

SUN VIEWS

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SUN CITY
ARIZONA
RECREATION CENTERS
OF SUN CITY

Guest Policy Changes Under Consideration

RCSC Management presented a proposal at the recent Board of Directors meeting on March 25, 2021 that would change the current policy regarding guests. With the Sun City Visitors Center continuing to be closed at this time to in-person visitors, a proposal to change the “no visitor” policy immediately was not recommended. However, the proposal did recommend that escorted guests be allowed at some outdoor activities beginning on Saturday, May 1, 2021.

If the Board has chosen to move forward with this proposal, two more readings will be required at the Board meetings scheduled for Monday, April 12 and Thursday, April 29, 2021.

All guests will be required to be escorted by an RCSC Cardholder and participation would be limited to the following outdoor activities: Bocce, Fishing, Horseshoes, Mini Golf, Pickleball, Softball, Tennis and Walking (outdoors only).

Online Guest Passes will need to be obtained by RCSC Cardholders via the Web Portal in order to register guest(s) and pay the daily guest fee. Guest passes must be presented at the time of entry with their guest(s), and identification verification and residency may be required. Guest Passes will not be required for activities that do not require a daily guest fee, such as walking in the Lakeview Hillside Park. Host Punch cards will not be accepted or sold at Facility Attendant check-in stations until further notice and Guest Passes will not be available for purchase at these locations.

This proposal continues to prohibit guests from several outdoor activities due to physical distancing requirements that limits capacity per current regulations, including swimming pools, walking pools, spas, and surrounding pool deck areas.

Additional information regarding this proposal will be sent to RCSC Cardholders who are registered to receive RCSC News Email Alerts and will be posted on the RCSC website at www.suncityaz.org.

All RCSC Board of Directors meetings are held in the Sundial Auditorium on the second Monday and last Thursday each month (except July and August) beginning at 9am. Please note that face masks must be worn at all times by anyone attending these meetings.



Current COVID-19 Rules & Regulations as of March 10, 2021

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.
- Hand sanitizer is required upon entry to RCSC facilities and offices. Users may utilize the sanitizer provided by RCSC.
- Face masks are always required while indoors except in showers, indoor pools and indoor spas. 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. Face masks are required regardless of COVID-19 vaccination status. Face shields, bandanas, and face masks with vents or valves are not permitted.
- Use of RCSC facilities always requires 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.

BASKETBALL

- No guests allowed.
- Maximum three (3) players on court at one time.
- Open for shoot around or shooting drills only.
- No competitive game play such as 1-on-1 allowed.

BILLIARDS

- No guests allowed.
- Billiards will be CLOSED for sanitation daily from 2pm – 3pm.
- Use of only every other table allowed.

(continued on page 3)

Easter Holiday Office Hours, Schedule Changes

All RCSC offices at Lakeview Center (Corporate/Board, Human Resources, Cardholder Services and Chartered Clubs) will close at noon on Friday, April 2, 2021 in observance of Good Friday. Events & Entertainment at Sundial and the Sun City AZ Visitors Center at Bell continue to remain closed due to COVID-19 restrictions. In addition, there will be no Easter Sunrise Service at the Sun Bowl. All recreation centers will have normal hours.

Cardholders Services will have Saturday hours on April 10, 2021 from 9am to noon (not April 3) in order for employees to celebrate this holiday.

Wishing peace to all at this special time of hope and renewal. May spring bring joy and love to those who believe in the beauty of life and all its treasures.

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

Email addresses
remain confidential

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PLEASE NOTE:
Annual Club Articles are published
October through March only.

Connect with Sun City AZ





2021 RCSC Board of Directors

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“Neighbors Helping Neighbors”

The next Sun City Foundation meeting will be held on Thursday, April 8, 2021 at 1:00pm in the Lakeview Social Hall #1.

A Moment with the RCSC Board President

When might restrictions be lifted?

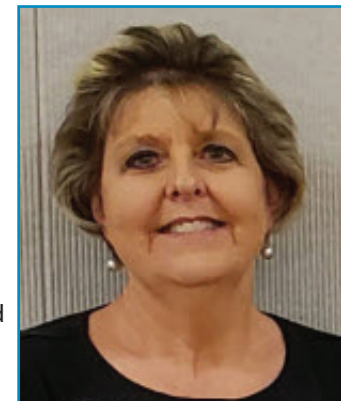
When will we lift all restrictions at RCSC? When will we allow guests at RCSC Facilities? These are questions the Board of Directors get asked in emails or hear frequently at Board Meetings. I can guarantee that every Board Member and every Senior Management Staff Member would love to go back to normal but that is not the safe thing to do right now. The Arizona Zip Code COVID numbers between February 14 to February 21 show that there were 33 more confirmed cases in the 85351 zip code and 21 more confirmed cases in the 85373 zip code. I know the 85373 zip code is more than just Sun City, but these are the confirmed cases and there are many people who get sick and never get tested. We also are hearing about new variants such as those that originated in the United Kingdom, South African and now the Brazil which may prove to be more contagious, more deadly and able to reinfect those who have already had COVID. We know that our numbers in Arizona and the nation are dropping and the age on getting a vaccine is now down to 55 which is a good sign. This means we are getting closer - but we are not quite there.

Last summer when the numbers in Arizona were the worst numbers in the world, all gyms/fitness centers were forced to close. We had to apply to reopen as things improved and Senior Management had to sign attestations to re-open the fitness centers, agreeing to follow all Arizona Department of Health Services requirements, which included 25% maximum use of fitness centers and locker rooms, along with sanitation after use of each locker which would have required additional staff. With the cost of the PPE we were already having to purchase and then increasing our staff, it would have meant a significant rise in the annual assessment. Therefore, our solution was to limit how many dressing areas and showers and not allow any locker use. Fortunately, following Governor Ducey's most recent Executive Order in early March, we able to open pool and fitness center locker room though masks and physical distancing continue to be required.

The question about allowing guests is another issue we have been dealing with lately. We have been asked why we can

allow guests at the golf courses but not anywhere else. Golf was deemed as an essential activity by Governor Ducey, so we allowed guests to remain on our golf courses which have provided additional income for RCSC to help offset the additional costs of sanitation throughout our facilities. Golf does allow guests but do not make use of a guest pass. Our golf courses also stopped taking cash to just taking credit cards only so there was no exchange between the staff and the golfers. For other activities, a guest pass is required. During COVID when cardholders use the pools or fitness centers, the cardholder's key fob/card is put under the card reader with very little or no physical interaction with the staff. When it comes to the guest passes, there is a physical interaction in buying the host punch card, completing the guest pass, and check identification. It is true that it does not take a guest pass to walk in Hilltop Park but the inconsistency when to allow guests and when not to makes it a difficult policy to enforce. I personally find it difficult to open up our facilities to guests when we have several clubs and activities that have not been able to open since March 2020.

RCSC has been very consistent in following the CDC recommendations and ADHS requirements. We all want normalcy again and we will get there but loosening restrictions now would not be a safe idea. We encourage our cardholders to take part in the activities that are currently available if they are interested. Please continue to wear your masks, follow social distancing, wash hands, and get your vaccine. Be patient, we will get back to normal.



Sue Wilson
RCSC Board President

This Month @ The Board

RCSC Board Meetings:

Board Meeting #1

Monday, April 12, 2021 @ 9am

Sundial Auditorium

Board Meeting #2

Thursday, April 29, 2021 @ 9am

Sundial Auditorium

Committee Meetings:

Bowling Committee

Thursday, April 1, 2021 @ 9am

Lakeview Social Hall #2

Communication Through Technology

Tuesday, April 13, 2021 @ 9am

Lakeview Social Hall #2

Lawn Bowling Committee

Tuesday, April 13, 2021 @ 1pm

Lakeview Social Hall #2

Club Organization Committee (COC)

Wednesday, April 14, 2021 @ 10am

Lakeview Social Hall #2

Golf Advisory Committee

Thursday, April 15, 2021 @ 8:30am

Lakeview Social Hall #2

Long Range Planning Committee

Monday, April 19, 2021 @ 8:30am

Lakeview Social Hall #2

Insurance Committee

Friday, April 23, 2021 @ 9am

Lakeview Social Hall #2

Elections Committee

Wednesday, April 28, 2021 @ 1pm

Lakeview Social Hall #2

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

Current COVID-19 Rules as of March 10

(continued from page 1)

BOATING, PADDLE BOATS – Closed until physical distancing no longer required.

BOATING, ROW BOATS

- No guests allowed.
- Only 1 person per boat.
- RCSC will sanitize life vest, oars and cushion after each use.

BOCCIE

- No guests allowed.
- Use of every other rink only.

BOWLING

- No guests allowed.
- Bowling Centers will be CLOSED for sanitation daily from 2pm – 3pm.
- Every other lane open with 4 bowlers allowed per lane.

DARTS

- No guests allowed.
- Darts will be CLOSED for sanitation daily from 2pm – 3pm.
- Only 1 table and 2 chairs per machine allowed.

DOG PARK

- No guests allowed.

FISHING

- No guests allowed.

FITNESS INCLUDING INDOOR TRACK

- No guests allowed.
- All Fitness including the Indoor Track at Fairway will be CLOSED for sanitation daily from 12pm – 1pm.
- Every other piece of cardio equipment will be turned off to maintain at least 6 feet of space between users.
- When using strength machines or other equipment, users are required to maintain physical distancing of 6 feet or more.
- No outside equipment allowed into the facility, including but not limited to, mats, exercise balls, weights, and foam rollers.
- No use of auditoriums, social halls, hallways or other indoor RCSC facilities for walking.

GOLF COURSES, PRO SHOPS, SNACK SHOPS

- Face masks required inside Pro Shops and Snack Shops.
- Always requires a minimum of 6 feet of physical distancing, regardless if in same family unless riding in same golf cart, excluding an occasional situation when such is not possible.
- Limited use of tables and chairs always requiring 6 feet of physical distancing regardless if in same family. Chairs may not be moved from one table to the other.
- RCSC will sanitize rental carts, snack shop tables and chairs and patio tables and chairs after each use.

HILLSIDE PARK

- No guests allowed.
- No use of gazebos allowed.

HORSESHOES

- No guests allowed.

LAWN BOWLING

- No guests allowed.
- Use of every rink with 2 bowlers allowed at end of each rink.
- Use of every other rink with 3 or 4 bowlers allowed at end of each rink in use.

LOCKER ROOMS, CHANGING STALLS, SHOWERS, RESTROOMS

- No guests allowed.
- Face masks are required while indoors except in showers, indoor pools and indoor spas.

MINIATURE GOLF

- No guests allowed.
- RCSC to sanitize putters, balls & scoring pencil after each use.

PICKLEBALL

- No guests allowed.

POOL, LAP OR SWIMMING

- No guests allowed.
- No pool towels, sitting or lying allowed directly on pool deck.
- If lanes are provided, only one swimmer/user per lane. Sign up required to use lap lane(s) with 30-minute time limit.

POOL, WALKING

- No guests allowed.

RACQUETBALL, HANDBALL, WHISPERBALL

- Only 1 player per court for racquetball and handball. No guests allowed.

SHUFFLEBOARD

- No guests allowed.
- Face masks are required at indoor courts.

SOFTBALL & OUTDOOR TRACK

- No guests allowed.
- No contact allowed.

SPAS

- No guests allowed.

TABLE TENNIS

- No guests allowed.
- Only 2 players per table.

TENNIS

- No guests allowed.

TRACK - OUTDOORS

- No guests allowed.

WALKING

- No guests allowed.
- All indoor walking allowed only at the indoor walking track at the Fairway Center.
- No use of auditoriums, social halls, hallways or other indoor RCSC facilities for walking is allowed.

This information is also available on the RCSC website at www.suncityaz.org in a printable PDF format if desired.



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.

Farmers Market @ Bell

SUN CITY
ARIZONA
RECREATION CENTERS
OF SUN CITY



Thursdays
9am to 1pm

**** Groceries Only ****

Face Masks & Social Distancing Required.

No RCSC Club booths; No Pets!



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 six students for each group, so be sure to sign up early!

April Sessions

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**

Thoughts from a Pro

Easy Ways to Improve Your Score

Here are three easy ways to improve your golf score!

1. Putting, chipping, and pitching make up nearly 70 percent of your score. Give these areas equal practice time and the scores will come down! Anyone can be proficient in these areas since age, strength, gender, or flexibility have no advantage when it comes to short shots!
2. On the golf course use clubs that you are the most comfortable with. For instance, if you are having issues with your driver tee off with the longest club you have confidence in, perhaps a 3 wood or even 5 wood. Likewise, from the fairway, choosing a 5 wood instead of a 3 wood, or a 5 iron or hybrid instead of a fairway wood can make a big difference. If you have not mastered chipping, stick to your putter, and just get the ball onto the green.
3. When playing the game, find a routine and stick to it with each shot. Limit thinking to club selection and alignment instead of swing mechanics. Playing in an 'automatic' mode instead of a 'thinking' mode will not only make the game more enjoyable but will also lead to better shots!



Robin Eichten is a Lifetime Member of the LPGA and Certified Teacher. She is originally from Minnesota but has been teaching in Arizona in the Sun City area since 1994. Lessons are given by appointment. For more information or scheduling, call/text her at 623-322-6300 or email to golfinwithrobin@aol.com.

2021 RCSC Golf Course Maintenance Schedule



Overseed Schedule
 Courses are closed during overseed.

| Golf Courses | Overseed Starts | Course Opens | Cart Path Until |
|--|-----------------|--------------|-----------------|
| North Lakes West Willowbrook Quail Run | Sept 27 | Oct 16 | Nov 5 |
| South Lakes East Willowcreek Riverview | Oct 18 | Nov 6 | Nov 26 |

Fairway Verticutting

| | | |
|-----------------|-------------|-------------|
| Monday-Tuesday | April 26-27 | South |
| Thursday-Friday | April 29-30 | Quail Run |
| Monday-Tuesday | May 3-4 | North |
| Thursday-Friday | May 6-7 | Riverview |
| Monday-Tuesday | May 10-11 | Lakes West |
| Thursday-Friday | May 13-14 | Lakes East |
| Monday-Tuesday | May 17-18 | Willowcreek |
| Thursday-Friday | May 20-21 | Willowbrook |

Fairways Aeration

| | | |
|-----------------|------------|-------------|
| Thursday-Friday | May 27-28 | South |
| Monday | May 21 | Quail Run |
| Thursday-Friday | June 3-4 | North |
| Monday-Tuesday | June 7-8 | Riverview |
| Thursday-Friday | June 10-11 | Lakes West |
| Monday-Tuesday | June 14-15 | Lakes East |
| Thursday-Friday | June 17-18 | Willowcreek |
| Monday-Tuesday | June 21-22 | Willowbrook |

Greens Aeration

| | | |
|--------------|-------------|-------------|
| Mon-Tues-Wed | June 21-23 | South |
| Thurs-Fri | June 24-25 | Quail Run |
| Mon-Tues-Wed | June 28-30 | North |
| Mon-Tues-Wed | July 5-7 | Riverview |
| Mon-Tues-Wed | July 12-14 | Lakes East |
| Mon-Tues-Wed | July 19-21 | Willowcreek |
| Mon-Tues-Wed | July 26-28 | Willowbrook |
| Mon-Tues-Wed | Bunker Reno | Lakes West |

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



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.

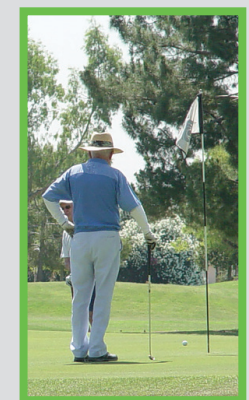
Riverview: (623) 876-3025
 16401 N. Del Webb Blvd.

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/

April Snack Shop Hours
 Open Daily 6am - 3pm



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.



FRIENDS

of the Sun City Libraries, Inc.

Fairway or Sun City (Bell) Library During the Pandemic

| <u>CAN DO:</u> | <u>HERE'S HOW:</u> |
|---------------------------------------|---|
| Pop-In Pickup | Come inside to pick up holds, handle account needs, and browse a limited selection of the library's collection. |
| Curbside Pickup | Order from the collection. Once your library items are ready for pickup, schedule an appointment online, over the phone, or through myLIBRO app. |
| Wi-Fi Connection | Catch the free Wi-Fi signal outside the library every day during the library's open hours. |
| Book-A-Librarian | Schedule virtual appointments to receive assistance for reference questions, digital service set-up, library card services, help on digital content. |
| Online Events/ Virtual Programming | Access events anytime of the day with with the MCLD Now playlist. New videos are added every week; visit MCLD Now page. |
| Digital Materials | Stream music with eResources available 24/7. Get access to entertainment, learning, and professional development from smartphone or computer. |
| Face Coverings | Masks must be worn for all persons six years of age and older. |
| Return Materials | Return items via the drive-up/walk-up drop boxes, which have 24 hour access. |
| Renew Items | Renew items by logging into your account, or over the phone during operating hours. |
| Renew Library Card | Update annually online at mclnaz.org/renew , come in during Pop-In Pickup hours, or video conference with Book-a-Librarian. |
| Reserve Materials | Order most titles online or over the phone. When items are available, they may be picked up during Curbside Pickup or Pop-In Pickup hours. |
| Culture Passes | |
| eMedia | Get passes for free admission for two people at participating arts organizations. View online for current pass availability at our Libraries. Electronic downloads and streaming available 24/7. For instructions, find tutorials online for the most products, or call staff for assistance. |
| Chromebooks and Wi-Fi Hotspots | To check out a "Hotspot To-Go" or a "Chromebook To-Go," cardholders can put in a request for the devices online at mclnaz.org , by calling (602) 652-3000, or by visiting their nearest MCLD library. More details can be found at mclnaz.org/about/connect . |
| <u>CAN'T DO</u> | In person events; library computers; County Recorder kiosks; or hard copies of tax forms or instruction booklets. |
| <u>ALL YOU NEED</u> | Computer: MCLDAZ.org Phone: 602-652-3000 |

Water Conservation

Drought Conditions Not Going Away

According to a recent article in the Arizona Republic, we are now considered to be in a "mega-drought" and the fact of the matter is that Mother Nature is not helping the situation. Arizona's annual monsoons have not materialized the last few summers and a La Nina forecast for parts of the United States will only make things worse.

That's why doing our part to conserve water continues to be so vitally important. Whether you're in the kitchen, bathroom or laundry room, there are so many ways to save water. Never just let the tap run no matter what you're doing. We're even being told in television commercials that rinsing dishes on their way to the dishwasher wastes up to twenty gallons. Honestly, just scraping is great and will likely make your appliance run more efficiently.



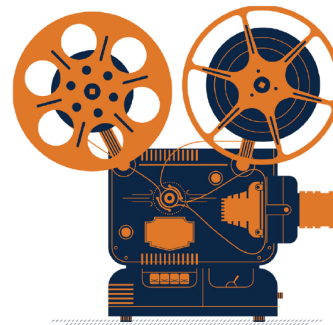
According to EPCOR, up to 70% of residential water usage in the desert southwest is outside the home. While the vast majority of houses in Sun City do not have turf, replacing high water-use plants with those that require less water (or none at all after getting established) will help you not only save money but thousands of gallons of water each month!

We'll take a look at other outdoor water wasters in future articles and suggest tips for homeowners who want to do their part in helping generations to come.

Do you have a water saving tip that you'd like to share with others? Tell us about it and maybe we can print it right here in an upcoming edition of SunViews. Email your tips to sunviews@suncityaz.com. And thanks for sharing!



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

Tips from Get Fit for Life

Which Is More Important - Aerobic or Strength Exercise?

“The answer to this question is simple,” states Jane Fortier, senior fitness specialist for Get Fit for Life. “Aerobic and Strength exercise are equally important. Because of physiological changes in every aging body, Aerobic exercise and Strength exercise become a necessity. They serve different purposes, each having an impact on the way we feel and the way that we function. A smart workout routine, for anyone over the age of 50, would include both Aerobic and Strength exercise.”

Aerobic exercise is continuous motion - doing an activity that has a rhythm, and staying at that activity for a period of time. Outdoor exercising like hiking, walking, jogging, swimming, bicycling, and Indoor exercising with the treadmill, rowing machine, elliptical, stationary bicycle, or NuStep all qualify as Aerobic exercise. The goal of Aerobic exercise is to improve Aerobic Capacity, or the body's ability to utilize oxygen.

Aerobic Capacity diminishes by 5-15% every decade after the age of 30. Your Aerobic Capacity will determine how much energy, stamina, and endurance you will have in a 24 hour period. “How Much Time” you spend at aerobic exercise is not as important as “How Hard You Work” during aerobic exercise. Elevating heart rate into the Cardio Zone is required, to improve aerobic capacity. Doing so, also improves glucose management, increases overall stamina & endurance, keeps working muscles in good condition, and results in residual fat burn after exercise is complete.



Strength Exercise is entirely different than Aerobic. It isolates individual muscle groups and takes those muscles to total fatigue. The exercise is done in repetitions with weighted resistance. It's not about raising heart rate and pumping fresh oxygenated blood to muscle groups. It's about exhausting a particular muscle group as quickly as possible. Striations or micro-tears occur in the muscle, as it fatigues. The body repairs those striations in the day's rest, that must follow the workout. This process, when done correctly, builds muscle strength and muscle tissue. A balanced, full body strength workout is necessary, so that muscle “imbalances” don't occur. Muscle moves the body and dictates metabolism. As we age, we lose muscle - Sarcopenia is the name given to muscle loss, due to aging. Studies reveal that the average adult loses five to seven pounds of muscle every decade, unless using strength exercise. Muscle makes daily functioning easier, and provides structural support for joints in motion. It needs to be a part of every senior's exercise regimen.

If you are new to exercise, or need some help in organizing an effective exercise routine, Get Fit for Life trainers can help. Workouts are customized - taking needs goals, and medical issues into consideration. To get additional information about working with a personal trainer, call 623-696-6820, or visit Get Fit for Life, Sun City on Facebook.

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 |
| Duffieldland | 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

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Call & schedule an appointment today!



Personal Training Sessions
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623-521-0771
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