

# SUN VIEWS

ISSUE #212 • JULY 2019 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.

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

## Uncle Sams Have Personified Year-Round Patriotism

It is quite likely that your residence, or at least several along your street, take great care in displaying our nation's flag. And not just for the occasional holiday - but always. It is the Sun City AZ way, as is saying the Pledge of Allegiance prior to our Board Meetings and randomly thanking those who have served in the military when we cross paths with them during our routine travels.

As we have for the past 40 years, Sun City AZ will once again celebrate Independence Day with the traditional "Ring That Bell" celebration at Bell Center (see back page for details). The shining sea of red, white and blue attire each year is a testament to the heart-felt pride and patriotism that lives on in our community.

Since the mid-1990s, the master of ceremonies leading these festivities has been none other than Sun City AZ's very own Uncle

Sam. Thanks to the generous volunteer spirit of Ray Mills who served in the role for 18 years followed by Mike Lindquist, the star-spangled suit and top hat passed to Joe Delgado last year. While each "Sam" brings his own spirit and style, there is one constant - that our nation's history, military battles and respect for those who have served ensure that America will continue to be the land of the free and the home of the brave.

So celebrate the 4th of July in true Sun City AZ fashion with us as we "Ring That Bell" and proudly rejoice: "Let freedom ring!"



Helping with the Memorial Day Service at Sun City's Sunland Memorial Park for two years running (shown at left in 2018), Joe Delgado takes the motto of Northwest Valley Veterans Association and his job as Uncle Sam quite seriously - Veterans Helping Veterans. The photo above shows Mike Lindquist (left) along with the late Ray Mills, who personified Uncle Sam throughout the West Valley for 18 years.

Delgado poses with a 101-year-old World War II veteran who received the purple during the war and who was recognized at this year's ceremony at Sunland for helping to raise \$80,000 for the World War II Memorial in Washington, DC. "Uncle Sam" also volunteers his time assisting at various community and school events throughout the year.

## The Patriotic Fun Continues



Join Sun City Players Community Theater and your Sun City neighbors for a lively celebration of our country's independence, 3 p.m., July 4 at Mountain View Recreation Center when the All Stars Band carries on a tradition of patriotic music and song.

Keep right on celebrating with the Sun City All Stars Big Band as they present their Independence Day Celebration Concert at the Mountain View Recreation Center beginning at 3:00pm, doors open at 2:15pm. Sponsored by the Sun City Players Community Theater, this event is free and open to the public.

The All Stars Big Band began with a group of 20 handpicked former professional musicians who retired in the Sun City area and this decades-old tradition continues under the direction of Clark Chaffee. This celebration will include such patriotic standards as "Armed Forces Medley," "America the Beautiful," "God Bless America," and Lee Greenwood's "God Bless the USA." Highlights of the program will include vocalists Ginni Summers and Jane Higgs in addition to Mr. Chaffee along with dancers Sandy Ferrara and Henry Martinez.

This is certain to be a 4th of July performance that will keep the audience wishing for more. Donations will be graciously accepted at the end of the concert to help defray expenses.

Mountain View Center is located at 9749 N. 107th Ave. in Sun City.

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

Email addresses  
remain confidential

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Connect with Sun City AZ



# The Cover Ups



Wednesday,  
July 17, 2019

Show @ 7pm;  
Doors Open 6pm

Sundial Auditorium



We'll have  
the A/C  
cold & the  
music hot!  
So let's  
dance!

Free for RCSC Cardholders & their escorted guests only!

You must present your RCSC Photo Member or  
Privilege Card for entry; no key fobs accepted.

General Admission Seating

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



Saturday  
August 17, 2019  
Sundial Center  
Indoor Pool

Fun starts  
@ 6pm

Another cool event brought to you by

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

FREE for RCSC Cardholders  
& their escorted guests only!



## God Bless The Broken Road

(2018 | PG | 111 min)

Amber's ideal life is shattered when she loses her husband to the war in Afghanistan. Two years later, she finds herself in a struggle to save her home while providing for her 9-year-old daughter, Bree. When up-and-coming race car driver Cody Jackson rolls into town, Amber and Bree become wrapped up in his pedal to the metal way of life. With her faith hanging in the balance, Amber is forced to decide between the broken road she knows so well or trusting in a new path that God has provided. Cast: Kim Delaney, Lindsay Pulsipher, Makenzie Moss, Andrew W. Walker

NOTE: No children under the age of 4 may attend this event; proof of age (birth certificate or passport) required for 4 & 5 year olds. Photo copies & electronic images are acceptable. Be prepared to show your RCSC Member or Privilege Card for entry; no key fobs accepted. Also, no host punch card needed for guests at this event.

## RCSC Cardholders:

# Please keep the following in mind!

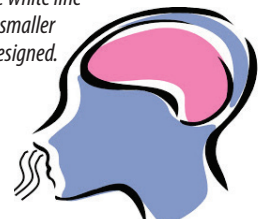
While you're out and about enjoying all that RCSC has to offer, please be aware of the following items which require Cardholder attention when using any of the recreational facilities:

- All RCSC Cardholders are required to check in with their Member or Privilege Cards (key fobs accepted for entry to fitness, pools and spas; not concerts or free events).
- Neither Sun City AZ residents nor spouses of RCSC Cardholders are eligible to be guests. With proper documentation and if eligible, privilege cards may be purchased at the Cardholder Services Office at Lakeview Center in order to use the facilities.
- Host punch cards are purchased by and belong to the Cardholder, not the guest. Host punch cards can be purchased at RCSC Facility Attendent Stations (exact cash or check only), Cardholder Services at Lakeview, RCSC Bowling Centers.
- Guests may be requested 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.
- Free concerts and events are paid for by RCSC Cardholders and are intended for RCSC Cardholders and their escorted guests only.
- Always be prepared to show your RCSC Member or Privilege card (with photo) when attending concerts and events. Key fobs are not accepted for entry.
- Household pets are NOT allowed at any RCSC facilities, including but not limited to buildings, golf courses, grounds, parking lots, except for dogs at the RCSC dog park, Best Friends Dog Club and/or dogs trained as service animals. This does not include emotional support.

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



No matter what state you're from, while you're here in Sun City it is much appreciated if you would park in only one space (note the white line under car) and save these smaller spaces for golf carts - as designed.



Be scent sensitive!  
Overuse of scented body products such as colognes, perfumes, after-shave lotions and the like can be irritating and even caustic to others. Perspiration and water from pools, spas can make matters even worse.

## RCSC Elections:

## Candidate Packets Now Available for Pick-up

Now is time to consider giving back to the community by becoming a candidate for upcoming Board elections.

Candidate packets are now available for this year's election. Those interested in obtaining a packet must make this request in person at the Corporate/ Board Office at Lakeview Center (lower level) and present their RCSC Member card. The deadline for packet submissions is no later than noon on Friday, October 4, 2019.

There will be three vacancies to fill in this year's December election, with each being a three year term. Those leaving the Board at the end of 2019 are President Jerry DeLano, Director Darla Akins and Director Stella VanNess.

Requirements to become a RCSC Board candidate:

- Must be at least fifty-five (55) years of age;
- Must not reside with or be related by marriage or birth to any other mem-

ber of the Board, Senior Management Staff, or Board Candidate;

- Must be a Deeded Real Estate Owner of property in Sun City, Maricopa County, Arizona;
- Must be a RCSC Member in good standing;
- Must reside in Sun City, Arizona and be available at least ten (10) months of the year;
- Must meet the requirements to hold an Arizona liquor license (RCSC holds liquor licenses which require Board Officers to be included on the licensing);
- Must be eligible and available to serve a three (3) year term; and
- Should be available to attend Board Candidate Orientation(s).

If elected, Directors cannot serve on any board of a Chartered Club or green committee or golf association affiliated with RCSC golf courses.

Candidates must also submit a fully completed RCSC petition, signed by 100 or

more RCSC Members in good standing, along with all other forms provided in the RCSC Candidate Packet.

A successful candidate will:

- Have a strong desire to serve Sun City, AZ;
- Be fair and courteous;
- Use good common sense;
- Have good communication skills;
- Be willing to work as part of a team;
- Ability to prioritize - policy and projects which will have the greatest benefit for the most members; and
- Be willing and able to dedicate the necessary hours to be an effective Director.

Candidates will be introduced at the October and November Board meetings and candidate forums that will be held in the fall. Forum locations and dates will be announced at a later time.

For more information, please contact the Board Office at 623-561-4620 or email [boardoffice@suncityaz.org](mailto:boardoffice@suncityaz.org).

VOTE 2019

RCSC Board of Directors Election  
Tuesday, December 10, 2019SUN CITY  
ARIZONA**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)

**Member Services (Clubs) Office**

Lakeview Center  
623-561-4660

Hours: Monday - Friday 8:30am to 4pm

**Cardholder Services Office**

Lakeview Center  
623-561-4603

Hours: Monday - Friday 8:30am to 4pm  
1st Saturday each month: 9am to noon

**Recreation Centers**

**Bell Center:** 623-876-3040  
16820 N. 99th Ave.

**Fairway Center:** 623-876-3044  
10600 W. Peoria Ave.

**Lakeview Center:** 623-561-4675  
10626 W. Thunderbird Blvd.

**Marinette Center:** 623-876-3054  
9860 W. Union Hills Dr.

**Mt. View Center:** 623-876-3042  
9749 N. 107th Ave.

**Oakmont Center:** 623-876-3046  
10725 W. Oakmont Dr.

**Sundial Center:** 623-876-3048  
14801 N. 103rd Ave.

**Sun Bowl Amphitheatre**  
10220 N. 107th Ave.  
(weather recording)  
623-972-6014

**Softball Field**  
10220 N. 107th Ave.

**Duffeland Dog Park**  
14610 N. Del Webb Blvd.

**Sun City Visitors Center**  
1-844-4 SUN CITY or 623-977-5000  
Located in the Bell Center at  
16824 N. 99th Ave.

## SUN CITY ON PARADE

**Camera Guild of Sun City Invitation**

When: July 5<sup>th</sup> Friday from 4-5:30pm

Where: Sundial Guild Room

What: Photography of our Beautiful City

*All RCSC members and their guests are welcome to enjoy wine and cheese along with viewing the works of our photographers.*

SUN CITY  
ARIZONA

## Sun Bowl • Fall 2019



Juke Box 6  
Sunday, 9/29 @ 7pm



Creedence Revelation - CCR Tribute  
Sunday, 10/20 @ 6:30pm



The Walkens  
Sunday, 10/6 @ 6:30pm



That Kool Band  
Sunday, 10/27 @ 6:30pm



"That's Country" Band  
Sunday, 11/3 @ 6pm



Turn The Page - Bob Seger Tribute  
Sunday, 10/13 @ 6:30pm

Free for  
RCSC  
Cardholders &  
their escorted  
guests!



Veterans Day Tribute  
Sunday, 11/10 @ 4pm  
NOTE: Early Show Time

## Golf & Grounds Report

### Pro Shops

Year to date, we have played 144,625 rounds throughout our eight courses. This represents our lowest total number of rounds since 2013, which was also a poor weather year. On a positive note, April rounds increased 2,439 from prior year and posted the highest number of rounds played in April over the last four years. Among the regulation courses, Riverview has played the most rounds with 22,092, Lakes West has the second highest total 22,003, followed by North, South and Willowcreek. Lakes East has played the most rounds among the Executive Courses. Year to date, 52% of rounds played were by annual pass holders and annual surcharge pass holders.

As a reminder, we respectfully ask that golfers refrain from entering private property to retrieve errant golf balls. While there are some homeowners that are not bothered by golfers retrieving errant shots, there are many that feel violated when someone enters their property to retrieve a ball. Please remember that when retrieving an errant shot on a homeowner's property you are trespassing, unless you have been given permission to do so. We ask for your cooperation in respecting the property of others.

### Snack Shops

Snack shops are now consistently closing at 3pm and beginning June 1st the time will change to 1pm. After the shops are closed, beverages and light snacks are available through the pro shops.

### Course Maintenance

On May 6, we conducted the first of our annual visits with Brian Whitlark who is with the USGA. We have now received his report and it will soon be available to view online. Topics covered during the visit included weed control, bermuda grass transition, putting greens, bunkers and forward tees. Mr. Whitlark continues to be impressed with emphasis RCSC has placed on reducing irrigation through increasing efficiency of the systems and the more recent turf reduction. Mr. Whitlark also included recommendations on products for weed control that are new or new to golf course use.

The bunker liner replacement and sand replacement at South is proceeding as expected, with the exception of a slight disturbance caused by rain. Currently all bunkers on the back 9 and the bunkers on holes 1 and 9 have had old sand removed, Better Billy Bunker liner installed and new sand installed. Work has now progressed to the remaining bunkers on the front 9. As a reminder, we request golfers to not physically enter a bunker when the gravel liner is exposed. Please use a club or ball retriever; if the ball is not reachable, the pro shop will replace balls that cannot be retrieved.

### Grounds/Lawn Bowling

The green at Mountain View received final grading on May 7 and was hydro-sprigged on May 8, the crew is currently monitoring the water cycles throughout the day.

The light poles on the Oakmont green were removed on May 7, after it was discovered the cost to repair would be significant and the disruption as extensive as removal. The removal also takes the poles out of the ditches and the playing area. The Oakmont green received final grading on May 21 and was sprigged on May 22. Both greens are expected to be open for play by the first part of October.

**Find more Golf News on page 6**

## Don't Miss the Opportunity to Compete in the British Open – Sun City Edition



Play Royal Birkdale Golf Club in Southport, England from the Comfort of the Sun City's South Course Clubhouse



Take home the Title of Open Champion (Sun City Edition)

Play Begins on Monday, July 15, 2019

Interested Golfers Will Choose a Two Hour Time Slot That Best Fits Their Schedule

| July 15       | July 16       | July 17       | July 18       | July 19       |
|---------------|---------------|---------------|---------------|---------------|
| 7-9 AM        | 7-9 AM        | 7-9 AM        | 7-9 AM        | 7-9 AM        |
| 9:30-11:30 AM | 9:30-11:30 AM | 9:30-11:30 AM | 9:30-11:30 AM | 9:30-11:30 AM |
| Noon-2 PM     | Noon-2 PM     | Noon-2 PM     | Noon-2 PM     | Noon-2 PM     |
| 2:30-4:30 PM  | 2:30-4:30 PM  | 2:30-4:30 PM  | 2:30-4:30 PM  | 2:30-4:30 PM  |

Entry Fee: \$15 per person

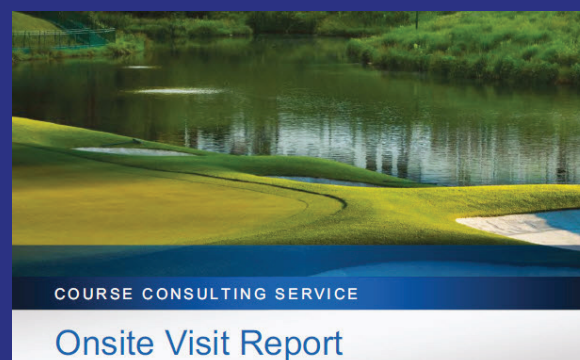
includes Simulator Time & Prize Fund

Players Will Be Flighted - Separate Division for Ladies  
Field Will Be Limited to Four Golfers per Time Slot (80 Players Total)

NOTE: Slots will be filled on a first come, first served basis.

Entry Forms available at all RCSC Golf Courses

For more information, please contact  
RCSC Director of Golf Brian Duthu  
at 623-876-3053



View the latest USGA Course Consulting Report online at [www.suncityaz.org](http://www.suncityaz.org) under Golf, Resources

The greens at Lakeview and Bell have been aerified with needle tines, to promote water infiltration. Both locations have also had mowing heights raised to promote recovery following dormancy. Turf areas at Lakeview have been aerified and fertilized.

The Sun Bowl and Softball fields have also been fertilized to help bring them out of dormancy.

The walking trail around the hill at Lakeview was closed earlier this month for extensive trimming and cleaning.



### 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.

Willowbrook: (623) 876-3033  
Willowcreek: (623) 876-3030  
10600 W. Boswell Blvd.

Quail Run: (623) 876-3035  
9774 W. Alabama Ave.

Riverview: (623) 876-3025  
16401 N. Del Webb Blvd.

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 6am - 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). Next meeting is Thursday, September 26, 2019 at 1pm in Talisman Hall.

## May 2019 High Scores

Well done! Nice job! Bravo! Yahoo! Congratulations!

### MEN'S HIGH GAME

|                   |     |
|-------------------|-----|
| Hurley, David     | 300 |
| Tucek, Dave       | 300 |
| Budjenska, Rodger | 300 |
| Smith, Dennis     | 298 |
| Lamb, Bruce       | 289 |

### WOMEN'S HIGH GAME

|                |     |
|----------------|-----|
| Hurley, Annie  | 300 |
| Day, Sherry    | 279 |
| Hurley, Katie  | 266 |
| Crowley, Kathy | 258 |
| Gonos, Chris   | 246 |

### MEN'S HIGH SERIES

|                 |     |
|-----------------|-----|
| Hurley, David   | 805 |
| Lamb, Bruce     | 795 |
| Rierner, Warren | 751 |
| Gower, Del      | 748 |
| Yarbrough, Mike | 746 |
| Green, Harry    | 742 |
| Smith, Dennis   | 735 |

### WOMEN'S HIGH SERIES

|               |     |
|---------------|-----|
| Hurley, Katie | 724 |
| Day, Sherry   | 697 |
| Hurley, Annie | 681 |
| Gonos, Chris  | 635 |



## Same great food now at two Sun City AZ locations!



Stop by & check out our Daily Specials

#### Breakfast Special \$5.99

2 Eggs, Bacon or Sausage, Hash Browns & Toast  
M-S 7-11a; Sun 7a-noon

#### Walleye 'n Chips \$10.99

9 Oz. Walleye, Coleslaw & Potato  
Wednesday & Friday

#### Fish 'n Chips \$9.99

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**

## Properly Store Your Bowling Equipment

Now that summer is here, it is time to protect your bowling equipment. Sometimes we learn the lesson the hard way. Bowling balls should not be stored in your garage or the trunk of your car. Extreme temperatures (hot and cold) and rapid temperature changes can cause the bowling ball to crack, rendering it useless. Extreme heat can also cause the bowling ball to "sweat;" bowling balls absorb lane conditioner and heat will cause the ball to "sweat" and become slippery.

Don't take the chance, store your equipment properly. As you know, bowling equipment can be quite expensive. We recommend storing your equipment in a controlled environment such as a locker at the bowling center or inside your home.

## July No-Tap Tournament

at Bell Lanes

Sunday, July 28, 2019 @ 1pm

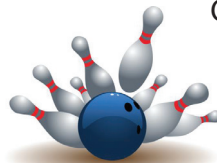
Cost: \$13 per Entry

Open to all bowlers 50 years of age & older

Optional Turkey Shoot, Mystery Scores, & High Games!

For more details, call 623-876-3050

Limited to 64 Entries!



## Let Us Help Plan Your Next Party or Event!

Why not have RCSC Bowling Staff plan a Bowling Party for your group or organization?

Reasonable group rates available!

Contact: Randy Johnson 623-876-3055,  
Denise Match 623-876-3050 or  
Vicki Eber 623-876-3055 for more info today!



## 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!

Year-Round Bowling Rates - Cardholders: \$2.65 | Guests: \$2.90 (per Game)

Tips from a Pro

## The Importance of Posture

The “set-up” in golf refers to grip, stance, alignment and posture. Most golfers ignore the importance of a proper set-up, focusing primarily on the swing itself. Unfortunately, the swing can only be as good as the foundation it begins from. A proper set-up helps us to achieve good direction, trajectory, contact and distance. These are the things most players are concerned with!

Let’s discuss proper posture. The posture in the golf set-up should be like other athletic endeavors. In other words, envision the “ready position” for receiving a serve in tennis, fielding a ball in softball or baseball or standing at the edge of the pool ready to dive in. The hips are flexed enough so that the arms can hang naturally in front of the body, not at the side. The weight is positioned in the middle or the ball of the foot, not flatfooted and dug in with the heels, and the knees feel light and bouncy. In other words, the body is ready to move and be active!



With good posture we can make a balanced golf swing, easily shifting our weight to the right foot in the backswing and then back to the left foot in the downswing. (for a right-handed golfer) This proper weight shift increases our chances of making good consistent, contact with the golf ball.

So, if you are having inconsistencies in your golf game before working on your swing, check your set-up position as it relates to posture. It may take a simple little adjustment to yield big results!

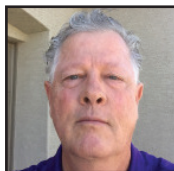
### All RCSC Golf Professionals here to help you!



Bob Jennings  
602-463-4533



Bob Day  
602-818-1470



John Martin  
623-202-6717



Robin Eichten  
623-322-6300

Whether you're just starting to play or want to improve your game!  
Schedule an appointment with one today!

### 2019 Course Maintenance Schedule

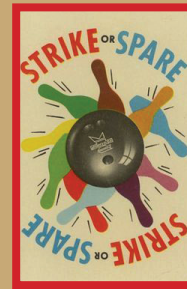
#### Greens Aerification

Thursday & Friday, June 27-28 • Quail Run  
Monday, Tuesday, Wednesday, July 1-3 • Riverview  
Monday, Tuesday, Wednesday, July 8-10 • South  
Monday, Tuesday, Wednesday, July 15-17 • Lakes West  
Monday, Tuesday, Wednesday, July 22-24 • Lakes East  
Monday, Tuesday, Wednesday, July 29-31 • North  
Monday, Tuesday, Wednesday, August 5-7 • Willowbrook  
Will Not Core Aerify in 2019 • Willowcreek

#### 2019 Overseed Schedule

North • Lakes West • Riverview • Willowbrook  
All Courses Listed Above Close on September 30 | Opens October 19 | Cart Path Only Until November 8

South • Lakes East • Willowcreek • Quail Run  
All Courses Listed Above Close on October 21 | Opens November 9 | Cart Path Only Until November 22



Friday is FUNDAY  
at  
Lakeview Lanes

Cost: \$11 per person  
The “fun” starts at Noon  
Color Pins = \$\$\$



## WELCOME GOLFERS

PLEASE REPAIR ALL BALL MARKS WITH THE TOOLS PROVIDED.  
USE ONLY THE APPROVED REPAIR METHOD SHOWN TO HELP  
MAINTAIN OUR GREENS AND INCREASE YOUR ENJOYMENT.

**DO NOT TWIST OR LIFT SOIL**

**Only YOU can prevent ball mark damage!**

### RIGHT!

- 1) Close the gap/hole with putter by patting down the ball mark.
- 2) Insert *Green-Save* tool on the high side behind ball mark and push the back toward the center.
- 3) Do not pull up, twist or lift with the tool.
- 4) Push both sides of the ball mark into the center.
- 5) Gently tap the surface down with putter.
- 6) Never use loosened turf for repair.



### WRONG!

Pulling up or lifting on the center or the sides will tear the roots and result in brown spots taking weeks for the surface to heal.

Do not pull up or twist with tool. This will only bring sand to the surface and tear the root system



### RIGHT!

Insert tool and push back and sides forward to center.  
No damage to root system. Healing starts immediately.



YOUR REPAIR EFFORT USING THE CORRECT METHOD ELIMINATES  
BROWN SPOTS AND PROMOTES GRASS GROWTH!

Thank you for using the repair tools provided and especially for using the correct ball mark repair method. Enjoy your round and help us improve everyone's putting experience.

### Attention: Golf Course Property Owners - Did you know?

All contractors needing to access private properties via RCSC Golf Courses  
MUST place a \$200 deposit at the Cardholder Services Office  
(Cash, Check, Cashier's Check or Money Order) prior to the start of any project.  
This money will be returned once the Golf Course Superintendent  
determines that no damage has occurred.  
Your attention to this matter is greatly appreciated!

*A Moment with President DeLano***Please Don't Take It So Personally!**

Many of us around here have it pretty darn good!

As those fortunate to have alternate locations to spend the summer take flight, we who remain here in Sun City AZ for the summer have a lot to be grateful for if we would just take a moment to appreciate all that there is around us.

With a turn of the calendar page this year, we went from below average temperatures right into full-fledged summer in just a matter of days. As we say, "It's a dry heat!" but there's no argument that it's just going to be plain hot around here for the next several months.

So we set our thermostats conservatively and get errands done early in the day. Shaded parking is a premium and everyone works at staying hydrated by drinking plenty of water - or run the risk of exhibiting symptoms that might require emergency medical attention.

There are many RCSC Clubs that continue to meet over the summer and now is a great time to take up a new hobby while most locations have a little bit of extra elbow room and several members willing and available to help you get started with a new craft.

Sun City AZ is also very blessed to have two branches of the Maricopa County Library for our use and pleasure - whether you prefer reading or watching DVDs, exploring on the computer or working on puzzles. Find a comfy spot and relax for a spell or simply head back home. And don't forget to check out their Schedule of Events for both locations (Sun City-Bell and Fairway) where you'll find that they offer a variety of options, including Chair Yoga, Drop-In Tech Help, even a cooking class and live music. Best of all, everything is free!

During these summer months, many find comfort at the RCSC aquatic facilities. While closures for maintenance and repairs seem inconvenient to some Cardholders, we all need to remember that there are alternative locations where you can enjoy a dip and a splash. There is not an easy way to close facilities and keep everyone happy at the same time. But you must know that we truly are doing all that we can to make these times of transition go as smoothly as possible.

While some believe we should be doing this work during the winter months, it is not feasible unless it is an emergency situation. Contractor availability, weather impacts and complications along with other factors require that such projects occur when the least amount of people will be affected. That's not saying it

is without inconvenience - but it is a temporary inconvenience for fewer people.

And the closure of the Bell Center outdoor aquatics facilities is just one project that is getting done this summer. Also at Bell we'll be renovating the Social Halls and retrofitting the kitchen area, requiring several scheduled club meetings and sessions to be moved to various locations. It is anticipated that this work will likely continue through the end of August. In addition, several of the club rooms at Bell have been or will be getting "face lifts" (Lapidary, Silvercraft) and Bell Center itself will be getting an exterior paint job. And Fairway Center, too.

We also intend to do additional pool decking work at Marinette and Mountain View sometime later this summer but we are still working on the scheduling. The intent is to not have more than one pool closed at a time, barring no unforeseen emergencies.

As you can guess, keeping Cardholders informed about these projects, closures and relocations is a task that comes with a very high priority. And we'll continue to do all we can to keep these projects moving forward and you in the know.

Just remember, when we send out updates about these projects - Please don't take things so personally! There is no diabolical scheme nor deliberate intention to inconvenience you. It might be troublesome and perhaps a wee bit bothersome, but that's the beauty about Sun City AZ - we have alternatives and another similar amenity never more than a few miles away.



**Jerry DeLano**  
2019 RCSC Board President

**This Month @ The Board - July 2019**

**No Board Meetings or Committee Meetings are scheduled during the months of July or August.**

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

**2019 RCSC Board of Directors**

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

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**Not able to attend Board Meetings?**

Why not watch them on

**You Tube?!**

Board Meetings are available for viewing online. Please visit [www.suncityaz.org](http://www.suncityaz.org) then select "You Tube" under Follow Us on the bottom right.



## Management Report

### Financial Report

The Recreation Centers of Sun City, Inc. (RCSC) has ended April 30, 2019 within its operating and capital budget year to date. Every division has met or exceeded its net operating budget projections year to date. Golf ended April under the budgeted gross operating income by \$129,169 year to date, which is attributable to the unseasonably cold and wet weather which in turn provided a \$63k savings in electricity for the pumps and wells. Despite this shortage in revenue, the Golf Division has successfully completed April with a \$34,000 total positive variance from the budget.

### Cardholder Services

Payments on past due assessments in April were 11% of past due balances. Overall accounts receivable decreased in April by 1.8% and is up 7.8% from the beginning of the year. Overall accounts receivable past due balances have increased 5.2% since the beginning of the year. March assessments went 30 days past due at a 4.4% rate and February assessments went 60 days past due at a 2.9% rate.

Payments from our third-party collections firm totaled \$9,928 in April. Year to date payments through our third-party collections firm total \$35,084, which is down by almost 60% compared to 2018 year to date totals. Payments made in April by Cardholders through the online RCSC Web Portal totaled \$158,520 from 360 property owners. Year to date web portal payments total \$588,164 from 1,287 property owners which is up 14% from 2018.

In April property transfer balances decreased by 1.5%. Outstanding balances related to property transfers represent 51% of all receivables and 54% of past due balances. Outstanding lender related balances decreased in April. At the end of April trustee sale notices on Sun City properties ended at 31 and properties owned by lending institutions remained at 7.

## Project Updates

### Fairway Center

- Repaint Fairway Center – Bids have been evaluated and the bid packet submitted to the Bid Commission as of 5/22/2019. Approval by the Bid Commission is necessary before awarding the contract. Contractor: TBD (Budget \$95,000)

### Bell Center

- Pool Deck Replacement – The bid packet for the project has been approved by the Bid Commission. Colors for the deck and coping/border have been selected. Contract to be executed by 5/24/2019. Contractor: Rubcorp, AZ Safety Surfacing (Cost \$225,000)

- Lap Pool Pebble Sheen Replacement – Work scheduled for June 2019. Includes the chip out of the existing finish, replacement of pebble sheen surface, waterline tile, depth markers, new drain covers, and LED retrofit kits for lights. Bid packet approved by Bid Commission and contract executed. Contractor: CDC Pools, RCSC Skilled Trades (Cost \$59,263)
- Walking Pool Pebble Sheen Replacement – Work scheduled for June 2019. Includes the chip out of the existing finish, repair of broken bench, repair of 2" water supply line, replacement of pebble sheen surface, waterline tile, depth markers, new drain covers, and LED retrofit kits for lights. Bid packet approved by Bid Commission and contract executed. Contractor: CDC Pools, RCSC Skilled Trades (Cost \$60,838)
- Outdoor Spa Pebble Sheen Replacement – Work scheduled for June 2019. Includes the chip out of the existing finish, replacement of pebble sheen surface, waterline tile, depth markers, new drain covers, and LED retrofit kits for lights. Bid packet approved by Bid Commission and contract executed. Contractor: CDC Pools, RCSC Skilled Trades (Cost \$8,068)
- Pool Filter and Pump Replacement – Replacement of the cartridge filters with sand filters for the walking pool and outdoor spa will be completed during the closure for the interior refinishing and deck replacement. This change will save considerable time and expense for the ongoing cleaning of the cartridge filters. Additional filter configuration proposals are pending. Upon the receipt of these proposals a contractor will be selected to complete the work. Contractor: TBD (Budget \$16,000)
- Lapidary Club Room – Work will include flooring, ceiling grid, overhead lights, cabinetry, and environmental remediation. All of the bids from contractors have been received and evaluated. The bid packet has been submitted to the Bid Commission as of 5/22/2019. Upon approval by the Bid Commission work will be scheduled. The project is anticipated to take 8 weeks to complete. Contractor: Multiple (Budget \$75,000)
- Repaint Bell Center – Bids from contractors have been reviewed and the bid packet has been submitted to the Bid Commission for approval as of 5/22/2019. Approval by the Bid Commission is necessary before awarding the contract. Work is anticipated to be coordinated with the pool work so those areas around the pool are done during the pool closure. Contractor: TBD (Budget \$125,000)
- Silvercraft Club Room – We are currently working on receiving the final work quotes from the different trades for the work in the Silvercraft club room. Work will include flooring, ceiling grid, overhead

(continued on next page)

## Financial Report

Period Ending - April 2019  
For a more detailed financial statement, please visit  
[www.suncityaz.org/financials](http://www.suncityaz.org/financials)

### BALANCE SHEET

For the Period Ending April 30, 2019

|  | Current<br>Y-T-D     | Prior<br>Y-T-D       |
|--|----------------------|----------------------|
| <b>Unrestricted Funds:</b>             |                      |                      |
| Cash Invested/On Hand/In Bank          | 14,551,170           | 12,813,534           |
| Cash Reserves                          | 2,500,000            | 2,500,000            |
| <i>Sub-Total Unrestricted</i>          | 17,051,170           | 15,313,534           |
| <b>Restricted Funds:</b>               |                      |                      |
| PIF/Capital Reserve                    | 18,106,194           | 23,655,714           |
| <i>Total Cash &amp; Investments</i>    | 35,157,364           | 38,969,248           |
| <b>Other Current Assets:</b>           |                      |                      |
| Accounts Receivable                    | 2,550,386            | 2,611,426            |
| Deposits & Prepaids                    | 54,911               | 1,500,760            |
| Inventory                              | 116,902              | 115,463              |
| <i>Total Current Assets</i>            | 37,879,563           | 43,196,897           |
| <b>Fixed Assets:</b>                   |                      |                      |
| Land, Improvements, Buildings          | 114,726,877          | 105,460,393          |
| F, F & E and Vehicles                  | 31,609,789           | 31,486,265           |
| Less: Accumulated Depreciation         | (75,186,395)         | (70,889,337)         |
| Work In Progress                       | 11,451,705           | 6,904,734            |
| <i>Total Fixed Assets</i>              | 82,601,976           | 72,962,055           |
| <b>TOTAL ASSETS</b>                    | <b>\$120,481,539</b> | <b>\$116,158,952</b> |
| <b>Current Liabilities:</b>            |                      |                      |
| Accounts Payable and Other             | 1,504,624            | 3,804,597            |
| Deferred Income                        | 8,073,877            | 7,930,382            |
| Pre Billed Assessments                 | 2,222,379            | 2,205,712            |
| <i>Total Current Liabilities</i>       | 11,800,880           | 13,940,691           |
| <b>Other Liabilities:</b>              |                      |                      |
| Lease Purchase                         | 0                    | 0                    |
| <i>Total Liabilities</i>               | 11,800,880           | 13,940,691           |
| <b>Net Worth:</b>                      |                      |                      |
| Current Net Worth                      | 108,680,659          | 102,218,261          |
| <b>TOTAL LIABILITIES and NET WORTH</b> | <b>\$120,481,539</b> | <b>\$116,158,952</b> |

### STATEMENT OF INCOME AND EXPENSES

For the Period of April 30, 2019

|                                       | Current<br>Y-T-D   | Prior<br>Y-T-D   |
|---------------------------------------|--------------------|------------------|
| <b>Operating Income:</b>              |                    |                  |
| Property Assessments                  | 4,118,403          | 4,070,590        |
| Transfer & Access Fees                | 244,200            | 269,572          |
| Privilege & Guest Cards               | 389,856            | 395,831          |
| Food / Liquor Sales                   | 291,817            | 325,966          |
| Bowling Fees                          | 310,040            | 311,485          |
| Golf Fees                             | 2,707,346          | 2,756,952        |
| Cart Rentals                          | 115,565            | 102,347          |
| Merchandise Sales                     | 80,518             | 110,986          |
| Activities Income                     | 235,586            | 281,741          |
| Rental Income                         | 106,522            | 105,560          |
| Contributions                         | 14,783             | 14,225           |
| Miscellaneous Income                  | 6,870              | 8,621            |
| <i>Total Operating Income</i>         | 8,621,506          | 8,753,876        |
| <b>Cost of Sales:</b>                 |                    |                  |
| Total Cost of Sales                   | 234,106            | 308,005          |
| <i>Gross Income</i>                   | \$8,387,400        | \$8,445,871      |
| <b>Operating Expenses:</b>            |                    |                  |
| Salaries and Wages                    | 2,953,255          | 2,933,238        |
| Payroll Taxes and Benefits            | 743,920            | 738,615          |
| Repairs and Maintenance               | 589,863            | 633,220          |
| Utilities Expense                     | 722,860            | 894,620          |
| General Operating Expenses            | 594,516            | 561,711          |
| <i>Total Operating Expenses</i>       | 5,604,414          | 5,761,404        |
| <i>Net Operating Income</i>           | \$2,782,986        | \$2,684,467      |
| <b>Other Income:</b>                  |                    |                  |
|                                       | 51,566             | 47,748           |
| <b>Other Expenses:</b>                |                    |                  |
| Property Taxes                        | 48,948             | 51,052           |
| Insurance                             | 194,833            | 174,764          |
| Other                                 | 4,888              | 4,196            |
| <i>Net Income Before Depreciation</i> | 2,585,883          | 2,502,203        |
| <b>Depreciation:</b>                  |                    |                  |
|                                       | 1,414,777          | 1,504,100        |
| <b>NET INCOME / (LOSS)</b>            | <b>\$1,171,106</b> | <b>\$998,103</b> |

The RCSC Management Report in its entirety is now distributed prior to the second RCSC Board of Directors meeting each month with the Agenda (except July and August), posted on the website at [www.suncityaz.org](http://www.suncityaz.org) (under the RCSC tab) and are sent via email to those RCSC Cardholders who have signed up to receive RCSC News Email Alerts. This report was distributed on May 23, 2019 and has been edited for publication due to space restrictions.



## Project Updates

(continued from previous page)

lights, cabinetry, paint and environmental remediation. Target is to begin work upon the completion of the Bell Lapidary club room work. Contractor: Multiple (Budget \$78,000)

- Table Tennis Flooring – This project includes the removal of the current VCT flooring, environmental remediation, floor prep and replacement with padded flooring material. Costs for the environmental remediation and floor prep increased cost over projected budget. Project pending identification of additional budget funding source and formal bid commission approval. There is no change in this project status as of 05/23/2019. Contractor: Spray Systems, AZ Resource Flooring (Cost \$30,816)
- Library Book Drop – This project is the design and construction of a book drop on a center island within the access road to the north of the library. The RFP was sent to contractors as of 5/23/2019. Receipt of bids and review/approval of the bids is expected to take 30 days to complete. The costs of this project are to be reimbursed by the Friends of the Library. Contractor: TBD (Cost TBD)
- Social Hall Restroom Remodel – This project is the renovation of the restrooms at the Bell Center Social Hall. Architectural designs are nearing completion. Upon completion the project will be sent to contractors to bid. The work is projected to be completed after the July 4th celebration at the Center through August. Contractor: TBD (Budget \$90,000)
- Social Hall Kitchen Retrofit – This project is the retrofit/remodel of the kitchen at the Bell Center Social Hall to a warming kitchen and replacement of the appliances. There is additional work in this kitchen and architectural designs are in progress. Upon completion the project will be sent out to contractors to bid. The scope of the project is likely more than the budget will permit. The completion or postponement recommendation will be made upon bids received. Contractor: TBD (Budget \$20,000)
- Sewer Pipe Relining – A 4" cast iron sewer pipe has deteriorated; the pipe runs under the foundation, shuffleboard and adjacent restrooms. A total of forty (40) feet of pipe was relined with a Nuflow liner product to prevent the disruption of a traditional excavation and replacement. This project is complete. Contractor: Sunland Plumbing (Cost \$7,800)

### Grand Ave

- The building permit has been approved for the existing building but cannot be issued until a contractor is selected and the bond posted. The bid specifications have been published as of 5/22/2019 with a submission date due date 30 days out. At the close of the submission period the submitted bids will be evaluated and the general contractor selected.
- The permit for the deceleration lane from ADOT is still pending.
- Based upon the communication from the Board, management will be soliciting requests for the space in the second building and review those requests in determining the use of space in the second building. This detailed review will take additional time but will not delay the work on the existing building.

### Lakeview Center

- Upper Restroom Remodel – Final architectural designs took longer than anticipated to be completed due to additional mechanical review from a change in the layout. The revised plans have been received and are pending review. Contractor: TBD (Budget \$110,000)
- Mini Golf Carpeting – The work on the mini golf carpet has been completed and the course is open for Cardholder use. Contractor: Baker Brothers Flooring, Exquisite Painting, RCSC Skilled Trades (Cost \$24,966)
- Center Upper Roof Recoat – The upper roof on the Center building will have an elastomeric recoating applied. This project is approved by the bid commission based upon the size and lead time for the project it is to be completed in July. Contractor: Lyons Roofing (Cost \$46,900)

- Mini Golf Building Roof Replacement and Restroom Repairs – The roof repair is complete. The women's restroom ceiling repair is almost complete. This restroom is projected to be open for Cardholder use by 5/27/2019. Contractor: Lyons Roofing, Spray Systems, KAW Construction (Cost \$16,345)
- Artists By The Lake Club Room – Work will include flooring, ceiling grid, overhead lights, cabinetry, paint and environmental remediation. Work quote receipt from the different trades for the work in the Artists By The Lake club room and their review is close to completion. The bid packet is expected to be presented to the Bid Commission by 5/31/2019. Contractor: Multiple (Budget \$69,000)
- Lakeview Hill Park Gazebo Painting – Painting of the railings and roofs for the three lower gazebos in the park. Also includes the replacement of rotted out railing sections on one gazebo. This work is complete. Contractor: Exquisite Painting (Cost \$7,050)

### Marinette Center

- Pool Deck Replacement – Work scheduled for late July through August 2019. Focus has been on the Bell Deck Replacement project due to the projected work calendar. The selection of colors has been completed and the contract template from the Bell Center project will be used for this project. Formal bid packet for Bid Commission now planned for submission by 6/21/2019. Contractor: Rubcorp, AZ Safety Surfacing (Cost \$125,000)
- Pickleball Pavilion Lighting – We have received bids from three lighting contractors and are evaluating each solution presented and the lighting levels provided by the photometrics provided by each contractor. The selected solution will be reviewed with the Pickleball Club prior to submitting the bid packet for approval to receive their input on the selected solution. Contractor: TBD

### Oakmont Center

- Pool Shade Structure – This project is for a shade structure at the west end of the pool area. We have received conflicting information upon the permit review by Maricopa County. The shade contractor assisting RCSC on this project disagrees with the plan review comments that require sprinklers and setbacks from the existing patio covering. We met with the contractor on 5/14/2019 and awaiting the response from the inquiry to Maricopa County. Based upon the response and projected cost a final decision to complete, postpone or cancel the project will be made.

### Sundial Center

- Club Restroom Remodel – Final architectural designs took longer than anticipated due to additional mechanical review from a change in the layout. The revised plans have been received and are pending review. Based upon project priorities this project will be delayed in starting until late summer. Contractor: TBD (Budget \$100,000)

### South Pro Shop

- The Pro Shop and Snack Shop opened for business on 5/8/2019. Feedback has been positive. We have several pending tasks including wall coverings, pendant lighting at the seating bar, asphalt repair at the north and south ends of the parking lot, and building signage at the entry. The asphalt work is scheduled for completion during course closure for overseeding in the fall.



**The Sun City Posse**  
needs *you* to volunteer!

*Make a Difference!*

**Call the Posse Recruiting Office Today**  
**623.972.2555**



# July Force

Yes, the attempt is to attract your attention again by a pun title. While you are welcoming a new month, and perhaps looking forward to a JULY FOURTH holiday, the Friends of the Library want to force you to think about them. Force as a verb can be defined as making persons do something against their will. That is not the Friends intent. By gentle force, the Friends want to tell you of some great things happening now.

1. **FREE MAGAZINES AT YOUR FINGERTIPS** - Dozens of magazine titles are waiting for you with the Library's eMedia! Access magazines ranging from cooking to entertainment to nature on your smartphone, tablet, or computer. Consumer Reports online is also available! Go to <https://mclnaz.org/custom/emedial>.
2. **DOWNLOAD, RESEARCH, LEARN** - Find out how to use your library card to download books, movies, audiobooks, magazines and music. Learn about other online tools from your library: Consumer Reports, Chilton Automotive Repair, Legal Forms Library, genealogy information, online classes, language learning, and much more! To register for the Tuesday, July 23, 2:30 to 3:30 class call 602-652-3000 or visit [mclnaz.org/events/suncity](https://mclnaz.org/events/suncity).
3. **LIBRARY TOUR** - Learn how to find your favorite authors and genres, but also discover things you may not expect: Wi-Fi, a seed library, ukuleles, puzzles, Low Vision Resource Center, the Maricopa County Recorder's kiosk and more. Shh...you will even get a special look behind-the-scenes! To register for the Tuesday, July 23, 3:45 to 4:30 tour, call 602-652-3000 or visit [mclnaz.org/events/suncity](https://mclnaz.org/events/suncity).
4. **BOOKS AROUND THE CORNER** - If you haven't visited the Friends Bookstore, you should. Neat, organized, plenty of assistance, great prices, and wide variety are all accurate descriptions of this special place in the back of the Sun City Library. Funds raised in the non profit Bookstore go to supporting Library programs. Bookstore hours are 10:00 a.m. to 4:00 p.m. Monday through Saturday.
5. **BOOK BUDDIES** - Aid your Sun City homebound neighbors by becoming a Book Buddy and delivering library materials to their homes. Name your hours and time to volunteer; just be there for your Buddy in need. To find out more, call Monica Fallon, Friends Board member, at 623-977-7246.
6. **FRIENDS BOARD** - With a six year limit on the Board of Directors, turnover is continual. Openings are now in place for persons interested in being Board members. Change brings new ideas; offer yours. Call Cathy Weyers at 623-876-0900.
7. **FRIENDS VOLUNTEERS** - Looking for a place to give back to Sun City? The May and June SunViews contained specific positions needed by the Friends. As an all volunteer organization, we need special help. If you missed the article in either issue, please reconsider. Go to <https://suncityaz.org/rcsc/>, and SunViews at the bottom of the page. Your expertise is needed.

May the FORCE be with you!



## Water Conservation

### Sync Your Irrigation to the Summer Temperatures

If you water your outdoor garden on a set schedule regardless of the weather, you may be under or overwatering your plants. Overwatering not only wastes water, it actually harms the plants.

Signs of overwatering can look a lot like drought: leaves turn a lighter green or yellow and newer shoots begin to sag and wilt. Some plants may also grow algae or mold around their bases. If you're watering on a schedule, and you notice your plants turning, consider cutting back on the amount of watering rather than trying to water them more. You may be using too much water without even realizing it.

Here is a Landscape Watering Guidelines chart to help you through the seasons:

| How Much & How Often<br><small>Water to the outer edge of the plant's canopy and to the depth indicated. Watering frequency will vary depending on season, plant type, weather and soil.</small> |                | Seasonal Frequency — Days Between Waterings |                     |                   |                     | Water This Deeply<br><small>(Typical Root Depth)</small> |
|--|----------------|---|---------------------|-------------------|---------------------|--|
|  |                | Spring<br>Mar - May                         | Summer<br>May - Oct | Fall<br>Oct - Dec | Winter<br>Dec - Mar |  |
| Trees  | Desert adapted | 14-30 days                                  | 7-21 days           | 14-30 days        | 30-60 days          | 24-36 inches   |
|  | High water use | 7-12 days                                   | 7-10 days           | 7-12 days         | 14-30 days          | 24-36 inches   |
| Shrubs   | Desert adapted | 14-30 days                                  | 7-21 days           | 14-30 days        | 30-45 days          | 18-24 inches   |
|  | High water use | 7-10 days                                   | 5-7 days            | 7-10 days         | 10-14 days          | 18-24 inches   |
| Groundcovers & Vines   | Desert adapted | 14-30 days                                  | 7-21 days           | 14-30 days        | 21-45 days          | 8-12 inches  |
|  | High water use | 7-10 days                                   | 2-5 days            | 7-10 days         | 10-14 days          | 8-12 inches  |
| Cacti and Succulents   |                | 21-45 days                                  | 14-30 days          | 21-45 days        | if needed           | 8-12 inches  |
| Annuals  |                | 3-7 days                                    | 2-5 days            | 3-7 days          | 5-10 days           | 8-12 inches  |
| Warm Season Grass  |                | 4-14 days                                   | 3-6 days            | 6-21 days         | 15-30 days          | 6-10 inches  |
| Cool Season Grass  |                | 3-7 days                                    | none                | 3-10 days         | 7-14 days           | 6-10 inches  |

These guidelines are for established plants (1 year for shrubs, 3 years for trees). Additional water is needed for new plantings or unusually hot or dry weather. Less water is needed during cool or rainy weather. Drip run times are typically 2 hours or more for each watering.

<https://wateruseitwisely.com/100-ways-to-serve/landscape-watering-guide/>



## Sun City Foundation

“Neighbors Helping Neighbors”

The next meeting of the Sun City Foundation will be held on Thursday, September 12, 2019 at 1:00pm in the Lakeview Center Board Room.

The mission of the Sun City Foundation is to assist those in financial need. It is our privilege to serve RCSC members who need assistance with their annual RCSC property assessment. In order to qualify, applicants must:

- Be a homeowner and resident for at least five (5) years
- The Sun City AZ home is their sole residence
- Be at least 70 years of age
- Income does not exceed 150% of the current Federal Poverty Level
- Be no more that 60 days past assessment due date.

The Sun City Foundation continues to assist those members in the community who have outlived their resources by offering assistance to those in need for a better Sun City! If you are in need of help and are an RCSC qualifying member, please call 623-561-4600 for more information.

The Sun City Foundation acknowledges with sincere gratitude those of you who have donated or made provisions in your estate planning to include The Foundation as a beneficiary.

*Sun City Gives Back*

**Bingo Donations Help the Community**



The Sundial Men's Club made the following donations at the end of Bingo in May.

- Recorded Recreational Reading for the Blind - \$1,000
- Sun City Retirement Community Association- \$1,000
- Sun City Condo Owners Association - \$1,000
- Northwest Valley Connect - \$1,000
- Sun City Community Assistance Network - \$2,000
- Sun City Homeowners Association - \$2,000
- Sun City Prides - \$2,000
- Sun City Posse - \$2,000
- Sun City Sunshine Services - \$2,000
- Valley View Community Food Bank - \$2,000
- Sun City Meals on Wheels - \$2,000
- Sun City Foundation - \$4,000
- Recreation Centers of Sun City - Additional \$13,000 making \$18,100 year to date

The total of Sundial Men's Club donations for 2019 is \$40,100.

Bingo is currently on hiatus and will resume on Thursday, September 5 at 6:15 pm in the Sundial Auditorium.

*Sun City Gives Back*

**Zumba Can-Can Food Drive Honors Moms**

For the second year, the Sun City Zumba Club has conducted a food drive a week prior to Mother's Day, collecting canned goods and non-perishable food items for the Valley View Community Food Bank.

Their "Can-Can" Food Drive this year collected 390 cans totaling 350 pounds of food, which was an increase of over 20% in collections compared to last year. "There is always a need for donations, especially in the summer when people leave town yet the demand remains the same," said Zumba Club President Al DeHope. "This is our more popular fun activity for the Zumba club and one that our members really enjoy participating."

The Valley View Community Food Bank serves the area which include Sun City, Youngtown, El Mirage and Surprise.

Thanks for your "Can-Can" attitude and another great example of Sun City giving back.



Kevin Kleckner (left), Manager of the Valley View community Food Bank, accepting donations from Sun City Zumba Club President Al De Hope (right)

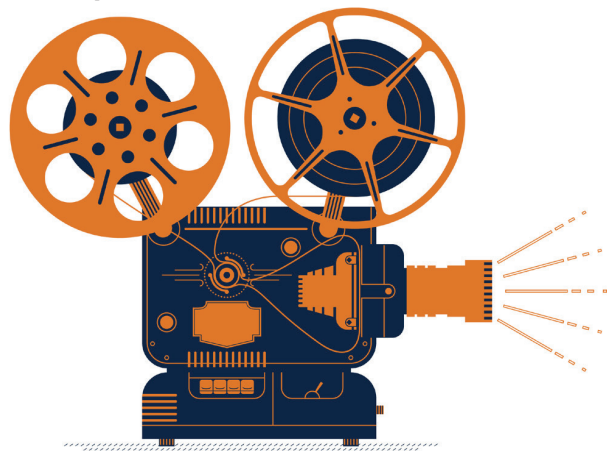
Right: Pickup truck full of can goods donated by Sun City Zumba Fitness Club members.

Left: Sun City Zumba Club member Pat Hudson (on left) and Sun City Zumba instructor Debbie Reiss (on right) make their contributes towards the 2nd annual Can Can Food Drive held the week before Mother's Day to honor all Moms.



**FREE MOVIES\***

Wednesdays @ Marinette;  
Saturdays @ Mountain View  
2pm & 7pm



To find out "What's Playing?" 1) Sign up for Movies & Events emails at [suncityaz.org](http://suncityaz.org) & a list will be sent to you on the last Wednesday of each month; 2) Log onto the RCSC Web Portal; or 3) Pick up a flyer from the Lakeview Clubs Office (please be prepared to show your RCSC Card). All movies are projected onto a screen from a DVD.

\*FREE\* RCSC Events are paid for by RCSC Cardholders & are therefore intended for RCSC Cardholders & their escorted guests only. Your cooperation and understanding is greatly appreciated!

Now with FM Transmission at all locations!  
Tune your device to 99.1 FM.

Always  
FREE  
Popcorn

Now  
serving  
BOTH

Salted &  
Unsalted

Join Us for *Fun Photo Fridays* on Facebook!



Send us your amusing or interesting photographs about awesome Sun City AZ to [scvc@suncityaz.org](mailto:scvc@suncityaz.org) so we can share them on Facebook each Friday!

Please include details if needed.

**Are you experienced?  
Check out the  
Sun City AZ Experience  
for yourself!  
Centers, Clubs, Golf,  
Bowling & More!  
[www.suncityaz.org](http://www.suncityaz.org)**

# WANTED

## Must be Alive & Willing to Serve on the RCSC Board of Directors

Requirements to become a RCSC Board candidate:

- Must be at least fifty-five (55) years of age;
- Must not reside with or be related by marriage or birth to any other member of the Board, Senior Management Staff, or Board Candidate;
- Must be a Deeded Real Estate Owner of property in Sun City, Maricopa County, Arizona;
- Must be a RCSC Member in good standing;
- Must reside in Sun City, Arizona and be available at least ten (10) months of the year;
- Must meet the requirements to hold an Arizona liquor license (RCSC holds liquor licenses which require Board Officers to be included on the licensing);
- Must be eligible and available to serve a three (3) year term; and
- Should be available to attend Board Candidate Orientation(s).
- Board Directors cannot serve on any board of a Chartered Club or green committee or golf association affiliated with RCSC golf courses.
- Candidates must also submit a fully completed RCSC petition, signed by 100 or more RCSC Members in good standing, along with all other forms provided in the RCSC Candidate Packet.

Candidate Packets are available starting  
Monday, June 3, 2019  
at the Lakeview Corporate/Board Office  
FMIC 623-561-4620

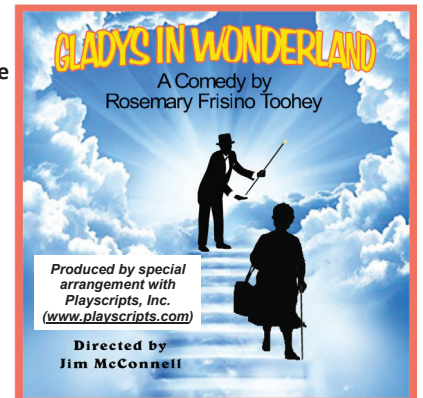
**SUN CITY**  
ARIZONA  
RECREATION CENTERS  
OF SUN CITY



**Sun City Players Community Theater**  
presents its  
**2019-2020 Season Ticket Sales**

**Season Tickets \$25 on sale beginning  
Aug. 1, 2019**  
At [suncityplayerscommunitytheater.org](http://suncityplayerscommunitytheater.org)  
**Season Tickets include all three productions and  
priority seating**

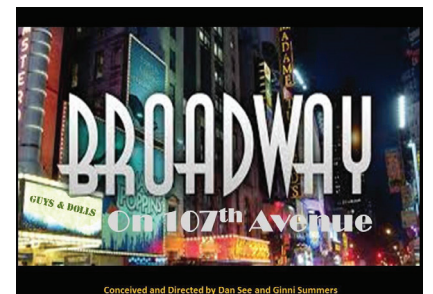
*Glady's in Wonderland* performance  
dates:  
Oct. 25, 26, Nov. 1, 2 at 7 p.m. &  
Oct. 27, 31, Nov. 3 at 2 p.m.



*Revival at Possum Kingdom  
Community Church*  
performance dates:  
Jan. 10, 11, 17, 18 at 7p.m. &  
Jan. 12, 16, 19 at 2 p.m.



*Broadway on 107th Avenue*  
performance dates:  
March 13, 14, 20, 21 at 7 p.m. &  
March 15, 19, 22 at 2 p.m.



## Get on the RCSC Web Portal today!

From the RCSC Web Portal, Cardholders can easily make assessment payments, manage email subscriptions, book and edit golf tee times, vote in RCSC Board of Directors Elections and so much more!

Just follow these simply steps and you'll be on your way!

1. Notify Cardholder Services of your email address for your RCSC Cardholder number. Go to <https://login.suncityaz.org/AddEmail.aspx> to securely provide the necessary information to update your email address.
2. Go to [www.suncityaz.org](http://www.suncityaz.org) and click on Login (right side, top of page).
3. Welcome to the RCSC Web Portal page will display. There is a link from this page to general web portal information, including the Web Portal Instruction Manual.
4. First time users MUST click on the New User Retrieval Password link at the top of the page.

5. Enter your RCSC Cardholder number in the User-name field.
6. Click on "Send Password" and in a few minutes, check your email for your password. If you do not receive this email, contact Cardholder Services to confirm the email address that is on file.
7. Return to the RCSC Web Portal Login page and enter both User Name (RCSC Cardholder number) and Password.

Now you're all set to start using the web portal, sign up for RCSC News Email Alerts and more!

Should you forget you password, simply go to the Portal Welcome page and click on "forgot your password?" and enter your User Name (RCSC Cardholder number) then click the Send Reset Link button. You will receive an email with a link to reset your password.

On the RCSC Web Portal you can:

- Pay Your Assessment
- Book & Edit Your Tee Times
- Manage Your News Email Subscriptions
- Vote in the RCSC Board of Directors Election
- COMING SOON! Purchase guest passes & online guest sign-in!

## Welcome to RCSC Club Events

The Clubs Events & Announcements Section in SunViews helps you easily find the activities you're looking for. Clubs are welcome to submit information to this section every month and should include the date, time & location of the event along with cost & contact information.

|            |  |
|------------|--|
| Page 13    | General & New Interest, Hobbies, Political Clubs |
| Page 14    | Cards, Games and Social Clubs                    |
| Page 15    | Performing Arts; Monitored Activities            |
| Page 16-17 | Club Directory                                   |
| Page 18-19 | Fitness, Health                                  |
| Page 20    | Arts & Crafts, Sports & Outdoors                 |
| Page 21    | Dances   |
| Page 22    | Educational Classes                              |

**To Start or Stop delivery of the Sun City Independent Newspaper/SunViews:**  
Phone: 623-455-2831 or email: [WVCirculation@newszap.com](mailto:WVCirculation@newszap.com)

## General Interest/Museums

### Sun City Rockhounds Mineral Museum @ Sundial

**Hours of Operation: May thru September:** Saturdays only 10am-1pm  
October thru April: 10am-1pm; Closed Thursday and Sunday  
FMI email [scrockmuseum@gmail.com](mailto:scrockmuseum@gmail.com) or call 623-428-6442 during museum hours. Check out our fluorescent room!

### Model Railroad Museum at Fairway

Located in the Fairway Recreation Center at 107th and Peoria.  
Open: **May - Sept:** Wed 9a-12p; 2nd & 4th Sa 10a-2p  
October - April: Tues/Th 9am-noon; Sa 10am-2pm  
FMI Tony: 239-207-7314



### Del Webb Sun Cities Museum

**Museum Closed for the summer; Reopens Monday, Sept 16**  
Fall Hours: Mondays 1-4pm; Wednesdays & Fridays 10am-4pm.  
Admission: **Free!** Donations gladly accepted & appreciated!  
Private tours available (groups of 6 or more). We also have speakers available for your event. We look forward to your visit! Next to Oakmont Center. FMIC 623-974-2568.



## New Interest Groups

Any new interest group who has (at a minimum) 25 potential members may complete the Application for Club Charter (FORM BP:12-15) & submit to the Clubs & Activities Office. Applications found at [www.suncityaz.org](http://www.suncityaz.org) or pick one up in the Clubs & Activities Office located at the Lakeview Recreation Center.

## Political Clubs

### Sun City Republican Club

No meetings July or August. Welcome back: Tues 9/17 with featured speaker Kelli Ward, the newly elected President of Arizona Republican Party. Volunteer at West Valley GOP and LD21 Headquarters, 10050 W. Bell Rd, Ste 150 (at 99th Ave). 623-977-4532. LD21.org. Coffee /Conversation every Tue 9:30-11:00am. LD21 Meetings at 7pm, 3rd Thurs every month. SCRC membership: Must be a current RCSC cardholder and Sun City Resident. \$5/year. FMI: [suncitygopclub@gmail.com](mailto:suncitygopclub@gmail.com) (Patti) 713-557-5800



### Sun City Democratic Club

July meeting cancelled as it falls on July 4; we resume regular meetings on August 1. At every monthly meeting, we collect can goods, cereal, oatmeal, etc. for Valley View Community Food Bank, which serves residents of Sun City and surrounding towns. Club meets 6pm every first Thursday at Fairway, 6pm refreshments, 6:30 meeting. All RCSC cardholders and their escorted guests welcome. If Starbucks (99th & Bell) is open, SCDC meets there 9am Mondays. Join our convivial group & start your Mondays with coffee and conversation. FMI email [comms-SCDCAZ@gmail.com](mailto:comms-SCDCAZ@gmail.com)



## Hobbies/Other Interests

### Sun City Community Garden

Open House every 3rd Sat Oct - May, 9-11am at Community Garden located in EPCOR water plant (NW corner of 91st Ave/Greenway). Come learn about vegetable gardening in AZ & leasing a plot, available to RCSC cardholders who are Garden Club members. Rose lovers learn about roses both at our Community Garden rose garden &/or volunteering to maintain the Sun Bowl Rose Garden. FMIC 623-875-5921 or visit [gardenclubofsuncity.org](http://gardenclubofsuncity.org) or join our monthly meeting the 1st Tues, 8:30am, Sundial East Hall.

### Sun City Birding Club

Specializing in field trips to: identify birds, raise community awareness & enjoy nature. Our club holds fun, educational classes with ornithological themes. Beginning to advanced birders welcome. No experience needed! You will love discovering the joys of birding! FMIC Tom Locascio at 623-977-4992 or [locascio2000@hotmail.com](mailto:locascio2000@hotmail.com)

### Fairway Readers

Club meets 1pm 2nd Friday monthly (year round), Fairway Rm 217. No dues, must show RCSC Card at 1st session. Refreshments served Dec & April. Moderator Sue Blechl prepares questions/keeps members on track during discussions w/mic so members can hear (also passed between those sharing thoughts). Books chosen by consensus in advance, reserved a month in advance (Fairway Library) for those w/MC library cards. Newsletter available. FMIC 623-972-3409

### Armchair Travelers Club

We meet Oct-May 1, every Wed, Fairway AZ RM 1. Show: 7pm: doors at 6:30. Arrive early to sign in & be seated before show. Club open to all RCSC cardholders; annual dues: \$3. Cardholders welcome to attend 3 times before joining. Escorted guests welcome, \$2 each visit. Coffee & Cookies served first Wed of month. FMIC Ron Yankowski 623-476-2811. Join our adventures!

### Model Railroad Club



All train lovers invited to share the fun of model train railroading. Come play with us as trains travel through cities, rural areas, mountains & valleys. Feel the excitement when the trains whistle as they approach crossings. Join the club & learn how to create/develop your own layout. 2nd Annual Swap Meet will be held February 8, 2020. Membership open to all RCSC cardholders. Open Oct-April: Tues/Th 9am-12p; Sat 10am-2pm. May-Sept: Wed 9am-12pm; 2nd & 4th Sat 10am-2pm. FMI: Tony 239-207-7314

### Sun City RV Club

Members enjoy potlucks, games, day trips, RV rallies & caravans; for RCSC cardholders & their guests only. Monthly meetings/activities held Oct-April. Oct Potluck & Business meeting on Tu 10/22, 5:30pm Sundial West Hall. Entertainment: Danny Mac & Doug McKee, Western Music duo (bring a dish for 10-12, your utensils, plates & beverage); Monthly board meeting also 10/22, 9a in club's office (SD WH) Caravan meetings provide latest info on planned outings, Doughnuts & coffee supplied; next Caravan 10/25, 9:30a, Sundial WH. Club hosts card games at Bell Center Multi-Purpose Room B, 5-9 pm, 1st Wed & 3rd Tue Oct - April. Come join the fun & fellowship. FMI visit [www.scazrvclub.com](http://www.scazrvclub.com) or call Judy 623-444-4224.

### Sun City Stamp Club

Currently closed for summer; beginning September, we meet 7pm 1st Monday every month in Marinette Social Hall. Set up/inspection of auction stamps: 6:30pm. All RCSC Cardholders & escorted guests welcome. New & old stamps from all countries available at auctions; books & albums at excellent values, 50% or less of current catalogue prices. Join us to start/improve your collection. FMIC Gene Gyger (Pres) 623-974-9943 ([gggyger@yahoo.com](mailto:gggyger@yahoo.com)); Bernard Heath (Treas) 623-977-2332 ([BCstamps@cox.net](mailto:BCstamps@cox.net)); or Mike O'Neill (VP) 623-974-9943 ([mshane2009@prodigy.net](mailto:mshane2009@prodigy.net))

### Vintage Vehicle Club of Sun City

Our club is functional during the summer months; however, shop hours are reduced as temperatures rise.

#### Ongoing Events:

Every Tuesday from 7am breakfast at Mercer's Restaurant.  
Every Wednesday from 4pm Car Cruise at Sun City McDonald's (Bell Rd)  
The first Monday of every month is Ladies Luncheon. RSVP Lynn at 231-633-2872 or [Lynn.is59@yahoo.com](mailto:Lynn.is59@yahoo.com). Venues change.  
We invite all RCSC Cardholders to visit our wonderful shop located at 13430 N 105th Ave., Bldg 17. Call 623-215-8312 or visit [vintagevehiclesofsuncity.com](http://vintagevehiclesofsuncity.com) for updated hours.



## Cards & Games

### Mixed Cribbage Club

Every Tu 1-4pm & W 6:30-9:30pm LV SH3. No Partner needed. Open to all RCSC Cardholders. Cost \$5/join & 50¢ play. Cardholders may play 3 times as visitor. Arrive 12:45pm (sign in & find table). FMIC Pat 623-933-7044

### Backgammon Club of Sun City

Every Sa 1-5pm at LVSH #3; Also Tu & Th 1pm at Bobbie's Cafe. Tourney every 1st Sa. All Skill Levels invited, instruction available. Visitors & Escorted Guests welcome. FMIC Bob 219-229-1870/Nancy 585-314-7184

### Euchre Club

Meets every Tu 5:15pm, 6:15pm start time at Fairway. Group also meets 1st & 3rd Tu at Marinette; 1pm start time. Instruction for new members arranged by appointment at 623-533-5705. FMIC 480-238-7454.

### Kachina Bridge

Don't let duplicate bridge scare you! Our non-sanctioned club meets M & Th (Play once/twice a wk) at Sundial 12:15-4pm. Annual dues: \$5 RCSC Cardholders plus \$2 each play. Come see how duplicate bridge is played. No partner, no worries. FMIC Sharon 651-592-5939; Velda 623-262-1360

### Monday Night Card Sharks Bridge

Meets M 6:45-9:30pm Lakeview SH #1 for social contract bridge. Partner Required. FMIC Andy (623) 933-7972. \$3 & RCSC card required to join. 50¢ each night for prize fund. Visiting Cardholders pay \$1 plus 50¢ to evening's prize fund. We have fun.

### Oakmont Pinochle Club

Meets Tu & Sa 12-4p. Arrive no later than 11:45am; play at 12pm. Annual Dues: \$5; 50¢ per play day. Open to all RCSC Cardholders. Guests welcome but must be escorted by Pinochle Club Member & pay additional Guest Fees. We are a single deck club. FMIC 623-876-1895

### One Partner Bridge

Meets Th, LV SH #1. Doors 6:30pm; play 7pm; arrive by 6:55pm. Partners Required! Annual dues: \$3. Cost \$1/couple for evening's prize fund. All grand slams rewarded & designated small slams paid. If you wish to come for an evening, cost is \$1 (RCSC Cardholders); \$3 escorted guests, plus \$1 prize fund. FMIC 623-466-6567

### Mah Jongg

Club plays games at Sundial West Hall on Tu, 12-4pm. Also at Marinette Social Hall, Thur 6-9pm & Su 12-4pm. Open to RCSC cardholders & escorted guests. Escorted Guests: \$2.50. Annual dues:\$5. FMIC: Sue 623-933-4823/480-369-4441 or Ila 602-332-4045

### Oakmont Mixed Cards

We need Pinochle players! Club meets every Sat 6:15 pm. Plays Pinochle, Bid Euchre & Hand & Foot. Play starts 6:15pm promptly; concludes 9:30 pm. BYO refreshments &/or to share. Weekly Fee: 50¢ Annual dues: \$3. FMIC Lil 614-787-5885.



### Sun City Duplicate Bridge (ACBL)

July special games: July 8 ACBL Instant Matchpoint Game; July 15, 18 & 19 North American Pair

Games. These cost an extra \$1 per player; All other games regular price: \$3/\$5. We are a fragrance-free club. Partner required. Doors open:12:15; please arrive by 12:45. FMIC Dan at 623-518-7916 or visit our new website: [suncitydbc.com](http://suncitydbc.com). If handicapped, need N/S table or require scoring changes, use [scdbc.directors.net](http://scdbc.directors.net)

### Thursday Afternoon Bridge

Play Contract Bridge every Th at Oakmont Aud 12:30-4:30; arrive by 12:15. No partner needed. FMIC Mary Ann 623-933-9671

### Sheepshead

On summer hiatus; Back 9/30 @ 6pm Talisman Hall. Open to all RCSC Cardholders. FMIC Pat 623 933-7044/Sue 623 999-4965

### Hand and Foot Club

Variation of Canasta played with 4-6 standards decks; ideally designed for 4 players. 6 can play by forming teams. Usually, number of decks is one more than number of players. Like they say hand up; foot down. After joining for \$5, it only cost 50¢ a week to play. Winnings are huge (\$1). It's fun! Singles welcome; you don't need a partner. R & R & Rules of play must be followed. July Schedule at Lakeview SH1&2: Wed 7/10, 7/17, 7/24, 7/31; **No Play Wed 7/3**; Sign in by 5:50pm; Play at 6pm; \$5 Annual Dues. Must be a valid RCSC Cardholder to join. Open to all RCSC Cardholders and their escorted guests. FMIE: Edith, [etkylady178@gmail.com](mailto:etkylady178@gmail.com)

### Hospitality Club

All RCSC cardholders welcome. Saturday Card group meets at Marinette. Bridge returns October. Cards/Games group meets on Saturdays starting at 11am. If you live in north Sun City this may be closer to home for you than other chartered groups. Come check us out. You may play 3 times before we ask you join. Annual Dues: \$6; includes various other monthly activities, including Pizza, Potluck and Breakfast. FMI or an emailed newsletter call 623-933-5158.

### Monday Night Pinochle

Like pinochle? Come to Oakmont, M 6pm (register), play 6:15pm. Singles welcome! Play single/double deck. Annual dues: \$3; plus 50¢ nightly. Escorted guests: \$3.50; visitors: \$1. Prizes awarded. After 6 hands, individual scores added, winners advance. Losers stay but do not play each other. This allows playing games w/new partners & a great social time. FMIC 623-972-3263.

### Bunco Broncos

Meet at FW AZ Rms 1-2, 4th Mon every month. Join us for an afternoon of fun! Doors open 11:45am, play 12:30pm. Open to all RCSC Cardholders. Annual dues: \$3; \$2 to play. FMIC602-526-3495/623-698-3002

## Social

### Duffeeland Dog Park Club

We help make a safe, clean & enjoyable experience for dogs, handlers & RCSC Cardholders (& escorted guests). Potlucks, cookouts & social events & more. Annual Dues: \$5. **FMIC** Dorothy 928-221-6052 or email [duffeeland@gmail.com](mailto:duffeeland@gmail.com) or more info.



### LGBT Club of Sun City

Join us for social gatherings:  
Social events

only June, July August at various Sun City locations. See LGBT Club of Sun City Facebook page, club newsletter or email: [lgbtclubofsuncity@gmail.com](mailto:lgbtclubofsuncity@gmail.com) for social location and time. (Open to RCSC Cardholders and their guests)

### Sun City Hospitality Club

Pizza/Bunco & Potluck/Bunco closed in June, July, & Aug; return Sept. Breakfast 9:30am, first Mon monthly. Friendship Corner meets year round 11am Sat for various cards/games. FMIC 623-933-5158.

### NextGen

Open to all RCSC Cardholders. Activities include golf scrambles, happy hours, hikes, bike rides, bowling, concerts, dart, shuffleboard, card games, more. Designed to bring people together, foster friendship & social connections Meetings 6:30pm on 1st & 3rd Mon (Sept-May) & 1st Mon (June & Aug) at Fairway (no meeting in July). FMI on NextGen & how you can become a member of this fun, dynamic social club, visit [www.nextgensuncity.org](http://www.nextgensuncity.org)

### Illinois Club of Sun City

A fun, friendly club open to all RCSC cardholders, especially those with some connection to Illinois. The club meets 4th Thursday year round at Talisman Hall (Lakes Golf Course.) Meetings include social hour, Illinois trivia, 50/50 raffles, light refreshments and/or some card/board games. The June regular club meeting is Thursday, 6/27, 6:30p with an ice cream social. Escorted Guests & Visitors welcome. Annual dues: \$5. FMIC Barbara 623-875-5376 or email [bjplona@yahoo.com](mailto:bjplona@yahoo.com). Visit the Illinois Club of Sun City on Facebook.

### Best Friends Dog Club of Sun City

Does your BFF (best furry friend) want more time with you? Do you want to learn more about canine companions? Join our club & meet other dog lovers. Fun activities for you & Fido include group walks, brunches, yappy hours & picnics! Meetings (for people & service dogs only) share tips, ideas, info & have goodies! Become a member at any meeting. Open to all RCSC cardholders. FMI visit [www.bestfriendsdogclub.org](http://www.bestfriendsdogclub.org) or call 480 524-6893.



### Michigan Friends in Sun City Club

**Happy Hour Social returns in October**, 4-6pm, Bell Lawn Bowl Building (aka Bell MPR); BYOB & snack to

share. No RSVP needed! 2019 Dates: 10/16, 11/20 & 12/18. Annual Christmas Lunch 12/7, 11:30-2:30, FW AZ Rm 3. We have had excellent participation on 3rd Wed! We have a short demonstration, secret greeter & door prize. Come join our fun. Members get email updates when additional activities/events (restaurants, theater, plays, etc) are planned/booked. SunViews. Know any Michiganders interested in joining us? Have them pick up a brochure/application at the Sun City Visitors Center at Bell ctr & send it in. Annual dues: \$5pp, by12/31. Pay dues at any event or send check to Michigan Friends in Sun City Club c/o Bell Center 16820 N. 99th Ave, Sun City, AZ 85351. Club Email: [michigan2arizonaclub@gmail.com](mailto:michigan2arizonaclub@gmail.com). 2019 Officers & BoD: Pres:Jude Ruch, VP:Jerry Burnham, Sec:Gwen McMichael, Treas:Carole Alexander. BoD: Jo Allen, Larry Aiello, Glenda Burnham & Margaret Bosker

### Sun City Women's Social Club

Place for fun & friendship on Lakeview upper level 7 days/wk, 9am-4:30pm, for Poker, Bridge, Hand & Foot, Mexican Train, Canasta, etc. Substitutes needed; members encouraged to set up own games/activities. Annual Dues \$10; open to women w/RCSC membership. FMIC JoAnn 623-977-5606/ Evie 480-466-6059.

### Sun City Singles Social Club

Club welcomes single RCSC cardholders. Annual dues: \$6. Escorted guests must be single.

**Monthly Activities:** 1st Fri Pot Luck 5:45pm, Bring ready-to-serve food for 10-12 people. 3rd Fri Bingo Game Night 5:45pm, may bring snacks to share. BYO drink for each activity. Location: Fairway, Room #4.

**Weekly activities:** Every Sat, breakfast at Brother's Family Restaurant at 8:45am. Every Wed, billiards at Lakeview Lanes, 1pm.

### July Activities:

**F 7/4:** Dinner, Cracker Barrel, 16845 N 84th Ave, 6:30p; bring chair to watch fireworks after dinner

**Tu 7/9:** Dinner, Golden Corral, 17674 N Litchfield, 3:30p

**Th 7/18:** Lunch, Haus Murphy, 5739 W Glendale Ave, 11:30a

**Tu 7/23:** Lunch, Anacapa 22135 N Mission Dr, Sun City West, 11:30a

**F 7/26:** Dinner, George's (Bell) 16820 N 99th 5p

**F 7/26:** Darts, Bell Center, 6:30p

FMI Check website: [www.simplesite.com/myclub](http://www.simplesite.com/myclub) or contact Dawn 623-999-2777

## Performing Arts

### Handbell Ringers of Sun City

Handbells are most commonly associated with church music, but the Handbell Ringers of Sun City take it to a whole new level, playing a wide variety of music to entertain, including selections from Broadway show tunes, swing, calypso, and oldies, to classical. They perform two concerts a year, one in the spring and another at Christmas time. The club celebrated its 50th anniversary last year. The ringers come from a wide variety of musical and non-musical backgrounds; from accounting to child rearing, from a small business owner, to music teachers, choir directors, ministers, an airline stewardess, the military, medical fields and many more. All share a love for the uniqueness of handbell music. This year a smaller group of ringers was organized to meet a need for small group entertainment. Ramblin' Ringers is a six on twelve ensemble; six ringers, on twelve bells. Their goal is to bring a fun interactive program to retirement centers, club parties, social and church gatherings. Because the group is small, they are able to accommodate smaller venues with their 'up close and personal style' programs. Handbell Ringers of Sun City is open to RCSC Cardholders and invited guests. The twenty-two to twenty-six member choir rehearses at Fairway on Fridays from 9 - 11:30am. Their season runs from September - April. For more information email Doreen Chereb, President, at doreenc4488@gmail.com.

### Piano Club of Sun City

The Piano Club of Sun City is closed for the summer, but join us for more great music in the fall. We have an annual evening concert in January, monthly music programs from October through April, affordable piano lessons, free sheet music and club members volunteer at charity events. You don't have to play or perform, just enjoy the music, treats and companionship. RCSC cardholders and escorted guests are welcome. Call 507-213-6141

### Choraliers of Sun City

An accomplished SATB choir that sings a variety of music from classical to jazz. The Choraliers perform at social functions, churches, healthcare facilities, and retirement communities. They perform up to 10 concerts a season, including some public concerts. Rehearsals resume after the summer on September 16 every Monday from 8:30-11am in Fairway music room (second floor). If you are interested in singing in a quality choir, sit in on a Monday rehearsal and you can decide if we are right for you. Visit [www.suncitychoraliers.com](http://www.suncitychoraliers.com) for more information.

### Sun City Womens Chorus

After a successful year, the Sun City Women's Chorus is on hiatus, resuming their practice Thursday, September 5th, 8:45-11am. The Chorus will still be under the direction of well-known musician Jane Higgs. Any Sun City woman with a valid RCSC card who loves singing four part harmony, is welcome to join. Rehearsals are in Fairway Music Room. For more information call Diane at 602-918-0919.



### Planning to Take Children to the Pool? Don't Forget!

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.

### Sun City Players Community Theater

**Fall 2019: "Gladys in Wonderland."** When Death himself comes knocking on 87-year-old Gladys Overmeyer's door, the cheerful grim reaper is startled by her stubborn refusal to expire. To encourage Gladys' journey, he ushers in a parade of obnoxious friends & relatives & gives a preview of nursing home life that convinces Gladys the afterlife doesn't look so bad. Jim McConnell Directing ; plays Oct 25, 26, 27, 31; Nov 1, 2, 3. **January 2020: "Revival at Possum Kingdom Community Church"** directed by Mary Harrison. Buddy & Alvo are down-on-their-luck con men, stranded in 1950s small-town Possum Kingdom on a hot July day. They convince kindly Ella Faye & her friend Iris they are the preaching team that Possum Kingdom's community church needs. Can the boys pull off a rip-roaring revival & make it out of town with some cash in their pockets, or will the mid-hymn arrival of a stranger change their outlook? On-stage Jan. 10, 11, 12; 16, 17, 18, 19. **Spring 2020 "Broadway Comes to 107th Avenue;"** an original musical tribute. One of the oldest Sun City chartered clubs, Players has produced Broadway musicals since 1963. This special program features well-known music from past shows complete with solos, duets, trios, ensemble numbers, dance features & full company musical numbers. This show will bring back fond memories & timeless music. Season tickets (all 3 shows) available on-line, starting Aug 1 at [suncityplayerscommunitytheater.org](http://suncityplayerscommunitytheater.org), with VISA or MC. All seats reserved at purchase. FMI on ticket availability visit Players website. All shows at Mt View, 9749 N. 107th Avenue, Sun City, AZ 85351

## Monitored Activities

|                           |  |  |  |  |
|---------------------------|--|--|--|--|
| <b>Basketball</b>         |  | <b>Jogging / Walking Track</b>   |  | <b>Swimming Pools - Open Swim Hours</b>  |
| Marinette Center          | M-Sa: 6a-9p; Su: 8a-8p                                 | Indoor   |  | <b>Bell Center - 18+ only:</b>   |
| <b>Billiard Tables</b>    |  | Fairway Center   | M-Sa 5a-9p; Su: 8a-8p                            | <b>All Bell Outdoor Aquatic Facilities - Closed as of 6/3/2019 thru July (Dependent upon weather permitting repair completion)</b> |
| Bell Lanes                | M-Sa: 8a-8p; Su: Noon-7p                               | Sundial Center   | M-Sa only: 6a-8a                                 | <b>Fairway Center</b>  |
| Lakeview Lanes            | M-Sa: 8a-8p; Su: Noon-6p                               | Outdoor  |  | Lap Pool: M-Sa: 5a-9p; Su 8a-8p;   |
| Fairway Center            | M-Sa: 5a-9p; Su: 8a-8p                                 | Marinette Center   | M-Sa: 6a-9p; Su: 8a-8p                           | Walking Pool: M-Sa: 5a-9p; Su 8a-8p;   |
| <b>Bingo</b>              |  | Sun Bowl   | Dawn to Dusk                                     | <b>Lakeview Center</b>   |
| Sundial Center            | Last Games 5/30 then Closed for Summer; Returns 9/5/19 | <b>Library (602) 652-3000</b>  |  | M-Sa: 6a-8p; Su 8a-7p <b>Closed for class: M, W, F 8-10a</b>   |
| <b>Boating/ Fishing</b>   |  | Bell Center  | M: 9a-7p; Tu-Sa: 9a-5p                           | Children's Pool Hours for Ages 4-15 yrs: Daily 4p - Close;   |
| Lakeview Center           | M-Sa: 6a-8p; Su: 8a-7p (or Dusk)                       | Fairway Center   | M-F 9a-4p; Sat 8a-12p                            | <b>Marinette Center</b>  |
| <b>Bocce Courts</b>       |  | <b>Mini Golf</b>   |  | M-Sa: 6a-9p, Su: 8a-8p; <b>Closed for Class: M 7/15, 7/22 &amp; 7/29 8-9a;</b>   |
| Sundial Center            | M-Sa: 6a-9p; Su: 8a-8p                                 | Bell Center  | M-Sa: 6a-9p; Su: 8a-8p                           | <b>Tu 7/16, 7/23, 7/30 8-9a; Th 7/18 &amp; 7/25 8-9a; F 7/19 &amp; 7/26 8-9a</b>   |
| <b>Bowling Lanes</b>      |  | Lakeview Center  | M-Sa: 6a-8p; Su 8a-7p                            | Children's Pool Hours for Ages 4-15 yrs Daily 1p - 4p  |
| Bell Lanes                | M-Sa: 8a-8p; Su: Noon-7p                               | Mountain View Center   | M-Sa: 6a-8p; Su 8a-7p                            | <b>Mountain View Center</b>  |
| Lakeview Lanes            | M-Sa: 8a-8p; Su: Noon-6p                               | Sundial Center   | M-Sa: 6a-9p; Su: 8a-8p                           | M-Sa: 6a-8p; Su 8a-7p; <b>Closed for Class: M 7/15, 7/22 &amp; 7/29 8-10a;</b>   |
| <b>Dog Parks</b>          |  | <b>Pickleball</b>  |  | <b>Tu 7/16, 7/23, 7/30 8-9a; Th 7/18 &amp; 7/25 8-10a; F 7/19 &amp; 7/26 8-9a</b>  |
| Duffeeland                | May - September 6am-8pm                                | Marinette Center   | M-Sa: 6a-9p; Su: 8a-8p                           | Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p   |
|                           | Closed last Wed/month for Maintenance                  | Mountain View: Outdoor   | M-Sa: 6a-8p; Su 8a-7p                            | <b>Oakmont Center</b>  |
| <b>Darts</b>              |  | <b>Racquetball</b>   |  | M-Sa: 6a-8p; Su 8a-7p <b>Closed for class: Every Su 12-3p; M 7/1 &amp; 7/8 12-3p;</b>  |
| Bell Center               | M-Sa: 8a-8p; Su: Noon-7p                               | Bell Center Courts A & B   | M-Sa: 6a-9p; Su: 8a-8p; <b>Closed for Class:</b> | <b>M 7/15, 7/22 &amp; 7/29 9-10a &amp; 12-3p; Tu 7/16, 7/23, &amp; 7/30 9-10a</b>  |
| <b>Fitness Centers</b>    |  | <b>Every M 11a-5p; Every Tu 1:30-3:30p &amp; 5:30-7:30p; Every W 11a-5p</b>  |  | <b>Every W 12-3p; Th 7/18 &amp; 7/25 9-10a; F 7/5 &amp; 7/12 12-3p &amp; F 7/19 &amp; 7/26 9-10a &amp; 12-3p</b>                   |
| Bell Center - 18+ only    | M-Sa: 5a-9p; Su: 8a-8p                                 | <b>Every Th 1:30-3:30p &amp; 5:30-7:30p; Every F 11a-5p; Every Sa 11a-1p</b> |  | <b>Sundial Center - 18+ only</b>   |
| Fairway Center            | M-Sa: 5a-9p; Su: 8a-8p                                 | <b>Shuffleboard</b>  |  | <b>Large Pool: M-Sa: 6a-9p; Su: 8a-8p; Closed for Class: M 7/15, 9-10a;</b>  |
| Lakeview Center           | M-Sa: 6a-8p; Su 8a-7p                                  | Bell Lanes: Indoor   | M-Sa: 8a-8p; Su: Noon-7p                         | <b>M 7/22 &amp; 7/29 9-10a; Tu 7/16, 7/23, 7/30 8-9a; Th 7/18 &amp; 7/25 9-10a;</b>  |
| Marinette Center          | M-Sa: 6a-9p; Su: 8a-8p                                 | Lakeview: Outdoor  | M-Sa: 6a-8p; Su 8a-7p                            | <b>F 7/19 &amp; 7/26 8-9a</b>  |
| Mountain View Center      | M-Sa: 6a-8p; Su 8a-7p                                  | <b>Spas</b>  |  | <b>Warm Water Pool: M-Sa: 6a-9p; Su 8a-8p Closed for Class: M 7/15,</b>  |
| Oakmont Center            | M-Sa: 6a-8p; Su 8a-7p                                  | Bell Center - 18+ only   | M-Sa: 5a-9p; Su: 8a-8p                           | <b>7/22 &amp; 7/29 10a-12p &amp; 4:30-6:30p; Tu 7/2 &amp; 7/9 12-2p; Tu 7/16, 7/23 &amp;</b>                                       |
| Sundial Center - 18+ only | M-Sa: 6a-9p; Su: 8a-8p                                 | Fairway Center   | M-Sa: 5a-9p; Su: 8a-8p                           | <b>Tu 7/30 10a-2p &amp; 4:30-6:30p; Th 7/4 &amp; 7/11 12-2p; Th 7/18 &amp; 7/25 10a-2p</b>   |
| <b>Horseshoe Courts</b>   |  | Lakeview Center  | M-Sa: 6a-8p; Su 8a-7p                            | <b>&amp; 4:30-6:30p; F 7/19 &amp; 7/26 10a-12p &amp; 4:30-6:30p</b>  |
| Marinette Center          | M-Sa: 6a-9p; Su: 8a-8p                                 | Marinette Center   | M-Sa: 6a-9p; Su: 8a-8p                           | <b>Table Tennis</b>  |
| Mountain View Center      | M-Sa: 6a-8p; Su 8a-7p                                  | Mountain View Center   | M-Sa: 6a-8p; Su 8a-7p                            | Bell Center: M-Sa: 6a-9p; Su: 8a-8p;   |
|                           |  | Oakmont Center   | See Pool Hours                                   | <b>Closed for Class: M W F: 10a-3p; Tu &amp; Sa : 10a-12p</b>  |
|                           |  | Sundial Center - 18+ only  | M-Sa: 6a-9p; Su: 8a-8p                           | <b>Tennis</b>  |
|                           |  |  |  | Bell Center: 623-977-3325 M-Sa: 6a-9p; Su: 8a-8p   |
|                           |  |  |  | Lakeview Center: 623-561-4676 M-Sa: 6a-7p; Su 8a-7p  |
|                           |  |  |  | Mountain View: 623-876-3042 M-Sa: 6a-7p; Su 8a-7p  |

**Club Directory**

**Art and Craft Clubs**

|   |   |
|---|---|
| Artists by the Lake: LV<br>(623)877-9366 /(315)491-9650         | M-F 9a-12p at SUNDIAL July & Aug<br>In Palo Verde Art Club  |
| Artistic Stained Glass: BC<br>(623) 974-4765                    | M-Sa 9a-2p<br>M-Th 5-8:30p  |
| Artistic Weavers & Fiber<br>Artists: OM (623) 974-6108          | M-F 9a-12p<br>Mem Mtg 4th Th 10a  |
| Calligraphy: SD<br>(623) 594-6591                               | M 1-3p; Th & F 9-11a  |
| Camera Guild: SD<br>cameraguildsuncity.com                      | M-F 9a-12p; Mem Mtg 1st Sat 9a<br>First Friday 7/5 in Club room 4pm<br>Social Mtg 7/23 3p LV SH 1   |
| Carvers: LV<br>(623) 388-3051                                   | Th & Sa 7:30a-12p   |
| Ceramics & Porcelain: FW<br>(623) 972-5818                      | M-F 9a-1p; Sa & Su 9a-1p  |
| Ceramics: BC<br>(623) 974-6750                                  | M-W-Th-Sa 9a-12p; Tu & F 9a-3p<br>Mem Mtg 2nd F 9a  |
| Ceramics: OM<br>(480)356-6871                                   | M-Tu-Th F 8a-12p; W 8a-3p<br>Tu 5:30-9p   |
| China Painting: FW<br>suncitychinapainting@gmail.com            | Wed & Fri 9a-12p  |
| Clay Club: LV<br>(623) 933-0899                                 | M-Th 8:30a-8:30p; F, Sa, Su 8:30a-4:30p   |
| Clay Corner: MC<br>(623) 977-3167                               | M-Sa 7:30a-9p; Su 10a-6p<br>Yard Art/Lunch 3rd W 8a-9p;<br>2nd & 4th W Summer Fun Shops 9a  |
| Crafts: BC<br>(623) 974-3497                                    | M-Sa 9a-3p  |
| Crafts: SD<br>(480)652-0456<br>sdcraftclub@yahoo.com            | Open Crafting M 8a-1p & Th 8-11a;<br>Card Making Tu 5:30-8p; Card Embroidery<br>F 1-3:30p; Scrapbooking W 10a-6p<br>F 4:30-8p & Sa 9a-3p; Quilling 2nd<br>& 4th M 6-8p; Mem Mtg 1 M 9:30a |
| Creative Quilters: LV<br>(602) 622-5913                         | M-W-F 8a-3p; Mem Mtg F 9:30a  |
| Fired Arts: LV<br>(623) 933-8118                                | M-F 9a-1p   |
| Friendship Quilters: BC<br>(623) 523-7661                       | M & W 9a-8p Sa 9a-3p<br>1st W Potluck, Show&Tell; 3rd W Bus mtg<br>& Birthdays; 2nd Sa Lunch Bunch/Boutique<br>4th Sa Charity day   |
| Handweavers / Spinners: SD<br>(623) 933-0397                    | M-F 9a-3p   |
| Knitters: FW<br>602-469-2505                                    | F 8:30a-1p FW AZ Rms 3 & 4  |
| Lapidary: BC<br>(623) 977-1803                                  | Under renovation; call ahead<br>M-T-Th-F-S 8a-3p; W 8a-3p, M, W 5-8p  |
| Jewelry at Oakmont: OM<br>(262) 993-4873; 623-322-4595          | Lapidary, Silver,Fusion,Beadng W-Sa 8a-12p<br>Stained Glass M & Tu 9a-12p   |
| Leathercraft: MC<br>(623) 594-6591                              | M-F 8a-12p  |
| Metal: BC<br>(520)235-0179 Alan<br>alan.ruda@yahoo.com          | M-Sa 8a-4p<br>Mem Mtg 2nd M 9a BC MPR   |
| Needle Arts / Crafts: OM<br>(314)488-8828 / (480)577-3430       | Th 8-11:30a OM Aud  |
| Palo Verde Artist: SD<br>(915)227-7710<br>eamoore70@outlook.com | Su-Sa 8a-5p   |
| Sew-n-Sew: LV<br>www.sewnsew.info                               | Boutique Sales/Sewing/DonationsTu Th Sa<br>9:30a-3p   |
| Silver Stones: SD<br>(623) 349-8840                             | M-Sa 8a-12p   |
| Silvercraft: BC<br>(623) 933-8442                               | Under renovation; call ahead<br>M & W 8a-8:30p;Tu Th F Sa 8a-3:30p  |
| Sterling & Stones: FW<br>(623) 977-2208                         | Tu-Th 10a-2p, Club Jewelry/Craft Store  |

|   |                                     |
|---|-------------------------------------|
| Stitchers: BC<br>Angie (303)435-1794<br>Terry (315)778-9237 | Tu & Th 9a-3p; F 9a-3p              |
| Woodworking: BC<br>(623) 974-6058                           | M Th F 8a-4p; Tu W 8a-8p; Sa 8a-12p |
| Woodworking: FW<br>(623) 972-4385                           | M Tu Th 8a-12p; W & F 12-4p         |
| Woodworking: LV<br>(623) 933-2355                           | M-F 8a-2p; Sa 8a-12p                |

**Card and Game Clubs**

|   |   |
|---|---|
| 500: FW<br>Lois (608) 345-3252                                | Mon 5:30-10p FW AZ Rm 3 & 4                           |
| Backgammon: LV<br>(219)229-1870 /(585) 314-7184               | Sa 12:30-5:30p  |
| Bunco Broncos: FW<br>(602)526-3495/(623) 698-3002             | 4th M 12-3:30p FW AZ Rm 1 & 2                         |
| Canasta: OM<br>(623) 566-2034 (Shirley)                       | F 10a-3p OM Aud                                       |
| Euchre: FW<br>(480)238-7454 / (623)533-5705                   | Tu 5-9:30p FW AZ 2-4<br>1st & 3rd Th 1p MC Aud        |
| Hand & Foot Club: LV<br>(623) 271-0092                        | W 5:45 sign in; Play 6-9:30p LV SH 1 & 2              |
| Mah Jongg: MC<br>Sue (480) 369-4441                           | Tu 12-4p SD WH; Th 6-9p MC SH<br>Su 12-4p MC SH       |
| Mixed Cards: OM<br>614-787-5885 Lil                           | Sa 6:15-9:30p OM Aud                                  |
| Mixed Cribbage: LV<br>Pat (623) 933-7044                      | Tu 1-4p; W 6:30-9p LV SH3                             |
| Monday Night Pinochle: OM<br>(623) 972-3263                   | M Start time 6:15p OM Aud<br>Arrive by 6p to register |
| Pinochle: OM<br>Tommy (623) 876-1895<br>Cheryl (209) 524-7358 | Tu 12-4p, Sa 12-4p OM Aud                             |
| Sheepshead: Talisman<br>(623) 933-7044;(623) 999-4965         | Closed For Summer                                     |

**Contract Bridge Clubs**

|   |  |
|---|--|
| Card Sharks: LV<br>(623) 933-7972         | M 6:30-9:15p LV SH 1&2   |
| One Partner: LV<br>(623) 466-6567         | Th: Doors open 6:30p, game 7p, Must be<br>present by 6:55pm LV SHs 1 & 2 |
| Wednesday Afternoon: OM<br>(623) 977-2871 | W 12-4p OM Aud<br>Please arrive by 12:15pm                               |
| Thursday Afternoon: OM<br>(623) 933-9671  | Th 12:30-4p OM Aud<br>Please arrive by 12:15pm                           |
| Friday Afternoon: FW<br>(623)933-9671     | F 12:30-4:30p FW AZ Rm2<br>Please arrive by 12:15pm                      |

**Duplicate Bridge Clubs**

|  |   |
|--|---|
| Duplicate (ACBL): LV<br>(623)518-7916<br>suncityvdbc.com | M Th F 12:45-4:30p LV SH 1 & 2<br>Doors open 12:15p; Game time 1p |
| Kachina: SD  | Closed for Summer   |
| Velda (623)262-1360<br>Sharon (651) 592-5939             |   |

**Dance Clubs**

|   |  |
|---|--|
| Ballroom Dance: BC<br>(602)292-3175; (623) 533-6236 | Free Lesson Su 6:15p w/pd admission;<br>Dance: Su 7p Relocated to Sundial Aud<br>M/Th Lessons suspended for summer |
| Bell Tea: BC<br>(623) 933-8873                      | Closed for Summer  |

|  |   |
|--|---|
| Classic Rock Dance Club: FW<br>(623) 628-4401                                    | 1st & 3rd Sa; Doors at 6p; Dance 6:30-9:30<br>FW AZ 1-4                                   |
| Country Dance Club: SD<br>(480)431-8278; (623)972-5127                           | 1st & 3rd Sa 6:30-9:30p SD Aud<br>No Lessons July   |
| House of Dance: FW<br>(formerly Fri Night Rock 'N' Roll)<br>(209)380-8029        | 2nd, 4th & 5th F 6:30-10p FW AZ 1-4   |
| Friday Night Ballroom Dance: SD<br>(formerly SC Singles Dance)<br>(623) 215-8718 | F 7-10p SD Aud  |
| Line Dance: SD<br>623-972-5127 or 231-557-6555<br>suncitylinedanceclub.facebook  | Tu & Th: 10a-1p; SD Aud   |
| Rockin' Thru The Years: SD<br>(623) 332-7894                                     | 2nd, 4th & 5th Sa: 6:30-10p; BC SH 1&2  |
| Squares: BC<br>(623) 694-7194<br>djkraus433@gmail.com                            | Closed for Summer   |
| Sun City Poms: MC<br>(602) 392-4242<br>scpom@yahoo.com                           |   |
| Tip-Top Dance: MC<br>(623) 322-3138  | Tu 9a-12p<br>Pilates M & F 1-2p BC Aerobics Room<br>Moving to the Beat Tu & Th 1-2p MC SH |

**Educational Clubs**

|  |  |
|--|--|
| Apple Macintosh: SD<br>(623) 933-5300<br>sunmacs.org               | Tu & Th 8:30-10:30a<br>Closed 8/1 thru 9/13<br>Next Mem Mtg 11/3 SD WH |
| Life Long Learning: FW<br>Pat (623) 533-5756                       | Classes Resume in October  |
| PC Computer Club: FW<br>(623) 933-8953                             | M-Sa 8a-12p  |
| Spanish Club: FW<br>SunCitySpanishClub@gmail.com<br>(505) 301-3155 | W 1-2:30p FW Rm 133  |

**Fitness Clubs**

|  |   |
|--|---|
| Aerobic: BC<br>(907) 229-6952 Evelyn<br>(623) 933-1486 Eleanor                       | <b>M W F 8-11a Relocated to Marinette Aud<br/>July &amp; August</b>   |
| Aqua Fitness Club: SD<br>aquafitnessuncity.com                                       | Classes at MC, MV, OM, SD<br>Summer II Session starts M 07/15; ends F 09/06   |
| FMIC Terry: (619)818-4380 or<br>Annie: (602) 359-1057                                | Fall Session starts M 09/23<br>Fall Session Registration Sa 08/31;<br>Doors at 8, Meeting at 8:30                     |
| Dance for Fitness: SD<br>(623) 933-7021;(515) 975-1683                               | Tu 9-10a <b>SD WH</b> ; W 9-10a SD Aud;<br>Doors open 12:15p; Game time 1p  |
| Handi-Capables: SD<br>(623)972-2853 Paul Hipp<br>email: epravens@yahoo.com           | <b>Tu Bell Classes relocated to Sundial West Hall</b><br>T/Th 12-2p SD Warm Water Pool<br>Mem Mtg 1st M 12p FW AZ 1&2 |
| Hatha Yoga: SD<br>www.hathayogaclub.org  | M Tu W Th 7a-8:30p; F/Sa 7a-3p SD   |
| Ladies Exercise: OM<br>(573) 579-5320  | Tu & F 8-9a OM Aud  |
| So Grand Exercise: FW<br>(623) 933-0214  | M W F 7-9a FW AZ 1&2  |
| Stretch and Slim: BC<br>(253)225-3370  | M-Sa 6:45-11:30a BC Aerobics Rm<br>T W Th Sa 1-2p BC Aerobics Rm<br>M & W 5-7p BC Aerobics Rm<br>Tu 6-7p LV SH3       |
| Tai Chi: BC, LV & FW<br>Phone: Elisa (480)710-8497<br>email:taichiqigongaz@gmail.com | Th 9:30a-12:30p <b>MC Aud Jul 11 - Aug</b><br>No Classes Th 7/4   |
| stcaichi.wix.com/sc-tai-chi-club   | <b>Bell Classes relocated to Marinette Aud</b>  |
| Zumba Fitness: SD<br>(847)376-1863/(847)682-9399                                     | M W F 11:30a MC Aud; Tu 10:30 MC Aud;<br>Tu 6:30p SD WH; Th 6:30p MC Aud;<br>Sa 8:30a MC Aud                          |
|  | <b>Bell Classes relocated to Marinette Aud</b>  |

**Hobby Clubs**

|   |  |
|---|--|
| Armchair Travel Club: FW<br>Formerly Armchair Photo Explorers<br>(623) 476-2811 | Closed for Summer                        |
| Sun City Birding Club:<br>Tom: (623) 977-4992<br>locascio2000@hotmail.com       | Closed for Summer                        |
| Duffeeland Dog Park-Talisman<br>(928) 221-6052                                  |  |
| Garden: OM<br>(623) 875-5921  | Office Hours M W Th 9a-12p OM            |
| Model Railroad: FW<br>(239) 207-7314  | Club Hours M-Sa 8a-4p                    |
| Model Railroad Museum: FW<br>(239) 207-7314                                     | W 9a-12p; Sa 10a-2p                      |
| Rockhounds: SD<br>srockmuseum@gmail.com   | Closed for Summer                        |
| Mineral Museum: SD<br>(623) 428-6442  | Sa 10a-1p                                |
| RV Club: SD<br>(623) 444-4224   | Closed for Summer                        |
| Stamp Club: MC<br>(623) 866-2058  | Closed for Summer                        |
| Sun City Yacht Club<br>(480) 412-3493   |  |
| Vintage Vehicles<br>(509)430-1625   | TH Breakfast at Mercers-9720 Peoria, 7am |

**Performing Arts Clubs**

|  |                                 |
|--|---------------------------------|
| Sun Cities Community<br>Orchestra: FW<br>(623) 933-1568              | Closed for Summer               |
| Choraliers: FW<br>(623) 933-7202 (Carol)                             | Closed for Summer               |
| Concert Band: FW<br>(623)972-4767                                    | Closed for Summer               |
| Handbell Ringers: FW<br>(602) 799-1947<br>doreenC4488@gmail.com      | Closed for Summer               |
| Piano: SD<br>(507) 213-6141  | Closed for Summer               |
| Sun City Players Community<br>Theater: MV<br>Writeonjoy@gmail.com    | All Stars Concert Th 7/4 MV Aud |
| Info (623) 500-2949<br>Suncityplayerscommunitytheater.org            |                                 |
| Rhythm Ramblers: FW<br>(623) 876-8464                                | Closed for Summer               |
| Ukulele: FW<br>(623) 594-6591 Sept-June<br>(623) 398-0483 June- Sept | Th 3-4:30p FW Music Rm          |
| Women's Chorus: FW<br>(623) 308-4643                                 | Closed for Summer               |

**Political Clubs**

|  |                         |
|--|-------------------------|
| Democratic: FW<br>(623) 977-4660                                     | 1st Th 6p FW AZ Rms 1&2 |
| Republican: SD<br>suncitygopclub@gmail.com                           | Closed for Summer       |
| <b>Social Clubs</b>  |                         |
| Best Friends Dog Club: FW<br>(480) 524-6893<br>bfdcsuncity@gmail.com |                         |

|  |   |
|--|---|
| Fairway Readers: FW<br>(623) 972-3409<br>sueblechl@gmail.com               | 2nd F 1-2:30p FW Rm 217                                     |
| Illinois Club: Talisman<br>(623) 875-5376                                  | Social Mtg 4th Th 6:30pm Talisman Hall                      |
| LGBT of Sun City: OM Aud<br>(623)363-1123                                  | No Member Meeting at OM 7/11                                |
| Men's: SD<br>(623) 977-5116  | M-Sa 7a-4p; Poker M 4-9p<br>Club Closed Th 7/4              |
| Michigan Friends in Sun City<br>michigan2arizona@cox.net<br>(623) 910-1522 |   |
| New England: LV<br>(623)215-3637 (623)328-9878                             | Closed For Sumer  |
| NextGen: FW<br>(763)234-6231<br>www.nextgensuncity.org                     | 3rd M & Every Th Cards 1p BC MPR                            |
| Sun City Hospitality: MC<br>(623)933-5158                                  | Friendship Corner Sa 11a MC SH                              |
| Singles Social Club: FW<br>Ellen (623) 583-2307                            | 1st F Potluck 6p FW AZ 3&4<br>3rd F Game Night 6p FW AZ 3&4 |
| Dawn (623) 999-2777  | Darts 4th F 6:30p BC  |
| Wisconsin Club: SB<br>(623)242-6318  |   |
| Women's: LV<br>(480)249-0862   | M-Su 9a-4:30  |

**Sport Clubs**

|   |  |
|---|--|
| Basketball: MC<br>(206)459-3242; (604)313-3190<br>charlespeterson@comcast.net |  |
| Billiards: Bell Billiards Room<br>(315)806-0067                               | W 8a-1p; Sa 8a-1p; Tu & F 11a-4p   |
| Billiards: LV Billiards Room<br>(602)319-0783                                 | Ladies M & Sa 8:45-11:45a<br>Th 9:45-11:30a; Couples W 6-7:30p<br>Snooker F 1-2:30p; Men/Wmn Singles 8-ball<br>M 8a-12p; Dbles 8-ball Tu & Th 8a-12p<br>Men/Wmn Singles 9-Ball F 8a-12p<br>& Th 1-4p<br>F 6-9p<br>Tu & Th 8-11:30a |
| Bocce: SD<br>(623)271-0092  | Tu & Th 8-11:30a   |
| Dart Club: BC<br>(773)802-2084; (209)620-1967<br>(802)999-5470                | M T W 5:30p; Th 2p; 1st Sa 1p<br>Pot Luck W 5p 7/17 OM Aud   |
| Lawn Bowls: BC<br>(623)972-3248   | Su M W F 7:30-9:30a<br>Su M W F 7-9p   |
| Lawn Bowls: FW & MV<br>(623)933-5066  |  |
| Lawn Bowls:LV (Sun City Club)<br>(623)583-0625                                | Closed for Summer  |
| Lawn Bowls: LV<br>(623)974-3214   | Tu W Sa 7:30a-9a<br>Times may vary with Temperature  |
| Lawn Bowls: OM<br>(623)792-5202   | Closed for Summer  |
| Mini-Golf: LV<br>(317)508-5959 (623)300-4461                                  | Closed for Summer  |
| Pickleball<br>pickleball.suncity@gmail.com                                    | Contact Club for Times & Activities  |
| Racquetball Club: BC<br>623-986-1754  | M-W-F 1-3p; T-Th 5:30-7:30p  |

|   |  |
|---|--|
| Shuffleboard Bell: BC<br>623-972-3169 - Dennis                                      | M-Tu-F 1-3:15p BC Cts  |
| Shuffleboard Outdoor: LV<br>623-688-4823  | Closed For Summer  |
| Shuffleboard Sundial: BC<br>623-208-9921  | 1st Th 5:30-8p;W & Sa 12:30-3p BC Cts  |
| Softball (Senior): Sun Bowl<br>623-444-9402 or 503-351-2036<br>www.azsrsoftball.com | Open Practice Su 6-10a; New Players M 6-10a<br>League Play Tu & Th 6a-2p; Sa 8a-1p |
| Sportsmen: LV<br>Tony 847-207-1948  | No Meetings July   |
| Swim Lessons: LV<br>583-5894  | W 8:30-10a SD Pool   |
| Swimmers Master: BC<br>876-1233   | M-F 7-9a FW Lap Pool   |
| Swimmers Synchronized: LV<br>583-5894   | M W F 8-10a LV   |
| Table Tennis: BC<br>623-234-4743  | M W F 10a-3p; Tu 10a-12p<br>Sa 10a-12p;  |
| 480-390-5232  |  |
| Tennis: BC<br>Summer Contact:505.206.2315<br>jvolson@loretel.net                    | Social Dbles Sa 1p BC; Drop-In Dbles M-F 8a LV<br>Drop-In Dbles M-F 8a BC          |
| Joe: 623-251-3969   | Womens Drop In Dbles M F Sa 8:30a MV   |
| Volleyball:<br>206-459-3242<br>charlespeterson@comcast.net                          | Closed for Summer  |
| Water Volleyball Club of SC: OM<br>WVCoFS@gmail.com                                 | M W F Su 12-3p<br>Mem Mtg Su 7/14 12p OM Aud                                       |
| Whisperball of Sun City: BC   | M W F 3-5pm; T Th 1:30-3:30p<br>BC Racquetball Courts                              |

**Club Directory Key:**

|  |                                      |
|--|--------------------------------------|
| M = Monday                                     | BC = Bell Recreation Center          |
| Tu = Tuesday                                   | FW = Fairway Recreation Center       |
| W = Wednesday                                  | LV = Lakeview Recreation Center      |
| Th = Thursday                                  | MC = Marinette Recreation Center     |
| F = Friday                                     | MV = Mountain View Recreation Center |
| Sa = Saturday                                  | OM = Oakmont Recreation Center       |
| Su = Sunday                                    | SD = Sundial Recreation Center       |
| a = A.M. & p = P.M.                            | SB = Sun Bowl                        |
| All area codes are 623 unless otherwise noted. |                                      |

**Important Dates for Clubs to Remember!**

|           |   |
|-----------|---|
| July      | 5 SunViews submissions due for August         |
|           | 10 Guest Attendance Register & guest fees due |
| August    | 5 SunViews submissions due for September      |
|           | 10 Guest Attendance Register & guest fees due |
| September | 5 SunViews submissions due for October        |
|           | 10 Guest Attendance Register & guest fees due |
| October   | 1 Club Membership Roster due                  |
|           | 5 SunViews submissions due for November       |
|           | 10 Guest Attendance Register & guest fees due |

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

**RCSC Chartered Clubs: There's Something for Everyone! Stop by and check one out today; You'll be glad you did!**



## Fitness & Fitness Classes

### Sun City Tai Chi Club

Would you like better balance, flexibility & memory? How about improving your all around athletic abilities including golf, pickle ball and tennis skills? Do you need to rehab or just want to get on your feet more easily? Have you been looking for a proven way to release tension and ease your mind? The Sun City Tai Chi Club invites you to join our classes. They are doctor, chiropractor & physical therapist recommended to help reach your goals. No special equipment required. Wear comfortable clothes & soft soled shoes like tennis/athletic shoes. All one hour classes: \$3 for cardholders & \$5.50 for escorted guests. Yearly club membership: \$10. Please join the club after attending 2 classes.

FMI visit [sctaichi.wixsite.com/sc-tai-chi-club](http://sctaichi.wixsite.com/sc-tai-chi-club), call Elisa 480-710-8497 or [taichiqigongaz@gmail.com](mailto:taichiqigongaz@gmail.com) (Before starting a class, please, check on start times. They may be subject to change due to summer hours)

**Beginners Classes in Tai Chi and Qi Gong are available. Please check the website calendar or email or call for details. Thank you.**

### Hatha Yoga

Club meets in the Yoga room at Sundial. Classes are multi-level; no previous experience is needed. Classes are taught by certified instructors. Arrive 20-25 minutes before class begins. Bring a mat, small blanket or beach towel, current RCSC card with your picture on it, \$3 class fee & \$5 yearly membership. Wear loose, comfortable clothes, layers, for our warm environment. Refer to website for winter & summer schedule times: <http://hathayogaclub.org>.



Mat Classes: 6 days a week, & 3 evenings ; Chair Classes: 4 days a week; FMIC Carlyn 623-972-9602

### Oakmont Ladies Exercise Club

Join us for low-impact exercises designed for women over 50 at Oakmont on Tuesdays & Fridays 8-9am. Annual Dues: \$3, 3 free trial visits. FMIC Helen 715-222-9519

### Aqua Fitness Club

Classes meet M/Th or T/F at Sundial, Oakmont, Mountain View and Marinette pools. No swimming involved; members stand in waist/chest deep water. Instructors teach three classes of varying intensities: Free Standing, Poolside and Aqua Stretches. For information on class exercises, class times, days of the week and pools visit [www.aquafitnessuncity.com](http://www.aquafitnessuncity.com). Annual Dues: \$5; \$15 for each 8 week session; 5 Sessions annually. Summer II Session runs M 07/15 - F 09/06; registration for classes is still available. FMIC Terry 619-818-4380 or Annie 602-359-1057. Fall will be here before you know it and the Aqua Fitness Club will still be offering classes outside and inside. Fall Session starts M 09/23. **Fall Session Registration is Sat 08/31 in Sundial Auditorium. Doors open at 8am; Doors close at 8:30am for Registration.** All classes co-ed; must be RCSC Cardholder to join or attend any classes.

God Bless America & our dear, sweet pets but they're still not allowed on RCSC Properties!



NOTE: Household Pets are not allowed on RCSC properties nor in RCSC facilities (please refer to Board Policy #10 for more info).

Exceptions: Duffeland Dog Park, Best Friends Dog Club training arena, dogs trained as service animals.

NOTE: There is NO exception for Emotional Support Animals!

### Swim Club

Swim lessons held in Lakeview pool, Mon, Wed, Fri 8:30-10am. Both beginning lessons and intermediate classes available. Annual fee: \$5 for any RCSC cardholder. FMIC Tere Kearney 623-583-5894.

### Zumba Fitness Club

Zumba fuses Latin rhythms & easy to follow fitness moves to create a dynamic full body workout. It keeps you moving & grooving & makes fitness fun. The hour includes a warm-up, cardio workout & cool-down.

**Mon:** 11:30a-12:30p Bell Social Hall (**Zumba Gold**; instructor Debbie Reiss)

**Tues:** 10:30-11:30a; Marinette Aud (**Zumba Fitness**; instructor Magda Twidt)\*\*

**Tues:** 6:30-7p; Sundial West Hall (**Chair Zumba**; instructor Debbie Reiss)\*\*

**Tues:** 7-7:30p; Sundial West hall (**Zumba Gold**; instructor Debbie Reiss)

**Wed:** 11:30a-12:30p; Bell Social Hall (**Zumba Gold**; instructor Debbie Reiss)

**Thurs:** 6:30-7:30p; Marinette Aud (**Zumba Fitness**; instructor Julie Chaney)

**Fri:** 11:30a-12p; Bell Social Hall (**Chair Zumba Class**; instructor Debbie Reiss) \*\*

**Fri:** 12-12:30p; Bell Social Hall (**Zumba Gold**; instructor Debbie Reiss) \*\*

**Sat:** 8:30-9:30a; Marinette Aud (**Zumba Fitness**; instructor Julie Chaney)

**\*\* NOTE:** Immediately following Chair Zumba is regular Zumba Gold. To attend regular Zumba Gold you must check in prior to the Chair Zumba. You can either attend chair class or warm up in Social Hall while waiting, as class monitors must have both classes checked in prior to start of Zumba Chair. Cost: Members: \$2/class; Visitors \$4/class; Escorted Guests \$5/Class. Annual Membership: \$8 FMIC AI 847-376-1863 or 847-682-9399

**\*\*Please Note\*\* Classes at Bell are relocated to Marinette Aud in July & August**

### Aqua Suns

Do you love the water but walking & lap swimming isn't for you? Come try synchronized swimming & learn things you never thought you could do - dolphins, spearfish, catalinas, kips, surface dives & more. Join in the fun M-W-F from 8-10am at Lakeview Pool. FMIC Nancy at 623-238-8608. Swim Club membership: \$5/Year

### Dance for Fitness

With a current RCSC Membership you may enjoy three free sessions. Annual membership fee is \$5. Come once, twice, or three times a week, whatever fits your schedule. **Tuesday Classes at Bell Social Halls relocated to SD West Hall July & August**, Sundial Auditorium on Wednesdays, and at Mountain View on Fridays. All Classes are 9-10 am. FMIC Penny at 623-933-7021 or Jerry at 253-820-5453.

### Bell Aerobics

Come join this friendly group for a complete 45-minute workout of gentle stretching on Mon, Wed & Fri at 8, 9 or 10am at Bell Social Hall **relocated to Marinette Auditorium for July & August**. Annual Membership \$5 with valid RCSC card; no class fees. There will a holiday potluck social in December for all members. We meet year-round & are looking forward to having you join us. FMIC Evelyn 907-229-6952 or Eleanor 623-933-1486.

### Stretch & Slim

No matter your fitness level, have a blast in our DVD-led classes! We offer classes Mon- Sa at 0645, 0800, 0900 & 1015 am. At least two members must be present to hold a class. The relative intensity varies with each class, so visit & inquire for details. Classes are limited in size, held in our room at Bell Center right next to indoor spa. The Stretch & Slim Club allows you to experience a variety of exercises: cardio (both low & high impact), strength training (using provided handheld weights & fitness bands), & stretching for a well-rounded exercise. You are welcome to try us out for free for three classes. After that the annual fee for RCSC cardholders is \$5. Guests pay \$2.50 per class & must be escorted by an active club member. For more information, visit a class or call Deb at 253-225-3370.

### Handicapables

Whether your physical limitations are chronic or temporary, Handi-capables invites you to benefit from the fitness & social programs our club offers to enhance your enjoyment of life!

Pool exercises are offered on Tuesdays and Thursdays at Sundial. Two classes at 12 noon are available – one standing, one sitting down. Assistance is available should you need help. Another class is held at 1pm for those able to do stand-up exercises with no assistance. Remember: An on-site shower is required before entering the pool (Maricopa County regulation).

Monthly social meetings with entertainment & snacks are held on the 1st Monday at 12:30pm in Fairway Arizona Rooms 1 & 2. Annual membership is \$15; open to all RCSC Cardholders. Personal caregivers may be allowed with physician verification (BP 9-1). FMIC Paul Hipp at 623-972-2853 or email [epravens@yahoo.com](mailto:epravens@yahoo.com).



Tips from Get Fit for Life -

## Beware of Forward Head Posture

"If the head isn't balanced correctly over the body, it puts wear and tear on the entire posterior chain," states Jane Fortier, fitness specialist for Get Fit for Life. "It's estimated that 66% to 90% of people suffer from Forward Head Posture. This problem, known as turtle neck, quickly robs a person of their height (up to 2 inches) and creates an appearance of being 5-10 lbs heavier. Forward Head Posture not only negatively impacts appearance, but can have adverse physiological effects. Research reveals that severe Forward Head Posture can lead to a decrease in testosterone, an increase in cortisol, breathing restrictions, energy reduction, digestive complications, vision impairment, hearing loss, range of motion limitations, and balance problems. When the head is forward, over the spine, the brain may not be receiving sufficient blood flow, nerve impulses and oxygen. These types of restrictions can occur, due to compression of the carotid arteries and surrounding nerve endings."

The average human head weighs between 8 and 10 pounds. In a neutral posture, with the head directly over the spine, the head feels nearly weightless. The body is perfectly balanced. But for every inch the head moves forward, the body feels as if the weight of the head has doubled. This is due to the effects of gravity. If a bag of groceries were held close to the body, its weight is tolerable. If that same bag of groceries were held

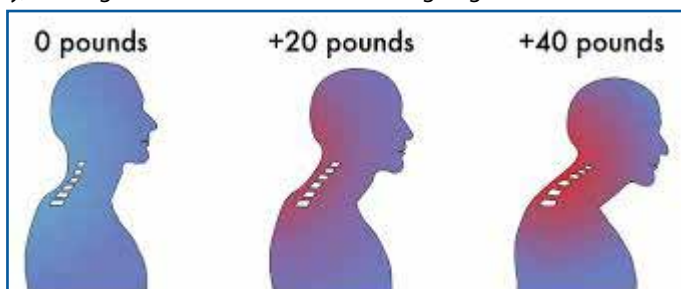
out in front of the body with arms extended, it would be an effort, thus creating strain and pain. The same would be true if a 10-pound bowling ball were held that way. This is EXACTLY what takes place when the head, which weighs about 10 pounds,

is moved out in front of the spine. The muscles of the neck, shoulders and upper back are forced to work, to support the head in this position. The resulting strain on these muscles is exhausting. Once they become exhausted, the body is prone to discomfort and injury. Forward Head Posture can bring about changes in shoulder stability, putting one at risk for shoulder injury.

The body follows the head. Moving the head forward leads to a shift in one's center of gravity. The body compensates by shifting the upper body back. To counteract upper body shifting, the hips move forward. The body compensates this way, so as to control its center of mass, over its base of support. Once the head moves forward permanently, the neck eventually flattens out, putting greater stress on the tissues of the spine. This results in strain and pain on the muscles, ligaments, fascia and bones of the spine and lower back.

Forward head posture has become a widespread epidemic. Bucket seats, recliners, phone texting, computer usage, laptops, tablets, and today's technology tools encourage people to fall into a Forward Head Posture. When this occurs, bone structure changes and fat deposits accumulate at the base of the neck. Permanent structural changes begin to take place.

"Making a conscious effort to align the head over the body, throughout day-to-day activities will help active adults avoid Forward Head Posture," states Fortier. "Strengthening and stretching upper back muscles, and a well-balanced exercise program can help improve the situation. Get Fit for Life trainers develop individual exercise programs that address all issues, concerns and goals." To find out more about working with a Get Fit for Life trainer, in any of the Sun City Fitness Centers, call 623-696-6820 or visit Get Fit for Life Sun City on Facebook.



Every inch of Forward Head Posture can increase the effective weight of the head on the spine by an additional 10 lbs

LaTouch Wellness Massage Therapy Shares...

## Pre- and Post-Surgery Benefits of Massage

Wellness Massage Sessions consist of Swedish Massage Therapy, Reiki Energy Healing, Chakra Balancing and EFT (Emotional Freedom Technique Tapping) can be incorporated as well.

When scheduled for an upcoming surgery, it can produce some anxiety and apprehension. This stress is an added burden on our physical and emotional health. Swedish Massage Sessions are excellent for reducing stress and releasing feel-good endorphins. When entering a hospital, we are going into an environment that is prone to a wide variety of germs, bacteria and viruses. Therapeutic massage has been proven to raise the white blood cell count (lymphocytes) and that is a natural arsenal that will help fight off germs, that may make you susceptible to infections. It can also prevent minor illness such as a cold that could cause a postponement in the necessary surgery.

It is not unusual for people planning to have surgery to have difficulty sleeping due to anxiety. Since a good night's sleep contributes to our overall health and well-being, catching those ZZZs is an added benefit.

Implementing Massage Therapy post-surgery, after your physician has given you a clearance to do so, can be a great asset to promote speedy recovery. Since sleeping and resting in the hospital can be difficult, receiving massage to help promote a deeper and more satisfying sleep is essential when recovering. If improving the healing of your wound and reducing the development of scar tissue is important to you, consistent massage sessions can also be of benefit by improving the circulation of blood and lymph throughout the body which is excellent for recovery and can assist in the reduction of swelling. It will also help with pain management and certain techniques will improve your flexibility and range of motion.

We are not just a physical body; we also have an Energetic Body, where illness, disease, disorder and discomfort sets up first before it manifests in the physical body. Reiki Energy Healing can clear Energetic Blockages and bring balance back into our Energetic Fields and the Chakra Energy Centers of the body. Because we encounter stress, challenges and difficulties on a regular basis, participating in an wellness and preventative maintenance program can offer you optimal opportunities to maintain your wellbeing.

If you are interested in taking your health into your own hands, EFT Tapping is an ideal way to do so. EFT Tapping works with specific acupressure point which are excellent for clearing trapped emotions that may have been laying dormant within our physical and energetic body making it difficult for our bodies to promote self-healing.

LaTouch Wellness is offering a Summer Sizzler Special on Wellness Massage Sessions. Call today for more information and to schedule an appointment. Go to [www.Facebook.com/LaTouchWellness](http://www.Facebook.com/LaTouchWellness) to enter to win a Complimentary Wellness Massage Session.

*Massage helps us to manage stress and can also be used to address a number of health issues. A full complement of massage services are offered at Fairway, Sundial and Bell Recreation Centers (as noted below) for RCSC Cardholders and their escorted guests. If you would like to experience the benefits that massage may have for you, call and schedule an appointment today!*

## Group Equipment Demos are on hiatus in until September

Get Fit for Life personal trainers remain available during the summer. Call 623-696-6820 or visit Get Fit for Life Sun City on Facebook for more info.

## Member Fitness & Massage Services



**Fitness Training**  
623-696-6820

**Sundial Center**  
Free Spirit Massage  
623-225-8582

**Bell Center**  
Jan Dias  
623-521-0771  
Lisa McCoy  
623-210-2707

**Fairway Center**  
Laura Moore  
623-201-0378  
latouchwellness@  
massagetherapy.com

## Arts & Crafts

### Camera Guild

RCSC cardholders & escorted guests invited to attend **July 5 "First Friday Gallery"** in CGSC clubroom (2nd floor, Sundial); 4-5:30pm. This month's theme: Sun City on Parade, featuring photos of Sun City, complimentary wine / appetizers. CGSC meets 1st Sat monthly, 9-11am in SD clubroom. Monday Discovery Labs, 6-8 pm also in clubroom. Club's computers fully loaded with latest Adobe photo-editing software; are connected to a high resolution film scanner & a 24" wide format Canon printer. Supplies & equipment available to mount, matte & frame printed images. Grab & Goes (organized photo shoots) continue thru summer. **Scheduled outings:** 7/9 & 7/10: (overnight) Show Low/ Apache Reservation/ Mogollon Rim; 7/15: Prescott/Lynx Lake/ Watson Lake; 7/30: Oak Creek Canyon outside of Sedona. Stop by clubroom or visit cameraguildsuncity.com for specifics. Summer hours: Tu-Th; 9a to noon. Membership open to all RCSC cardholders; \$20 / 1st family member; \$5 / 2nd. FMI 314-882-6951

### Fairway Ceramics & Porcelain Club

Begin creating for autumn/winter holidays; gifts for friends, family & you. All Guests & Visitors invited to enter a FREE monthly drawing for an awesome door prize. Fun, low-cost classes: airbrushing, clay lifting, glazing, brushstrokes, decorating w/ translucents, Zentangle, underglaze pencil, clay building, overglaze & stoneware. All skill levels welcome. Annual Dues (Jan-Dec) \$10 per RCSC cardholder; family (2 at same address)\$15. Orientation helps new members begin in a friendly environment. Greenware, tools & supplies available for purchase. New molds recently acquired. June -Aug Hours: M-F 9a-1p; plus Sa & Su 9a-1p year round. FMI (623) 972-5818, or Dott (623) 748-3313. Fairway, 2nd floor.

### Bell Metal Club

Come see our beautiful Metal crafts! Members share info & experiences about all forms of metal working. Tap into your creativity & make something wonderful. Tour our shop to see many beautiful Metal crafts! Mon-Sat, 8am-4pm. Membership open to all RCSC Cardholders. Annual Dues: \$20. FMI regarding possible metal repairs, call 623.974.8206

### Creative Quilters

Club mission: to teach & inspire w/classes for all levels. We do all forms of quilting; Sewing & quilting machines available. Well stocked workroom: rulers, cutters, Accuquilt (complete w/dies), high cutting & basting tables, large: mats, design wall & ironing boards. Meet M-W-F 8am-4pm. Meeting/ announcement every Fri morning w/ Show & Tell, Featured Quilter or special guest. After that, we sew! Early spring & late summer quilt camps, and bi-annual quilt show; Bring a project, your lunch & check us out. FMI Red 602-622-5913 or Margaret 623-208-3386.

### Oakmont Ceramics

If you need something to do, come to our club! All RCSC cardholders welcome to join our friendly & talented members. No excuses; beginner classes make learning fun. Also classes on different techniques (free to members) & a variety of paints & supplies available at nice discounts. Learn ceramic art from pouring to painting to finishing. Summer Hours: M-Tu-Th-F 8a-12p; W 8a-3p; & Tu 5:30-9pm. Tues group is a wild bunch & lots of fun! Please visit with us. Coffee is always on & the conversation snappy! FMI 480-356-6871

### Sundial Craft Club

We now offer Quilling! A favorite crafting pastime that has existed since the invention of paper. It is the art of cutting paper into long thin strips, rolling & pinching pieces into different shapes; then gluing shapes together to form decorative art. Projects can be used to decorate cards, boxes, gift bags, picture frames - even stand-alone 3D art pieces. Your imagination only limits the possibilities. Pieces can be simple or complex, but paper quilling can be mastered in an hour or two. It is the perfect craft for beginners. Easy for a novice paper crafter to get good results & this craft costs almost nothing to make. Classes are 2nd & 4th Monday 6-8pm in the Sundial Craft Club (SD upper level). FMI 480-652-0456 or sdcraftclub@yahoo.com

### Handweavers & Spinners Guild

Do you like to stitch or have a needlework project in progress? If so, join us on Thurs morning. Hardanger group is expanding to include all types of fine stitching. Have a passion for Blackwork? Is Pulled Thread something you want to try? How about Sashiko, Huckweaving, Bargello, Romanian Point Lace, Ukrainian White work, etc. Learn something new, share a favorite technique or sit & stitch with others on Th 9-noon. FMI Jeri Hauff, 623-444-9160. All skill levels welcome. Hours M-F 9am-3pm Oct-May. Summer hours vary. Beautiful handcrafted items for sale during club hours. Members participate in holiday fairs & craft events throughout the year. FMI visit suncityaz.org/handweavers-spinners-guild or call 623-933-0397

### Bell Silver Craft Club

Visit our professionally equipped silver craft workshop & sales room. Classes in basic silver work, introducing students to fundamentals. We also offer classes in lost wax casting, chainmaille for stunning bracelets & necklaces. Other specialty classes/demos offered throughout the year. Come tour our club during open hours. Jewelry Sales: Mon-Sat 9am-3 pm. Silvercrafting hours: Mon-Sat 8am-3:30pm. Located around corner from Bell Visitors Center. FMI 623-933-8442.

### Bell Stitchers

Like to sew? Share new & fresh ideas as we create outfits for charity & craft items to raise money for accessories & supplies. Have a tour & a cup of coffee. Annual Dues \$3; membership open to RCSC Cardholders.

### Fairway Sterling & Stones

Visit our workshop & browse our jewelry store. Tour lost wax casting, glass fusion areas & lapidary room where members work on stones & glass for rings, necklaces, bracelets in silver, copper & brass. RCSC members who join can enroll in beginner or advanced classes in silver craft, lapidary, lost wax casting, glass fusion, chain making, Viking knit, reticulation et. al. Small classes taught by experienced member-instructors who try to accommodate your schedule. Free workshops available to club members. Summer hours for club, jewelry store and craft sales room are T-Th 10a-2p. Located in Fairway Rm 136, "next door to the trains." FMI 623-977-2208

### Artistic Stained Glass

Have fun & meet new friends! Only RCSC club devoted to glass creations; specializing in all types of glass art & projects including "came" & more current methods w/foil & solder. Techniques introduced in beginning class; Expert teaches fused & slumped glass; classes in large fused glass flowers, sand-blast etching & more. We're a social group that likes potlucks. Drop in & see what we do! We meet at Bell; New Hours! M-Sa: 8a-3p; plus M-Th 5-8:30p Year-round!

### Leather Craft

Open to all RCSC Cardholders. Annual Dues: \$10. Beginner classes Tues/Thurs, 8am. Learn carving, stamping, garment & construction. Lessons, patterns & tools furnished. We meet at Marinette. Hours: 8am-12pm; Mon-Fri. Learn to make leather belts, purses, holsters, even mini saddles. A great group of people & a wonderful craft. FMI 623-594-6591 or 623-933-8831.

### Bell Craft Club

Open M-F 9am-3pm; Sat 10am-2pm; M, W, Th 6-9pm, Classes in: Bead weaving, Greeting Cards, Copper Enameling, Placemats, Candle making, Quilling & Cross Stitch, Painting, Plastic Canvas, Knitting, Crocheting, Silk Flowers, Craft Beading, Polymer Clay, Parchment Craft, Card Embroidery & Brazilian Dimensional Embroidery; taught by members. Think others would enjoy your craft? Become a member & teach. Boutique offers unique handcrafted gifts. Mtgs 2nd Thurs, Sept-May. Annual Dues: \$10. New members joining July 1-Dec 31: \$5. All regular classes free to club members. Membership open to RCSC Cardholders. FMI 623-974-3497.

### Fairway Knitters

Knit & crochet items for military, care centers, school children, the homeless of Phoenix & other charities. Join us any Fri between 8:30am-1pm. Work on your own projects using your yarn or work on Club projects using club yarn (**yarn donations always welcome**). We have items for sale if you like to shop. We meet in Fairway AZ Rooms 3 & 4. Annual dues: \$5 (must be RCSC Cardholder). FMI 602-469-2505.

### Marinette Clay Corner

Club excels in creative art, pottery making w/seasonal themes, dishware, gifts, designer pieces & our famous Yard Art. Meetings every 2nd Wed; 8:30am social (coffee & treats), 9am general meeting. Orientation classes monthly. Fun, creative classes. hours: M-Sat 7:30am-9pm; Sun 10am-6pm. Need a special gift? Check our gift/display & Yard Art. FMI 623-977-3167. RCSC membership required.

### Jewelry at Oakmont

Stop by our workshop/showroom where members will show you around. Classes in: Lapidary, Silver craft, Glass Fusion, Faceting, Beading, Wire Warping, Scrimshaw, & now Stained Glass. Summer shop (& store) hours: Wed-Sa 8am-12pm for Lapidary, silver, fusion & beading; classes limited. Stained Glass on M & Tu 9a-12p; FMI John Schmidt at 623-322-4595 or 262-993-4873 or stop by club!

### Sundial Silverstones

No experience necessary! Membership open to all RCSC Cardholders. Beginning classes offered (minimal fees) in basic silver, glass fusion, mold making, lost wax/casting, lapidary, chain making, wire wrapping & faceting. Well-equipped club open M-F 8am-3pm & Sat 8am-noon. Jewelry store open to all; selling member-crafted items, M-F 8am-3pm & Sat 8am-noon.

### Sun City Clay Club at Lakeview

We miss our Winter residents but Sun City Clay Club offers classes & workshops all summer. Now open Sunday to keep creativity flowing. As the Farmers Market closes, come create pieces for next year's Market, Fall Festival & Premier Pottery Show. Visitors always welcome. Stop by our club on Lakeview's second level; we'll show you the whole process. Club hours: M-Th 8:30am-8:30pm; F, Sa & Sunday 8:30am-4:30pm. Monthly member meeting 1st Wed monthly. FMI 933-0899.

### Fairway China Painting

Need a way to express your creativity? Try china painting. Can't draw? We have many ways to apply designs on the beautiful array of decorative & functional china blanks the club has in stock. We are on 2nd floor at Fairway, room 217 with all supplies & equipment needed. Club offers 3 **free** Beginner classes, Tues, 10am-noon, Oct-May; technique classes taught throughout the year. Teachers available for individual aid. More than painting flowers, different art styles help achieve breathtaking portraits, landscapes, seasonal designs, & realistic animal pieces; kiln fired for permanency. Classes in pen work, textures, white velvet carving, lusters, gold, stamping, sponging & zentangle can help enhance projects. All lessons are free; you purchase your supplies. We offer fun general meetings, potlucks, pizza parties, games, prizes, a Christmas luncheon, and participate in the annual Arts And Crafts Fair. Come to room 217, check out what the club offers, meet wonderful painters & become part of a great way to express your artistic self. FMI email suncitychinapainting@gmail.com.

## Arts &amp; Crafts (continued)

**SewNSew Club**

Membership open to all RCSC cardholders: \$10 annual dues. Boutique Sales, Sewing & Donations Tu, Th & Sa 9:30am open during these times. Boutique sales include doll clothes to fit the American Girl Doll. Fabric donations that help us serve our community are gladly accepted during open sew times.

**Mending at Olive Branch Senior Center:** Mon 8:30-10:30a when OBSC is open. **Certification required for all Machine use. Sign up in club room for Classes:** Brother sewing machine, Baby Lock Imagine; Jet Threading Serger; Baby Lock Embroidery; Cover stitch machine & heavy duty machine.

**July Events:** 7/2 Embroidery SIG 9:30a; 7/9 BEST Basic Embroidery SIG Technique Doll clothes SIG 12:30p; 7/11 Show & Tell and potluck 9:30a; 7/13 Stuffed Bear SIG 9:30a; 7/16 Luke Workshop 9:30a; 7/23 Doll clothes SIG 12:30p.

Reference materials, club patterns & embroidery designs available to members during open sew hours. FMI visit <http://www.sewnsew.info/>

**Sun City Calligraphy Society**

Sundial clubroom Summer Hours: Fri 9-11am; closed in August. We create & sell beautiful greeting cards & magnets during regular club hours. Card samples & calendar of events can be viewed in club window anytime; come see what our artistic members create! Open to all RCSC cardholders. FMI stop by during club hours or call Trudy Bryson 623-594-6591

**Lakeview Woodworkers**

Come see beautiful wood crafts! Men & women welcome; tap into your creativity & make something with your hands. It's a wonderful feeling. Our club is a fun, happy place; members willing to help. Open M-F 8a-4p, Sa 8a-12p. Summer hours: M-F 8a-2p; Sat 8a-12p. Annual Dues: \$20. FMI 623-933-2355

**Friendship Quilters & Fabric Artists**

Beginning quilting classes start Mon 9/16 thru Mon 10/21. The 6 classes introduce sewers to quilting basics; free for club members. New members always welcome. Stop by for more information on joining & class content. Club hours: Mon 9am-8pm; Wed 9am-8pm; Sat, 9am-3pm. Annual dues: \$10. Open to all RCSC Cardholders.

**Sun City Wood Carvers**

Fun Club where you decide what to carve. Beginners to Masters, members offer encouragement & guidance. Classes on all types of carving, gourd decorating, wood burning, tool care & complete library covering all aspects of carving. Try your hand at "whittling" then quickly move on to carving & the satisfaction you get from making creations for yourself, relatives/friends, carving show competitions, displays or to sell. Club has many Blue Ribbon holders. Fifty plus members, male & female, meet Thurs & Sat, 8am-12pm at Lakeview SH #3. Wood, tools & instruction available. Annual Dues: \$5; open to all RCSC Cardholders. Coffee & cookies provided. Come visit during club hours. You'll be glad!

**Oakmont Needle Arts & Crafts**

Knit, crochet, needlepoint, embroidery, counted cross-stitch, felting, tatting, scrap-booking & other crafts you enjoy. Meetings: Thurs 8-11:30am. Events include breakfast/snacks, potlucks, ice cream socials, pizza parties, semi-annual white elephant sales, holiday parties, guest speakers & open houses. Work on current or new projects. Members donate projects to charitable organizations such as Hospice of the Valley, veterans' orgs & homeless shelters. Yarn & craft supply donations, including greeting card covers, gladly accepted. We participate in the annual Sun City Arts & Craft Festival (November). New members welcome. Annual Dues: \$3. RCSC cardholders only. FMI Sue 480-577-3430. Try before you buy!

**Bell Ceramics**

Sign up for Beginner Classes & learn this craft from our talented instructor. Then move on Sign up for Beginner Classes & learn this craft from our talented instructor. Then move on to monthly classes to learn a wide range of techniques in stains, oils, glazes, underglazes, carving & more. Depending on technique, fees range from \$5-20. We have 1300 molds & all the supplies you need to get started. Annual dues: \$7. Club hours: M, W, Th, Sa 9a-12p, Tu & F 9a-3p FMI 623-974-6750.

**Artists by the Lake**

New Summer Hours: Monday-Friday; 9a-12p. (No evenings at this time) Club is scheduled for renovation in July and August and will be closed, our activities instead held in Palo Verde Art Club (Sundial) until September 1st. Check [www.artisbythelake.com](http://www.artisbythelake.com) FMI

**Lakeview Fired Arts**

Offering techniques in Cuerda Seca, gilding & silk screening on poured & handbuilt earthenware, porcelain & stoneware. Chalks, dry brushing, Faux leather & antique pewter, glazing, majolica, overglaze & translucent classes offered. Take your pieces to the next level with in your ceramic adventure. Fired arts offers a mentoring program for 1-on-1 learning. Annual Dues: \$5; ez to join! Start your ceramic hobby with like-minded people. FMI visit clubroom or call 623-974-5979.

**Artistic Weavers/Fiber Artists**

We have changed our regular General Member Meeting to the 4th Thu each month, 10am, except in Nov & Dec whose specially scheduled dates will be announced. Our summer hours continue from 9am until noon, Mon thru Fri, May thru Sept. Stop by Oakmont to learn more. Annual dues: \$12/ open to all RCSC cardholders; we'd love to have you join us!

**Happy Hearts at Bell Craft**

Happy Hearts at Bell Craft donate their time on Fri 12-3pm to make afghans for veterans. **All yarn donations greatly appreciated;** call 480-299-3316 for donation location.

## Sports &amp; Outdoors

**Indoor Volleyball Club**

Play at Villanueva Community Ctr (15660 N Hollyhock St, Surprise) W & F 8-10:30am & Rio Vista Rec Ctr (8866A W Thunderbird, Peoria) most Th 9-11a & most Sa 5-6:30p. Call ahead as they sometimes have gym rented. FMI membership (RCSC Cardholders only) call Dawn 623-271-8511

**Sun City Basketball Club**

Play at Villanueva Community Ctr, 15660 N. Hollyhock, Surprise: 4on4/5on5 full court or come shoot around M & W 3:30-5pm mid-Oct-April. Planning 1/2 court outdoor games Fri 9-11am at Marinette. FMI Charlie 206-459-3242; charlespeterson@comcast.net or Peter 604-313-3190; peter-macleod1000@gmail.com

**Sun City Pickleball Club**

July warmth inspires early-morning play; mostly at Marinette, our superb 20-court complex (8 covered courts), open 6am. (We also have 7 courts at Mt View.) Free introductory lessons available much of the year. Clinics for all skill levels; ladder, league & round robin play available, primarily Nov-March. This skilled, fun, court-and-paddle sport has similarities to tennis, badminton, racquetball & table tennis. Open to all RCSC Cardholders. A good time to get acquainted is during drop-in play, attracting most players Mon-Wed-Fri from 6-10am during summer. All courts lighted for evening play. Annual dues: \$15. Everything about us, including membership payment info at [suncitypickleballclub.org](http://suncitypickleballclub.org)

**Racquetball Club of Sun City**

Requirements: clean court shoes only (no street shoes); protective eyewear a must. RCSC Cardholder & escorted guest only. Play M-W-F, 3-5pm. Fun cardio workout. Open to RCSC Cardholders who belong to Racquetball Club. \$5 annual fee. FMI visit [www.racquetballclubofsuncity.com](http://www.racquetballclubofsuncity.com).

**Whisperball Club of Sun City**

Invitation to Sun City women. We are organizing a ladies group to play Whisperball. Women may play among themselves or with the men. Introduction to the sport on: Tu & Th, 1:30p, Bell Center, Bldg F/G concourse area Racquetball courts. Bring clean court shoes, safety glasses & racquet. If you don't have a racquet, the monitor station can provide one. RCSC cardholders in good standing invited. FMI Rick Steiner 412-419-9578.

**Sun City Senior Softball Club**

Play slow-pitch softball several days a week (mixed men/women) at Sun Bowl softball field. Several Leagues: American w/12 teams/10 players, Central-12/11, National-12/12, Co-ed-6/12, 70s-6/11 (age requirement) & tournament teams & Women's. Players placed according to ability. Five separate sessions allow year-round opportunity to play w/short commitments to 1/more sessions. Tryouts: Mon 8:30am. RCSC Cardholders, Snow Birds, welcome to join. FMI Dan 520-404-2909

**Bocce Club of Sun City**

Summer is officially here and we're on summer schedule. This means there is limited organized or scheduled play. You may, however, use the courts & RCSC balls at any time to keep your skills honed.

**Open Play:** Tu & Th, 8:30a - except July 4

**Fri 25¢ Play:** Fridays, 7p

**Club Closed:** Th July 4 - Independence Day

All RCSC cardholders & escorted guests may play in Open Play, which includes Friday Nights. Remember to always play by established Club rules.

**Lessons by appointment:**

Dennis 623-693-2881  
or Jack 618-328-8816

**Sun City Sportsmen Club**

Hunting/Fishing/Shooting Weds: 8am, Trap & Skeet, Ben Avery (Les: 623-876-8714) Fri: 8am, Rifle & Pistol Shooting (Ben Avery). Open to all RCSC Cardholders; New members welcome. FMI Tony 847-207-1948

**Dart Club at Bell Lanes**

5 leading-edge, soft-tip, electronic dart boards, preset games, 1-8 players. House darts available/use your own. All skill levels welcome. Open to all RCSC Cardholders.

**Club Play: M:** Game Night, 5:30-8p; **Tu:** Count-Up 5:30-8p; **W:** Monitor's Choice 5:30-8p; **Th:** Ladies 2-4pm. Arrive 15 min early to sign in & form team.

FMI Janet Berkowicz 773-802-2084;  
Sarah Crashell 209-620-1967  
Shari Jones 802-999-5470

**Bell Shuffleboard Club**

Play every M, Tu & F 1-3:30pm. Arrive early to sign in (assigned court & starting position). Play 3 games; new partner each game. Fast courts w/slight curve make it a challenge. Instructors available to help learn rules. FMI Dennis 623-972-3169, or stop by & check us out during regular play.

**WIN THIS TRAIN!****Fairway Woodworking Fall Festival Raffle Tickets**

On Sale Now - \$1/Ticket or \$5/6 Tickets

Club Room Summer Hours:  
Mon, Tues, Thurs 8am-Noon; Wed, Fri Noon-4pm

## Dances

**House of Dance**

Join us at House of Dance in Fairway. We dance second, fourth, & fifth Fridays each month, when it's time to get on board with our DJ, Bill. He'll take you back in time with sounds from yesterday & keep you rockin with today's hits. Doors open: 6pm; dance 6:30-9:30pm. Cups, napkins & ice provided; BYO favorite snacks & drinks. Admission: \$3/members, (\$4 annual membership-RCSC Cardholders only), \$5/RCSC Visitors, \$6/escorted guests. Open to all RCSC cardholders & their escorted guests. FMIC Bill 209-380-8029.

**Sun City Ballroom Dance Club**  
**Due to renovations at Bell, we'll be meeting at Sundial Auditorium for July & August.** Dance open to all RCSC cardholders & escorted guests. Join us for a fun social evening of music & dance. Singles, couples & dancers of all accomplishment levels welcome; free lessons by Csaba Valdez w/pd admission: 6:15pm. Dance: 7-9:30pm. Annual membership: \$3; admission: members \$5; escorted guest \$8. Coffee, ice & cups provided or bring your own favorite refreshments & snacks. FMIC Simone (602) 292-3175, Julie (623) 533-6236 or Arlene (623) 214-0594 OR visit: [suncityballroomdanceclub.com](http://suncityballroomdanceclub.com)

**Country Dance Club at Sundial**

Dance with us 1st & 3rd Sat each month at Sundial, 6:30-9:30pm. Something for everyone; good mix for couples free-style, pattern & line dancing; even a dedicated dance floor for line dancers! Free dance lessons Oct-April 6pm w/paid admission (lessons suspended for summer months). Cups, Ice, Cookies provided as usual, BYOB & snacks. Admission: Members \$3 Non-Club Members \$6. Annual dues: \$5 (RCSC Cardholders) Visit [www.countrydanceclubsuncity.com](http://www.countrydanceclubsuncity.com) or our Facebook Page; FMIC 623-972-5127 or 231-557-6555

**Bell Tea Dance**

Currently closed for summer. Fall dances on Wednesday afternoon from 2-4 pm at Bell Social Hall. Music provided by local artists. Dances consist of Foxtrots, Waltzes, Latin, Swing & Rock. Two mixers included. Coffee, tea & cookies provided. Singles welcome. Admission: \$4/Club Members, \$6/Escorted Guests. FMIC 623-842-3917. See you in the Fall.

**Classic Rock Dance Club**

Join Us For A Rockin Good Time at Fairway  
**Sat 7/6 DJ Alma Mattingly; Sat 7/20 DJ Alma Mattingly**  
 Doors open at 6pm, dancing 6:30-9:30pm; Cups, ice & napkins are provided. Bring snacks & your own beverage.  
 Classic Rock members \$3/ escorted guests \$6  
<https://www.facebook.com/suncityclassicrockdanceclub>

**Friday Night Ballroom Dance Club**

**Singles & couples** invited to social & ballroom dancing at Sundial, Fridays 7-9:45pm. Whether you love to slow dance, are an accomplished ballroom dancer, or somewhere in between, you'll enjoy dancing to some of the best live music in the Valley. Free dance lesson w/paid admission: 6:15pm. No partner required for lesson; Students rotate so everyone has an opportunity to dance. We also have a couple "Mixers" & "Line Dances." Admission: \$5/members; \$8/escorted guests. Enjoy socializing & making new friends. Be comfortable, but please: no jeans, shorts, hats, tennis shoes or flip flops. Coffee, ice & cups provided. FMIC Bob (623) 215-8718 or visit: [www.suncitysingledanceclub.com](http://www.suncitysingledanceclub.com). Open to all RCSC Cardholders, visitors & escorted guests.



**July Dates: 7/5 Manuel Dorantes; 7/12 Pizzazz; 7/19 Mike Carollo; 7/26 The Breeze**

**Sun City Line Dance Club at Sundial**

Dance on a beautiful wooden dance floor every Tuesday and Thursday 10a-1p in Sundial Ballroom/auditorium. Free dance lessons start 15 minutes prior to each dance. Members, visitors, and escorted guests welcome. Annual Club membership \$5. Daily dance is \$2 members, \$4 visitors, & \$6 escorted guests. FMIC Walter 623-972-5127. [SUNCITYLINEDANCECLUB.FACEBOOK](https://www.facebook.com/SUNCITYLINEDANCECLUB) containing links to teaching sessions for our dances; website: [WWW.SUNCITYLINEDANCECLUB.COM](http://WWW.SUNCITYLINEDANCECLUB.COM)

**Sun City Squares**

Closed for the Season - 4/23 to 11/5. Watch for our famous Light Dance in the fall. Tues 6:30-7pm Pre-Rounds; 7-9pm Mainstream/Plus Square Dance, Dee Dee Dougherty, Caller; Larry & Susan Sperry, Wayne & Barbara Blackford, CuersFMI: email: [djkraus](mailto:djkraus) or call: 623-694-7194 Marilyn; 330-336-9929 Dan. Dances open to RCSC Cardholders; Visitors & Escorted Guests always welcome.

**Rockin' Thru the Years – Saturday Nite Fever**

The only dance club dedicated to Classic Rock & Roll, Disco, DooWop & Country Rock. We have our own sound system & use 2 different DJs to play music from the 50s thru today. Will play requests as long as they fall in the R&R genre. Singles & couples welcome; no dress code! We furnish cups & ice; bring your own snacks & favorite beverage. Admission: \$3/ members; \$6/escorted guests. Annual RTTY membership \$3 w/RCSC card. You don't need a partner or to take dance lessons to enjoy dancing to R&R & Disco. **We dance at Sundial!** Doors at 6:30pm; dance 7-10pm. FMIC 623-332-7894 or visit [Rockinthrutheyears.com](http://Rockinthrutheyears.com).

**Saturday, 7/13 – DJ Jamee Souz; Saturday, 7/27 – DJ Ryan Blair**  
 We have 8 drawings at every dance worth \$175 plus 4 video screens for your enjoyment!

**Rhythm Ramblers**

The Ramblers are on hiatus for the summer. The band has evolved into an 18 piece big band, playing concerts & ballroom dances featuring sounds of Glenn Miller, Harry James, Artie Shaw, Count Basie, & Duke Ellington & vocal stylings of Sinatra, Buble, Bobby Darin, & Tony Bennett. Ballroom dances include swing, foxtrot, waltz, Latin, R&R & line dances. Dances on the 1st Tues every month, Oct-April at Sundial. BYO beverages & snacks; cups & ice provided. Admission: \$5 RCSC Cardholders, \$7 escorted guests. FMIC Barry Dale, (623)322-4134.

## Dances Lessons

**Tip Top Dance Club**

Have fun & burn calories! Bonus: Improved physical strength, circulation & balance, increased stamina, a healthier heart & new friendships. Men & women, novice to advanced all welcome. Annual Dues: \$10 plus \$12-24 per month, depending on classes. Visitors pay \$2.50 extra/class. **Summer (July & Aug) Class Schedule at Marinette SH: we meet on Tuesdays only, 9a-12p. Moving To The Beat (low impact aerobic class at Marinette) continues normal hours: Tues/Thurs 1 pm; Members \$3/class; Visitors +\$2.50/class. Pilates Classes at Bell Aerobics Rm continue normal hours: Mon/Fri 1 pm; Members \$4/class; Visitors +\$2.50/class.** Open to all RCSC Cardholders. Tip Top Dancers is available for dance performances! FMIC Christine 623-322-3138.

**Sun City Ballroom Dance Lessons**

**Lessons suspended for summer; will return in the fall.** Cost per lesson: \$5/members; \$8/ escorted guests. FMIC Simone (602) 292-3175, Julie (623) 533-6236 or Arlene (623) 214-0594 or visit: [www.suncityballroomdanceclub.com](http://www.suncityballroomdanceclub.com).

## Educational Classes

### Computer Club of Sun City

Our members come to our Club in the Fairway Recreation Center to share computer knowledge and experiences, including current Microsoft Operating Systems, Chromebooks, Android. Smartphones and tablets in a fun and social environment. This includes using these devices to explore the Internet, photos, repair, home, office and social. Members of the Club can come anytime that we are open and use the computers in the Member's Lab to check email, read the news and visit favorite websites. They can use our scanner to scan their important documents or convert precious old pictures, prints, slides and negatives into image files. Classes, special interest group discussions, workshops and presentations are both interesting and educational.



We have three rooms equipped with Windows 10 computers. Many classes using Microsoft 10 and Google are scheduled, and you can use our computers. Classes are usually announced at least two weeks before and require club membership. You'll need to come to the club to register for some

classes. Sign up early as they do fill up fast. Workshop and sigs are open to all no registration nec.

Our Workshops are focused, informal, hands on, and with smaller groups. Membership is required. Topics of the Workshops are targeted to a specific topic and will be related to PCs or Android Devices. Workshop rooms are arranged for members to use with their own laptop, Chromebook, tablet, or phone. If you do not have a laptop, you can use one of our computers. We also have classes and workshops on Smartphones and android devices.

All RCSC cardholders are welcome to join the fun! In July, you can join our Club by attending a short "Join Us" presentation in our Club on any Monday, Wednesday or Friday, anytime between 9a to 10:30a. It only takes a few minutes to join! For more information, call 623-933-8953 or visit our Website: and or Facebook [www.facebook.com/ComputerClubofSunCity/](http://www.facebook.com/ComputerClubofSunCity/)

The Computer Club of Sun City is on the 2nd floor of the Fairway Recreation Center.

Our July Summer Clubs Hours: Mon - Fri: 8a-12p, Sat: 8a-Noon

Our July Schedule at time of printing, Check club calendar often for any changes on our website.

#### First Week 1st-6th

Android Devices SIG July 1st at 9am  
Closed July 4th Independence Day  
Join us new members July 5th at 9am  
Round table Discussion July 5th at 9am

#### Second Week 8th - 13th

Internet/ Email Sig July 8th at 9am  
Genealogy Sig July 10th at 9am  
Google Photos July 10th at 9am  
Windows 10 Workshop July 11th at 9am  
Join us new members July 12th at 9am  
Round table discussion July 12th at 9am  
Investor Sig July 13th at 9am

#### Third Week 15 - 20th

Androids for Beginners Sig July 15th at 9am  
Windows 10 Workshop July 16th at 9am  
Android Clinic July 17th at 9am  
Comp Backup and Recovery July 18th at 9am  
Join us new members July 19th at 9am  
Round table discussion July 19th at 9am

#### Fourth Week 24th-28th

Windows Sig July 22nd at 9 am  
Join us new members July 26th at 9am  
Round Table July 26th at 9am

Visit the club website for more info and class descriptions click on class title for class description  
[/www.computerclubofsuncity.com/](http://www.computerclubofsuncity.com/)" HYPERLINK "<http://www.computerclubofsuncity.com/>"[www.firstsuncity.com](http://www.firstsuncity.com/) or on Facebook

### SunMacs (Apple Macintosh) Computer Club

Our Summer Hours, Tuesday and Thursday only, 8:30-10:30a are observed May through October. We are closed from August 1 through September 13.

Our 2019 officers are: President, Isaac Bonifas; First Vice President, Agnes Holub; Second Vice President, Pat Always; Secretary, Barb Swintek; and Treasurer, Judy Anne Wright. Our next General Meeting will take place on Saturday, November 2, 8:30 - 10:30a in the Sundial West Hall. Coffee and treats are available before the 9a program. The program topic for this meeting will be announced at a later date. You can renew your membership for 2020 at this time. Election of officers for 2020 will take place before the program.

We specialize in assisting our members with Apple Products and Software. Located at Sundial; RCSC card required for membership. Annual dues: \$20 single/\$30 couple at same address. We offer classes, Round Tables and Socials, free to club members. Some classes require pre-registration. For more information about the Club and a calendar schedule of classes offered, visit [www.sunmacs.org](http://www.sunmacs.org) or our club room (933-5300).



LIFELONG  
LEARNING  
SUN CITY AZ



### Life Long Learning

Classes return October 2019. Lifelong Learning Club of Sun City Members are RCSC cardholders. Learners may choose up to 10 classes per semester due to the limited amount of classroom space available to us. FMIC President Brian Callahan at 623-533-5756



### Spanish Club - El Circulo Español

The Sun City Spanish club is one of the originals; having celebrated our 40th anniversary last year. We are a vibrant, dynamic and ever growing club. Our goals: having fun, making friends and learning. We have been quite successful!

Starting 6/5 from 1-2:30pm is an all-levels practice session in Fairway room #133. This is an informal session enhanced with games, music, folklore and culture. All members welcome; new members may join prior to class. All handouts provided by instructors. Registration is not necessary. Annual dues: \$10.

Our opening event on 10/17 is a potluck dinner, membership renewal and class registration event, held in Fairway AZ rooms 1&2 at 5:30pm. Everyone is requested to bring a dish to share.

Tentative Fall Schedule is as follows:  
(We will provide more details as we approach these dates)

#### Monday:

Beginner Level 2: 9-11am, starting 10/28  
Intermediate Conversation: 11am-1pm, starting 10/28  
Beginner Level 2: 1-3pm, "Destinos" a video watching class, starting 10/21  
Beginner Level 1: 3-5pm, starting 10/28

#### Wednesday:

Beginner Level 3: 8-10am, starts 10/23  
Beginner Level 1: 10am-noon, starts 10/23  
Beginner Conversation: 10-11:30am, starts 10/23  
Advanced Conversation: 12-2pm, starts 10/23  
Beginner Level 1: 2-3:30pm, starts 10/30  
**Italian for Spanish Speakers:** 3:30-5pm, starts 10/30

All classes are held at Fairway. FMI email us at [Sun-CitySpanishClub@gmail.com](mailto:Sun-CitySpanishClub@gmail.com) Or visit [suncityazorg/recreation/clubs/spanish-club/](http://suncityazorg/recreation/clubs/spanish-club/)



### Italian Class

Italian class (for any level Spanish proficiency) meets again this fall. No textbook needed, handouts will be distributed. This is an innovative class illustrating the similarities of how any knowledge of Spanish can help with learning Italian.

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Jere A. Martynotte  
480-747-7617

**Sundays**  
9am Bible Study  
10am Worship  
5pm Worship /  
Discipleship

**Wednesdays**  
5pm Bible Study

Come .....For the *Curiosity* of it  
Stay .....For the *Commitment* to it

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Community Church SBC  
(Southern Baptist)

**Currently Meeting in the Chapel**

On the Campus of  
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16000 North Del Webb Boulevard  
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**Come Join Us This Sunday**



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The Weisser Choice Team – A Sun City premier real estate group.

Why hire a single real estate agent when you can have a team of three working for you to ensure 100% coverage you can count on?

This well-known group has been a fixture in the Sun City market for the past 14 years and has closed over 300 residential transactions. Whether you're selling a home or buying one, you can count on the Weisser Choice Team to always have your back.



Cindie



Charlotte



Ken

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## THE WEISSER CHOICE TEAM

Cindie Snell – 303.596.2790

Charlotte Weisser – 623.693.4962

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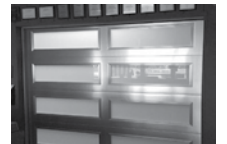
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# Welcome to Sunshine Service

People, meeting needs of people is what Sunshine Service is all about. Sunshine Service lends medical and children's equipment to residents of Sun City and we have been doing so for over 54 years. We are a charitable non-profit Arizona corporation and are funded by voluntary contributions and memorial gifts.

While the equipment is available for the use of all residents or visitors staying with residents, the equipment must not be taken out of Sun City on a permanent basis. As a matter of control, equipment is loaned only to Sun City residents.

Records show that as the population of Sun City grew, so did use of our medical equipment. Savings for Sun City residents have been calculated periodically; in 2015, it was estimated that residents saved over two million dollars in cost of equipment for that year alone.

Sunshine Service, Inc has received local, state and national recognition. Awards received include the George Washington Honor Medal for services to the sick and handicapped from the Freedoms Foundation of Valley Forge in Pennsylvania.

***"The Cleanest and Most Sanitized Equipment Around"***



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# RING THAT BELL

*“A True Sun City AZ 4th of July Tradition”*

**Thursday, July 4, 2019**  
**Bell Center Social Hall**  
**Presentation & Video at 9am**

Then join us outdoors to “Ring That Bell” with Uncle Sam!

**Picnic with DJ Music & Dancing in Bell Lanes at 11am**

**Free Bowling, Darts, Billiards & Shuffleboard from 11am-2pm**

**BBQ Pork Sandwich, Chips & Water for \$6**

*Donations from this event will benefit the Sun City Foundation*

*“Neighbors Helping Neighbors”*

Free for RCSC Cardholders & their escorted guests  
 Be prepared to show RCSC Member or Privilege Card; no key fobs.

**Red, White & Blue clothing encouraged!**

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