

SUN VIEWS

ISSUE #232 • MARCH 2021 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.



Grand Center Project Continues



As construction continues on Phase 2 of the Grand Center (left), the Communication Through Technology Committee films the maiden segment for the new "Sun City AZ in Focus" video magazine, highlighting the clubs which moved to this location last summer along with a satellite office for the Sun City Posse. See the President's Commentary on page 2 for more information about this new and exciting project coming soon.



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

Email addresses
remain confidential

INDEX

News	Page 01-03
Board News	Page 02
Golf	Page 04
Bowling	Page 05
Club Directory	Page 06-07
Club Articles	Page 08-09
Fitness Health	Page 10
Monitored Activities	Page 10
Community News Events	Page 11
Club Articles Events	Page 12

Let's Stay Vigilant! RCSC COVID-19 Reminders

RCSC would like to remind Cardholders about requirements at RCSC Centers as they use the various facilities and amenities available. Please read the symptom screening signs at the entry to each RCSC Center and do not enter if you answer "yes" to any of the questions. Guests and visitors are not currently permitted at RCSC Centers.



Face shields, bandanas and face masks with vents or valves are NOT permitted.

NOTE: See additional information on mask requirements listed under Pools/Spas and Lockers Rooms.



View the Center for Disease Control "Guide to Masks" at the following website:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

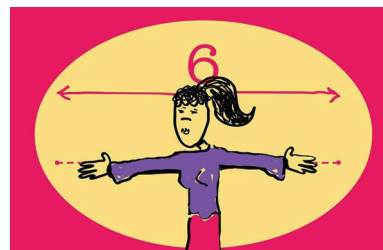
Face Masks in General



- Face Masks are not created equal! They must cover your nose and mouth at all times with no gaps, tied around your head or behind your ears.
- Face masks are required to be worn inside all RCSC buildings, except Sundial pools and indoor spas.
- Face masks are required to be cloth, fabric or other permeable material (no holes or lace) and must be worn over the mouth and nose, affixed either over the ears or tied around the head.
- Cardholders are encouraged to identify masks that can be used during the activity performed and continue to provide consistent coverage over their nose and mouth during the activity.

Physical Distancing

Six feet of separation between Cardholders is required during all activities, including within pools and spas (regardless of marital status or living arrangement).



RULE OF THUMB:

A good rule of thumb is if two Cardholders can extend their arms and touch then they are too close to each other.

(continued on page 3)

Connect with Sun City AZ



SUN CITY ARIZONA

2021 RCSC Board of Directors

Phone: 623-561-4620

email: boardoffice@suncityaz.org

Sue Wilson, President

email: swilson@suncityaz.org

Michael Ege, Vice President

email: mege@suncityaz.org

Dale Lehrer, Secretary

email: dlehrer@suncityaz.org

Sheila Rooney, Treasurer

email: srooney@suncityaz.org

Darla Akins, Director

email: dakins@suncityaz.org

Steve Collins, Director

email: scollins@suncityaz.org

Rich Hoffer, Director

email: rhoffer@suncityaz.org

Karen McAdam, Director

email: kmcadam@suncityaz.org

Dan Schroeder, Director

email: dschroeder@suncityaz.org

A Moment with the RCSC Board President

Communications Committee Takes on New "Focus"

This year the Board of Directors repurposed one of our standing committees. The Outreach and Communications Committee had reached a point where they were struggling to survive. The committee was renamed Communication Through Technology and the committee has been reborn.

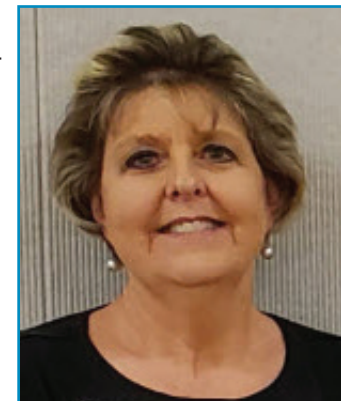
The committee chair, Board Director Mike Ege, came up with an idea of developing a video magazine. The committee will film a segment which will then be sent to Joelyn Higgins, RCSC Communications and Marketing Coordinator, for approval. If she approves it then it will be passed onto RCSC Senior Management before being posted on the RCSC YouTube channel.

The video magazine, tentatively titled "Sun City AZ in Focus," will tell stories. The history of Sun City as well as the present. It will also address issues the RCSC Board of Directors are tackling. It will feature our recreation centers, golf courses, clubs and activities as well as other highlights throughout the community.

The committee is filled with some real talent for this idea to flourish and is being led by two RCSC Board Members, Vice President Mike Ege and Director Rich Hoffer. Mike is currently working on his Associate of Science Degree in film at Scottsdale Community College. Rich worked in radio and television for 25 years. He received his Bachelor of Science Degree in Communications from Ohio University. He worked as a booth announcer for a television station in Toledo, Ohio for 17 years. Since there are term limits on directors, I asked both of them what will they do with this endeavor when their terms on the board end. Both stressed they will stay on the committee and keep the ideas rolling.

The other committee members are also very talented and excited about this task. One member, Trudy, was featured in the Sun City AZ Discover video that was produced several years back and is well-known to many for her involvement including

the Calligraphy Society and the Ukulele Club. Another member, Steve, works in corporate marketing and also serves on the Long Range Planning Committee. Still another member, Jeff, describes himself as an amateur camera man but has proven himself to be very skilled at this hobby. The committee also has two members, Jan who a web designer and Betty who is talented at scripting. These committee members definitely fit the Sun City motto of "City of Volunteers."



Sue Wilson
RCSC Board President

The committee also receives some outside help. John Wood, the President of the Camera Guild, is allowing the committee to use the Camera Guild club room for filming. Mike Dvorak, RCSC camera man, suggested the video magazine title.

The first segment will feature the Grand Center Phase 1. This building opened last year but because of COVID-19 restrictions, many RCSC Cardholders have not seen this building. The video will feature the four clubs that are currently housed here.

The committee hopes that this video magazine will help keep Sun City residents entertained and informed about the clubs and activities that Cardholders may choose to join. It will also be a marketing tool to help attract others to the community in the future. If you feel that this is a committee you would like to work with, please call the RCSC Corporate Office at 623-561-4600. This committee meets the second Tuesday of the month at 9:00 a.m.

This Month @ The Board

RCSC Board Meetings:

Board Meeting #1

Monday, March 8, 2021 @ 9am

Sundial Auditorium

Board Meeting #2

Thursday, March 25, 2021 @ 9am

Sundial Auditorium

Committee Meetings:

Bowling Committee

Thursday, March 4, 2021 @ 9am

Lakeview Social Hall #2

Communication Through Technology

Tuesday, March 9, 2021 @ 9am

Lakeview Social Hall #2

Lawn Bowling Committee

Tuesday, March 9, 2021 @ 1pm

Lakeview Social Hall #2

Club Organization Committee (COC)

Wednesday, March 10, 2021 @ 10am

Lakeview Social Hall #2

Insurance Committee

Friday, March 12, 2021 @ 9am

Lakeview Social Hall #2

Long Range Planning Committee

Monday, March 15, 2021 @ 8:30am

Lakeview Social Hall #2

Golf Advisory Committee

Thursday, March 18, 2021 @ 8:30am

Lakeview Social Hall #2

Elections Committee

Wednesday, March 24, 2021 @ 1pm

Lakeview Social Hall #2

Properties Committee

Tuesday, March 30, 2021 @ 9am

Lakeview Social Hall #2

The following committee(s) do not have meetings scheduled this month: Finance & Budget, Technology



"Neighbors Helping Neighbors"

The next Sun City Foundation meeting will be held on Thursday, March 11, 2021 at 1:00pm in the Lakeview Social Hall #1.

COVID-19 Reminders

(continued from page 1)

Working Out in the Fitness Center

In accordance with ADHS guidelines, fitness center capacity is reduced based upon the size of each fitness center. Additional Cardholders may not enter fitness centers once capacity is reached. All fitness centers are closed daily from noon to 1:00pm for sanitization of equipment.



Face masks must be worn while using fitness equipment inside fitness centers, and not all equipment may be available due to physical distancing requirements.

Always remember to Sanitize & Maintain Physical Distancing

- Use hand sanitizer provided upon entry
- Sanitize all equipment before AND after use with provided sanitization wipes
- Wait to use equipment closer than 6' from other equipment until adjacent equipment is not being used

DO NOT Use personal towels to wipe down equipment as this does not sanitize the equipment .

While Enjoying the Pools & Spas

Cardholders must wear a face mask when checking in with RCSC staff. However, face masks are not required inside pools and spas (except the walking pools at Bell and Fairway).



NOTE: Space in pool/spa areas may not be available due to physical distancing requirements and pool furniture may be limited to provide required physical distancing.

Sanitize, Sanitize, Sanitize!

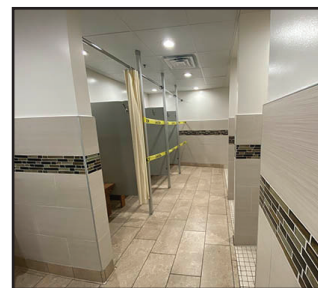
Upon entering the pool area, Cardholders should use the hand sanitizer provided. In addition, all pool furniture should be sanitized with provided wipes.

DO NOT: Rearrange pool furniture. Sitting and laying on the pool deck is not permitted.



In the Locker Rooms

In accordance with ADHS guidelines, locker room capacity is reduced and use restricted. To comply with these requirements, all lockers have been closed and some changing areas closed as well (as shown in this photo).



RCSC Cardholders should remember:

- Face masks must be worn in the locker room at all times except when showering
- Use sanitizer provided in automatic dispensers to sanitize changing areas before use
- Refrain from bringing personal items into the gym/locker room
- Change/shower at home when possible

DO NOT: Leave personal items on benches, in changing stalls, or on floors. DO NOT: Congregate or socialize in locker rooms.

In Closing...

Adherence to these rules is important to ensure the safety of all Cardholders and RCSC staff. While transmission rates are on the decline and many wishing to be vaccinated are hopeful that increased vaccination availability will help move this process along, we must all remain vigilant until we can fully and safely return to normal. Thank you for your continued patience and understanding.

DO YOU PART

PRACTICAL WAYS TO HELP

✓ DO	✗ DON'T
 stay home and away from others when sick	 share rumors and unintentionally spread misinformation
 wear face masks in public	 downplay the threat posed by the virus, even if you have not been personally affected
 limit social gatherings with people outside of your household	 stop practicing mitigation measures once a vaccine is approved

AND WE'LL GET THROUGH THIS TOGETHER!



RCSC Corporate Office

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

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

www.suncityaz.org

Cardholder Services Office

Lakeview Center • 623-561-4603

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

1st Saturday each month: 9am to noon

Chartered Clubs Office

Lakeview Center • 623-561-4660

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

Events & Entertainment Office

Sundial Center • 623-561-4680

14801 N. 103rd Ave.

Hours: Monday - Friday 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.

GET GOLF READY

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!

March & April Sessions

Golf Professional: Mike Wegner (Final day of play @ Willowbrook)
Monday & Wednesday - March 1, 3, 8, 10 @ 9am;
Friday, March 12 - Play round of golf @ 1pm (Check in @ 12:30pm)

Golf Professional: Bob Day (Final day of play @ Willowbrook)
Monday & Friday - March 15, 19, 22, 26 @ 1pm;
Monday, March 29 - Play round of golf @ 1pm (Check in @ 12:30pm)

Golf Professional: Robin Eichten (Final day of play @ Willowbrook)
Tuesday & Thursday - March 23, 25, 30, April 1 @ 9am;
Friday, April 2 - Play round of golf @ 9am (Check in @ 8:30am)

Golf Professional: Mike Wegner (Final day of play @ Willowbrook)
Monday & Wednesday - March 29, 31, April 5, 7 @ 9am;
Friday, April 9 - Play round of golf @ 1pm (Check in @ 12:30pm)

Golf Professional: Bob Day (Final day of play @ Willowbrook)
Monday & Friday - April 5, 9, 12, 16 @ 1pm;
Monday, April 19 - Play round of golf @ 1pm (Check in @ 12:30pm)

Golf Professional: Robin Eichten (Final day of play @ Willowbrook)
Tuesday & Thursday - April 13, 15, 20, 22 @ 9am;
Friday, April 23 - Play round of golf @ 9am (Check in @ 8:30am)

Contact Chris Linam @ 623-876-8419
or email: clinam@suncityaz.org

Do your part to stop the spread!



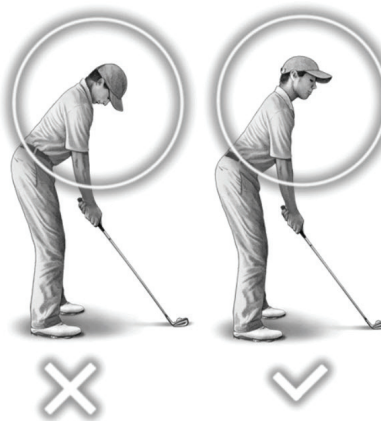
Please continue to practice physical distancing and keep at least 6 feet away from others both on and off the course!

Thoughts from a Pro

Keep Your Chin Up!

Over the years if I had a dollar for every time I've heard a student say to me they are trying to keep their head down I could have retired long ago! This is such a common thing for people to tell each other to help but could actually make things worse. Why?

1. The backswing: In a proper setup your chin should be up and away from the chest with your eyes looking down at the ball. Keeping your chin up allows you to make a full backswing where your shoulder and arm can swing freely under your chin. If you are focusing on keeping your head down, you are most likely keeping your chin tucked and therefore restricting your backswing which can reduce distance.
2. The follow thru: The other issue when focusing on keeping your head down is what happens on the follow thru. If your chin is tucked and your head stays down long after you hit your shot your arms will not be able to freely swing towards the target but instead will swing around your body (causing a host of issues including topping the ball). Hold your follow thru position when you are done with your swing to make sure you are facing towards the target with your body, head and eyes included!



Instead of focusing on keeping your head down remember to keep your chin up! Practice some swings just hitting tees at first - both with your chin tucked and then with it untucked to feel the difference. Most likely you will conclude that it is not only more natural and comfortable to keep your chin up, but it works much better!

Robin Eichten is a Life Member of the LPGA and Certified Teacher. Originally from Minnesota she has been teaching professionally since 1987 and in the Sun City area since 1994. For sign-up or info call/text Robin at 623-322-6300 or email to 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/

March Snack Shop Hours
Open Daily 6am - 5pm



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

Improve your game with the help of RCSC Golf Professionals!

Whether you're just learning or want to improve your game, the following golf instructors can be contacted directly to schedule an appointment:

- Mike Wenger - 623-225-8546 or email mikewegner@gmail.com
- Bob Jennings - 602-463-4533 or email bob@jenningsgolf.net
- Bob Day - 602-818-1470 or email 1day2bettergolf@cox.net
- Robin Eichten - 623-322-6300 or email golfwithrobin@gmail.com

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

Bell Lanes
16810 N. 99th Ave.
623-876-3050

Monday-Saturday: 8am-8pm
Sunday: Noon-6pm

Monday-Saturday: 8am-9pm
Sunday: Noon-7pm

*Billiards at Lakeview Lanes,
too!*



*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.



Camera Guild of Sun City

The Camera Guild has a beautiful new home at Grand Center! We are anxious to resume social activities so guests can visit and see what we're all about. For now, these photos will have to tell the story. There's a spacious common room for classes, speakers, educational movies, and presentations. A place to gather and share mutual interests. Once COVID-19 restrictions are eased we will hold First Friday events where members hang their images to view and sell during a wine and cheese tasting.



Workroom/studio for matte cutting, mounting photos and framing for various exhibits and competitions.



Our state-of-the-art Computer Lab is a hands-on learning environment for post-production of your images featuring 10 computers running the latest Adobe Creative Suite of software and more. A Canon large format printer with a variety of papers plus canvas for members use is available for a nominal fee. At this time we are holding Printer Mondays to learn how print images. Check our website for times and dates as things change and new options are added - www.cameraguildsuncity.com



We enjoy "Grab and Go" photo shoots, taking day trips all over the Phoenix area and occasionally overnight trips within the state. These are not only fun but produce some wonderful photography by member participants!



Competitions are held frequently with critiques to help us all progress in our skills. The studio has multiple backdrops, lighting, filters, tables for still life. Discovery labs have been exploring this recently. We also have Microscope photography, for a unique photo experience, and Audio Video which is being developed. Our darkroom is up and running for a "flashback" experience.

The Camera Guild is open to all RCSC members in good standing for a yearly fee (\$20/first member, \$5/second family member). Fill out a form online at www.cameraguildsuncity.com and bring it in during monitored club hours - Tuesday-Thursday 9am to noon. General meetings are currently held via Zoom on the third Saturday of the month, check the website for more details. SEE YOU SOON!

Senior Softball of Sun City



Remember the old neighborhood baseball game with towels or t-shirts for bases, an old mushy ball and bat? Join the 200+ men and women at the softball field located behind the Sun Bowl Amphitheater for some old time fun. Whether it's been years since you played or something new you'd like to try, stop by and check out the field. There is no "drop-in" play; Tryouts are by appointment; contact Rickie at 509-264-3088.



Due to COVID-19 restrictions, three leagues are temporarily realigned and follow strict protocols for safety. Teams play twice a week; 10-16 week sessions. To join anytime, you must be a Sun City resident with a valid RCSC membership card, attend two tryouts and pay the registration fee of \$125 which includes \$50 annual dues. Full uniforms are provided. Snowbirds are welcome but must commit to play a complete session. Other opportunities are a 70+ League and the annual Gals v. Guys Game (Gals lead 3-0.)



The Hall of Fame Spring Banquet honors club members who have given their time and talents for the betterment of League programs. The club hosts the Cleats & Clubs golf tournament and a Veterans Day Tournament featuring players from WWII, Korean and Viet Nam through the current Gulf war eras. In association with VFW and American Legion, "gently used" clothing is collected during the tournament.

Friday Night Ballroom Dance

When was the last time that you attended a dance? Did you have fun? What was your favorite dance? Whether it was the Swing, Waltz, Foxtrot, or any of the Latin dances, we still do it all, at the beautiful Sundial auditorium.

When you step through the door, you will probably be reminded of some of the great ballrooms of long ago. Sundial has one of the best dance floors in the entire Valley. And talk about music - this is where singles and couples come to hear some of the best dance music in the region. Whether you love to slow dance or you are an accomplished ballroom dancer, or somewhere in between, you will love the Sundial Ballroom.

Weekly Friday night dances begin with a Foxtrot at 7:00pm and usually end with a Waltz, at about 9:45pm. If you are a beginner or would just like to learn a few new steps, we encourage you to take the free dance lesson offered before each dance. The lesson begins at 6:15pm. Admission cost is \$5 for members and \$8 for escorted guests.

Annual club membership/participation is \$3 and is open to all RCSC Cardholders.

Not only is dancing good for you, both physically and mentally, but it is fun and easy to learn. It is also a great way to socialize and make new friends. For more information, please call Bob at 623-215-8718.

NOTE: All dancing in Sun City has temporarily been suspended due to the pandemic. Dancing will resume as soon as it is determined to be safe.



Looking for work?

RCSC is looking for YOU!

Are you looking for a job working for a GREAT company with GREAT people? Positions are available at RCSC recreation centers and golf courses.

Learn how to apply, locations of available positions with job descriptions, and hourly pay rate at the link below. Please direct all questions regarding employment to the RCSC Human Resources Department online at:

<https://suncityaz.org/rcsc/employment/>

Hatha Yoga

Practicing yoga can increase flexibility, release stress, improve sleep, and aid in managing chronic health conditions.

The Hatha Yoga Club Mat Classes consist of breathing, stretching, strengthening, and relaxation exercises. Sessions are taught by certified yoga instructors. Classes are multi-level and each yogi practices at his or her own level.

If you want to practice yoga but have difficulty transitioning to/from the floor, our club offers Chair Yoga as an alternative. The postures are practiced seated and standing using a chair for support.

Due to COVID-19 we are not currently offering classes at Sundial Center. The Hatha Yoga Board is meeting monthly to discuss how to safely open, how members will pay for classes, and what the new classes and schedules will look like when the time arrives to reopen. If you were a member of Hatha Yoga in 2020, your dues have been rolled over to 2021. We look forward to welcoming new members once classes can begin. For more information, please check our website at hathayogaclub.org.

We encourage all to practice a bit of yoga on a daily basis – quiet breathing for a few moments; move on your feet or in your chair; walk, dance, stretch in your home; smile – or complete a full practice on your mat or chair.



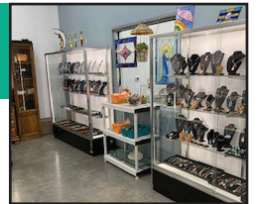
Sun City Line Dance

Are you looking for a physical exercise that's fun as well as good for both your body and your brain? Then consider doing what hundreds of others do and join Sun City Line Dance Club, one of the largest clubs in the nation. Although the club has been unable to meet, we hope to be able to reopen in a safe manner when the time comes that we are able to meet both CDC's and RCSC's safety guidelines.

Upon reopening, free dance step lessons will be given 15 minutes before class starts from 9:45 to 10am. The dance schedule is normally 10am to 1pm Tuesdays and Thursdays at Sundial Ballroom (unless RCSC cancels or relocates the dance). We also host four Saturday dances a year (one per quarter) on the 5th Saturday of the month from 1:30-4:30pm at Sundial. A variety of music - American and Latin rhythms including rhumba, swing, waltz, and cha cha are danced with varying dance steps, from beginner to intermediate level, advancing each hour with the most challenging dances in third hour. Four jumbo screens project the instructor's steps as she teaches on the stage. Dances have links to teaching videos on [suncitylinedanceclub.facebook.com](https://www.suncitylinedanceclub.facebook.com). Annual membership is \$5; each dance is \$2 members, \$4 visitors and \$6 escorted guests. Valid 2020 club memberships will be honored in 2021. For more information contact Walter at 623-972-5127 or visit website at www.suncitylinedanceclub.com

Jewelry/Stained Glass & More

Jewelry/Stained Glass & More on Grand (formally on Oakmont), has moved to our new location and we now have over 2000 square feet of working space.



Opportunities to learn a variety of skills abound at Jewelry/Stained Glass & More. All courses offered by the club include a start-up kit. Each class consists of a minimum of two hand-on instruction sessions and an official certificate upon completion.

We have classes in silver, lapidary, copper, glass fusion, wire wrapping, beading and stained glass. If you are undecided, stop by the club and watch our members work and ask them any questions you might have; they will be glad to answer them.

Stop by and visit our large show room - we have a great selection of finished projects at great prices. If you have a design in mind, ask one of our crafters if they can make it for you. We also repair jewelry plus stained glass art.

To sign up, stop by the club during club hours (Monday through Saturday 8am-noon) or call Club President John Schmidt at 623-322-2595 for more information.

Women's Chorus of Sun City

The Sun City Women's Chorus takes the health and wellbeing of all participants seriously. COVID-19 guidelines warrant the Chorus to cancel our Spring Concert. Tickets already purchased will be honored at our concert scheduled for December 2021.

Our director, Jane Higgs, has passed the baton and we are grateful for all of her guidance these past six years. We have grown and improved under her leadership and are sorry to see her leave. Velda Jensen has graciously agreed to accept the position as our new director.

We hope rehearsals can begin on September 3, 2021 if restrictions have been lifted. All women with current RCSC memberships are welcome to join. Rehearsals are in the Fairway Center Music Room on Thursdays at 8:45 a.m. The Chorus always welcomes new members who enjoy singing four-part harmony. No audition required. If you have any questions, please contact Annette at (623) 308-4643.

Pottery Sale

Friday, March 19th* 10am-4pm
Saturday, March 20th* 10am-2pm

Rain Date:
Friday, March 26th 10am-4pm
Saturday, March 27th 10am-2pm



Sale location:
13825 North Tan Tara Drive
Sun City, AZ 85351
623-977-3167

FACE MASK REQUIRED FOR ENTRY

Presented by Marinette Clay Corner

Farmers Market @ Bell Center



Thursdays
9am to 1pm

Fresh Never Tasted So Good

** Groceries Only **
Face Masks & Social Distancing Required.
No RCSC Club booths; No Pets!

Bell Stitchers



The Bell Stitchers are 100% Charity driven. Club members sew, knit, and crochet numerous items that are distributed to underprivileged children in Maricopa County, Vets 1st, Hospice of the Valley, the Navajo Nation, and others in need. Our club is open Tuesday 9am-8pm, Thursday, and Friday 9am to 3pm. We welcome new members, please remember to wear a mask.

Tips from Get Fit for Life -

Signs of A Good Workout

Most exercisers have certain criteria that indicate a good workout. Things like: being out of breath; drenched in sweat; experiencing muscle burn. Does every workout have to fulfill these criteria to be effective? What about those days when you've worked hard, but aren't experiencing that knock-out sensation. Was it all a waste of time? "Absolutely not," states Jane Fortier, fitness specialist for Get Fit for Life. "Squeezing in just a few minutes of exercise a day is reason enough to pat yourself on the back. Evaluating the value of your workout is more complex than just a few physical signs. Take a step back and look at the bigger picture of how you're feeling in the days and weeks after your workouts, not just the minutes after one session has ended. You don't have to exercise for two hours or feel like you're going to pass out at the end in order to accomplish your goals. There are a variety of factors that come into play, when deciding whether or not your workout program is helping you progress toward your overall health and fitness objectives."

6 Signs of A Successful Workout Regimen

- **Am I sleeping better?** A regular exercise program improves sleep patterns, but the results don't typically happen overnight. Exercise has been proven to improve the quality and quantity of sleep, over time. Too much or not enough exercise can make sleep more difficult, so it's important to be sure your workouts are making you stronger and not running you down. When you notice you're sleeping better and feeling more rested when you wake up in the morning, that's a positive sign you're on the right track.
- **Am I more focused?** In the short-term, a good workout provides an energy boost and improves concentration. It can help relieve the symptoms of depression and anxiety by releasing "feel good" endorphins. All of these changes begin to happen as soon as your workout is over. Longer-term, exercise can improve memory and prevent cognitive decline.
- **Am I hungrier?** Studies have shown that working out increases the production of ghrelin, a hormone that stimulates appetite, which often makes you hungrier. However, that doesn't give you an excuse to raid the refrigerator to reward yourself for a job well done. Plan ahead for a healthy, post-workout snack or meal that fits into your calorie budget for the day. Be sure to stay adequately hydrated, too, since dehydration can often be confused for signs of hunger.
- **Am I seeing progress?** You won't go faster every time you get on the treadmill, and you won't lift more weight each time you strength train. Over time, though, you should notice your fitness level improves and you can do more than you could when you started. Keep in mind that as you become more fit, improvements in performance become less frequent. That's why it is important to change up your exercise routine regularly, so that your body continues to be challenged in new ways.
- **Am I feeling good?** A good workout can leave you tired, but can also leave you with a sense of accomplishment and a boost of confidence. Psychology experts say a mood boost can happen as soon as five minutes after the workout has ended. A good workout not only improves how you look on the outside, but it makes you feel stronger and more confident on the inside.
- **Am I liking it?** If you don't get much enjoyment out of your workouts and you only feel good afterward because the torture is over, consider trying something different. There are lots of exercise options out there, and you're more likely to stick with it, if you like what you're doing. Make a change in your workout.

Get Fit for Life personal trainers are experts at creating successful workout regimens that are safe and effective. These programs are based on needs, goals and medical issues. To find out more about working with a personal trainer, call 623-341-1727 or visit Get Fit for Life, Sun City on Facebook.

MONITORED ACTIVITIES

Basketball	Not available until Phase 3	Pickleball	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Billiard Tables		Mountain View: Outdoor	M-Sa: 6a-7p; Su 8a-7p
Bell Lanes	M-Sa: 8a-9p; Su: Noon-8p	Racquetball	
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Bell Center Courts A & B	M-Sa: 6a-9p; Su: 8a-8p;
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	Shuffleboard	
Bingo	Closed until Phase 3	Bell Lanes: Indoor	M-Sa: 8a-8p; Su: Noon-7p
Sundial Center	Thursdays: Doors Open 4:30p; Bingo 6:15p \$9 all 18 games w/3 special games Everyone welcome.	Lakeview: Outdoor	M-Sa: 6a-7p; Su 8a-7p
Boating/ Fishing		Spas	
Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p (or Dusk)	Bell Center - 18+ only	M-Sa: 5a-9p; Su: 8a-8p
Bocce Courts		Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p
Bowling Lanes		Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Bell Lanes	M-Sa 8a-9p; Su 12-8p	Mountain View Center	M-Sa: 6a-7p; Su: 8a-7p
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Oakmont Center	See Pool Hours
Dog Parks		Sundial Center - 18+ only	M-Sa: 6a-9p; Su: 8a-8p
Duffeeland	October - April: 7am-6pm Closed last Wed/month for Maintenance	Swimming Pools - Open Swim Hours	
Darts		Bell Center - 18+ only	
Bell Center	M-Sa: 8a-9p; Su: Noon-8p	Lap Pool: M-Sa: 5a-9p; Su 8a-8p; Closed for Club/Class: M-F 7-9a	
Fitness Centers	Open w/ limited occupancy, restrictions	Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Bell Center - 18+ only	M-Sa: 5a-9p; Su: 8a-8p	Fairway Center	
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	Lap Pool: M-Sa: 5a-9p; Su 8a-8p	
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p	Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Lakeview Center	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	M-Sa: 6a-7p; Su 8a-7p	
Oakmont Center	M-Sa: 6a-7p; Su 8a-7p	Children's Pool Hours - Ages 4-15 yrs: Daily 4p-Close	
Sundial Center - 18+ only	M-Sa: 6a-9p; Su: 8a-8p	Marinette Center	
Horseshoe Courts		M-Sa: 6a-9p, Su: 8a-8p	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Children's Pool Hours - Ages 4-15 yrs Daily 1-4p	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Mountain View Center	
Jogging / Walking Track	Open w/ limited occupancy, restrictions	M-Sa: 6a-7p; Su 8a-7p	
Indoor		Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p	
Fairway Center	M-Sa 5a-9p; Su: 8a-8p	Oakmont Center	
Sundial Center	N/A	M-Sa: 6a-7p; Su 8a-7p	
Outdoor		Sundial Center - 18+ only	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Large Pool: M-Sa: 6a-9p; Su: 8a-8p;	
Sun Bowl	Dawn to Dusk	Warm Water Pool: M-Sa: 6a-9p; Su 8a-8p; Closed for Class: T/Th 12-2p	
Library (602) 652-3000	Call to confirm hours	Table Tennis	
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p	Bell Center: M-Sa: 6a-9p; Su: 8a-8p;	
Fairway Center	M-F 9a-4p; Sat 8a-12p	Closed for Club Activity: M W F: 10a-3p; Tu & Sa: 10a-12p	
Mini Golf		Tennis	
Bell Center	M-Sa: 6a-9p; Su: 8a-8p	Bell Center: 623-977-3325 M-Sa: 6a-9p; Su: 8a-8p	
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p	Lakeview Center: 623-561-4676 M-Sa: 6a-7p; Su 8a-7p	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Mountain View: 623-876-3042 M-Sa: 6a-7p; Su 8a-7p	
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p		

Group Equipment Demos remain on hiatus at this time

Member Fitness & Massage Services

Please show your support for these local services offered.
Call & schedule an appointment today!



Fitness Training
623-696-6820

Personal Training Sessions are available at all RCSC Fitness Centers

Massage Services



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

Sundial Center
Free Spirit Massage
623-225-8582

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



Some Library Love

"I ❤️ Our Sun City Library because of the friendliness of the staff, and providing curbside pick-up of the latest books I can order. They are always trying to make it as convenient as possible during these difficult times." Roberta Hawksworth, Friends Board Publicity

❤️ "I two things about the Sun City Libraries. Number one is that the Bell library is super close to my house; and number two is that I go to Costco and see what the newest books are and then put a request in at the library." — Ruth Polansky, Friends Volunteer Coordinator

"I ❤️ being a part of an organization of over 100 delightful people dedicated to improving our Libraries. In the City of Volunteers, I can't think of a better place to volunteer." — Tom Everitt, Friends Writer and Editor in Chief

"I ❤️ being a part of the Sun City Libraries team because every day I work alongside a group of caring, hardworking, friendly, and fun people! The staff at both of our libraries are so wonderful, and I am very grateful to work with them! I ❤️ our library customers! So many people who come into our libraries are enthusiastic about what we have to offer, and are appreciative that we are here. That makes my job even better! I ❤️ our Friends! The Friends of the Sun City Libraries are incredible. They are so supportive of what we do here at the library, and that means the world to me." — Brianna King, Library Manager

SOME BOOK THOUGHTS

Reading is dreaming with your eyes open.

One ought, every day at least, to hear a little song, read a good poem, see a fine picture, and, if it were possible, to speak a few reasonable words. — Goethe

When you sell a man a book, you don't sell him 12 ounce of paper and ink and glue—you sell him a whole new life. — Christopher Morley

Literature is my Utopia. Here I am not disenfranchised. No barrier of the senses shuts me out from the sweet, gracious discourse of my book-friends. They talk to me without embarrassment or awkwardness. — Helen Keller

Reading is the sole means by which we slip...into another's skin, another's voice, another's soul. — Joyce Carol Oates

What you don't know would make a good book. — Sydney Smith

A novel is a chance to try on a different life for size. — Marion C. Garretty

SOME TIMELY HUMOR

- I don't know who needs to hear this today, but its Blursday the fortyteenths of Maprilay. "You must do the thing you think you cannot do." — Eleanor Roosevelt (Does not apply to haircuts during the quarantine.)
- So, you're staying inside, social distancing, and cleaning yourself. Congratulations! You have become a house cat.
- Bookstore: "We've moved a few things around: Travel books are in the Fantasy section; politics are in Sci-Fi; and epidemiology is in Self Help. Good luck."
- Apparently, this year is being written by Stephen King.
- 2020 was like looking both ways while crossing the street, and then getting hit by an airplane.
- After years of swearing that I couldn't clean my house because I didn't have time, 2020 proved that may not have been the reason.
- My wife and I play this fun game during quarantine. It's called, "Why are you doing it that way." There are no winners.

Stay informed about the Sun City and Fairway Libraries by getting on the library email list, <https://apps.mclldaz.org/subscribe>. Stay informed about Books Around the Corner by contacting Irene Nathanson at IreneorRena@cox.net to get on the Newsflash mailing list.

Water Conservation

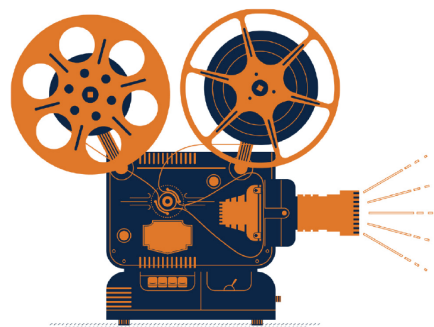
Water Saving Reminders Worth Repeating

Every drop of water we save today will add up to gallons of water for the future. Why not do your part and start saving water - and money - today!?

- On average, 10 gallons per day of your water footprint (or 14% of your indoor use) is lost to leaks. Short of installing new water-efficient fixtures, one of the easiest, most effective ways to cut your footprint is by repairing leaky faucets and toilets.
- If you use a low-flow showerhead, you can save 15 gallons of water during a 10-minute shower.
- Each time you reduce your use of hot water, you also save energy and money.
- It takes about 70 gallons of water to fill a bathtub so showers are generally the more water-efficient.
- All of those flushes can add up to nearly 20 gallons a day down the toilet. If you still have a standard toilet, which uses close to 3.5 gallons a flush, you can save by retrofitting or filling your tank with something that will displace some of that water, such as a brick or plastic bottle filled with sands or rocks.
- Front-loading washing machines are both energy- and water-efficient, using just over 20 gallons a load, while most top-loading machines (unless they are energy-efficient) use 40 gallons per load.
- Nearly 22% of indoor home water use comes from doing laundry. Save water by making sure to adjust the settings on your machine to the proper load size.
- Dishwashing is a relatively small part of your water footprint—less than 2% of indoor use—but there are always ways to conserve. Using a machine is actually more water efficient than hand washing, especially if you run full loads.
- Energy Star dishwashers use about 4 gallons of water per load, and even standard machines use only about 6 gallons. Hand washing generally uses about 20 gallons of water each time.



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

LGBT Club

Gay and Gray in Sun City

Retirement! Where will I go? What will I do? Can I afford it? We all ask these questions as we ponder how to spend our golden years. For the LGBT community, it can be daunting. Many of us lack the family and social support networks that are essential to a safe and fulfilling retirement. Marriage, and the security it provides, has only been available to the community for the last four years. Before that, cumbersome legal documents were required to ensure that LGBT couples could safely care for each other as they age. As the elders of the community are keen to tell the younger generation, It Gets Better.

Sixty years ago, Del Webb would have never envisioned that Sun City would be a welcoming and wonderful place for gay, lesbian and all the other included folks to retire. In 2020, it is. There is a large, diverse and welcoming community here in the Arizona sunshine, and there are lots of gays and lesbians too. Be it at the social clubs, or the sports clubs, or just one of the local restaurants, you'll be pleasantly surprised to find "family" almost everywhere. In the heart of Sun City, one of our churches proudly flies the rainbow flag and welcomes everyone. The old stereotypes of the LGBT community take a back seat to the new stereotypes of the gray, not gay, population to which we belong.

One of the advantages of living in Sun City is that everyone is from somewhere else. We didn't grow up here, and by moving here, we've released many of the shackles and prejudices from "home". Moving to Sun City is a long-extended vacation, with lots of activities, new friends from all over. We're all in this together and it's an adventure. We find we have more in common, and less that divides us.

Sun City has an amazing assortment of clubs. They are chartered by RCSC, which allows clubs to use the facilities and take advantage of opportunities that a casual gathering wouldn't have. The LGBT Club of Sun City was chartered two years ago and has become a gathering place for our community to come together and support each other. We are out, visible and proud. The LGBT Club allows us to gather together as one, out of many different varied voices to ensure that we have a welcoming community. The LGBT Club gives us visibility and a voice to how our greater community evolves.

Our club meets the 2nd Thursday and the fourth Wednesday of each month, September through May at Oakmont Center and membership is open to all RCSC Cardholders. We also have Social Nights, Holiday celebrations and social activities scheduled throughout the year. If you're considering a move to Sun City, you can't ask for a livelier and more welcoming place for the LGBT community. - Russell Wilson

** LGBT Club has not met since March 2020 due to COVID-19 restrictions.



Fairway Ceramics

Fairway Ceramics has a long and successful history reaching back to the early days of Sun City's start back in the 1960's. Fairway Center's 2011 renovation provided the Club new rooms and facilities, and an expansion of space is currently underway due to the Club's sustained robust membership.

Some Club's members have been active for over 25 years and speak of their experiences with great enthusiasm. Members consistently report that camaraderie has led to lasting friendships. The Club welcomes people of all skill levels, from beginner to instructor level. When conditions allow resuming normal operations, beginners will be "buddied" with someone experienced for orientation, guidance in finishing a first piece, and instruction in new skills. In addition, the Club will again offer several monthly, low-cost classes.

Members may sell their finished pieces in the Club and at special sales throughout the year. The Club participates in Sun City Gives Back by donating art supplies to schools with a high percentage of poverty-level students. Art improves school performance across all subjects,



Club hours are normally Monday, Tuesday, Thursday and Friday 9am to 3pm, Wednesday 9am to 7pm and Saturday 9am to 1pm. Due to COVID-19 restrictions, hours are Monday-Friday from 9am to 1pm. Membership available to RCSC Cardholders and dues are \$10/year for individuals and \$15/year for couples (two people at same address). Fairway Ceramics is located on the second floor of the Fairway Center and can be reached by calling 623-972-5818.



Classic Rock Dance Club

Classic Rock looks forward to dances resuming when it is safe for all. When that time arrives, put on your dancing shoes and rock the night away on the first and third Saturday nights of every month at Bell Social Halls. We contract a variety of DJs and bands throughout the year that play a variety of Rock N Roll, line dances and slow dances for our couples that like dancing cheek to cheek. Special events include New Year's Eve, Valentine's Day, St. Patrick's Day, Cinco De Mayo, Woodstock, 4th of July, Still Cruising and Luau.



Club provides cups, ice and napkins; bring refreshments and snacks. Singles and couples are welcome. Admission on DJ nights: \$3/members; \$6 escorted guests. Admission on band nights: \$7/ members; \$10/escorted guests with prize drawings. Annual Classic Rock membership \$3 with RCSC card. Doors open at 6 p.m., dance 6:30-9:30 p.m. 623-628-4401. <https://www.facebook.com/suncityclassicrockdanceclub/>

Hoping to see you in Septmeber at the Sun Bowl perhaps?!



RCSC is postponing both the Sundial 2021 Winter/Spring Sundial Concert Series and the Spring Sun Bowl shows due to continued COVID-19 concerns.

We look forward to the return of live performances to Sun City AZ but will not do so until it is safe for all to attend. Your understanding and patience is greatly appreciated.

The Events & Entertainment Office at Sundial remains closed. Any questions regarding any upcoming events can be emailed to entertainment@suncityaz.org or by leaving a message at 623-561-4680.

