

# SUN VIEWS

ISSUE #230 • JANUARY 2021 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.

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

## Election Wins Put Women in Majority of Board Seats

This year's RCSC Board of Directors elections resulted in five seats being filled which will have women holding the majority of seats on the Board in 2021.

Congratulations to Dale Lehrer, Sue Wilson (both returning) and Karen McAdam who will serve full terms on the Board. Steve Collins will serve a 2-year term and Sheila Rooney for one year.

Appointment of Board Officers and Committee Chairs/Co-Chairs will be announced in early January.

The RCSC Board of Directors meets on the 2nd Monday and the last Thursday of each month (except July and August) at 9am in the Sundial Auditorium.



Newly elected Directors for 2021 were sworn in at the Board meeting on Thursday, December 17, 2020. Shown from left to right: Sheila Rooney, Sue Wilson, Dale Lehrer, Karen McAdam and Steve Collins.



### Saturday Hours for CHS in January

Cardholder Services at Lakeview Center will be closed on the first Saturday of January in observance of the New Year's holiday but will be open on Saturday, January 9, 2021 from 9am to noon to serve RCSC Cardholders and seasonal residents who need assistance.

Payment of annual property assessments can be made online via the RCSC Web Portal, by phone to 623-561-4603 or into the drop-box on the lower level at Lakeview (shown above) at anytime during open center hours.

### RCSC Adopts Reasonable Accommodation Policy for RCSC Cardholders with Disabilities

On Thursday, December 17, 2020, the RCSC Board of Directors adopted a new resolution titled Board Policy 35 - Reasonable Accommodation for Persons with Disabilities. The purpose of this policy is to provide an equal opportunity to use and enjoy RCSC facilities by disabled RCSC Cardholders. An example of such is for caretaker(s)/caregiver(s) to enter RCSC facilities without guest fee by Cardholder qualifying for a reasonable accommodation via a Physician Verification of Caretaker/Caregiver Requirement by Cardholder Form ([www.suncityaz.org/forms](http://www.suncityaz.org/forms)). This new policy ([www.suncityaz.org/rcsc-board-policies/](http://www.suncityaz.org/rcsc-board-policies/)) provides direction as to how disabled RCSC Cardholders can apply for a reasonable accommodation through RCSC's Director of Operations at the Corporate Office in the Lakeview Center at 10626 W Thunderbird Blvd, Sun City AZ 85351. Please refer to [www.suncityaz.org/forms](http://www.suncityaz.org/forms) or email [request@suncityaz.org](mailto:request@suncityaz.org) for more information.

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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



# SUN CITY ARIZONA

## 2021 RCSC Board of Directors

Phone: 623-561-4620

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

**Dale Lehrer, Director**

email: [dlehrer@suncityaz.org](mailto:dlehrer@suncityaz.org)

**Sue Wilson, Director**

email: [swilson@suncityaz.org](mailto:swilson@suncityaz.org)

**Darla Akins, Director**

email: [dakins@suncityaz.org](mailto:dakins@suncityaz.org)

**Michael Ege, Director**

email: [mege@suncityaz.org](mailto:mege@suncityaz.org)

**Rich Hoffer, Director**

email: [rhoffer@suncityaz.org](mailto:rhoffer@suncityaz.org)

**Michael Kennedy, Director**

email: [mkenedy@suncityaz.org](mailto:mkenedy@suncityaz.org)

**Karen McAdam, Director**

email: [kmcadam@suncityaz.org](mailto:kmcadam@suncityaz.org)

**Steve Collins, Director**

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

**Sheila Rooney, Director**

email: [srooney@suncityaz.org](mailto:srooney@suncityaz.org)

## SunViews Changes are Here

Due to skyrocketing costs, starting this month SunViews is no longer being distributed directly to homes within Sun City AZ. Copies of this publication will continue to be available at RCSC offices, recreation centers, golf pro shops and bowling centers in addition to online access. Your help spreading the word about this circulation change will help us get the word out to everyone.

Much of the content previously published in SunViews (management reports, financial statements, etc.) will continue to be posted online and emailed to RCSC Cardholders (who are signed up to receive RCSC News Email Alerts) which means this information will be received in a much more timely fashion. We are also working on additional ways to communicate with Cardholders in the future so look for more changes to come.

While we realize it is difficult for many clubs at this time who are yet unable to meet due to continued COVID-19 virus concerns and restrictions to know exactly what the future will bring, information about club hours and meetings will be provided to Cardholders each month within the Club Directory (based upon submitted schedules approved by the Chartered Club Office) but the Club Event section has been eliminated.

Chartered Clubs may continue to submit annual articles per the established rotating schedule (Form BP 12-17 (b)) where they can include details about their club that make them unique and special. However, space is limited and submittals are due on the 5th day of the month prior to publication. We're also excited to work with Clubs who might wish to enhance their RCSC webpages with more information. And as always, submittals for "Sun City Gives Back," highlighting the good deeds done by RCSC Clubs both here in the community and beyond may be submitted at any time for publication consideration.

Please contact Joelyn Higgins, Communications & Marketing Coordinator, at 623-561-4616 or email to [jhiggins@suncityaz.org](mailto:jhiggins@suncityaz.org) with any questions or concerns regarding this change.

## DO YOU PART

### PRACTICAL WAYS TO HELP

#### DO



stay home and away from others when sick



wear face masks in public



limit social gatherings with people outside of your household

#### DON'T

##### RUMORS

share rumors and unintentionally spread misinformation



downplay the threat posed by the virus, even if you have not been personally affected



stop practicing mitigation measures once a vaccine is approved

## 2021 RCSC Annual Membership Meeting

This meeting, scheduled for Monday, February 22, 2021, is POSTPONED.

More information will be released at a later date.

## This Month @ The Board

### RCSC Board Meetings:

Board Meeting #1

Monday, January 11, 2021 @ 9am

Sundial Auditorium

Board Meeting #2

Thursday, January 28, 2021 @ 9am

Sundial Auditorium

### Committee Meetings:

Bowling Committee

Thursday, January 7, 2021 @ 9am

Lakeview Social Hall #1

Communication Through Technology

Tuesday, January 12, 2021 @ 9am

Lakeview Social Hall #1

Lawn Bowling Committee

Tuesday, January 12, 2021 @ 1pm

Lakeview Social Hall #1

Long Range Planning Committee

Monday, January 18, 2021 @ 8:30am

Lakeview Social Hall #1

Golf Advisory Committee

Thursday, January 21, 2021 @ 8:30am

Lakeview Social Hall #1

*The following committee(s) do not have meetings scheduled this month: Club Organization (COC), Elections, Finance & Budget, Insurance, Properties*



### "Neighbors Helping Neighbors"

The next Sun City Foundation meeting will be held on Thursday, January 14, 2021 at 1:00pm in the Lakeview Social Hall 1.

## COVID-19 Update/Rules

We are all looking forward to this new year with hope and the promise of better times ahead. While RCSC continues to follow the rules and regulations regarding the Coronavirus pandemic as mandated by various governmental and health agencies, the safety, well-being and welfare of Cardholders and RCSC staff remains our number one priority.

If you are a year-round resident, we appreciate your cooperation and diligence in keeping the recreation centers open and operating safely for everyone who wishes to participate.

To our seasonal residents returning to Sun City AZ, please review the general guidelines below. More detailed information about specific activities can be found on the RCSC website at [www.suncityaz.org](http://www.suncityaz.org).

PLEASE NOTE: No guests or visitors are allowed on RCSC properties at this time (except golf courses).

### Requirements for Use of All RCSC Facilities

- Prior to entering RCSC facilities, RCSC has implemented COVID-19 symptom screening with signage. Please read and evaluate whether you meet the criteria to enter RCSC facilities. Anyone with potential symptoms may not enter or use RCSC facilities. High-risk individuals should remain at home.
- Hand sanitizer is required upon entry to all RCSC facilities and offices. Users may utilize the sanitizer provided by RCSC.
- A limited number of users may be permitted at one time, once capacity has been reached you may be asked to return later as no congregating is allowed.
- Face masks are always required while indoors except in showers, indoor pools and indoor spas. Outdoors face masks are required in the walking pool. Face masks are required to be cloth, fabric or other permeable material and must be worn over the mouth and nose, affixed either over the ears or tied around the head.
- Strict 6 feet of physical distancing is required while in the fitness centers, indoor walking track, locker rooms and rest-rooms regardless if in same family. All other RCSC facilities require a minimum of 6 feet of physical distancing, regardless if in same family, excluding an occasional situation when such is not possible.
- Required to sanitize before and after use of every RCSC piece of equipment, including seating, counters and tables, utilizing the sanitation method provided by RCSC.

### Needing info about a specific activity?

Updated COVID-19 information regarding specific activities can be found on the RCSC website under each recreation center at:

<https://suncityaz.org/recreation/>



### ATTN: Current RCSC Portal Users

Updates to the RCSC Web Portal will soon be implemented that will provide users with an improved experience and updated design. However, the new system **requires that each Cardholder have a unique email address in order to use the RCSC Web Portal.**

If you use the Portal, one of you must establish a distinct email address in order for each of you to use the upgraded Web Portal. Look for more details coming to your email In Box shortly.

Your attention to this matter is much appreciated.

## Discover SUN CITY ARIZONA RECREATION CENTERS OF SUN CITY

The annual Discover Sun City AZ event scheduled for January 20, 2021 at Sundial has been **cancelled** due to safety concerns.

Visit the RCSC YouTube Channel where you can view "Experience Sun City AZ" & see what we're all about!

## Club Officer Training

**\*\* CANCELLED \*\***

Due to continued COVID-19 health concerns, there will be no Annual Club Officer Training. Video of last year's presentation can be found on the RCSC website at <https://suncityaz.org/recreation/clubs/>

How-To videos will be posted in the near future providing details on completing required forms that must be submitted to the Clubs Office.



### RCSC Corporate Office

Lakeview Center  
10626 W. Thunderbird Blvd.  
623-561-4600

Hours: Monday - Friday 7:30am to 4pm

[www.suncityaz.org](http://www.suncityaz.org)

### Cardholder Services Office

Lakeview Center • 623-561-4603

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

1st Saturday each month: 9am to noon

### Chartered Clubs Office

Lakeview Center • 623-561-4660

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

### Events & Entertainment Office

Sundial Center • 623-561-4680

14801 N. 103rd Ave.

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

### Recreation Centers

**Bell Center:** 623-876-3040

16820 N. 99th Ave.

**Fairway Center:** 623-876-3044

10600 W. Peoria Ave.

**Grand Center**

10415 W. Grand Ave.

**Lakeview Center:** 623-561-4675

10626 W. Thunderbird Blvd.

**Marinette Center:** 623-876-3054

9860 W. Union Hills Dr.

**Mt. View Center:** 623-876-3042

9749 N. 107th Ave.

**Oakmont Center:** 623-876-3046

10725 W. Oakmont Dr.

**Sundial Center:** 623-876-3048

14801 N. 103rd Ave.

**Sun Bowl Amphitheatre**

10220 N. 107th Ave.

(weather recording)

623-972-6014

**Softball Field**

10220 N. 107th Ave.

**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.

## Where is the Golf Report?

The RCSC Management Reports are distributed prior to the second RCSC Board of Directors meeting each month with the Agenda (except July and August) via email to those RCSC Cardholders who have signed up to receive RCSC News Email Alerts. These reports are no longer being published in SunViews. You can find them posted on the RCSC website at [www.suncityaz.org](http://www.suncityaz.org) (under the RCSC tab). For Cardholders without computer access, copies of these reports are also distributed at the 2nd Board Meeting each month or can be requested from the Corporate Office at Lakeview Center by calling 623-561-4600.



### Register now for upcoming sessions of the "Get Golf Ready" program.

\$99 includes 4 group lessons, with the 5th lesson being a round of golf. Lessons held at Willowcreek/Willowbrook Golf Course (unless otherwise noted\*\*). There are a variety of days and times, so pick the class that best fits your schedule. Sessions are limited to 8 students for each group, so be sure to sign up early!

### February Sessions

**Golf Professional: Mike Wegner** (Final day of play@ Willowbrook)  
Monday & Wednesday - February 8, 10, 15, 17 @ 9am;  
Friday, February 19 - Play round of golf @ 1pm (Check in @ 12:30pm)

**Golf Professional: Bob Jennings** (Final day of play@ Willowbrook)  
Monday & Wednesday - February 8, 10, 15, 17 @ 1pm;  
Friday, February 19 - Play round of golf @ 12:30pm (Check in @ 12pm)

**Golf Professional: Bob Day** (Final day of play@ Willowbrook)  
Monday & Wednesday - February 15, 19, 22, 26 @ 1pm;  
Monday, March 1 - Play round of golf @ 1pm (Check in @ 12:30pm)

Contact Chris Linam @ 623-876-8419  
or email: [clinam@suncityaz.org](mailto:clinam@suncityaz.org)



COURSE CONSULTING SERVICE

## Onsite Visit Report

The most recent USGA Course Consulting Service onsite visit was completed on November 13, 2020. This report is available for your review at [www.suncityaz.org](http://www.suncityaz.org) under Golf then Resources.

### Thoughts from a Pro

## The Importance of Proper Alignment

Golf is a "target" game yet many people dismiss how important proper alignment is to each shot. Others attempt to line up to the target but do so improperly. Believe it or not, alignment affects not only direction, but also distance, consistency, and overall contact with the golf ball. How is this possible?

If you unknowingly line up incorrectly (let's say for a right hander you line up to the right of where the target is) your brain will still direct your body to swing towards the target. So, essentially you will be lined up to the right and swinging across your body to the left. With the path of the swing coming across your body you have now compounded the problem. You may swing across just enough to hit it to the target.... or in swinging across you may add side spin to your shot causing a cut shot (one that loses distance and may curve) or in swinging across you may hit the top of the ball or the ground depending on the length of the club you are hitting.



The best shots (one that are consistent, solid and have the maximum distance) come from having the alignment and the swing both heading in the same direction!

So, what is the easiest way to achieve this? Develop a good routine with proper alignment!

First, stand behind your ball and find something lying on the ground in between the ball and the target. This could be a divot, leaf, tee, etc. To make it easy, pick something as close to the ball as possible.

Second, walk up to address the ball and position the club behind the ball aiming it in the direction of the spot that was chosen. (Similar to how you would aim your putter towards the hole.) Once it is in place position the hands on the grip.

Third, step the feet in position so that they are parallel to the target line. (Again, like you would position your feet in putting, not aiming them towards the hole but parallel to it.)

Last, make the swing, feeling the confidence you will have in knowing that your alignment is correct, and your swing has a better chance of staying on the right path!

*Robin Eichten is a Lifetime Member of the LPGA and Certified Teacher. She has been teaching golf professionally since 1987 and in the Sun City area since 1994. For info or signup call/text at 623-322-6300 or email to [golfinwithrobin@aol.com](mailto:golfinwithrobin@aol.com)*



### RCSC's 8 Golf Courses

Lakes East: (623) 876-3023  
Lakes West: (623) 876-3020  
10433 Talisman Rd

North: (623) 876-3010  
12650 N. 107th Ave.

South: (623) 876-3015  
11000 N. 103rd Ave.

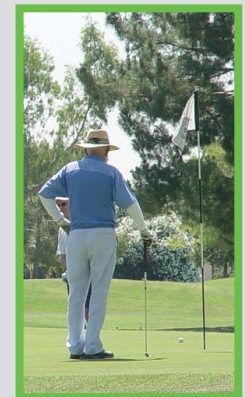
Riverview: (623) 876-3025  
16401 N. Del Webb Blvd.

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

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

**RCSC's 5 Snack Shops**  
Menu Available at  
[suncityaz.org/golf/snack-shops/](http://suncityaz.org/golf/snack-shops/)

**January Snack Shop Hours**  
Open Daily 6am - 5pm



## Do your part to stop the spread!



Practice physical distancing and keep at least 6 feet away from others both on and off the course!

### 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). No meetings are scheduled until at Phase Three in the RCSC re-opening process.

## Bowling Center & League Info

### Phase 2 Restrictions & Requirements

Prior to entering RCSC facilities, RCSC has implemented COVID-19 symptom screening with signage. Please read and evaluate whether you meet the criteria to enter RCSC facilities. Anyone with potential symptoms may not enter RCSC facilities. High-risk individuals should remain at home.

- Hand sanitizer is required upon entry to all RCSC facilities and offices. Users may utilize the sanitizer provided by RCSC.
- Bowling Centers will be CLOSED for sanitation daily from 2pm – 3pm.
- No guests or visitors are allowed. All customers MUST individually display their RCSC Member or Privilege Cards to verify eligibility (ABSOLUTELY NO EXCEPTIONS; KEY FOBS NOT ACCEPTED).
- A limited number of users may be permitted at one time, once capacity has been reached you may be asked to return later as no congregating is allowed.
- Face masks are required. Face masks are required to be cloth, fabric or other permeable material and must be worn over the mouth and nose, affixed either over the ears or tied around the head.
- Every other lane open with only 4 bowlers allowed per lane.
- Always requires a minimum of 6 feet of physical distancing, regardless if in same family, excluding an occasional situation when such is not possible.
- No use of concourse tables and chairs is allowed.
- Cardholders are required to sanitize before and after use of every RCSC piece of equipment, including seating, counters and tables, utilizing the sanitation method provided by RCSC.
- All Games must be prepaid (maximum 3 games per person).
- Bowling leagues resumed effective 11/9/2020.

All leagues must comply with the following guidelines, NO EXCEPTIONS:

- Pulling mask down from nose AT ANY TIME is not allowed.
- Face masks/coverings must be worn AT ALL TIMES – NO EXCEPTIONS.
- Face masks/coverings must cover nose and mouth and be affixed behind the ears or tied behind the head.
- Only the active bowler is permitted to be up and out of their chair, all other players must remain seated.
- Bowlers are not allowed to “mingle” or “visit” other lanes throughout the league, bowlers must remain seated in the area of their assigned lane.
- Prior to league start time and during league play, 50 / 50 pots, card games, Break the Bank and mystery scores will not be allowed due to social distancing. Any activity that requires a bowler to leave their assigned area to sign up or participate is not allowed.
- All personal effects and equipment are to be kept in the area of the assigned lane.
- Sharing of equipment is not allowed.
- A minimum of 6 feet of physical distancing is mandatory, regardless if in same family, excluding an occasional situation when such is not possible.
- “High Fives”, “Fist Bumps” and any other type of physical contact is not allowed.
- Only rostered bowlers (maximum 4 per team) that are participating in league play are allowed in the bowling center.
- Spectators and non-players will not be allowed in the bowling centers at any time.
- Bowlers are not allowed to mingle, linger, visit or socialize in the building after their league session is complete unless becoming a customer of George’s Café.
- Due to Covid-19 restrictions only single lanes will be used which may require larger leagues to bowl at different times depending on league size and lane availability. Odd lanes (1,3,5 etc.) will be used on the first shift and even lanes (2,4,6, etc.) on the second shift.

## RCSC Bowling Centers Are Open!

**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-9pm  
Sunday: Noon-7pm

*Darts, Shuffleboard & Billiards  
at Bell Lanes!*

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

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



**Stop by & check out our Daily Specials**

**Breakfast Special**  
**\$6.49**  
2 Eggs, Bacon or Sausage,  
Hash Browns & Toast  
M-S 7-11a; Sun 7a-noon

**Walleye 'n Chips**  
**\$11.99**  
9 Oz. Walleye,  
Coleslaw & Potato  
Wednesday & Friday

**Fish 'n Chips**  
**\$11.99**  
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**

### Sundial Mens Club Thursday Night Bingo remains on hiatus!

Play will resume subject to the RCSC Phased Reopening Plan (Phase 3) provided that specific changes in operations can be met based upon the environment and requirements at that time.



Club Directory

Table with 2 columns: Club Name and Meeting Info. Includes Art and Craft Clubs, Camera Guilds, Carvers, Ceramics, China Painting, Clay Club, Crafts, Creative Quilters, Fired Arts, Friendship Quilters, Handweavers & Spinners, Jewelry, Lapidary, Leathercraft, Metal, Needle Arts & Crafts, Palo Verde Artist, Sew-n-Sew, Silver Stones.

Table with 2 columns: Club Name and Meeting Info. Includes Silvercraft, Sterling & Stones, Stitches, Woodworking, Woodworking: LV, Card and Game Clubs, All Board Games (ABG) Club, Bunco Broncos, Canasta, Mixed Cards, Mixed Cribbage, Monday Night Pinochle, Pinochle, Sheephead, Contract Bridge Clubs, Lakeview Evening Bridge, Wednesday Afternoon, Thursday Afternoon, Duplicate Bridge Clubs, Duplicate (ACBL), Kachina, Dance Clubs, Ballroom Dance, Bell Tea.

Table with 2 columns: Club Name and Meeting Info. Includes Classic Rock Dance Club, Country Dance Club, House of Dance, Friday Night Ballroom Dance, Line Dance, Rockin' Thru The Years, Squares, Tip-Top Dance, Educational Clubs, Apple Macintosh, Euchre, Life Long Learning, Computer Club, Spanish Club, Aerobics, Aqua Fitness Club, FUNtastic Fitness, Handi-Capables, Hatha Yoga, Ladies Exercise, So Grand Exercise, Stretch and Slim, Tai Chi, Tai Chi: BC, LV & FW.

Table with 2 columns: Club Name and Meeting Info. Includes Hobby Clubs, Armchair Travel Club, Birding Club of Sun City, BirPeepers, Duffeeland Dog Park, Garden, Model Railroad, Model Railroad Museum, Rockhounds, Stamp Club, Sun City Yacht Club, Vintage Vehicles, Sun Cities Community Orchestra, Choraliers, Handbell Ringers, Piano, Sun City Players Community Theater, Rhythm Ramblers, Ukulele, Women's Chorus, Political Clubs, Democratic, Republican, Social Clubs, Best Friends Dog Club.

Table with 2 columns: Club Name and Meeting Info. Includes Fairway Readers, Illinois Club, Michigan Friends in Sun City, New England, NextGen, Singles Social Club, Wisconsin Club, Women's Social, Basketball, Billiards, Bocce, Lawn Bowls, Lawn Bowls: FW & MV, Lawn Bowls: LV (Sun City Club), Lawn Bowls: LV, Lawn Bowls: OM, Mini-Golf, Pickleball, Racquetball Club.

Table with 2 columns: Club Name and Meeting Info. Includes Shuffleboard Bell, Shuffleboard Outdoor, Shuffleboard Sundial, Softball (Senior), Sportsmen, Swim Lessons, Swimmers Master, Table Tennis, Tennis, Volleyball, Water Volleyball Club, Whispermall of Sun City, Basketball, Billiards, Bocce, Lawn Bowls, Lawn Bowls: LV, Lawn Bowls: OM, Mini-Golf, Pickleball, Racquetball Club.

\*\* Due to the current health crisis situation, some clubs may remain closed until restrictions are lifted. Contact each club directly for more information! \*\*

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

## Marinette Clay Corner

The Marinette Clay Corner is a full-service pottery studio, excelling in wheel-thrown and hand-built pottery. Facilities include wheels for pot throwing, rollers for slab and hand-building, clay extruders for coiling, a pug mill for clay reconditioning and five kilns for firing. The club maintains nearly 40 pre-mixed glazes for ready use, and a multitude of tools to bring your creation to life. There's also variety of clay and tools on hand for purchase.

No experience is necessary as new members take five fundamental classes taught by the Education Team. Classes provide hands-on experience in making pieces from start to finish, including glazing. Throughout the year, instructors provide a robust selection of classes where members can improve their expertise and expand their artistic horizons.

On the third Wednesday of the month, we create pieces for our famous totem pole creations. You may have seen these on display at the Clay Corner, Bell pool or in the yards of homes in Sun City.

Club membership/participation is open to all RCSC Cardholders. We look forward to welcoming new club members when COVID restrictions have been lifted. For current membership status, check our website at [www.marinetteclaycorner.org](http://www.marinetteclaycorner.org) or call 623-877-3167.



## Rockin' Thru The Years



Rockin' Thru the Years Dance Club (RTTY) is for you if you love rock & roll, disco with a little doo wop thrown in? Dance to music from the 60s and right up to today – classic rock, country rock, a line dance or two, disco and a lot of free style where no partner is needed and you just move to the music?

RTTY was the first of the Sun City rock & roll dance clubs – starting in February 2010. We thought our market was the "boomers" moving into Sun City but found that it was really for all ages!

DJs use RTTY's great sound system for consistent sound quality at our dances. Music videos accompany our great music playlists. Dances are at Sundial Center Auditorium on the 2nd, 4th and 5th Saturday. Doors open at 6:30pm, music starts at 7pm and dances end at 10pm. No dress code; you're may bring your own snacks and beverages.

Dances are open to all RCSC Cardholders and their guests (18 and over), annual membership is \$3. NOTE: 2020 membership is extended through December 31, 2021 since COVID-19 meant no dances for most of 2020. Dance admission is \$3 for club members and guest are \$6.



Come check out the Zumba Fitness Club as soon as exercise clubs are up and running. It's a great workout and a fun way to meet new people.

Our club members are trying to stay fit during this hiatus. Many of our members are doing Zoom or YouTube Zumba classes. Zumba Fitness, Zumba Gold, and Chair Zumba are all offered.

We can't wait for the day when we can safely resume classes. When we do, we meet Mondays, Wednesdays and Fridays at Bell from 11:30am to 12:30pm, Tuesdays at Sundial from 6:30 to 7:30pm, Thursdays at Marinette from 6:30 to 7:30pm and Saturdays at Marinette from 8:30 to 9:30am.



Above: Last year's NextGen Super Bowl party at Sundial

The NextGen Club is a place to meet your Sun City neighbors to foster new friendships and social connections. As an active social club open to all RCSC Cardholders, our 450 members meet the 1st and 3rd Mondays each month at Fairway Center. In addition to regular club meetings, other club activities include but are not limited to hiking, biking, happy hours, golf scrambles, card games (Texas hold'em poker, ponytail cards and euchre), shuffleboard, darts, breakfast get-togethers, potluck meetings, trivia and many parties that include live bands. We also do day trips and multi day overnights to various AZ locations.

NextGen will be offering for the first time, virtual social activities in 2021 with our new technology platform. See event calendar at [www.nextgenclubofsuncity.com](http://www.nextgenclubofsuncity.com); dates, times, locations may change. For more information, email [nextgensc@gmail.com](mailto:nextgensc@gmail.com) to have your questions answered. NextGen is open to all RCSC Cardholders and annual dues are \$10.

## Spanish Club - El Circulo Español

Regardless of the depth of your Spanish language skills, if you are looking to improve your abilities in a supportive environment, then El Circulo Español, the Sun City Spanish Club is for you.



Because of the pandemic, the Club will be holding its spring 2021 classes virtually via Zoom. At the time of this writing the schedule of classes is still under development – please check our website <https://suncityaz.org/recreation/clubs/spanish-club/> for the latest information. Previously classes have included an all level conversation class, a class about culture of Spanish speaking countries, one or more Spanish grammar classes and a readings class.

If you are interested in our January 2021 classes you will need to be a paid Club member for 2021. You can do so by downloading the membership form at <https://suncityaz.org/recreation/clubs/spanish-club/>. Complete the form and mail it to our Treasurer (address is on the form), along with a check for your 2021 Membership Dues of \$10 and a copy of your RCSC membership card. We'll add you to our membership list and you will then receive our emails about classes and additional Club updates. Your membership will be valid through 2021.

If you've been a Club member in past years, you MUST renew your membership for 2021 using the remote process above in order to register for Spring Zoom classes. We hope to resume in-person classes and Club meetings at Fairway Center and social events at other venues when it is safe to do so.

## Sun City Tai Chi Club



Classes will resume as soon as RCSC announces Phase Three. Start tai chi at any age for a peaceful soul, a calm mind, and a stronger body with better balance and flexibility. Classes on Mondays, Tuesdays, Thursdays, and Fridays are led by certified Instructors & are suitable for the beginner unless specified as Intermediate or Advanced. "Tai Chi Essentials" on Mondays, "Balance & Tai Chi Basics" on Thursdays, and "Pure & Simple" on Fridays are great introductions to Tai Chi benefits. Before paying the \$10 annual membership dues, RCSC Cardholders can try two classes for \$3 each. Escorted guests (non-cardholders) pay \$5.50. For more information, go to our website: <http://sctaichi.wix.com/sc-tai-chi-club>

Class Schedule - Mondays: Fairway AZ#3 Tai Chi Essentials 10:15am; Tai Chi Yang 24 11:30am; Tuesdays: Lakeview SH#2 Qi Gong 6:00pm; Thursdays: Bell SH#2 Balance & Tai Chi Basics 9:30 am; Beginner Tai Chi 108 Set One 10:45 am; Intermediate Tai Chi 108 Set Two 12:00pm; Advanced Tai Chi Set Three 1:15pm; Fridays: Bell SH#2 Pure & Simple Tai Chi 1:15pm.

## Bell Craft Club



We opened our doors to Sun City residents and visitors over 45 years ago and still are growing. Club membership participation is opened to all RCSC cardholders. Annual dues are \$10.00 and entitles you to participate in social events and a variety of classes such as bead weaving, Brazilian embroidering, candle making, card making, crocheting, knitting, painting, paper and parchment crafting, plastic canvas making, polymer clay creating, quilling, silk flower making and many more. Our teachers are experienced volunteer members and appreciate new ideas. Our boutique is open to the public and sells unique handcrafted items by our talented members.

Also, we participate in numerous charitable activities for our community. Our card classes make special holiday cards for our active duty soldiers. Our two Happy Hearts groups make lap robes and afghans for our local veterans using donated yarn. Crochet and knitting class members donate to Eves Place such items as: Christmas bags with handmade stuffed animals, sweaters, scarves and baby blankets. In February, our knitters and crochet members donate red hats to the American Heart Association for preemie babies.

The club will reopen in Phase 3, Monday through Saturday, 9am to 3pm and some evenings. For more information call 623-974-3497 during regular business hours or stop by. We are located at 99th Avenue and Hutton, adjacent to the Library, in the Arts & Crafts Village.



## BELL METAL CLUB

The Bell Metal Club brings together like-minded metal enthusiasts from all over. We offer beginning fundamental classes in welding, machining, and Plasma Cam. If you like to make things, run metal working machines, or just talk about tools, this is your place. Our members' interests include Machining, Sheet Metal Fabrication, Plasma Metal Art, Welding, and others. Members enjoy getting together sharing their skills and projects. Not only do we work with metal, but we can also fix & replace your garbage can Lid and/or Liner, and make your mailbox secure by adding a locking security box. We have all the equipment to cut, bend, weld & machine metal; we even build small engines. You're welcome to tour our club Mon-Sat, 8am-4pm. We are located at 15601 N 99th Ave, Building F, Sun City, Arizona 85351, our phone number is 623-974-8206. Membership is open to all RCSC Cardholders. Dues: \$20 per year. Our website is [bellmetalclub.com](http://bellmetalclub.com). Be sure to visit our metal art display at the annual Fall Arts & Craft Festival.



Tips from Get Fit for Life -

## Beware of Fitness Advice

Seasoned exercisers are often eager to give advice to people new at the gym," states Jane Fortier, personal trainer and senior fitness specialist. "Although advice help a "newbie," some of it may not be appropriate or correct. Over-simplified or straight-up incorrect information can lead to bad habits, poor performance, and possible injury. If you are new to the gym, beware of the following advice."

**"The best time to work out is first thing in the morning."** Working out in the morning can set a healthy tone for the day and rev-up the metabolism, but it is nothing magical. If you are a slow-starter and don't like leaving the house early, come to the gym when it is convenient and appealing. You will be more successful, and stay more committed if it fits into your day easily. When it doesn't, you become resentful and discouraged.

**"You have to push through the pain and discomfort."** This makes no sense unless you understand the difference between "good pain" and "bad pain." With regard to exercise, "good pain" is the feeling that you are working – muscles burn a bit to let you know they are being challenged. "Bad pain" is sharp, a glitch, or an annoying discomfort in a joint or muscle that doesn't seem to go away. Pushing through bad pain leads to trouble. It signals that a particular exercise is not appropriate for your body as it is currently being performed. Don't ignore key signals, because your body is being compromised. Perseverance is important while exercising, but exercise isn't supposed to hurt.

**"Break a sweat every single day."** Moving your body in some way, every day, is good advice. But doing an "all-out" workout seven days a week is not a smart idea. A strong body is created with challenging workouts. But when muscle tissue breaks down through strength exercises, it needs adequate recovery time to rebuild and repair. Failing to allow muscle recovery will hinder results and may result in an overuse injury or mental burn-out. Rest days shouldn't make you feel guilty—they are an important part of a sustainable, successful workout plan.

**"Running is the best way to lose weight."** Exercise of some sort is necessary, but what you eat, sleep habits, and stress also have an impact on how successful you will be. There is no one "best way" to get the job done. If losing weight is the goal, efforts must come from many directions and need to target body fat. This is done with an eating program that helps to eliminate fat storage, and with exercise that builds muscle, challenging the heart and lungs aerobically. Exercise variety will keep the body reacting and responding to demands, improving results. Running could be one of the components of a weight loss program, but should never be considered the only focus.

**"Do this ab workout for a six-pack belly."** While abdominal isolation exercises can play a role in building core strength and stability (which are important parts of healthy movement), endless ab circuits don't equal a six-pack. There's no evidence-based science that proves you can reduce body fat in a specific area by working the corresponding muscle groups. If abdominal definition is the goal, keep in mind that eating habits and factors like stress, sleep, and hormones play a huge role in body composition. Body composition (fat mass vs muscle mass) is the key factor in defining muscle, anywhere on the body. While there's nothing wrong with doing ab exercises, those exercises are not a one-way ticket to a defined midsection.

**"You have to totally overhaul your lifestyle to get real results."** Trying to change everything at once leads to frustration, disappointment, and disillusionment. Make small changes to create a positive feedback loop which will motivate you to keep going. Making the decision to work on your health doesn't mean giving up all of your favorite foods, constant calorie counting, and hitting the gym 5-7 times a week. Small changes yield big dividends. When changes come slowly, you are more apt to maintain consistency that eventually evolves into a new lifestyle approach.

Good advice on exercise selection and performance is available from Get Fit for Life personal trainers. Workouts are customized to fit individual needs, goals, and medical issues. Personal training services are available in all Sun City Fitness Centers. To find out more about working with a Get Fit for Life personal trainer, simply call 623-696-6820 or visit Get Fit for Life Sun City on Facebook.

## MONITORED ACTIVITIES

<b>Basketball</b>	Not available until Phase 3
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
<b>Billiard Tables</b>	
Bell Lanes	M-Sa: 8a-9p; Su: Noon-8p
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
<b>Bingo</b>	Closed until Phase 3
Sundial Center	Thursdays: Doors Open 4:30p; Bingo 6:15p \$9 all 18 games w/3 special games Everyone welcome.

<b>Boating / Fishing</b>	
Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p (or Dusk)

<b>Bocce Courts</b>	
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p

<b>Bowling Lanes</b>	
Bell Lanes	M-Sa 8a-9p; Su 12-8p
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p

<b>Dog Parks</b>	
Duffeeland	October - April: 7am-6pm Closed last Wed/month for Maintenance

<b>Darts</b>	
Bell Center	M-Sa: 8a-9p; Su: Noon-8p

<b>Fitness Centers</b>	Open w/ limited occupancy, restrictions
Bell Center - 18+ only	M-Sa: 5a-9p; Su: 8a-8p
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p
Oakmont Center	M-Sa: 6a-7p; Su 8a-7p
Sundial Center - 18+ only	M-Sa: 6a-9p; Su: 8a-8p

<b>Horseshoe Courts</b>	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p

<b>Jogging / Walking Track</b>	Open w/ limited occupancy, restrictions
Indoor	
Fairway Center	M-Sa 5a-9p; Su: 8a-8p
Sundial Center	N/A

<b>Outdoor</b>	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Sun Bowl	Dawn to Dusk

<b>Library (602) 652-3000</b>	Call to confirm hours
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p
Fairway Center	M-F 9a-4p; Sat 8a-12p

<b>Mini Golf</b>	
Bell Center	M-Sa: 6a-9p; Su: 8a-8p
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p

<b>Pickleball</b>	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View: Outdoor	M-Sa: 6a-7p; Su 8a-7p

<b>Racquetball</b>	
Bell Center Courts A & B	M-Sa: 6a-9p; Su: 8a-8p;

<b>Shuffleboard</b>	
Bell Lanes: Indoor	M-Sa: 8a-8p; Su: Noon-7p
Lakeview: Outdoor	M-Sa: 6a-7p; Su 8a-7p

<b>Spas</b>	
Bell Center - 18+ only	M-Sa: 5a-9p; Su: 8a-8p
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View Center	M-Sa: 6a-7p; Su: 8a-7p
Oakmont Center	See Pool Hours
Sundial Center - 18+ only	M-Sa: 6a-9p; Su: 8a-8p

<b>Swimming Pools - Open Swim Hours</b>	
<b>Bell Center - 18+ only</b>	
Lap Pool: M-Sa: 5a-9p; Su 8a-8p; Closed for Club/Class: M-F 7-9a	
Walking Pool: M-Sa: 5a-9p; Su 8a-8p	

<b>Fairway Center</b>	
Lap Pool: M-Sa: 5a-9p; Su 8a-8p	
Walking Pool: M-Sa: 5a-9p; Su 8a-8p	

<b>Lakeview Center</b>	
M-Sa: 6a-7p; Su 8a-7p	
Children's Pool Hours - Ages 4-15 yrs: Daily 4p-Close	

<b>Marinette Center</b>	
M-Sa: 6a-9p, Su: 8a-8p	
Children's Pool Hours - Ages 4-15 yrs Daily 1-4p	

<b>Mountain View Center</b>	
M-Sa: 6a-7p; Su 8a-7p	
Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p	

<b>Oakmont Center</b>	
M-Sa: 6a-7p; Su 8a-7p	

<b>Sundial Center - 18+ only</b>	
<b>Large Pool:</b> M-Sa: 6a-9p; Su: 8a-8p;	
<b>Warm Water Pool:</b> M-Sa: 6a-9p; Su 8a-8P	

<b>Table Tennis</b>	
Bell Center: M-Sa: 6a-9p; Su: 8a-8p;	
<b>Closed for Club Activity:</b> M W F: 10a-3p; Tu & Sa: 10a-12p	

<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	

## Group Equipment Demos remain on hiatus at this time

## Member Fitness & Massage Services

Please show your support as these services return!  
Call & schedule an appointment today!



**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



## Clever Resolutions

The Babylonians were probably the first people to make New Year's resolutions some 4,000 years ago. Resolutions began as religious promises to the gods. Today they focus on individual improvement. Best guesses speculate 45% of Americans make resolutions, and only eight percent are successful achieving their goals. Here are a few inspirational and humorous ones developed over the years.

- This year I will make a name for myself. - *Anonymous, 1512*
- resolutions colon zero stop period hopes colon zero stop Beckett. - *Samuel Beckett in a 1984 telegram to The Times.*
- One resolution I have made, and try always to keep, is this—to rise above the little things. - *John Burroughs, naturalist*
- Write it on your heart that every day is the best day of the year. - *Ralph Waldo Emerson*
- Play the hand you've been dealt to the best of your ability. If you were dealt a bad hand, bluff your little heart out, but don't fold. - *Marelisa Fabrega*
- Live simply; dream big; be grateful; give love; laugh lots. - *Paulo Coelho*
- My New Year's resolution was going to be to quit all my bad habits, but then it occurred to me—no one likes a quitter.
- New year; new me; same dreams; fresh start.
- Don't cry over the past, it's gone. Don't stress about the future, it hasn't arrived. Live in the present, and make it beautiful.
- My goal for 2021 is to accomplish the goals of 2020, which I should have done in 2019, because I promised them in 2018, and planned them in 2017.
- I've seen six people post that their New Year's resolution is to "lose weight." I can think of a slightly more useful resolution for them.
- My New Year's resolution is to give up alcohol. Oops, I meant: My New Year's resolution is to give up. Alcohol!
- Forget to make resolutions? Just write out everything you did last night, and at the beginning add the word "stop."
- My pants are starting to fit a little tight; so, I think it's time I got serious about my New Year's resolution to buy bigger pants.
- I decided to overcome my addiction to the Hokey Pokey. I turned my self around.
- I will do thing other than read on weekends. Things like interact with other humans, eat things other than cereal, absorb sunlight, and appreciate trees.
- I will give people who don't read a chance. Maybe.
- I will stay informed about the Sun City and Fairway Libraries by getting on the library email list, and sign up at <https://apps.mcladaz.org/subscribe>.
- I will stay informed about Books Around the Corner by contacting Irene Nathanson at [IreneorRena@cox.net](mailto:IreneorRena@cox.net), and get on the Bookstore Newsflash mailing list.

### Water Conservation

## Resolve to Save Water in 2021

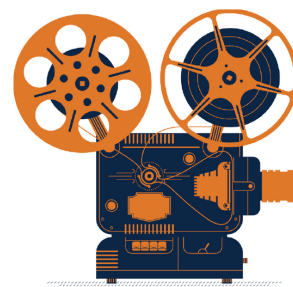
Why not make your New Year's resolution a pledge to conserve water? There are many ways this can be accomplished – and think of the money you'll be saving as well!

- Wash your fruits and vegetables in a pan of water instead of running water from the tap. This can be a major water saver.
- Now take that water and use it on houseplants or out in your garden.
- Do the same with the water used for cooking vegetables - of course, after it has cooled off.
- Don't do those dishes by hand and don't pre-wash everything that you're putting into the dishwasher. Scraping food waste is all that is necessary for most newer models. They actually work better if the dishes are dirty
- Take showers versus bathing. While it may be lovely to sink into a tub filled with hot water and soak away the stress of the day, every bath you take can use more than 50 gallons of water. Taking a shower is a much better bathing option when it comes to saving water.
- Think native when it comes to planting vegetation as these plants tend to require less water.
- When brushing your teeth, turn off the water until you are ready to rinse. If you brush your teeth twice per day, this simply step will save more than 700 gallons per year.
- Check for water leaks. Just a little drip can add up to gallons of wasted water. And don't overlook outdoor faucets and irrigation systems. These can often be worse than indoor water leaks.
- Pay attention to your water bill; sudden increases in water use can mean there's a leak.

Just resolve to do on thing every single day that will help to save water. You'll be surprised what a difference it will make.



Every Drop Counts!  
Do your part to help conserve!



## FREE MOVIES ARE BACK!

Wednesdays at Marinette  
Saturdays at Mountain View  
Show Times: 2pm & 7pm

Physical Distancing & Face Masks Required  
Audience Limitations: 36 at Marinette; 40 at Mountain View  
There will be No Popcorn Served; No Outside Chairs, Food or Beverages allowed other than bottled water  
Sign up for RCSC News Email Alerts or visit the RCSC Web Portal for the movie listings

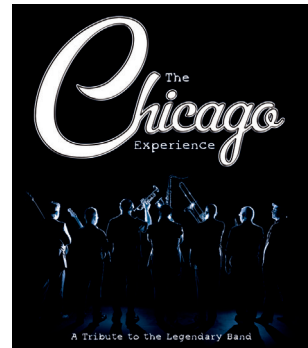
# Sundial Winter/Spring Concert Series - POSTPONED

RCSC has determined that we will be postponing the Sundial 2021 Winter/Spring Sundial Concert Series due to continued COVID-19 concerns.

Depending upon further developments, we hope to be able to bring some or all of these spectacular shows to Sun City AZ but will not do so until it is safe for all to attend.

Additional information will be released via email announcements and press releases to the local media when the situation changes and we are able to move forward. Your cooperation and patience as we continue to proceed cautiously into the new year is greatly appreciated.

The Events & Entertainment Office at Sundial remains closed. Any questions regarding the upcoming concerts should be emailed to [entertainment@suncitaz.org](mailto:entertainment@suncitaz.org) or by leaving a message at 623-561-4680.



January 6, 2021  
The Chicago Experience



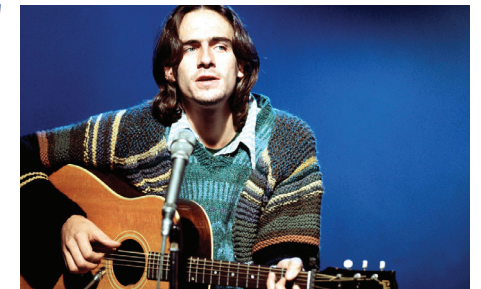
January 13, 2021  
Still Crazy After All These Years  
A Tribute to Paul Simon



January 27, 2021  
Classics Rock



February 3, 2021  
Oh, Canada!



February 10, 2021  
James Taylor Tribute



February 17, 2021  
Linda Ronstadt – the tribute concert starring Laura Berger



February 24, 2021  
One More Night – The Phil Collins Experience



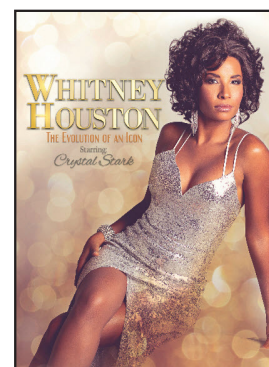
March 3, 2021  
The Broadway Concert Experience



March 10, 2021  
Tennessee River – A Tribute to Alabama



March 17, 2021  
MJ DeJaVu  
Michael Jackson Tribute



March 24, 2021  
Whitney Houston  
The Evolution of an Icon  
starring Crystal Stark



March 31, 2021  
One of These Nights – The Ultimate Eagles Tribute