

# SUN VIEWS

ISSUE #260 • JULY 2023 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.

**SUN CITY**  
ARIZONA  
RECREATION CENTERS  
OF SUN CITY

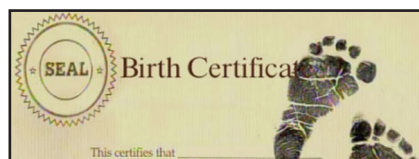
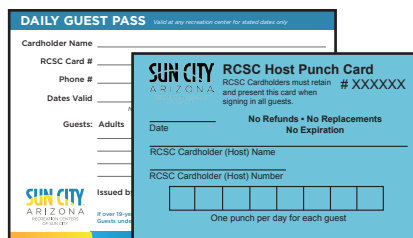
## Summer Fun: Rules & Reminders

## You're the Key to Health, Safety & Comfort

While you're enjoying all that Sun City has to offer this summer, please be aware of the following items which require your attention when using RCSC recreational facilities:

- All Members/Cardholders are required to check in with their photo ID Cards (key fobs accepted for entry to fitness, pools and spas only; not for concerts or free events).
- Neither Sun City residents nor spouses of Members/Cardholders are eligible to be guests. With proper documentation and if eligible, privilege cards may be purchased at the Cardholder Services Office at Lakeview in order to use the facilities.
- Guest passes can be purchased online via the RCSC Web Portal. Host punch cards are also available and can be purchased at RCSC Facility Attendant Stations (exact cash or check only), Cardholder Services and Bowling Centers.
- Guests should be prepared to show government-issued photo ID when checking in to use RCSC facilities.
- Proof of age for 4 and 5 year olds (birth certificate or passport) is required for access to swimming pools. Photo copies or electronic images are acceptable.
- Immediately exit pools, spas if lightning is observed or thunder is heard. Please respect all requests from Facility Attendants who have authorization to determine pool closures.
- Pets are NOT allowed at any RCSC facilities, including buildings, golf courses, grounds, and parking lots, except for dogs at the RCSC dog park, Best Friends Dog Club and/or dogs trained as service animals. Emotional support animals are not an exception.

Please refer to the RCSC Cardholder Guide and Board Policies for more information. Your cooperation is appreciated!



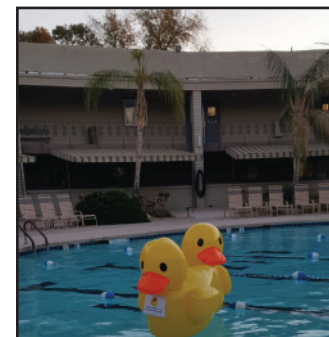
### BE SCENT SENSITIVE!

Overuse of scented body such as colognes, perfumes, after-shave lotions and the like can be extremely irritating and even caustic to others, especially those with respiratory issues. Perspiration and water from pools, spas can make matters even worse.



### PLEASE SLOW DOWN!

Many RCSC parking lots have one-way routes of travel and the posted speed limit of 5 MPH should be observed at all times. Your safety is our concern!



**SHOWERS ARE REQUIRED** by everyone prior to entering any RCSC Swimming Pool or Spa facility.



According to the CDC, rinsing off for just 1 minute removes most dirt or anything else on your body that uses up chlorine or bromine needed to kill or inactivate germs.

### SIZE MATTERS!

Per Board Policy 10, swimming pool gear, including floatation devices, may not extend more than 2 feet from the swimmer and must be within control of the swimmer at all times. Items not allowed balls, Frisbees, rafts, water guns and any metallic items. Same goes for very, very large ducks!



### ONCE YOU'RE IN THE POOL:

- Don't pee or poop in the water.
- Don't swallow the water.
- Keep an eye on children at all times.
- Take frequent bathroom breaks.
- Dry ears thoroughly after swimming.

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

PILOT/TEST HOURS - Sundays @ Bell Center  
\*\* Fitness & Pools/Spa Only \*\*  
Open 5am-8pm July 2 thru September 24

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

Email addresses  
remain confidential

## INDEX

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

NOTE: Summer hours at the Sun City Visitors Center at Bell thru July:

- 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](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)**

**John Fast, Treasurer**

**email: [jfast@suncityaz.org](mailto:jfast@suncityaz.org)**

**Jean Totten, Secretary**

**email: [jtotten@suncityaz.org](mailto:jtotten@suncityaz.org)**

**Steve Collins, Director**

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

**Jeff Darbut, Director**

**email: [jdarbut@suncityaz.org](mailto:jdarbut@suncityaz.org)**

**Denny Nichols, Director**

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

**John Nowakowski, Director**

**email: [jnowakowski@suncityaz.org](mailto:jnowakowski@suncityaz.org)**

**Jim Rough, Director**

**email: [jrough@suncityaz.org](mailto:jrough@suncityaz.org)**

*A Message from Board President Fimmel*

## Working together we can chart the future course of Sun City

While we have only been on this brief journey together for the past four months it has proven to be an interesting and challenging time. Thus far, three RCSC board members have resigned (we were fortunate to find three exceptional replacements), the president and vice-president of the board stepped aside (a new president and vice-president were selected by the board), and presently the board is in the process of recruiting for a new general manager. On the other hand, during this same journey we saw a resurgence in self-governance, we established a critical member-based committee, and experienced a changed perspective in providing member services, and an increased optimism that together we can build a better tomorrow and a brighter future for all of us.



**Kat Fimmel**  
**2023 RCSC Board President**

One of the items we needed to move on quickly was the creation of a member-based committee to review and recommend the best, and most cost effective, alternatives to renovate the last two facilities that require updating, Mountain View and Lakeview. The result was the creation of the Strategic Alternative Committee (SAC). The SAC is composed of members representing all aspects of these projects. The SAC meets weekly to analyze the data that will drive their decision-making process. By its nature, the work of this committee will be slow, sometimes tedious, and very time consuming; however, in the final analysis the community will be left with only the best recommendation(s) - ones that will stand the test of time because all the members were fairly represented during the process. We cannot thank the committee members enough for their willingness to participate in this voluntary effort and for the time and effort that is being expended in this process. They know, and you should know, the work they are doing is not for today, or even tomorrow, but for today, tomorrow, and well into the future.

As if all of that wasn't enough, we found ourselves faced with one of the most important actions a board will take on during its tenure - looking for a new general manager. This action represents

a pivotal point in our history, and allows us to chart a new course for our community. It is such an important decision that rather than using traditional methods to find a new general manager, the board chose to hire an outside executive recruitment firm to assist us in identifying the most qualified candidates available. With more than 400 employees, eight recreation centers, eight golf courses and all of our other venues, we know the significant role the general manager plays in running the day-to-day operation of the corporation, which is why we need to find someone who can lead and manage from the moment of their arrival, someone who understands the RCSC is a member services organization.

As our local historians have often reminded us, Sun City was built on a platform of self-governance, and that self-governance is the key to our current and future success as a community. It is also important that we as members (owners), also share responsibility and accountability to our community. It is not too pretentious to suggest that member involvement in our community is also a key to its success, no matter how large or small a role you play. Your part could be as simple as joining a club, becoming a club officer, attending a committee meeting or even becoming a committee member. You could speak with your fellow members one-on-one, or you could speak in front of the Exchange/Board meeting. If you are willing to play an even larger role, now is the time when the election cycle begins. Candidate packets are available, and there are four open board positions. The one part every member can play - the most important part - you can VOTE!

If our most recent experiences teach us anything, it is that self-governance is a fragile thing that requires constant vigilance, good decision making, and active participation by community members. Our community works best when we all work together to meet our current and future expectations. Together we can chart a new course that will prepare us for the future.

## Strategic Alternatives Committee

The SAC will be meeting on June 30 and July 7 in the Lakeview Social Hall # 3 due to the closure of the Oakmont Center from June 26 thru July 9. SAC meetings return to Oakmont on Friday, July 14, July 20 and July 28 all at 2pm.

## Long Range Planning Committee

The LRP Committee is now scheduled to meet on Friday, July 7, 2023 at 10:00am in the Lakeview Board Room.



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 always seeking volunteers!**  
Call 623-561-4620 to find out more information.



## "Neighbors Helping Neighbors"

The next Sun City Foundation meeting will be held on Thursday, September 14, 2023 at 11:00am in the Lakeview Board Room.

## This Month @ The Board

**There are NO Board Meetings scheduled during the months of July or August.**

The September meeting schedule will be posted in August. Meeting schedules are also available at all times on the RCSC website at [www.suncityaz.org](http://www.suncityaz.org).



Sun City AZ Rocks with Hot Music in Cool Comfort



RHYTHM 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)



NEWS | EVENTS



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"



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 on Independence Day with normal operating hours for Member/Cardholder use. The Lakeview Bowling Lanes are open regular hours while Bell Lanes will be hosting the 4th of July/ Ring That Bell activities until 2pm with free bowling, shuffleboard, darts, billiards and more!



ASU/RCSC Community Involvement Survey Project



Let's Focus on Building  
Recreation for the Future!

Town Hall Meetings coming this fall!  
Stayed tuned for details!

RCSC Board Elections

Candidate Packets Are Available

RCSC Members interested in running for the Board of Directors can obtain Candidate Packets at the Corporate Office at Lakeview Center. These packets must be picked up in person and you must present your valid RCSC Member Card and must be returned by noon on Friday, October 6, 2023.

Qualifications to run for the Board of Directors include the following: Must be at least 55 years of age; be a Member in

VOTE

2023

RCSC Board of Directors Election  
Monday, November 6 (Online Voting Starts)  
to Tuesday, December 12, 2023

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 (which will be held this year on Tuesday, October 10, 2023 at 10am in the Lakeview Board Room).

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.

For more information, please contact the Corporate/Board Office at 623-561-4620.



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.

**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.



Art and Craft Clubs		
Artists by the Lake: LV 402-304-2908	M W 9a-12p; T Th F 9a-4p	
Artistic Stained Glass: BC 623-974-4765	M-Sa 8a-3p; M-Th 5-8p	
Artistic Weavers & Fiber Artists: OM oakmontawfa@gmail.com	M-F 9a-12p	
Calligraphy: SD 520-709-9745	M, F 9a-11p	
Camera Guild: GR cameraguildsuncity.com	T-Th 9a-12p; Member Mtg: 1st Sat 9:30-11a GR Sonoran Rm Potluck Social Tu 7/25 3-7p GR Sonoran Rm	
Carvers: LV 847-287-1005 sccarversaz@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-Sa 9a-1p	
Ceramics: BC 623-974-6750	M-W-Th-Sa 9a-12p; Tu & F 9a-3p	
China Painting: OM 714-684-4286; FMI sccpc1@gmail.com	M-F 9a-12p	
Clay Club: GR 623-933-0899	M-Th 8:30a-8p; 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 Summer Fun Shops 9a-2p - Days vary	
Crafts: BC 623-974-3497	M Th 9a-7p; Tu F 9a-3p; W 9a-8:30p	
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; Xmas Club Last Th 2-6p; Diamond Dots Sa 8a-12p	
Handweavers & Spinners: SD schandweaversandspinners@gmail.com	Summer hours vary; Posted at Club Room	
Jewelry, Stained Glass & More: GR 262-993-4873; 623-322-4595	M, W, Th, Sa 8a-12p	
Knitters: FW 602-469-2505	F 8:30a-12:30p FW AZ Rms 3 & 4 Ice Cream Social F 7/14, 10a-12p	
Lapidary: BC 775-351-8721	M/T, Th-Sa 8a-3p; M 5-8p, W 8a-12p, 5-8:30a	
Leathercraft: LV 480-276-7583; larryvroom@cox.net	M W F 8a-12p	
Metal: BC 623-974-8206 bellmetalclub@gmail.com	M-Sa 8a-4p	
Palo Verde Artist: SD 262-323-1188 president@paloverdeartists.com	Su-Sa 8a-8p Mem Reception/Gallery Change F 7/7, 4-5:30p	
Quilters on Grand 970-261-1798	M-F 8a-2p; Mem Mtg 2nd F 9:30a	
Sew-n-Sew: LV www.sewnsew.info - Check webpage for exact dates of classes	M-Th, Sat 10a-2p Mem Mtg/Potluck/Show & Tell 1st Th, 10am	
Silvercraft: BC 623-933-8442	M-Sa 8a-3:30p	
SilverStones: SD 317-508-5959	M-Sa 8a-12p	
Sterling & Stones: FW 612-987-9366 - Annual Dues \$15	T-Th 10am-2pm	

Stitchers: BC 480-578-8871 2019bellstitchers@gmail.com	M-F 9a-3p - Summer Hours thru Sept
Woodworking: BC 623-974-6058	M-W 8a-8p; Th-F 8a-4p; Sa-Su 8a-12p
Woodworking: FW 623-9724385	Summer Hours: M Th F 8a-12p; Tu-W 8a-4p
Woodworking: LV 623-933-2355	M-F 8a-2p; Sa 8a-12p

Card and Game Clubs	
500: FW 815-909-6422 Robin	Mon 6-9:30p FW AZ Rm 3-4
Bunco Broncos: FW 623-293-1019	2nd & 4th M 12-3:30p FW AZ Rm 1-2
Canasta: OM 480-886-9750	F 10a-3p 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 Member Party Th 7/6; Member Party Tu 7/11
Hand & Foot Club: LV 623-680-8276; 972-838-7512	W 6-9:30p LV SH 1-2 Arrive 5:15-5:50p, Play begins at 6p

Mah Jongg: MC 206-841-6665 - Karen 970-231-3368 - Katie	Tu 11:30a-4p SD WH (National* & Chinese) Th 5:30-9p MC SH (N); Su 11:30a-4p MC SH (N) * Must know National & have current league card
Monday Night Pinochle: OM 440-478-2530 Kim/623-217-8584 Beverly	M 5:45-9:30p OM Aud
Pinochle: OM 623-876-1895 Tommie 209-524-7358 Cheryl	Tu 11:30a-4p, Sa 11:30a-4p OM Aud
Table Games: LV 623-734-5007	Starting 7/10 - M 6-9p Play; Open 5p

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	Th 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 Only

Dance Clubs	
Bell Tea: BC 480-370-3223 www.suncityaz.org/recreation/clubs/bell-tea-dance-club/	Summer Recess; Resume in October
Classic Rock Dance Club: BC 623-628-4401	1st, 3rd Sa; Doors 5:30p; Dance 6:30-9:30p BC SH 1-2; Members \$3/Guests \$6 July 1 - DJ Ron West Members FREE
Country Dance Club: SD 480-431-8278; 623-972-5127	1st/3rd Sa Open 5:30p, Dance 6-9:30p SD Aud

Friday Night Social Dance: SD 623-810-8214 www.suncityaz.org/recreation/clubs/frid	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
Rockin' Thru The Years: SD 602-695-0209; 360-434-0156	2nd, 4th & 5th Sa: 6:30-10p; SD Aud Pizza & Dance 8/26
Squares: BC 623-694-7194 jr3me@yahoo.com	Closed for Summer

Sun City Poms: MC 602-392-4242 EMAIL scpoms@yahoo.com for more info including classes, schedules	Closed for Summer Rehearsals Th 7:30a-12:30p MC Aud
Tip-Top Dancers: MC 716-445-7383 tiptopdance@gmail.com	M 8a-12p MC SH W 8a-12p, 4-6p MC SH
FMI on Classes, etc. visit: tiptopdancerssuncityaz.wordpress.com	

Educational Clubs	
Apple Macintosh: SD 623-933-5300	Tu & Th 8:30-10:30a
Visit sunmacsclub.com for updates	
Computer Club: FW 623-933-8953 www.azccsc.com	M-Sa 8:30-11:30a
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 12-5p FW #129

Fitness Clubs	
Aerobics: BC 623-826-2323 Karen 602-578-1067 Judy	M W F 6:30-11a BC SH 1&2
Aqua Fitness Club: SD aquafitnesssuncity.com	Summer II starts M 7/10; ends Th 8/31 Try it Before You Buy It 8/21-8/24 Next Reg: Sa 8/26 SD; Doors 8a, Mtg 8:30a Fall Session starts M 9/18, ends F 11/10
619-818-4380 Terry	Tu 9-10a BC SH 1&2; W 9-10a SD Aud; F 9-10a MV Aud; Relocate Tu 7/4 to MV Aud
Dance for Fitness: SD 503-580-4636 or 253-820-5453	

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 602-369-3819 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: M 8:30a, 10:30a, 1p-C, 6p Tu 10a; W 8:30a, 10:30a-C Th 10a, 1p-C, 6p;
FMI visit www.hathayogaclub.org for class schedules & membership info	F 8:30a, 10:30a, 1p-C, Sat 9a Tu & F 8-9a OM Aud

Ladies Exercise: OM 928-890-9152	M W F 7-9a FW AZ 1&2
So Grand Exercise: FW 623-972-6046 or 602-938-0707	
Stretch 'n Slim: BC 402-578-6948	M-Sa 6:45, 8, 9a; Su 8, 9a BC Aeorbics Rm
Tai Chi: BC, LV, FW http://sctaichi.wix.com/sc-tai-chi-club email: suncitytaichi@gmail.com	Tu 6p Qi Gong LV SH#2; Th 9:30a Bal & Basics, 10:45a Beg TC, 12p Adv Beg TC BC SH#2, 1:15p Int TC, 2:30 Adv TC BC SH#2 F 7/28 Zoom Session w/ Grandmaster Franklin 10am in LV SC #3 - Parkinson's Series

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 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
--	---

Club Directory

Hobby Clubs

Birding Club of Sun City: FW locascio2000@hotmail.com	Closed for Summer May have outings over summer; email for info
Duffeeland Dog Park: Talisman 602-339-8271; cletisagy@gmail.com	
Garden: GR 623-875-5921	Office M W F 9a-12p Greenhouse M-Su per facility hours Summer Fling Sa 7/8, 12-3p GR Sonoran Rm FMI visit suncitymodelrailroadclub.com

Model Railroad: FW 480-634-0106	W 9a-12p; Sa 9a-1p
Model Railroad Museum: FW 480-634-0106	
Rockhounds: SD scrockmuseum@gmail.com	Closed for Summer
Mineral Museum: SD 623-428-6442	Sa 10a-1p
RV Club: SD silvercreekbranch1@hotmail.com	Closed for Summer

Stamp Club: MC 602-329-8905	Closed for Summer
Vintage Vehicles: GR 602-609-0973 https://www.vintagevehiclesofsuncity.com/	No Member Meetings over Summer Shop Operations M-Sa 8a-4p

Performing Arts Clubs

Sun Cities Community Orchestra: FW 623-582-9964	Closed for Summer
Choraliers: MV Partnered with the Sun City Players Community Theater (see below)	
Concert Band: FW 602-625-5211	Closed for Summer

Handbell Ringers: FW 602-882-9952 debbie12az@Gmail.com	Closed for Summer
Piano: SD 623-444-4483	4th M 2-4p SD Aud
Sun City Players Community Theater: MV suncityplayerscommunitytheater.org	Closed for Summer

Rhythm Ramblers: FW 602-717-7246	Rehearsal Tu 1-5p FW Music Room Dances return in October
Ukulele: FW Music Room Trudy 480-276-3780 (Oct-April) Sharon 920-410-6932 (May-Sept)	Th 3-4:30p FW Music Rm
Acoustic Jam (Special Interest Group) FMIC mlkostecki@gmail.com	On Summer Break; Jam Returns in October
Women's Chorus: FW 602-625-6126	Closed for Summer Rehearsals resume 9/8

Political Clubs

Democratic: FW suncitydems.com	1st Th 6p FW AZ 1-2 M 9am Starbucks-107th & Bell; 3rd Tu 4-6p Copper Penny - 107th & Peoria
Republican: SD suncitygopclub@gmail.com	3rd Tu SD EH Doors open 6pm; Meeting 6:30p

Social Clubs

Best Friends Dog Club: FW 602-639-1370 bfdcsuncity@gmail.com	Closed for Summer
--	-------------------

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
List of activities at https://suncityaz.org/recreation/clubs/illinois-club/	
LGBT of Sun City: OM Aud lgbtclubofsuncity@gmail.com	3rd F 5-8p OM Aud & Patio
Men's: SD 623-977-5116	M-Sa 7a-4p; Poker M 4-9p; Bingo resumes Th 9/7
Michigan Friends in Sun City michigan2arizonaclub@gmail.com	3rd W 4-6p BC MPR Last Monday 3-5p Euchere/Cards BC MPR
New England: LV 623-215-3637; 802-233-3721	Closed For Summer
NextGen: SD 920-878-0104	1st M 6:30-9p SD EH 2nd & 4th F 1-4p Card Play, Talisman
Visit www.NextGenSC.org for more info or email NewMembers@NextGenSC.org	1st-3rd Th 1-4p, 4th Th 4-9:30p Card Play BC MPR
Singles Social Club: FW 602-769-3634 https://suncityaz.org/recreation/clubs/s	1st F Potluck 6-9p FW AZ 3-4 3rd F Game Night 6-9p FW AZ 3-4
Sun City Frnt Club FMI donnalynn1107@aol.com	2nd W 10:30a-1:30p LV SH 1-2 4th Th 4:30-8p LV SH 1-2
Wisconsin Club: SB 920-265-8433 or 608-852-4227	Save the Date! Next Picnic 3/14/2024 To volunteer, call Linda 715-308-9964
Women's Social: LV 623-826-8900; 509-994-2027	M-Su 9:30a-4:30p W 6-8p - Game Instruction for Mah Jongg, Poker, Hand & Foot, Bridge Bunco 1st, 3rd Fri 5:30-8p, \$3 at door

Walleyball: BC Curt 612-223-9368 or Lori 405-570-1520	W 10a-1p, W 4-8p
Water Volleyball Club of SC: OM 480-297-6783; WVCoFSC@gmail.com	Su M W F 11a-3p; T Th 5:30-7:45p
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

Sport Clubs

Basketball: MC 206-459-3242; 604-313-3190 charlespeterson@comcast.net	
Billiards: Bell Billiards Room 315-806-0067	Tu 11a-4p; W 8a-1p; F 11a-4p; Sa 12-5p
Billiards: LV Billiards Room 623-296-4869; 602-319-0783	M-Tu, Th 8a-12p; W 9a-1p; Ladies M, Th 8:30a-12p; Singles: 8 Ball M 8a-12p; 10 Ball W 9a-1p; 9 Ball Th 1-5p, F 8a-12p Doubles: 8 Ball Tu & Th 8a-12p
Bocce: SD 623-693-2881	Open Play: Every T, Th 7:30a, Every F 5p

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 Ice Cream Social Sa 7/15, 12:30-4:30p, LV SH 1
Lawn Bowls: BC 780-566-8568	M W F 7:30a-1p & 7-9:30p

Lawn Bowls: FW & MV 360-303-9722	
Lawn Bowls: LV (Sun City Club) 734-673-8908	Closed for Summer
Lawn Bowls: LV 623-974-3214	Tu Th Sa 7-9:30a
Lawn Bowls: OM 623-792-5202	Closed for Summer
Mini-Golf: LV 815-791-6991; 602-999-7011	Club Activities Only - Closed for Summer

Pickleball: MC, MV scpickleball002@gmail.com	Summer Schedule June-September Visit https://suncitypickleballclub.org for more info/details
---	--

Racquetball: BC New club; details coming soon!	
Shuffleboard Bell: BC 612-471-7045	M Tu F 1-3:15p
Shuffleboard Outdoor: LV	Closed For Summer

Shuffleboard Sundial: BC 408-427-2056	Th 5:30-9p BC Cts
Softball (Senior): Sun Bowl 517-526-4873; 509-264-3088 www.azsrsoftball.com	League Play Tu Th F 7a-12p

Sportsmen: GR Dan 319-431-3563	Archery M-W Sa 9-11a, Tu 6-8p No meeting until September
Sun City Yacht Club: LV 360-566-7076/206-802-8622	Su, Tu 10a-1p Viewpoint Lake When lake project is complete

Swim Club-Masters: BC 406-546-9776	M-F 7-9a FW 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/suncityti	
Volleyball 206-459-3242 charlespeterson@comcast.net	Closed for Summer

Walleyball: BC Curt 612-223-9368 or Lori 405-570-1520	W 10a-1p, W 4-8p
Water Volleyball Club of SC: OM 480-297-6783; WVCoFSC@gmail.com	Su M W F 11a-3p; T Th 5:30-7:45p
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

Imporant Dates for Clubs to Remember!

- July
- 5 SunViews submissions due for August
- 10 Guest Attendance Register & guest fees due
- 10 Monthly Attendance Spreadsheet due

- August
- 5 SunViews submissions due for September
- 10 Guest Attendance Register & guest fees due
- 10 Monthly Attendance Spreadsheet due

- September
- 5 SunViews submissions due for October
- 10 Guest Attendance Register & guest fees due
- 10 Monthly Attendance Spreadsheet due

- October
- 1 Club Membership Roster due
- 5 SunViews submissions due for November
- 10 Guest Attendance Register & guest fees due
- 10 Monthly Attendance Spreadsheet due

Chartered Clubs Office  
623-561-4660  
email: clubs@suncityaz.org  
Office Hours: Monday-Friday 8:30am to 4pm

Why not join an RCSC Chartered Club? Many are open over the summer - without the crowds!

Contact clubs directly for more information or online at [www.suncityaz.org/recreation/clubs/](http://www.suncityaz.org/recreation/clubs/)

Additional information is also available at the RCSC Chartered Clubs Office at Lakeview OR the Sun City Visitors Center at Bell.

Thoughts from a Pro -  
Getting the Most Out of Golf

There are many reasons for playing golf. Everyone is different and so are the reasons we play the game! It can be for competitive reasons... challenging yourself to improve your skills or learn something new. It might be simply to be outdoors and enjoy the beauty of nature on the course or even to get some exercise. It may also be to have a shared activity to do with your spouse, friends, or family. The most important thing is to get out of golf what you most want.

Keep in mind that matching your goals to your skill level (beginner, intermediate or advanced) can make golf more enjoyable.

For instance, new golfers who are very competitive and have high expectations and expect excellence can easily become frustrated with the game. At this level work on getting comfortable with the basics, including terminology, the golf clubs, and the etiquette. Have fun learning and experiencing something new yet don't get overloaded with too much information at once. Adapting the game at this level keeps golf fun and still challenging without making it overwhelming. This might mean playing without keeping score, using a tee on every full shot, playing long holes from the 100 yard marker instead of the tee box, not worrying yet about rules. Playing with people you are comfortable and familiar with makes the game more fun at this level!

The intermediate golfer may have a different goal. Many times it is just to be comfortable enough with their own game that they feel at ease playing with anyone. At this level most players are concerned with their score, yet they usually enjoy golf socially as much as anything. Signing up to play in a league is a fun way to enjoy the game with others for the intermediate golfer.

The advanced player is usually the one who is the most competitive. Lowering their handicap, playing in tournaments, and striving to reach their potential in the game is most important to them.

Whatever your reason for playing this great game is, remember that everyone is unique and regardless of age, gender, or skill level we can all enjoy the benefits of golf!

*Robin Eichten is a Life Member of the LPGA and Certified Teacher. She has been teaching professionally since 1987 and gives lessons by appointment. Call/text Robin at 623-322-6300 or email to golfinwith-robin@aol.com*

2023 AERIFICATION/VERTICUTTING DATES  
Golf Course will be Closed including Pro/Snack Shops

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: mikewegnnergolf@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/](http://suncityaz.org/golf/snack-shops/)

**July 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](mailto:clinam@suncityaz.org). Meetings resume Thursday, September 28, 2023 at 1pm in Talisman Hall.





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

July Events at Sun City & Fairway Libraries



<b>Pizza Party Puppets</b> Sun City Library July 11 2-3:30pm	<b>The Mim Walsh Diary</b> Sun City Library July 12 2pm	<b>Club Kanopy: Hardball</b> Sun City Library July 18th 1-2:15pm
<b>Arizona Movies: Westerns</b> Sun City Library July 25 2-2:50pm	<b>Hobby Haven</b> Sun City Library July 20 2-3:30pm	<b>Temporary Henna Body Art</b> Fairway Library July 28 2:30-4:30

Summer Reading Program

**June 1 - August 1**

Register for the summer reading program at maricopacountyreads.org. Read 1000 minutes by the end of the program to earn free prizes!

**Maricopa County Libraries | mclnaz.org | 602-652-3000**

- Sun City Library Hours: Mon 9am-7pm; Tues - Sat 9am-5pm
- Fairway Library Hours: Mon - Sat 9am-5pm

**Books Around The Corner | suncitylibraryfriends.org | 602-651-2014**

The Friends of the Sun City Libraries, Inc. Bookstore

- Open Monday thru Saturday, 9:30am - 3:30pm
- Located in the Sun City Library at the Bell Recreation Center

Find us on Facebook!

Join our email list @ mclnaz.org/news/subscribe

Water Conservation  
Tips to Saving Water Out in the Yard

Let’s take a walk outside and make sure we’re doing all we can (and should) to save water outside our homes. Hopefully snowbirds have someone keeping an eye out for broken sprinkler heads that could be causing water to be wasted. Again, see something and say something if you notice water issues that need to be addressed (especially homes you know are unoccupied along with commerical sites that may only be used on the week-ends.

Get started saving water right now by following these quick tips>

- Adjust your irrigation timer seasonally – plants need much less water in winter than in summer.
- Check your irrigation timer and note of your watering days, times and length of watering. Communicate this information with your landscaper (if necessary) to save water and money!
- Reduce evaporation by water in the early morning or late evening.
- Most plants in the desert die from overwatering rather than under watering.
- Water less often, but for a longer periods of time. This encourages plants to grow deep roots, making them more stable and healthy.
- Native plants survive in the desert without any irrigation. If you’re irrigating native plants, wean them off slowly. Adjusting too quickly can damage or even kill your plants. Watch how your plants react.
- Turn off your irrigation when it rains if possible. Most irrigation systems have a skip mode, a rain button or a rain setting that allows you to easily curtail irrigation when it rains without changing your irrigation program. If you can’t find it, you may want to ask your landscaper.
- Always keep a hose nozzle on your outdoor hose. This saves water that could leak out of your hose.
- Use a broom to sweep off sidewalks rather than spraying with a hose.
- For additional andscape watering information, you should review “Landscape Watering by the Numbers” which you can request by emailing conservation@epcor.com.

Every drop really does count! Do your part to ensure there is plenty of water to meet out needs - for tomorrow and for future generations.

**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

# Overcoming Weight Loss Barriers

“You’ve stuck to your eating and exercise plan for the past two months and the scale IS moving in the RIGHT direction. Suddenly your resolve weakens – Summer get-togethers and travel plans are coming up, and old habits begin to creep back. This is a common problem, on the journey to weight loss,” states Jane Fortier, senior fitness specialist. “Identifying some psychological barriers that become roadblocks during weight loss, may help to overcome them.”

**Fear of failure.** Anticipating failure is a motivation killer - a part of you doesn't truly believe you can succeed. The best way to overcome a fear of failure is to focus on success. List every difficult accomplishment you have had in life, as a reminder that success is part of your personal history. This tangible proof will help dispel the fear of failure you are experiencing now. Attitude determines altitude, so focus on positive accomplishments.

**Not believing the accomplishment will make enough of a positive impact on your life.** If this is your roadblock, it's time to do some soul searching. Create a list of all the reasons you want to get healthy by losing weight. Think of what is important in your life right now. At this age, “I want to be able to get down on the floor and play with my grandkids” is a lot more motivating than “I want to fit back into my skinny jeans.” Maintaining “quality of life” is what weight loss is all about, after age 50.

**Self-doubt.** If you think you don't have the knowledge, skills or grit to stick to a lifetime plan, you are erecting unnecessary roadblocks. Work with a dietician or personal trainer to help dispel these doubts – fitness professionals can give you the tools for success. Surround yourself with motivated people, who are living proof that attitude and determination make all goals attainable. Stay away from the folks who will pull you off course.

**Boredom.** Once you find a lifestyle plan that you can follow, make sure it gives you flexibility. Switch up your eating menu, yet stay within sensible boundaries; develop different exercise routines that keep you challenged; participate in varied social events, but focus on socialization rather than food; keep active and moving throughout the day. Getting bored with your weight loss efforts becomes a barrier to success.

**Not seeing results quickly enough.** Give up the quick fix mentality – it's not about deadlines. If the scale and the measurements aren't going down fast enough, focus on little victories: how much better you feel; how much easier you move; how satisfying it is to be living healthy; the positive example you set for family and friends. There are plenty of results that are not based on the scale. Be patient, remain diligent, and the scale and measurements will eventually show progress.

**Comparing yourself to others.** Every individual is different. Everyone's lifestyle, circumstances, body and metabolic profile are different. Comparisons are about YOU - where you are now, where you started from and where you want to be. No one else's success or failure in weight loss is going to any affect yours.

**You don't feel support from friends and family.** Remember, those who criticize are often struggling with their own issues. It's more about them, than you. Combat daily saboteurs by finding people that “have your back” –friends, family or online supporters. Surround yourself with positive vibes. You're not in this alone. You will feel more empowered and confident in your decision to take control of your health, with positive supporters nearby.

“Start every day by setting intentions to SUCCEED,” states Fortier. “Plan your work and work your plan. Give yourself credit every time that you 1) engage in behaviors that help you reach your goals and 2) successfully avoid behaviors that would steer you off course. Reward yourself for milestone goals you achieve along the way. Be sure those rewards are appropriate for losing weight, not ones that will hinder your progress. Embrace your weight loss journey, the destination is worth the struggle!” If you need help with your journey, a Get Fit for Life personal trainer would be happy to accommodate. We design exercise programs that fit individual needs. Call 623-696-6820 for information.

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-8p; Su: 8a-7p
Bell Lanes	M-Sa 8a-8p; Su: 12-7p (5/1-8/31)	<b>Racquet/Whisper/Wallyball</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	On Summer Hiatus; Bingo Returns Th 9/7	Bell Lanes: Indoor	M-Sa 8a-8p; Su 12-7p (5/1-8/31)
		Lakeview: Outdoor	M-Sa: 6a-8p; Su 8a-7p
		<b>Spas</b>	Minimum Age: 16/18*
		Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 5a*-8p *Trial 7/2-9/24
		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
		<b>Swimming Pools - Open Swim Hours</b>	
		<b>Bell Center - 18+ only</b>	Minimum Age: 18
		Lap Pool: M-Sa: 5a-9p; Su 5a*-8p; Closed for Club/Class: M-F 7-9a	
		Walking Pool: M-Sa: 5a-9p; Su 5a*-8p *Trial 7/2-9/24	
		<b>Fairway Center</b>	Minimum Age: 16
		Lap Pool: M-Sa: 5a-9p; Su 8a-8p	
		Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
		<b>Lakeview Center</b>	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*	
		<b>Marinette Center</b>	Minimum Age: 4-15*/16
		M-Sa: 6a-9p, Su: 8a-8p; Closed for Class: M T Th F 8-9a starting 7/10	
		Children's Pool Hours - Ages 4-15 yrs Daily 1-4p*	
		<b>Mountain View Center</b>	Minimum Age: 4-15*/16
		M-Sa: 6a-8p; Su 8a-7p; Closed for Class M, Th 9-10a; T F 8-10a start 7/10	
		Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p*	
		<b>Oakmont Center</b>	Minimum Age: 16
		M-Sa: 6a-8p; Su 8a-7p	CENTER CLOSED 6/26 - 7/9
		Closed for Club: Every Su M W F 11a-3p; T Th 5:30-7:45p	
		Closed for Class: M-Tu, Th-F 9-10a starting 7/10 w/ Swim Lanes closed	
		<b>Sundial Center - 18+ only</b>	Minimum Age: 18
		<b>Large Pool:</b> M-Sa: 6a-9p; Su: 8a-8p;	
		Closed for Class: M Th 9-10a starting 7/10	
		<b>Warm Water Pool:</b> M-Sa: 6a-9p; Su 8a-8p	
		Closed for Class: M Tu, Th F 10a-12p, 4:30-6:30p starting 7/10	
		Closed for Club: T, Th 12-2p	
		<b>Table Tennis</b>	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	
		<b>Tennis</b>	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