

# SUN VIEWS

ISSUE #261 • AUGUST 2023 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.

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



## Liner Down, Water On! An Ode to the Lake

Many knew that the day would come, with a leaking lake that meant problems for some. We pulled the plug and started the drain, but Mother Nature of course decided on rain. A few delays, though nothing major, and meetings with homeowners worked in our favor. All concerned knew what to expect, while the crews did their best to ensure no neglect. Now the water is on and the fill has begun, our lake soon ready for fun, fun, fun. Feel free to share stories, photos and more, as everyone patiently waits by the shore. The boats will be back and the fish soon restored, and in no time at all no one will be bored.

*Please share your lake experiences and look for project updates every Wednesday online at [www.facebook.com/SunCityArizona](https://www.facebook.com/SunCityArizona).*

## Summer Hours

Lakeview • Oakmont • Mt. View  
Memorial Day thru Labor Day

Sunday 8am - 7pm | Monday-Saturday 6am - 8pm

### EARLY SUNDAY PILOT/TEST HOURS

Sundays thru September 24

Bell Center: 5-8am - Fitness & Pools/Spa Only

All other activities at Bell on Sundays 8am-8pm

Marinette Center: Open on Sundays 6am-8pm

All activities available at Marinette starting at 6am

## Take Care & Stay Safe!

### Heat Safety Tips & Reminders

Staying safe in the heat while enjoying the many amenities offered both indoors and outdoors at the Recreation Centers of Sun City is always a top priority. Our staff want you to enjoy the rest of the summer, in the way only RCSC Members and Cardholders can! And, that's by being safe as you make new memories in the original Fun City!

Heat related illness can happen rapidly, and to anyone in any condition, according to the Maricopa County Department of Health Services. Check out these tips from the experts:

#### Staying Cool Outdoors

- Drink plenty of water.
- Wear lightweight, light toned and loose-fitting clothes.
- Wear sunglasses with UV protection.
- Wear a hat or carry an umbrella to cover your head.
- Protect all feet when the ground is hot!
- Use spf 15 or higher sunscreen.
- If working hard, take breaks.
- Try to go out during early morning hours.
- Stop and get to a cool area if you feel lightheaded, confused, weak, faint or a pounding heart.

#### Staying Cool Indoors Matters, too!

- Light comfortable clothing still matters.
- Stay hydrated!
- Working out with a buddy? Watch out for each other.

Please remember to check on your friends and neighbors to ensure they are okay as well. This kind of heat can be a real killer. Let's make sure everyone has a safe and healthy August!

## VOTE

## 2023

### RCSC Board of Directors Election

Monday, November 6 (Online Voting Starts)  
to Tuesday, December 12, 2023

#### Interested in running for the Board of Directors?

Candidate Packets are available at the Lakeview Center Corporate Office (lower level) and completed packets must be returned by noon on Friday, October 6, 2023. For more information, contact the Board Office at 623-561-4620.

Qualifications to run for a position on the Board can be found in the RCSC Corporate Bylaws online at: <https://suncityaz.org/corporate-bylaws/> - Article VII; Section 4.

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

- 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)**



## “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.

*A Message from Board President Fimmel*

## Our Ever Evolving Community

As our community continues to evolve, it is reasonable to expect some growing pains. We also need to be mindful that Sun City is not immune to what happens outside our walls. So, it is also reasonable, as changes continue to occur, members will want and expect more information with greater transparency from management and the board.

The question then becomes, what constitutes transparency? There are those members who say that transparency means sharing every last detail of every aspect of the organization, with little regard to its impact. In actuality, transparency means sharing information in a way that is easy to understand, so that it is both useful and empowering. It is also part of transparency to inform members that information is either not available or is not shareable. Building contracts and employee actions are two that quickly come to mind.



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

Even though we have been quite transparent, and very clear in the information we provide, some members chose to believe that we are not being transparent, or alternately we are not being “transparent enough”. For transparency to work, we have to be transparent with each other. What is the value of transparency if members opt not to listen to what is being said?

Transparency also means operating in a way that makes it easy for our members to see and understand the actions being taken. Timing is always critical in life and in this case, we are in the midst of our annual budgeting process. It allows us the opportunity to re-evaluate past decisions and re-establish a more member friendly system; one that encourages participation of greater numbers of members.

The Interim General Manager outlines this new review process as follows:

## This Month @ The Board

There are NO Board Meetings scheduled this month.

The September meeting schedules will be posted later in August and will be available on the RCSC website at [www.suncityaz.org](http://www.suncityaz.org).

“As we begin to develop the financial budget for 2024, the Budget & Finance Committee (Committee) will be much more involved in setting direction for key areas including assessment levels, key revenue and expense line items, and the capital projects to be included in next year’s budget. The Committee will also develop a more systematic process for funding capital projects in the future.

The Committee held their first meeting to discuss the 2024 Budget on July 5, 2023. This is a marked change from the 2023 budget process, when the Committee did not meet until October to review the proposed 2023 budget.

The Committee will be meeting bi-weekly over the Summer and Fall to develop the 2024 Budget. Members are encouraged to attend these meetings, every other Wednesday at 1 pm in the Lakeview Board Room.”

By implementing this process the old, more internal process, which was very short, and had only a cursory review and sign-off, will evolve into a more external process that will allow for input by all interested parties. This new process will result in a budget document that will be more easily understood and provide an accurate depiction of the corporation’s finances and expenditures.

Sun Cities history has taught us that we are most effective when we stand together and represent our community as a whole. Every decision we make today should be to prepare our community for the generations to come. So they too will experience self-governance and fiduciary soundness as members of our community.

## Strategic Alternatives Committee

The SAC will be meeting on Fridays through September at 2pm in the Grand Center Sonoran Room. The SAC Lab at Oakmont remains open to review materials and other resources.

Town hall meetings will be held this fall and more information will be released when it become available.

Details from the SAC meetings, along with links to video and presentations, can be found online at:

<https://suncityaz.org/rcsc/strategic-alternatives-ad-hoc-committee-sac/>



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.





## 2023 Fall Sun Bowl Sunday Concerts

Free for RCSC Members/Cardholders/Escorted Guests

\*\* RCSC Member/Privilege Card with Photo required for entry \*\*

Located on 107th just south of Peoria Avenue



Bring your Lawn Chair or Blanket • Food Trucks Arrive 1-1/2 hours before show

Rain Location @ Sundial | 103rd & Boswell • Relocation Information Message: 623-972-6014



**ReBoot The Band**  
September 24, 2023  
6:30pm

We'll kick off the Fall Sun Bowl concert series with a little bit of country as

we bring Reboot The Band to the stage – certain to have the audience hootin' and the dance floor scootin' with stompin' good tunes as we get "Sunday Fun" back on the calendar. Yee-haw!



**60's Forever**  
October 1, 2023  
6pm

Put your hands together as we welcome back Arizona's #1 60's Tribute Band to Sun

City! From The Animals and The Beatles to Van Morrison and Wilson Pickett, you're in for an evening that's Born to be Wild until it's time for Wipe Out. We promise - you'll know all the words to all the songs!



**The 8-Tracks**  
October 8, 2023  
6pm

Let's rock 'n roll the night away as we travel back in time through the 1950s, 60s and 70s singing and swinging

to the songs you loved as performed by this always a good time local favorite band. Be ready for an evening of non-stop fun, fun, fun!



Great Entertainment Right  
Here in Sun City AZ  
then...and now!



**The Hamptons**  
October 15, 2023  
6pm

Get ready to welcome back The Hamp-  
tons – voted Arizona's #1 live band.  
Smooth moves and great rhythms  
guarantee a performance that is cer-  
tain to please everyone. This is a show  
you won't want to miss!



**Johnny K & Kompany**  
October 22, 2023  
6pm

Hey, hey, hey! Nobody puts  
on a show quite like Johnny

K! You're in for an evening of rockin' good times and super harmo-  
nies with plenty of great hits from the 1950s to 1960s. Keep on  
dancin' and romancin' all night long!



**Doo Wah Riders**  
October 29  
6pm

Add a bit of fiddle  
to the fun when The  
Doo-Wah Riders  
bring their unique

brand of country-cajun croonin' good time to the Sun Bowl that  
will keep your toes tappin' and your fingers snappin'! Ooh-la-la and  
mi o mio, get ready for some fun on the bayou!

**Veterans Day Tribute with the Ahwatukee Foothills  
Concert Band and Youth Chorus Members**  
November 5, 2023 at 4pm

Join us in paying tribute to our servicemen and women who fought for  
our freedom with an exciting performance by the Ahwatukee Foothills  
Concert Band and the Youth Chorus Members. NOTE: Early Show Time  
and No Food Trucks at this event.

Thank you for your service!



God bless America!

# 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.

**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 402-304-2908 Artistic Stained Glass: BC 623-974-4765 Artistic Weavers & Fiber Artists: OM oakmontawfa@gmail.com Calligraphy: SD 520-709-9745 Camera Guild: GR cameraguildsuncity.com Carvers: LV 847-287-1005 scarversaz@gmail.com Ceramics & Porcelain: FW 623-972-5818; 217-710-9023 Ceramics: BC 623-974-6750 China Painting: OM 714-684-4286; FMI sccpc1@gmail.com Clay Club: GR 623-933-0899 Clay Corner: MC 623-273-6917 ClayCornerMarinette.org Crafts: BC 623-974-3497 Crafts: SD 503-884-5332 sundialcraftclub@gmail.com Handweavers & Spinners: SD schandweaversandspinners@gmail.com Jewelry, Stained Glass & More: GR 262-993-4873; 623-322-4595 Knitters: FW 602-469-2505 Lapidary: BC 775-351-8721 Leathercraft: LV 480-276-7583; larryvroom@cox.net Metal: BC 623-974-8206 bellmetalclub@gmail.com Palo Verde Artist: SD 262-323-1188 president@paloverdeartists.com Quilters on Grand 970-261-1798 Sew-n-Sew: LV www.sewnsew.info - Check webpage for exact dates of classes Silvercraft: BC 623-933-8442 SilverStones: SD 317-508-5959 Sterling & Stones: FW 612-987-9366 - Annual Dues \$15			
M W 9a-12p; T Th F 9a-4p M-Sa 8a-3p; M-Th 5-8p M-F 9a-12p Club Closed See you in September T-Th 9a-12p; Member Mtg: 1st Sat 9:30-11a GR Sonoran Rm FMI visit http://www.cameraguildsuncity.com/ Tu, Th, Sa 8a-12p LV Rm 213 Gourd Art, Model Construction, Wood Carving https://suncityaz.org/recreation/clubs/sun-city-carvers/ M-Sa 9a-1p M-W-Th-Sa 9a-12p; Tu & F 9a-3p Closed for Remodel; See you in September M-F 9a-12p M-Th 8:30a-8p; F-Su 8:30a-4:30p 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 M Th 9a-7p; Tu F 9a-3p; W 9a-8:30p 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 Craft Last Th 2-6p; Diamond Dots Sa 8a-12p; Summer hours vary; Posted at Club Room M, W, Th, Sa 8a-12p M, W, Th, Sa 8a-3p; M 5-8p, W 8a-12p, 5-8:30a M W F 8a-12p M-Sa 8a-4p Su-Sa 8a-8p Portraits/Live Model Th 1-3p, \$3 Model Fee Social Hour 3rd M 12-1p, Club Room Classes/Workshops in Various Media, Fees Vary M-F 8a-2p; Mem Mtg 2nd F 9:30a Summer Camp T-Th 8/8-8/10, 8a-4p LV SH			
Stitchers: BC 480-578-8871 2019bellstitchers@gmail.com Woodworking: BC 623-974-6058 Woodworking: FW 623-9724385 Woodworking: LV 623-933-2355			
M-F 9a-3p - Summer Hours thru Sept M-W 8a-8p; Th-F 8a-4p; Sa-Su 8a-12p Summer Hours: M Th F 8a-12p; Tu-W 8a-4p M-F 8a-2p; Sa 8a-12p			
Card and Game Clubs			
500: FW 815-909-6422 Robin Bunco Broncos: FW 623-293-1019 Canasta: OM 480-886-9750			
Mon 6-9:30p FW AZ Rm 3-4 2nd & 4th M 12-3:30p FW AZ Rm 1-2 F 10a-3p OM Aud Doors open 9:30a; Dues \$5/Yr + \$1/week to play			
Cribbage: LV 480-221-8953 Euchre: FW 623-693-2881; 623-533-5705			
Tu 1-4p; W 6-8:30p; F 6-8:30p LV SH3 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; Arrive 5:15-5:50p, Play begins at 6p			
Mah Jongg: MC 206-841-6665 - Karen 970-231-3368 - Katie Monday Night Pinochle: OM 440-478-2530 Kim/623-217-8584 Beverly Pinochle: OM 623-876-1895 Tommie 209-524-7358 Cheryl Table Games: LV 623-734-5007			
Tu 11:30a-4p Relocate to MC Aud for Aug Th 5:30-9p MC SH (N); Su 11:30a-4p MC SH (N) * Must know National & have current league card M 5:45-9:30p OM Aud Tu 11:30a-4p, Sa 11:30a-4p OM Aud			
Contract Bridge Clubs			
Wednesday Afternoon: OM 623-249-9169 Thursday Afternoon: OM 360-509-5379 Friday Afternoon: FW 208-351-3806			
W 12:30-4:30p OM Aud Please arrive by 12:15pm Th 12:30-4:30p OM Aud Please arrive by 12:15pm 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 Kachina: SD 651-592-5939 Sharon 623-363-7199 Posy			
M Th F 1-4p LV SH 1; Doors open 12:15p; Arrive by 12:45p; Play at 1p; Must have partner			
Dance Clubs			
Bell Tea: BC 480-370-3223 www.suncityaz.org/recreation/clubs/bell-tea-dance-club/ Classic Rock Dance Club: BC 623-628-4401 Country Dance Club: SD 480-431-8278; 623-972-5127			
Summer Recess; Resume in October 1st, 3rd Sa; Doors 5:30p; Dance 6:30-9:30p BC SH 1-2; Members \$3/Guests \$6 Sa 8/19 Classic Attitude Band Mem \$7/Guest \$10 1st/3rd Sa Open 5:30p, Dance 6-9:30p Relocated to Mt. View 8/5, 8/19			
Friday Night Social Dance: SD 623-810-8214 www.suncityaz.org/recreation/clubs/frid Line Dance: SD 623-972-5127; 231-557-6555 suncitylinedanceclub.facebook 602-695-0209; 360-434-0156 Squares: BC 623-694-7194 jr3me@yahoo.com Sun City Poms: MC 602-392-4242 EMAIL scpoms@yahoo.com for more info including classes, schedules Tip-Top Dancers: MC 716-445-7383 tiptopdance@gmail.com FMI on Classes, etc. visit: tiptopdancerssuncityaz.wordpress.com			
F 7-9:30p SD Aud; Lesson 6:15p Relocated to Bell Social Halls 7/28 - 8/25 \$5/members; \$10/guests; No jeans, shorts, etc. Tu & Th: 10a-1p; No dance 8/1, 8/17; All other August sessions relocated to FW AZ 1-4/ 2nd, 4th & 5th Sa: 6:30-10p; Relocation 8/12 to MC; 8/26 to Bell SH Pizza & Dance Closed for Summer			
Educational Clubs			
Apple Macintosh: SD 623-933-5300 Visit sunmacsclub.com for updates Computer Club: FW 623-933-8953 www.azccsc.com Life Long Learning: FW scazlifelong@gmail.com Text to 602-330-6371 Spanish Club: FW SunCitySpanishClub@gmail.com			
Club Closed 8/1-9/18 M-Sa 8:30-11:30a No Classes at this time M 12-5p FW #129			
Fitness Clubs			
Aerobics: BC 623-826-2323 Karen 602-578-1067 Judy Aqua Fitness Club: SD aquafitnesssuncity.com 619-818-4380 Terry			
M W F 6:30-11a BC SH 1&2 Summer II ends Th 8/31 Try it Before You Buy It 8/21-8/24 Next Reg: Sa 8/26; Doors 8a, Mtg 8:30a NOTE: Registration relocated to Mt View Fall Session starts M 9/18, ends F 11/10 SD to MV for Aug; F 9-10a MV Aud			
Dance for Fitness: SD 503-580-4636 or 253-820-5453			
Tu 9-10a BC SH 1&2; W 9-10a Moved from SD to MV for Aug; F 9-10a MV Aud			
FUNtastic Fitness: MC 260-413-3862 allykatrose@live.com Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com Hatha YOGA: SD Yoga Room Email: HathaYogaClub@gmail.com FMI visit www.hathayogaclub.org for class schedules & membership info			
Pilates M, F 1-2MC SH Aerobics Tu, Th 1-2p MC SH Strength Training Tu, Th 2:10-3p MC SH Closed in August: No classes, no meetings			
Ladies Exercise: OM 928-890-9152 So Grand Exercise: FW 623-972-6046 or 602-938-0707 Stretch 'n Slim: BC 402-578-6948 Tai Chi: BC, LV, FW http://sctaichi.wix.com/sc-tai-chi-club email: suncitytaichi@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; F 8:30a, 10:30a, 1p-C; Sat 9a Tu & F 8-9a OM Aud			
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 6-9a Chair/Gold BC SH; Tu 6:30-7:30p BC SH** 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 ** Tu PM Location Change to BC SH 7/25-8/31			
Hobby Clubs			
Birding Club of Sun City: FW locascio2000@hotmail.com Text to 602-616-7459 Duffeeland Dog Park: Talisman 602-339-8271; cletisagy@gmail.com Garden: GR 623-875-5921			
Closed for Summer May have outings over summer; email for info Office M W F 9a-12p Greenhouse M-Su per facility hours FMI visit suncitymodelrailroaddclub.com W 9a-12p; Sa 9a-1p Closed for Summer Sa 10a-1p Closed for Summer			
Stamp Club: MC 602-329-8905 Vintage Vehicles: GR 602-609-0973 https://www.vintagevehiclesofsuncity.com/			
Closed for Summer No Member Meetings over Summer Shop Operations M-Sa 8a-4p Potluck Last Tu 5-9p, GR Sonoran Rm			
Performing Arts Clubs			
Sun Cities Community Orchestra: FW 623-582-9964 Choraliers: MV Partnered with the Sun City Players Community Theater (see below) Concert Band: FW 602-625-5211			
Closed for Summer Closed for Summer Closed for Summer No Meeting in August Sundial Auditorium Closed in August Closed for Summer			
Handbell Ringers: FW 602-882-9952 debbie12az@gmail.com Piano: SD 623-444-4483 Sun City Players Community Theater: MV suncityplayerscommunitytheater.org			
Closed for Summer Closed for Summer Closed for Summer No Meeting in August Sundial Auditorium Closed in August Closed for Summer			
Rhythm Ramblers: FW 602-717-7246 Ukulele: FW Music Room Trudy 480-276-3780 (Oct-April) Sharon 920-410-6932 (May-Sept) Acoustic Jam (Special Interest Group) FMIC mlkosteck@gmail.com Women's Chorus: FW 602-625-6126			
Rehearsal Tu 1-5p FW Music Room Dances return in October Th 3-4:30p FW Music Rm Rehearsal Tu 1-5p FW Music Room Dances return in October On Summer Break; Jam Returns in October			
Political Clubs			
Democratic: FW suncitydems.com 602-529-5778 Republican: SD suncitygopclub@gmail.com 713-557-5800			
1st Th 6p FW AZ 1-2 M 9am Starbucks-107th & Bell; 3rd Tu 4-6p Copper Penny - 107th & Peoria 3rd Tu Relocated to OM for 8/15 Doors open 6pm; Meeting 6:30p			
Social Clubs			
Best Friends Dog Club: FW 602-639-1370 bfcdsuncity@gmail.com			
Closed for Summer			
Fairway Readers: FW 623-231-5714 maureenopper@gmail.com Hospitality Club: MC 623-341-1226 Illinois Club: FW 775-722-1169 List of activities at https://suncityaz.org/recreation/clubs/illinois-club/ LGBT of Sun City: OM Aud lgbtclubofsuncity@gmail.com Men's: SD 623-977-5116 Michigan Friends in Sun City michigan2arizonacub@gmail.com Call or text 623-910-1522 to RSVP for Euchere/Cards on last Monday New England: LV 623-215-3637; 802-233-3721 NextGen: SD FMI go to: www.NextGenSC.org or email NewMembers@NextGenSC.org Singles Social Club: FW 602-769-3634 https://suncityaz.org/recreation/clubs/s Sun City Frat Club FMI donnalynn1107@aol.com 623-628-4401 Wisconsin Club: SB 920-265-8433 or 608-852-4227 Women's Social: LV 623-826-8900; 509-994-2027			
2nd F 1-2:30p FW AZ #1 Books can be reserved in advance at FW Library w/ MCLD Card Sat 11a-5p Friendship Corner - Cards/Games Social Mtg 4th Th 6:30pm FW AZ #3 3rd F 5-8p OM Aud & Patio M-Sa 7a-4p; Poker M 4-9p; Bingo resumes Th 9/7 3rd W 4-6p BC MPR Last Monday 3-5p Euchere/Cards BC MPR Closed For Summer M 10/16 New Member Open House 6:30p SD Sun City's active social club open to all RCSC Members/Cardholders 1st F Potluck 6-9p FW AZ 3-4 3rd F Game Night 6-9p FW AZ 3-4 M 10/16 New Member Open House 6:30p SD Sun City's active social club open to all RCSC Members/Cardholders 1st F Potluck 6-9p FW AZ 3-4 3rd F Game Night 6-9p FW AZ 3-4 Save the Date! Next Picnic 3/14/2024 To volunteer, call Linda 715-308-9964 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			
Sport Clubs			
Basketball: MC 206-459-3242; 604-313-3190 charlespeterson@comcast.net Billiards: Bell Billiards Room 315-806-0067 Billiards: LV Billiards Room 623-296-4869; 602-319-0783 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 Lawn Bowls: BC 780-566-8568 Lawn Bowls: FW & MV 360-303-9722 Lawn Bowls: LV (Sun City Club) 734-673-8908 Lawn Bowls: LV 623-974-3214 Lawn Bowls: OM 623-792-5202 Mini-Golf: LV 815-791-6991; 602-999-7011 Pickleball: MC, MV scpickleball002@gmail.com Contact Club for Times, Other Activities			
Tu 11a-4p; W 8a-1p; F 11a-4p; Sa 12-5p 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: Every T, Th 7:30a, Every F 5p			
M = Monday Tu = Tuesday W = Wednesday Th = Thursday F = Friday Sa = Saturday Su = Sunday			
BC = Bell Center FW = Fairway Center GR = Grand Center LV = Lakeview Center MC = Marinette Center MV = Mountain View Center OM = Oakmont Center			
Important Dates for Clubs to Remember!			
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		
November			
5	SunViews submissions due for December		
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			

Sundial Auditorium is closed during the month of August for floor resurfacing.

Check above for club relocation information/cancellations during this period or contact your specific club directly.



Thoughts from a Pro -  
Check Options Before Playing Bunker Shot

Do you automatically reach for your sand wedge when you get into a greenside bunker? If so, you may be making the shot more difficult than it needs to be...especially if you're a newer player! The first rule in the bunker is to get out in ONE shot. This can be done three ways: by putting, chipping, or hitting a traditional sand shot.

The easiest option is with the putter. This requires a low lip and works great with wet or firm sand. Play the ball a bit further back in the stance than with putting and make a longer stroke than normal... making sure to hit the ball and not the sand!

If putting isn't feasible, consider chipping. Depending on the height of the lip and the amount of green you have to work with, a 7, 8, 9 or PW can be used. Again, play the ball back in the stance a bit (so you will be able to hit the ball first and not the sand) and take a slightly longer stroke than if the ball were sitting on the grass. The ball will lift enough to clear a short lip and roll more if you've chosen a 7 iron or less if you've gone with a PW.

Lastly, if there is a high lip that requires a shot with a lot of height and little roll, then the sand shot using a sand wedge is required. For this shot, open up the body (aim to the left), open up the clubface (aim it to the right) and take a full swing, hitting the sand a couple of inches behind the ball. The force of the sand will throw the ball onto the green. This shot takes some practice to master, and until it becomes comfortable, consider using the putt or the chip even if it means taking the long way around.

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

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

Monday-Saturday: 8am-8pm

Sunday: Noon-6pm

Billiards at Lakeview Lanes, too!

Bell Lanes

16810 N. 99th Ave.

623-876-3050

Monday-Saturday: 8am-8pm

Sunday: Noon-7pm

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

Now is the time to start thinking about joining a Fall Bowling League!  
\*\* Get details online at [www.suncityaz.org](http://www.suncityaz.org) \*\*

Same great food now at two Sun City AZ locations!

Stop by & check out our Daily Specials

Breakfast Special

2 Eggs, Bacon or Sausage, Hash Browns & Toast

M-Sat 7-11a; Sun 7a-noon

Walleye 'n Chips

9 Oz. Walleye, Coleslaw & Potato

Wednesday & Friday

Fish 'n Chips

9 Oz. Cod, Coleslaw & Potato

Wednesday & Friday

George's Lakeview Cafe

Inside Lakeview Lanes

Phone: 623-876-3057

George's Cafe at Bell Center

Inside Bell Lanes

Phone: 623-518-4525

Hours: Mon-Sat 7am-8pm; Sun 7am-6pm

RCSC's 8 Golf Courses

Lakes East: (623) 876-3023

Lakes West: (623) 876-3020

10433 Talisman Rd

North: (623) 876-3010

12650 N. 107th Ave.

South: (623) 876-3015

11000 N. 103rd Ave.

Riverview: (623) 876-3025

16401 N. Del Webb Blvd.

Willowbrook: (623) 876-3033

Willowcreek: (623) 876-3030

10600 W. Boswell Blvd.

Quail Run: (623) 876-3035

9774 W. Alabama Ave.

RCSC's 5 Snack Shops

Menu Available at [suncityaz.org/golf/snack-shops/](http://suncityaz.org/golf/snack-shops/)

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

North Course Takes on a New Green

Crews were busy on the front 9 at North Course as they continued RCSC water conservation efforts applying TifTuf drought resistant materials. Photos here highlight the work completed. Find the full story online at [www.suncityaz.com](http://www.suncityaz.com) under Golf News.

TifTuf Bermuda grass "sprigs" are sprayed over the Front 9 fairways at North Golf Course, which are expected to be more drought resistant than traditional grass.

Bins containing sprigs and wood-shaving bedding materials are kept moist by crew member.

Spray truck filled with water (from on-site well access) has container of material added prior to spray application.

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.





## Books Around The Corner

### BOOK STORE

#### Gently Used Books & More

We are a Non-Profit Organization, run by volunteers. 100% of our proceeds go to support our Sun City Libraries.



[SunCityLibraryFriends.org/bookstore](http://SunCityLibraryFriends.org/bookstore)

Check our Facebook page for monthly specials!

### MULTI- MEDIA SELECTIONS

Priced From .25 - \$6

Hard Covers	Magazines
Soft Covers	Music CDs
Paperbacks	Jigsaw Puzzles
Audio Books	DVD & BluRay Movies

Hrs: Mon - Sat 9:30am to 3:30pm



16828 N. 99th Ave.  
(SW Corner of Bell & 99th)  
Sun City, AZ  
(602) 651-2014

Inside the Bell Library - Turn to the left

### Water Conservation

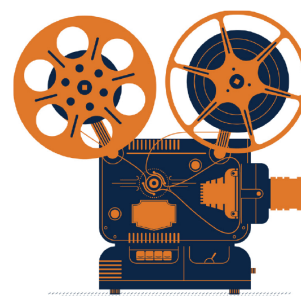
## Let's Save Water Inside the Home

Let's keep up the good work and save water any way possible. Whether in the kitchen, bathroom or while doing laundry, there are plenty of options to conserve with little to no sacrifice. Stay water smart and keep doing your best. There will be plenty of water for everybody if everyone does their part!

- Check for leaks. Repair or replace as necessary.
- Replace high-volume toilets (3.5 gl. or more per flush) with the new standard of 1.6, or consider other high efficiency or dual flush models. Gallons per flush should be listed inside the tank or lid.
- Put food coloring in the toilet tank. If, without flushing, the color appears in the bowl, there is a leak.
- Adjust or replace the flush valve and flapper in toilets as necessary.
- When washing dishes by hand, do not let the water run. Fill one sink with wash water and the other with rinse water.
- Do not pre-rinse dishes unless you need to. Most new dishwashers do not require pre-rinsing.
- Run your clothes washer and dishwasher only when they have a full load or adjust water levels for smaller loads.
- Choose water-saving models when purchasing new appliances.
- Make sure each faucet has an aerator.
- Minimize the use of kitchen sink garbage disposals; they require a lot of water to operate properly.
- Check your water meter and bill to track water usage.
- If usage increases substantially, check for leaks and/or adjust the irrigation system.
- Install water-saving showerheads or flow restrictors.
- Keep showers under five minutes.
- Reuse clean household water. Collect the water that is wasted while waiting for the hot water to reach the faucet or showerhead and use it to water plants.
- Consider installing a hot water re-circulating system.
- Wash produce in the sink or a pan partially filled with water instead of running water from the tap. Use this water for your house plants.
- Turn water treatment and softener units off while on vacation.



Every Drop Counts!  
Do your part to help conserve!



## 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

# Get Back on the Fitness Bandwagon

“Riding the fitness ‘bandwagon’ isn’t always smooth,” states Jane Fortier, senior fitness specialist with Get Fit for Life. “There are countless reasons why people quit exercise after pushing themselves for weeks, months or even years. Perhaps results aren’t coming fast enough. Boredom may have set in and exercises became stagnant. Moving, injury, travel and family crisis can interfere with a consistent program. These real-life situations are major and normal, but they mess with a workout flow. Falling off the wagon can be viewed as a teaching moment – a time to learn more about who you are and what motivates you. You started once before, and you certainly can do it again. Remember how great you felt when you were in a consistent routine. It will be work to return to exercise, but well worth the effort. If you are serious about a return to exercise, there are some things to consider.”

## Review and Reflect

It’s important to be smart, when starting back from an exercise lay-off. Jumping right into your old routine, expecting to pick up where you left off, is a recipe for disaster. Potential injury is the number one risk of pushing too hard, too fast, too soon. Before you suit-up and dash to the gym, give some consideration to why you fell off the bandwagon, in the first place. Reflect on what you liked about your workout before, and what you disliked. Maybe some changes are in order. Think about how good you felt when you left the gym, and the benefits you experienced from your workout. Those thoughts alone can fire-up a new layer of dedication. Also consider how your lifestyle has changed – could that be something that would impede consistent exercise? Be realistic about “where you are” and “what it might take” to return to exercise.

## Do Changes Need to be Made

If an injury or surgery has taken place, your exercise routine might need to be different, to accommodate your current physical situation. If you dreaded going to the gym for early morning workouts, then it might be smart to go to the gym at a different time of day. If you found yourself feeling pumped when you exercised with your neighbor, but struggling to stay motivated when you went alone, you might need to line-up a regular workout buddy. Look at all aspects of your previous plan and determine where things started to unravel. Be aware of the pitfalls that pulled you off the bandwagon before, so that you can avoid them this time around.

## Set Mini Goals

It helps to set goals. Set attainable goals that you know you can accomplish. That’s a must to avoid the feeling of defeat. It’s time to feel empowered by your return to exercise. What do you want to accomplish in the next six weeks? Three months? Six months? One year? Break things down in achievable increments. Avoid overestimating - being an overachiever might work in some aspects of life, but not when you’re trying to safely get back on the exercise bandwagon. Your strength and aerobic capacity are not the same. Take things down a notch and stay focused on progression at an appropriate rate. Little victories will fuel motivation and momentum.

If you have decided to return to exercise, “Congratulations!” Exercise, as an aging adult, is important for a happy, healthy lifestyle. If it’s time to get back on the bandwagon, a great motivator can be a personal trainer. Get Fit for Life trainers are experts at helping people return to a safe exercise routine. To find out more about working with a trainer, call 623-696-6820. Trainers are available in all Sun City Fitness Centers.

MONITORED ACTIVITIES			
<b>Basketball</b>	Minimum Age: 8	<b>Pickleball</b>	Minimum Age: 8
Marinette Center	M-Sa: 6a-9p; Su: 6a*-8p *Trial thru 9/24	Marinette Center	M-Sa: 6a-9p; Su: 5a*-8p *Trial thru 9/24
<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 Thursdays: Doors Open 4:30p; Bingo 6:15p \$9 all 18 games w/3 special games	Bell Lanes: Indoor	M-Sa 8a-8p; Su 12-7p (5/1-8/31)
		Lakeview: Outdoor	M-Sa: 6a-8p; 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: 5a*-8p *Trial thru 9/24
<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-8p; Su: 8a-7p
<b>Bowling Lanes</b>	Minimum Age: 4	Marinette Center	M-Sa: 6a-9p; Su: 8*a-8p *Trial thru 9/24
Bell Lanes	M-Sa 8a-8p; Su 12-7p (5/1-8/31)	Oakmont Center	M-Sa: 6a-8p; 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>	
Duffeeland	May - September 6am-8pm	<b>Bell Center - 18+ only</b>	Minimum Age: 18
*Entry Token Required	Closed last Wed/month for Maintenance	Lap Pool: M-Sa: 5a-9p; Su 5a*-8p; Closed for Club/Class: M-F 7-9a	
<b>Darts</b>	Minimum Age: 8	Walking Pool: M-Sa: 5a-9p; Su 5a*-8p *Trial 7/2-9/24	
Bell Center	M-Sa 8a-8p; Su 12-7p (5/1-8/31)	<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: 5a*-8p *Trial thru 9/24	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-8p; Su 8a-7p	M-Sa: 6a-8p; Su 8a-7p; Closed for Club/Class: W 8-10a (April-Oct only)	
Marinette Center	M-Sa: 6a-9p; Su: 6a*-8p *Trial thru 9/24	Children's Pool Hours - Ages 4-15 yrs: Daily 4p-Close*	
Mountain View Center	M-Sa: 6a-8p; Su 8a-7p	<b>Marinette Center</b>	Minimum Age: 4-15*/16
Oakmont Center	M-Sa: 6a-8p; Su 8a-7p	M-Sa: 6a-9p, Su: 6a**-8p; Closed for Class: M T Th F 8-9a thru 9/1	
Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p	Children's Pool Hours - Ages 4-15 yrs Daily 1-4p* / **Trial thru 9/24	
<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 *Trial thru 9/24	M-Sa: 6a-8p; Su 8a-7p; Closed for Class M, Th 9-10a; T F 8-10a thru 9/1	
Mountain View Center	M-Sa: 6a-8p; 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-8p; Su 8a-7p	
Fairway Center	M-Sa 5a-9p; Su: 6a*-8p	Closed for Club: Every Su M W F 11a-3p; T Th 5:30-7:45p	
Sundial Center	M-Sa only: 6a-8a - Closed in Aug	Closed for Class: M-Tu, Th-F 9-10a thru 9/1 w/ Swim Lanes closed	
Outdoor	Minimum Age: 8	<b>Sundial Center - 18+ only</b>	Minimum Age: 18
Marinette Center	M-Sa: 6a-9p; Su: 6a*-8p *Trial thru 9/24	<b>Large Pool:</b>	M-Sa: 6a-9p; Su: 8a-8p;
Sun Bowl	Dawn to Dusk	Closed for Class: M Th 9-10a thru 9/1	
<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 Tu, Th F 10a-12p, 4:30-6:30p thru 9/1	
FOTL Bookstore at Bell	M-Sa 9:30a-3:30p	Closed for Club: T, Th 12-2p	
Fairway Center	M-Sa: 9a-5p	<b>Table Tennis</b>	Minimum Age: 8
<b>Mini Golf</b>	Minimum Age: 6	Bell Center: M-Sa: 6a-9p; Su: 8a-8p;	
Bell Center	M-Sa: 6a-9p; Su: 8a-8p	Closed for Club Activity: M 10a-3p; W F 10a-4p; Tu Sa: 10a-12p	
Lakeview Center	M-Sa: 6a-8p; Su 8a-7p	<b>Tennis</b>	Minimum Age: 8
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p - Closed; Reopens 8/7	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