes from the '50s, '60s and '70s. Another beautiful evening under the stars with dancing and fun – once more!



**Bring your Lawn Chair or Blanket**  
**Food Trucks Arrive 1-1/2 hour before show**

Rain Location @ Sundial | 103rd & Boswell  
Call for information: 623-972-6014

**SAVE THE DATE**  
**POSSE JUBILEE!**  
**CELEBRATING 50 YEARS**

*Thanking the Sun City Community  
for 50 years of support!*

**SATURDAY, APRIL 8TH, 1:00 – 4:00 PM**

**10861 W. Sunland Dr | Free Parking Lot Party Event!**

This event will feature something for everyone. Live Music, Emergency Services on display (if available), Bouncy House, Face Painting, Popcorn, Games, and 50/50 Split the Pot! Food Truck on site. Fun for KIDS of all ages!

**For more information**  
**623-972-2555 | Facebook.com/suncityposse**  
**[www.suncityposse.org](http://www.suncityposse.org)**

**Celebrate Easter  
at the Sun Bowl**  
**Saturday, April 08, 2023**  
**9am to noon**

**Easter Egg Hunt**  
**by ages and begins at 9:15**

**Arts & Crafts for the kids**  
**Face Painting ~ Petting Zoo**  
**visit with the Easter Bunny**  
**Fun for the whole family!**

Free for RCSC Members & their escorted guests!

**Come back to the Sun Bowl on  
Easter Sunday**



**Sunrise Service  
at 7am**

**Presented by  
United Church of  
Sun City**

Bring your own lawn chair for this worship service

Please Join the  
**Artistic Weavers & China Painting Clubs**  
for an Open House  
at the Oakmont Recreation Center  
Thursday, April 13 from 1pm to 3pm  
Door Prizes & Refreshments

One-Of-A-Kind, Handmade Items Available for Purchase  
Come & Find the Perfect Gift for Someone Special

# 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](http://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.



Art and Craft Clubs		
Artists by the Lake: LV 402-304-2908	M-F 9a-4p; Classes & Open Painting Mem Mtg 12p 1st Tu LV SH 1	
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	
Camera Guild: GR cameraguildsuncity.com	M-F 9a-12p; Member Mtgs: 1st Sat 9:30-11a & 3rd Wed 6-8p GR Sonoran Rm Potluck Social Tu 4/25 3-7p GR Sonoran Rm	
Carvers: LV 847-287-1005 scarversaz@gmail.com	Tu, Th, Sa 8a-12p LV Rm 213 Gourd Art, Model Construction, Wood Carving https://suncityaz.org/recreation/clubs/sun-city-carvers/	
Ceramics & Porcelain: FW 623-972-5818; 217-710-9023	M-F 9a-3p; 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 Mem Mtg F 4/21, 10a-12p; Pizza 12-3p	
Clay Club: GR 623-933-0899	M-Th 8:30a-8:30p; F-Su 8:30a-4:30p	
Clay Corner: MC 623-273-6917 ClayCornerMarinette.org	M-Sa 7:30a-9p; Su 8a-6p Mem Mtg 2nd W 8-11a MC Aud Yard Art/Lunch 3rd W 8a-9p	
Crafts: BC 623-974-3497	M Th 9a-7p; Tu F 9a-3p; W 9a-8:30p Mem Mtg 2nd Th 9:30-11a BC SH1 Spring Luncheon Th 4/13 9:30a-3p	
Crafts: SD 503-884-5332 sundialcraftclub@gmail.com	Needle Craft M/Th 9a-1p; Heritage Albums 1st/3rd M 2-6p; Card Making Tu 1-8pm; Scrapbooking F 9a-8p Open Crafts W 9a-6p, Sat 9a-12p; Diamond Dots Sat 8a-12p	
Handweavers & Spinners: SD schandweaversandspinners@gmail.com	Xmas Club Last Th 2-6pm; Mem Mtg M 4/10, 9:30a M 9a-12p; T/F 9a-12p & 1-3p; W/Th 9a-3p Mem Mtg 1st M 1p 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	
Knitters: FW 602-469-2505	F 8:30a-12:30p FW AZ Rms 3 & 4	
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 Intro classes offered in leathercraft, western tooling	
Metal: BC 623-974-8206	M-Sa 8a-4p Mem Mtg 2nd M 9a BC MPR	
bellmetalclub@gmail.com	Potluck 3rd Su 5:30-7:30p BC MPR	
Palo Verde Artist: SD 262-323-1188 president@paloverdeartists.com	Su-Sa 8a-8p Mem Mtg & Demo 3rd Th 12-3:30p SD EH Mem Reception/Gallery Change F 4/7, 4-5:30p Farewell Luncheon Th 4/20, 12-3p SD EH	
Quilters on Grand: Relocating Soon 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 4/14, 9-11a	
SilverStones: SD 317-508-9599	M-F 8a-3p; Sa 8a-12p	
Sterling & Stones: FW 612-987-9366 - Annual Dues \$15	M-F 9-3p	

Stitchers: BC 480-578-8871 2019bellstitchers@gmail.com	M/W 12-8p; T/Th/F 9a-3p Mem Mtg 2nd Tu, 10a
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	2nd & 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 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
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	M 5:45-9:30p OM Aud
440-478-2530 Kim/623-217-8584 Beverly	
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 4/3, 17, 24 Lessons 10-11:30am

Dance Clubs	
Bell Tea: BC 480-370-3223 www.suncityaz.org/recreation/clubs/bell-tea-dance-club/	W 2-4p BC SH 1&2
Classic Rock Dance Club: BC 623-628-4401	1st, 3rd Sa; Doors 5:30p; Dance 6:30-9:30p Live Music w/ Dave & The Soundwave Band 4/1 & 4/15 BC SH 1-2; Members \$7/Guests \$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 4/15

Friday Night Social Dance: SD 623-215-8718 www.suncityaz.org/recreation/clubs/friday-night-social-dance-club/	F 7-9:30p SD Aud; Lesson 6:15p \$5/members; \$10/guests; No jeans, shorts, etc.
Line Dance: SD 623-972-5127; 231-557-6555 suncitylinedanceclub.facebook	Tu & Th: 10a-1p; SD Aud Relocated to FW 4/27 Special Dance Sa 4/29, 1:30-4:30p SD
Rockin' Thru The Years: SD 623-695-2039; 602-695-0209	2nd, 4th & 5th Sa: 6:30-10p; SD Aud No Dance 4/8
Squares: BC 623-694-7194 jr3me@yahoo.com	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
Sun City Poms: MC 602-392-4242 scpomps@yahoo.com	M 8-11:30a MC Aud; Tu 1-5p MC Aud Th 8a-12p MC Aud No Club Hours Tu 4/11
Tip-Top Dancers: MC 716-445-7383 ftprms@yahoo.com	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 Mem Mtg Th 4/13, 1p MC Aud

Educational Clubs	
Apple Macintosh: SD 623-933-5300 Visit sunmacsclub.com for updates	M-Th 8:30-10:30a & 12:30-2:30p Mem Mtg Sa 4/8, 8:30a SD WH
Computer Club: FW 623-933-8953 www.computerclubofsuncity.com/	M-Sa 8:30a-2:30p
Life Long Learning: FW scazlifelong@gmail.com	No Classes at this time Look for Fall 2023 registration details coming soon!
Spanish Club: FW SunCitySpanishClub@gmail.com	M Tu W 8a-5p FW 129 Sa 10-11:30a FW 129 Teacher Apprec Lunch Tu 4/11, 11a-2p FW AZ 1-2

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 aquafitnesssuncity.com 619-818-4380 Terry	Spring Session ends F 4/14 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; Relocate Tu 4/4 to MV Mem Mtg & Spring Party W 4/12, 9a-1p SD
FUNtastic Fitness: MC 260-413-3862 allykatrose@live.com	Pilates M, F 1-2MC SH Aerobics Tu, Th 1-2p MC SH Strength Training Tu, Th 2:10-3p MC SH
Handi-Capables: SD 602-699-3819 handicapablesaz@gmail.com	T/Th 12p, 1p SD Warm Water Pool Mem Mtg 1st M 12p FW AZ 1&2
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; for class schedules & membership info
Ladies Exercise: OM 928-890-9152 So Grand Exercise: FW 623-972-6046 or 602-938-0707	Tu & F 8-9a OM Aud 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
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 Mem Mtg/Party Th 4/6, 1-6p Talisman
Zumba Club: SD 623-583-2065 Visit https://suncityaz.org/recreation/clubs/zumba-fitness-club/ for specific class info	M W 11:30a-12:30p Gold BC SH; Tu 6:30-7:30p SD WH; Th 6:30-7:30p MC Aud F 9:30-10:30 MC Aud; F 11:30a-12p Chair BC SH; F 12-12:30p Gold BC SH Sa 8:30-9:30a MC Aud Zumba 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 locascio2000@hotmail.com	Mem Mtg W 4/12, 10a FW AZ 1-2
Text to 602-616-7459 Duffeeland Dog Park: Talisman	
Garden: GR 719-338-0131	Office MWF 9a-12p; Greenhouse M-Su 9a-2p No Member Meeting on T 4/4
Model Railroad: FW 480-634-0106	Mem Mtg Tu 4/11, 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
Mineral Museum: SD 623-428-6442	M-W, F Sa 10a-1p
RV Club: SD silvercreekkranch1@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
Stamp Club: MC 602-329-8905	Mtg/Auction 1st M, 7-9p MC SH
Vintage Vehicles: GR 602-609-0973 https://www.vintagevehiclesofsuncity.com/	No Mem Mtg in April Shop Operations M-Sa 8a-4p Car Show F 4/7 10a-3p MV SE Lot Car Show F 4/14 9a-12p MC SW Lot 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 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 Spring Concert "Sails & Swords" Sa 4/8, 2p SD Aud Last Rehearsal 4/11 Closed for Summer
Handbell Ringers: FW 602-882-9952 debbie12az@gmail.com	3rd F 9:30-11am SD Aud
Piano: SD 623-444-4483	
Sun City Players Community Theater: MV Email BobbyHavensActor@gmail.com or visit suncityplayerscommunitytheater.org	Clubhouse Workshop W 9:30-11:30a Gen Mem Mtg/Entertainment 3rd M 7p 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) 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 Open Mic Party Th 4/13, 5-7p FW AZ 3-4
Women's Chorus: FW 602-625-6126	Th 8:30-11a FW Music Rm Spring Concert Sat 4/15, 1:30pm SD Aud "Movie Music Magic" / Last Rehearsal 4/7

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 Annual Club BBQ F 4/21 5-8p Quail Run

Social Clubs	
Best Friends Dog Club: FW 602-639-1370 bfcdsuncity@gmail.com	Mem Mtg Tu 4/21, 1p FW AZ 1-2

Fairway Readers: FW 623-231-5714 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 Farewell BBQ Th 4/27, 5-8p OM Aud/Pat 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 Mem Mtg Sa 4/8, 11:30a
Michigan Friends in Sun City michigan2arizonaclub@gmail.com	Bingo Th SD Aud - Doors open 4p; Play at 6:15p 3rd W 4-6p BC MPR
Call or text 623-910-1522 to RSVP for Eu	Last Monday 2:30-5p Cards BC MPR
New England: LV 623-215-3637; 802-233-3721	Sa 4/8, 5p LV SH 1
NextGen: SD 920-878-0104	1st & 3rd M 6:30-9p 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	
Singles Social Club: FW 602-769-3634 https://suncityaz.org/recreation/clubs/Sun City Frat Club	1st F Potluck, 3rd F Game Night 6-9p FW AZ 3-4 Breakfast Sa 8:30a, Brothers Rest 8466 W Peoria
FMI whyputt@gmail.com or 702-296-4653 donna1ynn1107@aol.com or 623-628-4401	2nd W 10:30a-1:30p LV SH 1-2 4th Th 4-8:30p LV SH 1-2
Wisconsin Club: SB 920-265-8433 or 608-852-4227	Thanks for a great time this year! Save the Date: Wis Day Picnic 3/14/2024
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
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 Open Play: Th 8a-12p; Su 1-5p Daytime Tournaments: M-W, F 8a-12p Tournament Playoff: 4/22, 8a-12p
Bocce: SD 623-693-2881	
Check the Club House Bulletin Board or online at https://suncityaz.org/recreation/clubs/bocce-club/ for complete schedule	
Dart Club: BC 623-203-9715	M T W 5:30-8:30p, Th 6-8p, Sa 1-3p
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
Lawn Bowls: LV (Sun City Club) 734-673-8908	Closed for Summer
Lawn Bowls: LV 623-974-3214	Tu Th Sa 7:30-10:30a
Lawn Bowls: OM 623-792-5202	M W F 8:45-11:30a; Su 1:45-3:15p
Mini-Golf: LV 815-791-6991; 602-999-7011	Golf W 4/12 8a SD; W 4/26 8a LV Mem Mtg Tu 4/11 9a LV SH #1 Spring Brunch W 4/26 , 7a-12p LV Patio
Pickleball: MC, MV scpickleball002@gmail.com	Daily Drop-in MC 8-11a; MV 7-11a Round Robin W 11a MC; Social Play F 5:30p MC
Contact Club for Times, Other Activities	Modified P-ball T 11a, W 2p, Sa 10 MC Social Round Robin M 2pm, Sa 1pm

Shuffleboard Bell: BC 612-471-7045	M Tu F 1-3:15p
Shuffleboard Outdoor: LV	M W F 1-4p LV

Shuffleboard Sundial: BC 480-427-2056	Th 5:30-9p BC Cts Mem Mtg Tu 4/11, 4:30-8:30p SD EH
Softball (Senior): Sun Bowl 517-526-4873; 509-264-3088 www.azsrsoftball.com	League Play T Th F Sa 7a-5p
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 LV
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 https://suncitytennisclub.wixsite.com/suncitytennis	Club Member Social Tennis Sa 1-2:30p BC
Volleyball: 206-459-3242 charlespeterson@comcast.net	8-10:30a W & F Villanueva Community Ctr
Water Volleyball Club of SC: OM 480-297-6783; WVCofSC@gmail.com	Su M W F 11a-3p Mem Mtg/Cookout F 4/2 3:30-8p OM Aud
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 View Center
Su = Sunday	OM = Oakmont Center
a = A.M. & p = P.M.	SD = Sundial Center
Area codes 623 unless noted.	SB = Sun Bowl

Important Dates for Clubs to Remember!	
April	
5	SunViews submissions due for May
10	Guest Attendance Register & guest fees due
10	Monthly Attendance Spreadsheet due
30	RCSC Facility Usage & Club Meeting Schedule due for following year
May	
5	SunViews submissions due for June
10	Guest Attendance Register & guest fees due
10	Monthly Attendance Spreadsheet due
15	IRS Form 990-N or IRS 990-EZ & AZ Form 99 due
16	RCSC Chartered Club Inventory due ( <i>For clubs with more than \$1,000 in total inventory</i> )
June	
5	SunViews submissions due for July
10	Guest Attendance Register & guest fees due
10	Monthly Attendance Spreadsheet due



Thoughts from a Pro -  
Learn to Stay “Connected”

Think of the golf swing as two distinct movements that need to work together: an arm swing that goes up and down and a body turn that goes back and forth. Coordinating these two movements together (staying connected) is what enables us to make consistent golf shots.

- 1. Staying connected on the backswing. This means swinging your arms up while your body turns towards your back foot. (Right foot if you are right-handed) This is easiest felt with a waist high swing without a club. From your set up position (pretending you are holding a club) reach back with your arms as if you are reaching back to shake someone’s hand as you let your body turn towards that handshake. I like to call this “stretch and turn” or “stretch your arms and turn your body.”
- 2. Staying connected on the down swing. This means reversing the process and swinging your arms down to the ball and then out to the target as if you are shaking hands on the opposite side while turning your body to face the target ending up with your weight on your forward foot (left foot if you are right-handed) and up on your back toe.
- 3. Coordinate these movements so they happen together. Use something to help with rhythm like “stretch and turn, stretch and turn,” or “one and two, three and four” or anything that helps you stay smooth and together with your movements. Remember you need to stay smooth and connected on the backswing and on the downswing!
- 4. Assess your follow thru. If you stay connected on your backswing and on your downswing, you should find yourself balanced in your finish, facing the target with your belly, weight on your forward foot and up on your back toe.

Remember the idea to is maintain “connection” between the arms and body during the swing each time with all your clubs. By finding a smooth tempo that is repeatable it becomes easier to get everything to work together and achieve the consistency we all strive for!

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

2023 AERIFICATION/VERTICUTTING DATES

Golf Course will be Closed including Pro/Snack Shops

Fairway Verticutting

Thu-Fri	April 20,21	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

Fairways Aerification

Mon	May 15	North (Back 9)
Thu	May 18	Quail
Mon-Tue	May 22, 23	South
Thu-Fri	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

Greens Aerification

Thu, Fri	June 15, 16	North (Back 9)
Mon, Tue	June 19, 20	Quail
Wed, Thu, Fri	June 21-23	South
Wed, Thu, Fri	June 28-30	Lakes East
Wed, Thu, Fri	July 5-7	Lakes West
Wed, Thu, Fri	July 12-14	Riverview
Mon, Tue	July 17-18	Willowbrook
Wed, Thu, Fri	July 19-21	Willowcreek

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



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 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!

April Openings Still Available! Don’t miss out!



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/](https://suncityaz.org/golf/snack-shops/)

April Snack Shop Hours  
Open Daily 6am - 3pm



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](mailto:clinam@suncityaz.org). Next meeting is Thursday, April 27, 2023 at 1pm in Talisman Hall.



# April Around the Corner

Books Around the Corner is the name of the Bookstore operated by the Friends of the Sun City Libraries, Inc. Most Sun City folks are aware of that. For those who are not, let’s take a “tour” of what we sell, how many we have, a sample, and its cost.

Category	Number	Sample	Cost
PAPERBACKS	1,940	Thick As Thieves	\$.25
RECENT FICTION	237	Sparring Partners	\$6
HOME	38	Bathrooms	\$2
CRAFTS	151	Decorating Solutions	\$1
WESTERNS	137	Love And War	\$1
HEALTH	105	Perfect Weight America	\$1
COOKBOOKS	162	Eat Up, Slim Down	\$3
HUMOR	51	Dave Berry Talks Back	\$1
DVDs	1,612	Licorice Pizza	\$1
CDs	528	Face the Music	\$.50
AUDIO BOOKS	109	Hazards of Time Travel	\$3
COFFEE TABLE BOOKS	81	The Cookbook	\$1
SPORTS	98	Baseball Diamonds	\$1
LARGE PRINT BOOKS	150	Hello Darkness	\$1
SCI FI	187	Cold Copper	\$.25

Our brief tour is over, and we didn’t begin to see every section, like, Soft Covers, Business and Financial, Children, Recent Magazines (\$.50), Old Magazines (\$.25), Puzzles (\$1), Communication, Games, Sheet Music, Popular Authors, Dictionaries, Aging, Collectibles, Music, Poetry, Art, Birds, Dogs, Animals, Gardening, Classics, Old Books, Christian Fiction, Ancient Worlds, England/Ireland, Diet, US Travel, World Travel, Young Adults, Kid Friendly Movies, Arizona, Native Americans, Crime, Science, Old

Books, Old Mysteries, Cozy Mysteries, Older Fiction, Non Fiction, Biography, Inspirational, Religions, History/Politics (Approximately 14,000 total items).

The Romans called April, Aprillus, thought to come from the verb aperire, meaning to bloom or open. Via this tour, we hope to “open” your eyes to a “blooming” nice place.

Maricopa County Libraries | [mclidaz.org](http://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](http://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

### Water Saving Tips in the Yard

If you’re looking to do a little work around the yard, look no further than the Epcor Water demonstration garden right here in Sun City AZ (15626 N. Del Webb Blvd.) for ideas that will inspire and help you conserve water, too.

You’ll find that drought-tolerant plants are the easiest to maintain and flourish in our desert environment. You can minimize pruning by selecting plants, shrubs and trees that require less water and fit with your landscaping. Group plants together based upon their different watering needs and let them grow naturally instead of pruning into balls or other shapes.

- Pay special attention to these simple tips when tending to your yard and garden:
- Use drought-resistant plants and grasses like Bermuda instead of Kentucky Blue-grass, and avoid overseeding in the winter.
  - Adjust the irrigation timer quarterly and turn the irrigation system off when it’s windy or raining.
  - Water in the early morning or late evening to avoid evaporation. y Know how much water your plants need – many plants die from overwatering.
  - Water for a longer period of time, but less often. This lets the water sink into the ground and pulls the plant roots away from the hot surface.
  - Don’t water cacti.
  - Use a broom, not a hose, to sweep sidewalks, patios and driveways.
  - Mulching reduces evaporation, lowers soil temperatures and helps to control weeds. With better soil drainage, water gets to the plant roots where it’s needed.

In Arizona, up to 70% of residential water usage is outdoors. By replacing high water-use plants and turf with low water-use plants, you can not only save money but thousands of gallons of water a month.

For more information, contact the Epcor Water conservation team at [conservation@epcor.com](mailto:conservation@epcor.com) or visit [epcor.com](http://epcor.com) online for additional gardening strategies.



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

## Chronological Age vs. Physiological Age

“Chronological Age (how many years you have lived) is not as important as Physiological Age (how well your body functions)”, states Jane Fortier, fitness professional for Get Fit for Life. “At age76, I am very aware of how important this statement is.”

Chronological age can be a poor predictor of your performance with regard to work, daily living activities, and recreational enjoyment. Assumptions are often made that older people aren’t capable of a particular activity because they are “too old” (chronologically). When an individual is concerned about personal fitness and health, as they age, chronological aging becomes mute. Physiological age is the important criteria for overall performance. And that performance is related to life-style, habits, heredity, environment and activity level. A good measuring stick for physiological age is aerobic capacity and muscular strength. A strong respiratory, circulatory and muscular system will result in good performance, despite chronological age. Research shows that improving those systems reduces the risk of heart disease, cancer, and diabetes. As a result, it is possible for a 55 year old to enjoy the health and performance of a 40 year old.

If living a long, productive life is important, it’s critical to be proactive in one’s approach to living. The following characteristics are associated with physiological age and longevity:

- Moderation is a good approach in all aspects of life: diet; pleasure; work; physical activity. Whether talking about workouts, recreational activities, or social events, long-term enjoyment and success depend on “pacing oneself”. Too much of a good thing can easily become a bad thing!
- Psychological Flexibility involves the ability to bend and not break; to avoid rigid habits; and to accept change. Being resilient in all areas of life makes aging seamless. Go with the flow, even though it means paddling upstream occasionally.
- Challenges are important – life should never become too easy. Challenges stimulate the mind and call for immediate action. Create challenges, if necessary. But always maintain good sense, when responding to a challenge – know when to say “when”.
- Healthy Habits just make sense, as we age. These habits relate to food, exercise, social activities, alcohol, and medical checkups. Putting health first, in the choices that we make, will always bring the best results and the best overall performance.
- Relationships need to stay strong. Finding time for friends, family, and loved ones gives purpose and meaning to life. Isolation leads to depression and despair. It’s important to volunteer time, stay busy, and share gifts and talents with others throughout the day.
- A Positive Outlook on life is essential. Aging brings change, and change can be frightening. Adjusting easily to glitches that come along requires faith, trust and an upbeat attitude. Happiness is a choice, and choosing to be happy is part of a positive outlook.
- Staying Active is the key to overall performance, as we age. Daily routines within the home and outside the home keep the mind and body busy. Creating ways to be socially and physically active fill the day and give purpose to life. Exercise, recreational sports, regular household chores, get-togethers with friends & loved ones, club activities, and volunteering time are all necessary for healthy physiological aging.

A Get Fit for Life personal trainer can design an effective exercise program that improves physiological aging. Trainers take into consideration needs, goals, abilities and medical issues. They teach clients how to exercise safely and effectively. To find out more about services, call 623-696-6820 or visit Get Fit for Life Sun City AZ on Facebook.

MONITORED ACTIVITIES			
<b>Basketball</b>	Minimum Age: 8	<b>Pickleball</b>	Minimum Age: 8
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
<b>Billiard Tables</b>	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)	<b>Racquetball/Whisperball</b>	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	
<b>Bingo</b>	Minimum Age: 18	<b>Shuffleboard</b>	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
		Lakeview: Outdoor	M-Sa: 6a-7p; Su 8a-7p
<b>Boating/ Fishing</b>	Minimum Age: 6/NA	<b>Spas</b>	Minimum Age: 16/18*
Lakeview Center	Closed for Viewpoint Lake Renovation	Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p
<b>Bocce Courts</b>	Minimum Age: 8	Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p
<b>Bowling Lanes</b>	Minimum Age: 4	Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Bell Lanes	M-Sa: 8a-9p; Su: Noon-8p (9/1-4/30)	Oakmont Center	M-Sa: 6a-7p; Su 8a-7p
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p
<b>Dog Parks</b>	Minimum Age: NA	<b>Swimming Pools - Open Swim Hours</b>	
Duffieldland	October - April: 7am-6pm Closed last Wed/month for Maintenance	<b>Bell Center - 18+ only</b>	Minimum Age: 18
		Lap Pool: M-Sa: 5a-9p; Su 8a-8p; Closed for Club/Class: M-F 7-9a	
<b>Darts</b>	Minimum Age: 8	Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Bell Center	M-Sa: 8a-9p; Su: Noon-8p (9/1-4/30)	<b>Fairway Center</b>	Minimum Age: 16
<b>Fitness Centers</b>	Minimum Age: 14*	Lap Pool: M-Sa: 5a-9p;Su 8a-8p	
Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p	Walking Pool: M-Sa: 5a-9p;Su 8a-8p	
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	<b>Lakeview Center</b>	Minimum Age: 4-15*/16
Lakeview 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)	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Children's Pool Hours - Ages 4-15 yrs: Daily 4p-Close*	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	<b>Marinette Center</b>	Minimum Age: 4-15*/16
Oakmont Center	M-Sa: 6a-7p; Su 8a-7p	M-Sa: 6a-9p, Su: 8a-8p; Closed for Class: Tu, F 9-10am (Session ends 4/14)	
Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p	Children's Pool Hours - Ages 4-15 yrs Daily 1-4p*	
<b>Horseshoe Courts</b>	Minimum Age: 12	<b>Mountain View Center</b>	Minimum Age: 4-15*/16
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	M-Sa: 6a-7p; Su 8a-7p; Closed for Class M, Th 9-10a (Session ends 4/14)	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p*	
<b>Jogging / Walking Track</b>	Minimum Age: 14	<b>Oakmont Center</b>	Minimum Age: 16
Indoor		M-Sa: 6a-7p; Su 8a-7p	
Fairway Center	M-Sa 5a-9p; Su: 8a-8p	Closed for Club: Every Su M W F 11a-3p; Spa, Swim Lanes remain open	
Sundial Center	M-Sa only: 6a-8a	Closed for Class: M-Tu, Th-F 9-10a with Swim Lanes closed (Session ends 4/14)	
Outdoor	Minimum Age: 8	<b>Sundial Center - 18+ only</b>	Minimum Age: 18
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	<b>Large Pool:</b> M-Sa: 6a-9p; Su: 8a-8p;	
Sun Bowl	Dawn to Dusk	Closed for Class: M Tu Th F 8-10a (Session ends 4/14)	
<b>Library (602) 652-3000</b>	Call to confirm hours	<b>Warm Water Pool:</b> M-Sa: 6a-9p; Su 8a-8p	
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p	Closed for Class: M T Th F 10a-12p, 4:30-6:30p (Session ends 4/14)	
FOTL Bookstore at Bell	M-Sa 9:30a-3:30p	<b>Table Tennis</b>	Minimum Age: 8
Fairway Center	M-Sa: 9a-5p	Bell Center: M-Sa: 6a-9p; Su: 8a-8p;	
<b>Mini Golf</b>	Minimum Age: 6	Closed for Club Activity: M 10a-3p; W F 10a-4p; Tu Sa: 10a-12p	
Bell Center	M-Sa: 6a-9p; Su: 8a-8p	<b>Tennis</b>	Minimum Age: 8
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p	Bell Center: 623-977-3325 M-Sa: 6a-9p; Su: 8a-8p	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Lakeview Center: 623-561-4676 M-Sa: 6a-7p; Su 8a-7p	
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Mountain View: 623-876-3042 M-Sa: 6a-7p; Su 8a-7p	

## Strength Machine Demonstrations

**\*\* Wednesdays in April @ 11:30am \*\***

4/5 @ Bell w/ Dick; 4/12 @ Marinette w/ Dick; 4/19 @ 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