

How

At the Sundial small pool, there are waterproof wheelchairs and ramps to enter the pool. Handy-Capable rest rooms and dressing rooms are available. During classes there are volunteers available to assist participants into our pool adapted wheelchairs

Cost

Annual membership dues of \$5.00 are paid by January 1st each year. This modest fee covers all Handy-Capable social events and fitness programs. However, there may be an occasional small fee for special events

Join

You may join the Handi-Capables Club by completing a Participation Form and your \$5.00 dues on a Tuesday or Thursday at the pool between 11:30 and 12:30 pm or at our social meeting held on the 1st Monday of the month at Fairway Rec Center. Membership is open to anyone with an active RCSC membership card.

More Information

Any questions about the Handi-Capables Club of Sun City may be directed to any officer listed below.

President

**Robert Gutowski
623-826-3723**

Vice President

**Ardie Heinrichs
623-570-3471**

Secretary/Treasurer

**Robert Peloquin
623-972-6065**

Mailing Address

**Handi-Capables Club of Sun City
10626 W Thunderbird Blvd
Sun City, AZ 85351-3009**



Handi-Capables Club Of Sun City



A Chartered Club of the Recreation Centers of Sun City

*Handi-Capables
provides social and fitness
activities for those in the
community with physical
limitations*

*Included are their caregivers
and community volunteers.*

Founded

Summer 1975

Purpose

To provide a club specifically for those with a physical limitation, either chronic or temporary; a club that offers the benefits of both social and fitness programs which will enhance life, abilities, and enjoyment.

Who

Special emphasis is for those with physical limitations and those that serve as caregivers for their handicapped spouse, partners, or friends. Able bodies members of the community who wish to serve as volunteers are encouraged to also join.

Our members consist of "pre & post" joint replacement, arthritis, stroke, vision, cardiac, Parkinson's, hearing impaired. Any physical limitation qualifies! Those no longer having a physical limitation and simply wish to exercise as part of the group are also welcome to join our club.

Where

Water Exercise Classes:

Held at the Sundial Recreation Center in the smaller warm pool. The pool is at a depth and controlled temperature that makes water exercise comfortable and pleasurable. The Sundial Center is at the corner of 103rd Ave & Boswell Blvd.

The classes are held each Tuesday and Thursday starting at 12:00 noon and 1:00 pm except during August with the classes being led by qualified instructors. At 12:00 pm, we offer a class for those who cannot stand and need to sit, as well as a class for those that are able to stand with the help of the handrail. At 1:00 pm another class is held for the more advanced members who can move more freely.

Monthly Social Meetings:

Held at the Fairway Recreation Center in the Arizona Room starting at 12:00 pm. Fairway Center is located at 107th Ave & Peoria. Refreshments are usually served, and we strive to offer some form of entertainment or an educational piece.

Volunteering

Sun City is known as the City of Volunteers. Volunteers are on hand to help members in and out of the pool. Volunteers are always needed to help in so many ways. Whether involved in helping to set up a meeting, clean up after a meeting, . serve food, stuff envelopes, make phone calls, membership signups, help at the pool or any other odd job, help is very much appreciated.

We have several programs and options for our members including:

- Social Events
- Potluck Dinners
- Professional Entertainment
- Committee Projects
- Volunteer Opportunities
- Annual Holiday Party

