

SUN VIEWS

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RCSC Board Elections

Election Process Begins - Packets Available 6/5, Info Meetings 6/8

RCSC Members interested in running for the Board of Directors will be able to obtain Candidate Packets starting Monday, June 5, 2023 at the Corporate Office at Lakeview Center. These packets must be picked up in person and you must present your valid RCSC Member Card.

Qualifications to run for the Board of Directors include the following: Must be at least 55 years of age; be a Member in good standing; must not reside with or be related by marriage or birth to any other Board of Director, Board candidate, or Management; you must reside in Sun City, Arizona and be available at least ten (10) months of the year; you must be able to meet the requirement to hold an Arizona liquor license; you must be eligible and available to serve a three (3) year term; and you must attend the Board Candidate Orientation.

There will be four open positions on the ballot this year which are currently held by Board Directors John Nowakowski, Denny Nichols, Jeff Darbut and Jim Rough. Three positions are for three years and the fourth position is for one year.

The RCSC Elections Committee invites any Member with questions about serving on the Board such as the duties, responsibilities and time commitment required to attend an upcoming Candidate Information Meeting on Thursday, June 8, 2023. There will be two sessions – one from 3 to 5pm; the other from 7 to 9pm – for your

convenience. These meetings will be held in Lakeview Social Hall #2 and registration is required by calling 623-561-4600.

This is a great opportunity to find out exactly what's expected of you before you become a candidate. And you'll get the opportunity to speak to several current and former Board members regarding their experiences serving on the Board.

The Lakeview Center is located at 10626 W. Thunderbird Blvd. The Corporate Office is on the lower level and the Social Halls are located on the upper level.

Ring That Bell

Celebrate the 4th of July - Sun City Style

The Recreation Centers of Sun City is pleased to announce the annual Ring That Bell Ceremony on Tuesday, July 4, 2023 in the Bell Center Social Halls beginning at 9:00am.

This patriotic, time-honored tradition celebrates our nation's birthday in unique Sun City AZ style with Uncle Sam serving as the Master of Ceremonies.

However, the celebration doesn't stop there. The fun continues at Bell Lanes for RCSC Cardholders and their escorted guests as we salute America with an old fashioned "indoor" picnic from 11am until 2pm.

We'll have free bowling, shuffleboard, billiards and darts along with music, dancing and lots more so count on plenty of good times and fun for everyone attending - guaranteed!

George's Café will be offering Pulled Pork BBQ Sandwiches served with chips and bottled water for \$8 per person. Donations collected at this event will benefit the Sun City Foundation, including \$1 from each lunch purchased.

Stop by and Ring That Bell! It is certain to be an all-American, only in Sun City AZ kind of celebration.

RCSC Offices Closed on July 4

All RCSC Offices at Lakeview Center (Corporate, Human Resources, Cardholder Services and Chartered Clubs), will be closed on Tuesday, July 4, 2023 in observance of Independence Day. The Events & Entertainment Office at Sundial and the Sun City AZ Visitors Center at Bell will also be closed.

All Recreation Centers (fitness, pools, spas) and Sun City AZ Golf Courses will be open over the Independence Day weekend with normal operating hours for Cardholder use. Lakeview Bowling Lanes are open while Bell Lanes will be hosting 4th of July activities until 2pm.



ASU/RCSC Survey Results
are available online at
<https://suncityaz.org/rcsc/>
Get Involved!
Let's Focus on the Future!

Summer Hours
Lakeview • Oakmont • Mt. View
Memorial Day thru Labor Day
Sunday 8am - 7pm | Monday-Saturday 6am - 8pm

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

Email addresses
remain confidential

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NOTE: Summer hours at the Sun City
Visitors Center at Bell starting in June:

- Monday: 8:30am - 4pm
- Tuesday: 8:30am - 6pm
- Wednesday-Friday: 8:30am-4pm

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

Jeff Darbut, Director
email: jdarbut@suncityaz.org

Denny Nichols, Director
email: dnichols@suncityaz.org

John Nowakowski, Director
email: jnowakowski@suncityaz.org

Jim Rough, Director
email: jrough@suncityaz.org

A Message from Board President Fimmel

Bringing Back Member-Driven Decision Making

NOTE: This commentary was authored by RCSC Board Treasurer John Fast for RCSC Board President Kat Fimmel.

As was shared last month, we can only meet the future head-on if we are willing to take this journey together. I urge interested members to become involved in making RCSC the best it can be!

Recently, the Board set in motion several very ambitious undertakings that seek to involve many members in a way they are unaccustomed to - partnering with the Board and management in the process of determining what the future of our recreation centers will look like. Simultaneously, we have adopted a philosophy of open collaboration between the Board, management and members who want to be involved in the governance of their community. Finally, you will hopefully have noticed a great sense of urgency in accomplishing all the work we have before us as we strive to be the best we can be. We realize we have a long way to go and a short time to get there!



Kat Fimmel
2023 RCSC Board President

Job One is rebuilding the Mountain View Recreation Center, built in 1968, in a manner that meets or exceeds our members' expectations and provides attractive, modern, and safe standards. In addition, we need to do a far superior job of providing a high-quality facility for one of our oldest clubs, Sun City Players, so they can continue to attract and retain members who are passionate about the theatrical experience. Since the beginning days of our community, the Players have delighted untold numbers of members with their performances. We must also address the Lakeview Recreation Center, built in 1970, and constructed near a unique feature not often found in the desert

- a lake! It, too, is slated for an update or replacement soon. We believe the current building fails to take advantage of one of the most prominent and beautiful hallmarks of Sun City - our serene Viewpoint Lake.

In order to address these issues, we formed the Strategic Alternatives Committee or SAC for short. The mission of this ad hoc committee is to examine data on current and historic utilization of recreation facilities and trends and then collect, develop, and evaluate strategic alternatives to "Mountain View Project Option 2 and building pickleball courts at Lakeview." (Motion approved at the April 27, 2023 Board meeting.) The SAC members represent the current and prospective Club users of the Mountain View Recreation Center, Long Range Planning Committee members, Members at large, and residents who live near the Mountain View facility. The SAC is chaired by Directors Darbut, McAdam, and myself. The committee meets every Friday at 2pm in Building B (aka The SAC Lab) at the Oakmont Recreation Center, located at 10725 W. Oakmont Ave. in Sun City. All meetings are open to members, but seating is somewhat limited. The SAC is in the process of establishing two-way communication channels in order for members to provide input either in person or remotely. The future meetings are also slated for video recording and publishing on our RCSC YouTube channel.

The SAC is charged with using a data-driven, member-centric, decision process to develop one or more recommended alternatives to "Mountain View Option 2 with building pickleball courts at Lakeview" that will be presented at the September board meeting. Yes, the SAC will be working through the summer! Following the presentation of alternatives at that meeting, the Board will gather member feedback in October and November on the SAC recommendations and alternatives through the use of town halls, surveys, or other means. We anticipate a vote on a course of action at the November Board Meeting.

All I can say is, I am very grateful to be a part of a community where members matter. I am proud of our past, I am enjoying our present, and I am very excited about our future!

This Month @ The Board

RCSC Board of Directors Meetings

Member/Board Exchange	Monday, June 12, 2023 @ 3pm	Sundial Auditorium
Board of Directors Meeting	Thursday, June 29, 2023 @ 9am	Sundial Auditorium
Committee Meetings:		
Long Range Planning Committee	Friday, June 2, 2023 @ 10am	Lakeview Board Room
Strategic Alternatives Committee (SAC)	Friday, June 2, 2023 @ 2pm **	Oakmont SAC Lab
	** Meets weekly - June 9, 16, 23, 30	
Sun City AZ in Focus Committee	Monday, June 12, 2023 @ 4pm	Lakeview Board Room
Club Organization Committee (COC)	Wednesday, June 14, 2023 @ 10am	Lakeview Board Room
Technology Committee	Wednesday, June 14, 2023 @ 4pm	Lakeview Board Room
Golf Advisory Committee	Thursday, June 15, 2023 @ 8:30am	Lakeview Social Hall #2
Properties Committee	Tuesday, June 27, 2023 @ 9am	Lakeview Social Hall #2

The following committee(s) do not have meetings scheduled this month: Bowling, Elections, Finance & Budget, Insurance, Lawn Bowling



“Neighbors Helping Neighbors”

The next Sun City Foundation meeting will be held on Thursday, June 8, 2023 at 11:00am in the Lakeview Board Room.

Sundial Summer Concerts

Free for RCSC Members/Cardholders
& their escorted guests

Sun City AZ Rocks with Hot Music in Cool Comfort



Wednesday, June 14, 2023

Show 6pm; Doors Open 5pm

Sundial Auditorium (103rd & Boswell Blvd)



RYTHM EDITION

Wednesday, July 12, 2023

Show 6pm; Doors Open 5pm

Sundial Auditorium (103rd & Boswell Blvd)

Free for RCSC Members/Cardholders & their guests!

RCSC Member or Privilege Card (with photo) required for entry;
no key fobs accepted.

General Admission; Open Seating (No Food Trucks; BYOB)

SUN CITY
ARIZONA
RECREATION CENTERS
OF SUN CITY

The Sun City Posse Listens

Radar Trailer Reminds All to "Slow Down"

Whenever Sun City residents have had the opportunity to express safety concerns at community meetings or in newspaper forums, one issue that is commonly heard pertains to speeding cars on our main thoroughfares and residential streets. The message is the same, "Slow down, people!"

The Posse listened, heard you, and considered what we might do to help. In an effort to create more driver awareness of their speed, the Posse has increased the use of the Radar Trailer in Sun City. The Recreation Centers of Sun City has shown support for the Posse's action by allowing the trailer to be parked on recreation center properties, thus giving more visibility to the friendly reminder to slow down along major thoroughfares and in residential areas of our community.



The Posse is here to serve you. If you have questions or suggestions about the Radar Trailer, please contact the Posse directly at 623-972-2555.

The trailer is just one reminder to residents to slow down. It cannot solve the speeding problem; only those driving on our streets can do that. For your safety and that of your neighbors, add just a few more minutes to your commute, wherever you are going, and arrive at your destination... safely.



RING THAT BELL

"A TRUE SUN CITY 4TH OF JULY TRADITION"

Tuesday, July 4th

BELL CENTER SOCIAL HALL

Doors 8:30am | Presentation & Video 9am

- ★ Then join us outdoors to "Ring That Bell" with Uncle Sam! ★
- ★ Afterwards at Bell Lanes, **FREE** Bowling, Darts, Billiards & Shuffleboard for **RCSC Cardholders and their escorted guests** from 11 am-2 pm. ★
- ★ BBQ Pork Sandwich, Chips & Water for \$8 at George's Café. ★

For each BBQ Pork Sandwich purchased, \$1 will benefit the Sun City Foundation: "Neighbors Helping Neighbors"

COME DRESSED IN YOUR



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.

Duffeeland Dog Park

14610 N. Del Webb Blvd.

Sun City Visitors Center

1-844-4 SUN CITY or 623-977-5000

Located in the Bell Center at
16824 N. 99th Ave.

Club Directory			
Art and Craft Clubs			
Artists by the Lake: LV M-F 9a-12p; Classes & Open Painting 402-304-2908			
Artistic Stained Glass: BC M-Sa 8a-3p; M-Th 5-8p 623-974-4765			
Artistic Weavers & Fiber Artists: OM M-F 9a-12p oakmontawfa@gmail.com			
Calligraphy: SD M, F 9a-11p 520-709-9745			
Camera Guild: GR T-Th 9a-12p; Member Mtg: 1st Sat 9:30-11a GR Sonoran Rm camerguildsuncity.com FMI visit http://www.cameraguildsuncity.com/			
Carvers: LV Tu, Th, Sa 8a-12p LV Rm 213 847-287-1005 sccarversaz@gmail.com			
Ceramics & Porcelain: FW Gourd Art, Model Construction, Wood Carving https://suncityaz.org/recreation/clubs/sun-city-carvers/ M-Sa 9a-1p 623-972-5818; 217-710-9023			
Ceramics: BC M-W-Th-Sa 9a-12p; Tu & F 9a-3p 623-974-6750			
China Painting: OM M-F 9a-1p 714-684-4286; FMI sccpc1@gmail.com			
Clay Club: GR M-Th 8:30a-8p; F-Su 8:30a-4:30p 623-933-0899			
Clay Corner: MC M-Sa 7:30a-9p; Su 8a-6p 623-273-6917			
ClayCornerMarinette.org Mem Mtg 2nd W 8-11a MC Aud Yard Art/Lunch 3rd W 8a-9p Summer Fun Shops 9a-2p - Days vary			
Crafts: BC M Th 9a-7p; Tu F 9a-3p; W 9a-8:30p 623-974-3497			
Crafts: SD Needle Craft M/Th 9a-1p; 503-884-5332			
sundialcraftclub@gmail.com Heritage Albums 1st/3rd M 2-6p; Card Making Tu 1-8pm; Scrapbooking F 9a-8p Open Crafts W 9a-6p, Sat 9a-12p; Xmas Club Last Th 2-6p; Diamond Dots Sa 8a-12p			
Handweavers & Spinners: SD Summer hours vary; Posted at Club Room schandweaversandspinnners@gmail.com			
Jewelry, Stained Glass & More: GR M, W, Th, Sa 8a-12p 262-993-4873; 623-322-4595			
Knitters: FW F 8:30a-12:30p FW AZ Rms 3 & 4 602-469-2505			
Lapidary: BC M/T, Th-Sa 8a-3p; M 5-8p, W 8a-12p, 5-8:30a 775-351-8721			
Leathercraft: LV M W F 8a-12p 480-276-7583; larryvroom@cox.net			
Metal: BC M-Sa 8a-4p 623-974-8206			
bellmetalclub@gmail.com Mem Mtg 2nd M 9a BC MPR Potluck 3rd Su 5:30-7:30p BC MPR			
Palo Verde Artist: SD Su-Sa 8a-8p 262-323-1188			
president@paloverdeartists.com			
Quilters on Grand M-F 8a-2p; Mem Mtg 2nd F 9:30a 970-261-1798			
Charity Day F 6/30, 8a-4p			
Sew-n-Sew: LV M-Sa 9:30a-6p Open Sewing 612-987-9366 - Annual Dues \$15			
www.sewnsew.info - Check webpage for exact dates of classes			
Silvercraft: BC M-Sa 8a-3:30p 623-933-8442			
SilverStones: SD M-Sa 8a-12p 317-508-5959			
Sterling & Stones: FW T-Th 10am-2pm			
Stitchers: BC M-F 9a-3p - Summer Hours thru Sept 480-578-8871 2019bellstitchers@gmail.com			
Woodworking: BC M-W 8a-8p; Th-F 8a-4p; Sa-Su 8a-12p 623-974-6058			
Woodworking: FW Summer Hours: 623-9724385 M Th F 8a-12p; Tu-W 8a-4p			
Woodworking: LV M-F 8a-2p; Sa 8a-12p 623-933-2355			
Card and Game Clubs			
500: FW Mon 6-9:30p FW AZ Rm 3-4 815-909-6422 Robin			
Bunco Broncos: FW 2nd & 4th M 12-3:30p FW AZ Rm 1-2 623-293-1019			
Canasta: OM F 10a-3p OM Aud 480-886-9750			
Doors open 9:30a; Dues \$5/Yr + \$1/week to play			
Cribbage: LV Tu 1-4p; W 6-9p LV SH3 623-933-7044 Pat			
Euchre: FW Tu 6:15-9:30p FW AZ 2-4; Doors open 5:15p 623-693-2881; 623-533-5705			
Hand & Foot Club: LV W 6-9:30p LV SH 1-2; 623-680-8276; 972-838-7512			
Arrive 5:15-5:50p, Play begins at 6p			
Mah Jongg: MC Tu 11:30a-4p SD WH (National* & Chinese) 206-841-6665 - Karen Th 5:30-9p MC SH (N); Su 11:30a-4p MC SH (N) 970-231-3368 - Katie			
* 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 Tu 11:30a-4p, Sa 11:30a-4p OM Aud 623-876-1895 Tommie 209-524-7358 Cheryl			
Contract Bridge Clubs			
Wednesday Afternoon: OM W 12:30-4:30p OM Aud 623-249-9169			
Please arrive by 12:15pm			
Thursday Afternoon: OM Th 12:30-4:30p OM Aud 360-509-5379			
Please arrive by 12:15pm			
Friday Afternoon: FW F 12:30-4:30p FW AZ Rm2 208-351-3806			
Please arrive by 12:15pm			
Duplicate Bridge Clubs			
Duplicate (ACBL): LV M Th F 1-4p LV SH 1; Doors open 12:15p; 623-518-7916 or 623-640-5554			
Arrive by 12:45p; Play at 1p; Must have partner suncitydbc.com			
Kachina: SD M 12-4p SD WH Only 651-592-5939 Sharon			
623-363-7199 Posy			
Dance Clubs			
Bell Tea: BC Summer Recess; Resume in September 480-370-3223			
www.suncityaz.org/recreation/clubs/bell-tea-dance-club/			
Classic Rock Dance Club: BC 1st, 3rd Sa; Doors 5:30p; Dance 6:30-9:30p 623-628-4401			
BC SH 1-2; Members \$3/Guests \$6 Sa 6/17 Flashback Band Mem \$7/Guest \$10			
Country Dance Club: SD 1st/3rd Sa Open 5:30p, Dance 6-9:30p SD Aud 480-431-8278; 623-972-5127			
Friday Night Social Dance: SD F 7-9:30p SD Aud; Lesson 6:15p 623-215-8718 \$5/members; \$10/guests; No jeans, shorts, etc. www.suncityaz.org/recreation/clubs/friday-night-social-dance-club/			
Line Dance: SD Tu & Th: 10a-1p; SD Aud 623-972-5127; 231-557-6555 Relocated to FW Th 6/29 suncitylinedancedclub.facebook			
Rockin' Thru The Years: SD 2nd, 4th & 5th Sa: 6:30-10p; SD Aud 623-695-2039; 602-695-0209			
Beach Party Dance 6/24			
Squares: BC Closed for Summer 623-694-7194			
jr3me@yahoo.com			
Sun City Poms: MC Closed for Summer 602-392-4242			
Rehearsals Th 7:30a-12:30p MC Aud scpomps@yahoo.com			
Tip-Top Dancers: MC M 8-11a MC SH, M 1-2p MC Aud 716-445-7383			
Tu 8-11a MC SH; W 8-11a, 4-6p MC SH ftmps@yahoo.com			
Th 8-10a MC SH, F 8-11:20a MC SH			
Educational Clubs			
Apple Macintosh: SD Tu & Th 8:30-10:30a 623-933-5300			
Visit sunmacsclub.com for updates			
Computer Club: FW M-Sa 8:30-11:30a 623-933-8953			
www.azccsc.com			
Life Long Learning: FW No Classes at this time sczlifelong@gmail.com			
Look for Fall 2023 registration details coming soon!			
Text to 602-330-6371			
Spanish Club: FW M 12-5p FW #129 SunCitySpanishClub@gmail.com			
Fitness Clubs			
Aerobics: BC M W F 6:30-11a BC SH 1&2 623-826-2323 Karen			
602-578-1067 Judy			
Aqua Fitness Club: SD Next Reg: Sa 6/17 SD; Doors 8a, Mtg 8:30a aquafitnesssuncity.com			
Summer II starts M 7/10; ends Th 8/31			
Try it Before You Buy It 8/21-8/24			
619-818-4380 Terry			
Next Reg: Sa 8/26 SD; Doors 8a, Mtg 8:30a			
Dance for Fitness: SD Tu 9-10a BC SH 1&2; W 9-10a SD Aud; 503-580-4636 or 253-820-5453			
F 9-10a MV Aud			
FUNtastic Fitness: MC Pilates M, F 1-2MC SH 260-413-3862			
Aerobics Tu, Th 1-2p MC SH allykatrose@live.com			
Strength Training Tu, Th 2:10-3p MC SH			
Handi-Capables: SD T/Th 12p, 1p SD Warm Water Pool 602-369-3819			
Mem Mtg 1st M 12p FW AZ 1&2			
handicapablesaz@gmail.com			
Hatha YOGA: SD Yoga Room Mat & Chair-C Classes: 623-972-5127; 231-557-6555			
Email: HathaYogaClub@gmail.com			
FMI visit www.hathayogaclub.org			
for class schedules & membership info			
Ladies Exercise: OM M W 11:30a-12:30p Gold BC SH; 928-890-9152			
So Grand Exercise: FW M W F 7-9a FW AZ 1&2 623-972-6046 or 602-938-0707			
Stretch 'n Slim: BC M-Sa 6:45, 8, 9a; Su 8, 9a BC Aeoribcs Rm 402-578-6948			
Tai Chi: BC, LV, FW Tu 9:45a 24 Form TC, 10:15a 5 Form Ess FW#3; 623-583-2065			
Visit https://suncityaz.org/recreation/clubs/zumba-fitness-club/ for specific class info			
Zumba Club: SD M W 11:30a-12:30p Gold BC SH; 623-583-2065			
Tu 7-8a Chair/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 BCSH; F 12-12:30p Gold BCSH			
Sa 8:30-9:30a MC Aud Zumba Fitness			
All Zumba Classes (AM & PM) cancelled on T 7/4			
Hobby Clubs			
Birding Club of Sun City: FW Closed for Summer locascio2000@hotmail.com			
May have outings over summer; email for info			
Text to 602-616-7459			
Duffeeland Dog Park: Talisman 602-339-8271			
Garden: GR Office M W F 9a-12p 623-875-5921			
Greenhouse M-Su per facility hours			
Model Railroad: FW FMI visit suncitymodelrailroadclub.com 480-634-0106			
Model Railroad Museum: FW W 9a-12p; Sa 9a-1p 480-634-0106			
Rockhounds: SD Closed for Summer scrockmuseum@gmail.com			
Mineral Museum: SD Sa 10a-1p 623-428-6442			
We are open!			
RV Club: SD Closed for Summer silvercreek ranch1@hotmail.com			
Stamp Club: MC Closed for Summer 602-329-8905			
Vintage Vehicles: GR No Member Meetings over Summer 602-609-0973			
Shop Operations M-Sa 8a-4p			
https://www.vintagevehiclesofsuncity.com/ Potluck Last Tu 5-9p, GR Sonoran Rm			
Performing Arts Clubs			
Sun Cities Community Orchestra: FW Closed for Summer 623-582-9964			
Choraliers: MV Partnered with the Sun City Players Community Theater (see below)			
Concert Band: FW Closed for Summer 602-625-5211			
Handbell Ringers: FW Closed for Summer 602-882-9952			
debbie12az@gmail.com			
Piano: SD 4th M 2-4p SD Aud 623-444-4483			
Sun City Players Community Theater: MV Closed for Summer suncityplayerscommunitytheater.org			
Rhythm Ramblers: FW Rehearsal Tu 1-5p FW Music Room 602-717-7246			
Dances return in October			
Ukulele: FW Music Room Th 3-4:30p FW Music Rm (Year Round)			
Trudy 480-276-3780 (Oct-April)			
Sharon 920-410-6932 (May-Sept)			
Acoustic Jam (Special Interest Group) 1st/3rd W 1-2:30p (Oct-April)			
FMI/C mlkosteck@gmail.com			
All acoustics instruments welcome			
Women's Chorus: FW Closed for Summer 602-625-6126			
Rehearsals resume 9/8			
Political Clubs			
Democratic: FW No Meeting June 1 suncitydems.com			
M 9am Starbucks-107th & Bell; 602-529-5778			
3rd Tu 4-6p Copper Penny - 107th & Peoria			
Republican: SD Tu 6/20 SD EH - Arizona Free Enterprise suncitygopclub@gmail.com			
presenting vital issue, Rank Choice Voting			
Doors open 6pm; Meeting 6:30p			
Social Clubs			
Best Friends Dog Club: FW Closed for Summer 602-639-1370			
bfdcsuncity@gmail.com			
Fairway Readers: FW 2nd F 1-2:30p FW AZ #1 623-231-5714			
Books can be reserved in advance			
maureenopper@gmail.com at FW Library w/ MCLD Card			
Hospitality Club: MC Sat 11a-5p Friendship Corner - Cards/Games 623-341-1226			
Sat 6/10 Mem Mtg 10:45a MC SH			
Illinois Club: FW Social Mtg 4th Th 6:30pm FW AZ #3 775-722-1169			
List of activities at https://suncityaz.org/recreation/clubs/illinois-club/			
LGBT of Sun City: OM Aud 3rd F 5-8p OM Aud & Patio			
lgbtclubofsfuncity@gmail.com			
Men's: SD M-Sa 7a-4p; Poker M 4-9p; 623-977-5116			
Bingo resumes Th 9/7			
Michigan Friends in Sun City Closed for Summer michigan2arizonaclub@gmail.com			
Last Monday 3-5p Cards BC MPR			
Call or text 623-910-1522 to RSVP for Eur			

Thoughts from a Pro -
The Importance of a Good Grip

The grip is our only connection with the golf club, and a crucial part of our golf set-up. The grip has four components including positioning, placement, precision, and pressure and controls everything from direction to distance to contact.

1. Positioning means the way we have our hands rotated either right or left of the center of the grip. For a right-handed player, turning both hands slightly to the right of center so that 2 knuckles of the left hand are showing is considered neutral. A turn slightly more to the right where three knuckles would show is considered strong. From center if we turn slightly to the left so that one knuckle shows the grip is weak. A half-inch turn in the wrong direction can be enough to produce a 30-yard hook or slice!
2. Placement means how far up or down on the handle the hands are placed. Choking up or down changes the effective length of the club and therefore changes the distance the ball will go. For each inch you choke down 10 yards of distance will be lost.
3. Precision simply means placing the hands in the exact same way each time. Consistency in your shots can only be attained if the grip is done identical every time.
4. Pressure refers to how light or firm you hold the club. Most golfers grip the club much too tight. This leads to a variety of problems including topped shots, lack of distance and slicing the ball. Holding the club too loose can twist the face and lead to inconsistent direction and loft. Practice holding the club with a light grip and maintaining that light pressure through the entire swing!

Remember, the only contact we have with the club is through the grip and it affects every part of how we hit the golf ball! Work to make the grip consistent and your game will improve!

Robin Eichten is an LPGA Life Member and Certified Teacher giving lessons by appointment. Originally from Minnesota, she has been teaching in the Sun City and surrounding area since 1994. For lesson info or sign-up call/text Robin at 623-322-6300 or email to golfinwithrobin@aol.com

2023 AERIFICATION/VERTICUTTING DATES

Golf Course will be Closed including Pro/Snack Shops

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

2023 OVERSEED SCHEDULE

Golf Course will be Closed including Pro/Snack Shops

Course	Overseed	Opens	Off Cart Path
Lakes West	Sept 25	Oct 14	Nov 3
Quail Run	Sept 25	Oct 14	Nov 3
Willowbrook	Sept 25	Oct 14	Nov 3
North	Sept 25	Oct 14	Limited Restrictions
Lakes East	Oct 16	Nov 4	Limited Restrictions
Riverview	Oct 16	Nov 4	Nov 24
Willowcreek	Oct 16	Nov 4	Nov 24
South	Oct 16	Nov 4	Nov 24

As of 2-14-2023

- * North and Lakes East non overseeded fairways, cart restrictions limited only to around tees and green complexes
- * If temperatures are too high for Sept 25 start first wave will be pushed back one week, resulting in one week overlap of course closures

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 Golf Professionals can help
improve your game!

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

- Mike Wenger - 623-225-8546 or
email: mikewegnergolf@gmail.com
- Bob Day - 602-818-1470 or
email: 1day2bettergolf@cox.net
- Robin Eichten - 623-322-6300 or
email: golfwithrobin@gmail.com
- Shane Crosley - 702-715-1560 or
email: shanecrosley@gmail.com



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/

June Snack Shop Hours
Open Daily 5:30am - 1pm



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, June 29, 2023 at 1pm in Talisman Hall.



www.SunCityLibraryFriends.org

READ TO ME

**An Enriching
Reading
Program for
Memory
Care
Residents**



**Reading aloud to those who have
Alzheimer's and other related
dementias can improve their
well-being and stimulate memories.
It can also be a fun, creative, and
special experience for the reader!**

VOLUNTEER!

**Learn how to engage and read
aloud to small groups of residents
at local senior and memory care
facilities. They will enjoy listening
and responding to the reading,
and you will find this a gratifying
experience as well.**



**For more information on
the Friends *Read To Me*
program, or if you would
like to become a volunteer
reader, please email us at:**

coordinatefriends@gmail.com

Water Conservation

Water Savings Tips Worth Repeating

We have mentioned all of these tips for saving water before, but just in case we'll go over them again! You have wasted water:

When you washed a small load of laundry and forgot to change the setting from large or medium.

Solution: Make certain that the water selection fits the size of your load.

If you left the tap running while you brushed your teeth.

Solution: Wet your toothbrush, then turn the water off while brushing! If you're really into conserving, fill an 8 ounce glass, dip your toothbrush, scrub, rinse with the water from the glass and then rinse your brush in the remainder. This makes you a conservation pro!

If you have left the tap running while shaving.

Solution: Wet your face and turn the water off while lathering. When you need to rinse the razor, run a little water in the stopped sink and swish your razor around in there. Use a wet washcloth to remove the shaving cream from your face.

If you washed a half-load of dishes in the dishwasher on a larger setting.

Solution: Most dishwashers today have settings that allow you to select the load size. Try to run a dishwasher like a washing machine with only full loads and/or on the correct settings!

If you rinsed and scrubbed your dishes before putting them in the dishwasher.

Solution: Scrape scraps into the garbage first, then wipe with a paper towel. If the dishes are still exceptionally dirty or greasy, run a little water in a stopped sink to soak or rinse. Reminder - most of today's detergents really do clean better when there's food particles left on your dishes.

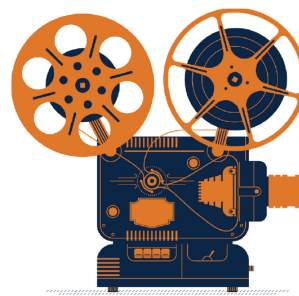
If you watered your landscaping in the heat of the day.

Solution: If you water certain outdoor plants by hand, do it early in the morning or at dusk. If you have an irrigation system, set the timer for morning and/or night. The heat of the day, usually anything past 9am during our summer, will cause most irrigation water to evaporate. A drip system works better than sprinkler spray whenever possible. And remember, if irrigation is watering the drive, it is wasting water.

If you washed the car with a hose, without a nozzle and let the water run.

Solution: Do you really need an excuse to go to the carwash? That saves the most water, as car washes recycle water. However, if you're one of those people who enjoy an afternoon outside scrubbing, just use a bucket and a hose nozzle to stop the flow when you're in between rinses.

So keep doing your part to conserve water! Every drop really does count!



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

50+ Pounds to Lose

“If you and your doctor have determined it’s best for you to lose 50+ pounds, you might feel overwhelmed,” states Jane Fortier, fitness professional. “The road to such a goal will be bumpy, but the destination worth the trip. To navigate the road successfully, consider the following tips.”

- Be patient.

You didn’t gain that extra 50+ pounds overnight, so don’t expect to lose it quickly. One to two pounds per week is considered safe, sustainable weight loss. You are likely to see more weight loss in the first couple of weeks, with loss getting slower, as you get fitter. Don’t become frustrated - persistence pays off. Remember, it’s not a race.

- Surround yourself with a strong support system.

If you’ve always admired a friend’s dedication to weekly workouts, a fitness instructor’s commitment to helping people, a relative’s uplifting social media posts, turn to these people for daily positive feedback-keeping in mind, their goals and fitness levels are different than yours. Spend time with people who support your weight loss efforts, not ones who bring you down or try to pull you off course.

- Know exactly what you are eating

A bite or two of your spouse’s dessert, finishing-up a friend’s milkshake, a second helping when you are already full – these all add up to extra calories, in the course of a day. Track the foods you eat each day. Log foods, so that you are eating three healthy meals a day, with three healthy snacks. Logging foods is tedious, but if losing 50+ pounds is your ultimate goal, this is a must. Cutting down on calorie intake and committing to the right kinds of calories is vital in any weight-loss plan. Portion control helps with caloric reduction. Avoid feeling ‘starved’ and never feel “stuffed”. Adopt an eating program you can stick with for a lifetime – not one that’s trendy.

- Step off the scale

A scale is not always the best indicator of results. The scale doesn’t take body composition into consideration – how much of the total weight is “lean body weight” and how much is “fat body weight”. Girth measurements, progress pictures, and how clothes fit are better indicators of fat loss. Weight loss is never perfectly linear - the scale will go up and down day-to-day, so don’t let a daily weigh-in knock you off course. Track inches lost – this is about whittling down the fat.

- Mix up your workouts.

Exercise is essential for 50+ pounds weight-loss. But, if you do the same workout day after day, your body adapts to the activity and becomes more efficient at performing it - this makes exercise less challenging and decreases results. Burnout and injury are more likely to occur, if you do the same workout every day. Recruit the help of a personal trainer to get the exercise mix that brings the best results, considering age, abilities and issues. Don’t underestimate the magic of daily movement. In addition to gym workouts, you can burn plenty of calories with daily low-level activities: house cleaning; walking the dog; hauling groceries into the house; doing yard work. Never sit longer than 30 minutes without getting up and moving. Little bursts of movement affect mental clarity, energy level and total calories burned.

Losing 50+ pounds is a challenge. The right strategies, support and outlook will bring this weight-loss goal within reach. Get Fit for Life Personal Trainers can definitely help. They structure workouts that are safe, effective and time efficient. They encourage lifestyle changes that include appropriate exercise, as well as sensible eating. Personal Trainers can guide you into a course of action that has positive results for long-term weight loss. To find out more about working with a trainer, call 623-696-6820, or visit Get Fit For Life Sun City on Facebook.

MONITORED ACTIVITIES

Basketball	Minimum Age: 8
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Billiard Tables	Minimum Age: 14
Bell Lanes	M-Sa 8a-8p; Su: 12-7p (5/1-8/31)
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Bingo	Minimum Age: 18
Sundial Center	On Summer Hiatus; Bingo Returns Th 9/7

Boating/ Fishing	Minimum Age: 6/NA
Lakeview Center	Closed for Viewpoint Lake Renovation
Bocce Courts	Minimum Age: 8
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p
Bowling Lanes	Minimum Age: 4
Bell Lanes	M-Sa 8a-8p; Su 12-7p (5/1-8/31)
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p
Dog Parks	Minimum Age: NA
Duffeeland	May - September 6am-8pm
<i>*Entry Token Required</i>	Closed last Wed/month for Maintenance
Darts	Minimum Age: 8
Bell Center	M-Sa 8a-8p; Su 12-7p (5/1-8/31)
Fitness Centers	Minimum Age: 14*
Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Lakeview Center	M-Sa: 6a-8p; Su 8a-7p
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View Center	M-Sa: 6a-8p; Su 8a-7p
Oakmont Center	M-Sa: 6a-8p; Su 8a-7p
Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p
Horseshoe Courts	Minimum Age: 12
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View Center	M-Sa: 6a-8p; Su 8a-7p
Jogging / Walking Track	Minimum Age: 14
Indoor	
Fairway Center	M-Sa 5a-9p; Su: 8a-8p
Sundial Center	M-Sa only: 6a-8a
Outdoor	Minimum Age: 8
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Sun Bowl	Dawn to Dusk
Library (602) 652-3000	Call to confirm hours
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p
FOTL Bookstore at Bell	M-Sa 9:30a-3:30p
Fairway Center	M-Sa: 9a-5p
Mini Golf	Minimum Age: 6
Bell Center	M-Sa: 6a-9p; Su: 8a-8p
Lakeview Center	M-Sa: 6a-8p; Su 8a-7p
Mountain View Center	M-Sa: 6a-8p; Su 8a-7p
Sundial Center	M-Sa: 6a-9b; Su: 8a-8b

Pickleball	Minimum Age: 8
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View: Outdoor	M-Sa: 6a-8p; Su 8a-7p
Racquetball/Whisperball	Minimum Age: 8
Bell Center Courts A & B	M-Sa: 6a-9p; Su: 8a-8p;
Closed for Club/Class: M-F 1:30-3:30pm	
Shuffleboard	Minimum Age: 8
Bell Lanes: Indoor	M-Sa 8a-8p; Su 12-7p (5/1-8/31)
Lakeview: Outdoor	M-Sa: 6a-8p; Su 8a-7p
Spas	Minimum Age: 16/18*
Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Lakeview Center	M-Sa: 6a-8p; Su: 8a-7p
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Oakmont Center	M-Sa: 6a-8p; Su 8a-7p
Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p
Swimming Pools - Open Swim Hours	
Bell Center - 18+ only	Minimum Age: 18
Lap Pool: M-Sa: 5a-9p; Su 8a-8p; Closed for Club/Class: M-F 7-9a	
Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Fairway Center	Minimum Age: 16
Lap Pool: M-Sa: 5a-9p;Su 8a-8p	
Walking Pool: M-Sa: 5a-9p;Su 8a-8p	
Lakeview Center	Minimum Age: 4-15*/16
M-Sa: 6a-8p; Su 8a-7p; Closed for Club/Class: W 8-10a (April-Oct only)	
Children's Pool Hours - Ages 4-15 yrs: Daily 4p-Close*	
Marinette Center	Minimum Age: 4-15*/16
M-Sa: 6a-9p, Su: 8a-8p; Closed for Class: M Th 8-9a; T F 9-10a	
Children's Pool Hours - Ages 4-15 yrs Daily 1-4p*	
Mountain View Center	Minimum Age: 4-15*/16
M-Sa: 6a-8p; Su 8a-7p; Closed for Class M, Th 9-10a; T F 8-10a	
Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p*	
Oakmont Center	Minimum Age: 16
M-Sa: 6a-8p; Su 8a-7p	
Closed for Club: Every Su M W F 11a-3p; Spa, Swim Lanes remain open	
Closed for Class: M-Tu, Th-F 9-10a with Swim Lanes closed	
Sundial Center - 18+ only	Minimum Age: 18
Large Pool: M-Sa: 6a-9p; Su: 8a-8p;	
Closed for Class: M Th 9-10a	
Warm Water Pool: M-Sa: 6a-9p; Su 8a-8p	
Closed for Class: M F 10a-12p, 4:30-6:30p; T Th 10a-2p, 4:30-6:30p	
Table Tennis	Minimum Age: 8
Bell Center: M-Sa: 6a-9p; Su: 8a-8p;	
Closed for Club Activity: M 10a-3p; W F 10a-4p; Tu Sa: 10a-12p	
Tennis	Minimum Age: 8
Bell Center: 623-977-3325 M-Sa: 6a-9p; Su: 8a-8p	
Lakeview Center: 623-561-4676 M-Sa: 6a-8p; Su 8a-7p	
Mountain View: 623-876-3042 M-Sa: 6a-8p; Su 8a-7p	

Group Machine Demonstrations on Hiatus

Personal Training Sessions continue to be available. Call Get Fit for Life to schedule.

September Group Demo Schedule: Wednesdays @ 11:30am
9/6 @ Bell w/ Dick; 9/13 @ Marinette w/ Dick; 9/20 @ 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