

SUN VIEWS

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“Getting Back to Normal” Returns on May 17, 2021

After more than a year of restrictions and closures, the RCSC Board of Directors voted unanimously on the first reading of the “Getting Back to Normal” proposal with a start date of Monday, May 17, 2021 to fully open all RCSC recreation centers and facilities without use/capacity limitations. Two more votes of the Board are required.

Several factors were taken into consideration in determining this date: 1) Vaccination rates of over 65% within the 85351 zip code, 2) Ample time for RCSC employees and those Cardholders under the age of 55 to have the opportunity to be fully vaccinated, and 3) Passage of Senate Bill 1377 that provides immunity from liability for damages in any civil action based on any claim that a non-profit organization failed to protect person(s) or property from the effects of a public health pandemic.

What does “Getting Back to Normal” include?

- All RCSC facilities are open and available to RCSC Cardholders for their use and enjoyment without any use/capacity limits.
- All Chartered Clubs are approved to re-open and conduct their normal activities. (See related article below).
- All RCSC facilities are open to guests and visitors as provided for in RCSC policies, including age limitations as outlined in Board Policy No. 10. Children’s hours will resume at pools. Both online Guest Passes via the RCSC Web Portal (encouraged) and Host Punch Cards will be accepted for guests.
- Sun City Visitor’s Center at Bell Center will re-open.
- Events & Entertainment Office at Sundial Center will re-open.
- Entertainment and events will resume.
- Rental of RCSC facilities will resume.
- Fitness Centers will no longer be closed from 12pm – 1pm daily for sanitation.
- Full sanitation will continue to occur at night when facilities are closed.

COVID-19 use/capacity limitations will be removed for the following activities and/or locations:

- Basketball
- Billiards (all stools/chairs/tables will be returned)
- Boats, Paddle & Row
- Bocce
- Bowling (all tables/chairs will be returned to the concourse)
- Corporate Offices (all chairs in waiting areas will be returned)
- Darts (all tables/chairs will be returned)
- Dog Park (tables/chairs will be returned)
- Fitness
- Hillside Park Gazebos, Tables & Benches/Seating
- Horseshoes
- Lawn Bowling
- Locker Rooms, Lockers, Showers, Changing Stalls, Restrooms
- Meetings (RCSC Cardholders may attend Committee Meetings in person)
- Miniature Golf
- Patios (all tables/chairs will be returned)
- Pickleball
- Pool Decks (all tables/chairs will be returned)
- Pools, Lap, Swimming & Walking
- Pro Shops
- Racquetball, Handball, Whisperball
- Shuffleboard
- Snack Shops (all tables/chairs will be returned)
- Softball
- Soft Seating Areas (all furniture will be returned)
- Spas
- Table Tennis
- Tennis
- Walking Tracks (may resume walking in auditoriums, social halls, hallways)

RCSC will continue to encourage the following:

- Follow CDC and ADHS guidelines to limit and mitigate the spread of COVID-19, such as:
- Use of face coverings, and
- Maintain physical distancing.
- Use hand sanitizer upon entry to RCSC facilities.
- Sanitize every RCSC piece of equipment before and after use utilizing the sanitation method provided by RCSC.

It has been a difficult and trying time for many this past year. Everyone is looking forward to “getting back to normal” and enjoying all that Sun City AZ has to offer. Let’s continue to be safe and stay well. Looking forward to seeing you 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
Club Directory	Page 04-05
Golf Bowling	Page 06
Community News Events	Page 07
Fitness Monitored Activities	Page 08

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

What about Chartered Clubs?

Many RCSC Chartered Clubs have managed to find ways to meet during this past year, all the while adhering to strict safety rules and restrictions as approved by the Chartered Clubs Office. However, several clubs such as cards and games, dance and social clubs along with many fitness, sport activities have been unable to participate this entire time.

Your patience as these chartered clubs begin the process of getting organized and ready to re-open is appreciated. Please contact specific clubs directly for more information about when they expect to return to pre-pandemic schedules.

Connect with Sun City AZ





A Moment with the RCSC Board President

Technology Committee to Look Towards the Future

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

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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

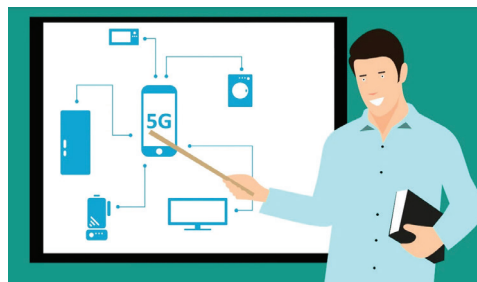
email: kmcadam@suncityaz.org

Dan Schroeder, Director

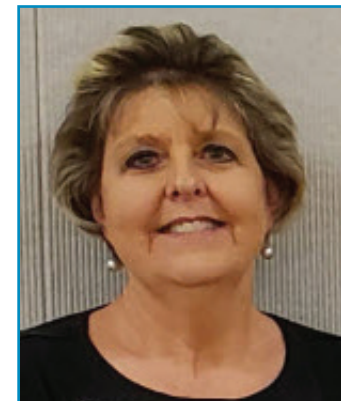
email: dschroeder@suncityaz.org

How many times a day does technology affect our lives? The level of comfort using technology varies across our residents. Some want nothing to do with a computer and are not even sure how to turn one on while others spend hours everyday using their laptops, I-Pads, smart phones doing work or as a source of enjoyment.

At the end of 2020, the RCSC Board of Directors passed a motion to form a new standing committee on technology. This is a totally separate committee from the Communication Through Technology Committee. This idea for the committee originated from the Long Range Planning Committee. It was first going to be a subcommittee of the Long Range Planning Committee but after discussion it became obvious that technology warrants its own committee. A member of the Long Range Planning Committee who is proficient in technology developed the purpose of this committee. The purpose of the Technology Committee is to research, identify, and determine the impact of current and future technology requirements needed to support the RCSC Board, Management and Members while simultaneously enhancing both current and future facilities. Consideration will also be given as to which technologies best support the mission of the RCSC Board and Management in terms of providing accurate and accessible data and programs designed to meet the day to day needs of the community. Special attention will be given by the committee to cutting edge technologies, future trends, and innovations that will place the RCSC Board, Management, and the community in the best competitive position to entice future Members.



The Chair Board Director Sheila Rooney and Co-Chair Vice-President Mike Ege were put in charge of this committee and are in the process of getting it up and running. Committees should have no less than five members and right now the committee has two members besides the chairs. The first meeting will be Tuesday, May 11, 2021 at 11:00 a.m. in Lakeview Social Hall #2. This committee will meet the second Tuesday of each month at 11:00 a.m. except during the months of July and August when there are no committee meetings. Interested cardholders should have wi-fi experience, good web building skills, be infrastructure savvy of IT systems, and have database management knowledge. The committee will need to assess where we are currently, decide what are our needs, and what do we need to plan for the future.



Sue Wilson
RCSC Board President

If you feel this is your area and would like to be a part of this committee, please contact the RCSC Corporate Office or the Chairs. The Corporate Office can be contacted at 623-561-4620 or you can email the chairs at srooney@suncityaz.org or mege@suncityaz.org. Technology changes so quickly and the hope is that this committee will be able to make recommendations that will help bring RCSC up to where it needs to be to meet our cardholders' needs and make us competitive to continue to attract future generations.

**** Consider running for the Board ****
Candidate Packets Available on June 1st



“Neighbors Helping Neighbors”

The next Sun City Foundation meeting will be held on Thursday, May 13, 2021 at 1:00pm in the Lakeview Social Hall #1.

This Month @ The Board

RCSC Board Meetings:

Board Meeting #1	Monday, May 10, 2021 @ 9am	Sundial Auditorium
Board Meeting #2	Thursday, May 27, 2021 @ 9am	Sundial Auditorium

Committee Meetings:

Bowling Committee	Thursday, May 6, 2021 @ 9am	Lakeview Social Hall #2
Communication Through Technology	Tuesday, May 11, 2021 @ 9am	Lakeview Social Hall #2
Technology Committee	Tuesday, May 11, 2021 @ 11am	Lakeview Social Hall #2
Lawn Bowling Committee	Tuesday, May 11, 2021 @ 1pm	Lakeview Social Hall #2
Club Organization Committee (COC)	Wednesday, May 12, 2021 @ 10am	Lakeview Social Hall #2
Golf Advisory Committee	Thursday, May 20, 2021 @ 8:30am	Lakeview Social Hall #2
Finance & Budget Committee	Friday, May 21, 2021 @ 9am	Lakeview Social Hall #2
Long Range Planning Committee	Tuesday, May 25, 2021 @ 8:30am	Lakeview Social Hall #2
Elections Committee	Wednesday, May 26, 2021 @ 1pm	Lakeview Social Hall #2

The following committee(s) do not have meetings scheduled this month: Insurance, Properties

Excitement Abounds with Upcoming Events

RCSC's plans for "Getting Back to Normal" (if approved by the RCSC Board of Directors) includes the return of much-missed events and entertainment – including live music with dancing – with great anticipation and tons of excitement as we look forward to fun and good times ahead!

Along with flowers in our hair, there will be music everywhere with the return of "The Cover-Ups" as they bring their "Summer of Love" show to the Sundial Auditorium on Wednesday, June 9, 2021. This general admission show is free for RCSC Cardholders and their escorted guests. Show time is at 7pm and doors will open at 6pm. And a new seating layout now offers room for dancing at the back of the East and West Halls. We all have to agree – it has been WAY too long – and this will be a great concert to get things started!



The following month, not only will we be able to once again "Ring That Bell" and celebrate the 4th of July/Independence Day with a true Sun City AZ tradition (details forthcoming), RCSC is excited to offer another free show for Cardholders and their guests in the air-conditioned comfort of the Sundial Auditorium when we welcome back "The 8-Tracks" on Wednesday, July 14, 2021. Known as the greatest oldies rock & roll band covering the entire state of Arizona, their return here promises an evening of non-stop entertainment as we travel back in time through the 50s and 60s, singing and swinging to the songs you love, songs that are so much a part of our lives. Show time is at 7pm; doors open at 6pm.



Great performances keeping coming into this fall when RCSC is pleased to also offer two ticketed shows at Sundial Center featuring headliners that are certain to bring out the many of the rock & roll music lovers in the community.

First, we thought just a bit more musical "satisfaction" was in order, so we've invited Mick and his chums back to Sun City AZ in the spot-on Rolling Stones tribute known as "Jumping Jack Flash" – a definite fan favorite! This ticketed show is scheduled for Wednesday, September 15, 2021 at 7pm.

We'll also be welcoming the Neil Diamond tribute, "Diamond in the Rough" featuring Greg Ansel, who promises to wow the crowd with the look and sound of this legendary singer/songwriter with another sure-to-be outstanding performance on Wednesday, October 6, 2021 at 7pm.



Ticket for these shows go on sale Tuesday, June 1, 2021 at the Events and Entertainment Office at Sundial Center beginning at 8:30am or by phone at 623-561-4680. Reserved seating ticket prices will range from \$18 to \$25 per person. Cardholders purchasing tickets for both shows will pay \$18 per seat for each performance; Cardholder purchases for single performance tickets only will be \$20 per seat. Any purchases by non-Cardholders will be \$25 per seat, per performance.

The Fall Sun Bowl series begins on Sunday, September 26, 2021. Stay tuned for show details which will be released soon.

Let's dance! Let's party! Let's get it on! Just like back in the old days!

SUN CITY ARIZONA

RCSC Corporate Office

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

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

www.suncityaz.org

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.

Sun City AZ welcomes the return of live music with

The Cover-Ups

presenting



Wednesday, June 9, 2021

Show 7pm; Doors Open 6pm

@ Sundial Auditorium (103rd & Boswell Blvd)

Free for RCSC Cardholders & their escorted guests!

RCSC Member or Privilege Card (with photo) required for entry;
no key fobs accepted.

General Admission with Dancing in East & West Halls

SUN CITY
ARIZONA
RECREATION CENTERS
OF SUN CITY

Farmers Market @ Bell Center

SUN CITY
ARIZONA
RECREATION CENTERS
OF SUN CITY

Thursdays
9am to 1pm



Fresh Never Tasted So Good

** Groceries Only **

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

Last Day of Season - Thursday, May 27

Thoughts from a Pro

The Importance of a Good Grip

The grip is our only connection with the golf club, and a crucial part of our golf set-up. The grip has four components including positioning, placement, precision and pressure, and controls everything from direction to distance to contact.

1. Positioning means the way we have our hands rotated either right or left of the center of the grip. For a right-handed player, turning both hands slightly to the right of center so that 2 knuckles of the left hand are showing is considered neutral. A turn slightly more to the right, where three knuckles would show, is considered strong. From center if we turn slightly to the left so that one knuckle shows, the grip is weak. A half-inch turn in the wrong direction can be enough to produce a 30-yard hook or slice!

2. Placement means how far up or down on the handle the hands are placed. Choking up or down changes the effective length of the club and therefore changes the distance the ball will go. For each inch you choke down 10 yards of distance will be lost.

3. Precision simply means placing the hands in the exact same way each time. Consistency in your shots can only be attained if the grip is done identical every time.

4. Pressure refers to how light or firm you hold the club. Most golfers grip the club much too tight. This leads to a variety of problems including topped shots, lack of distance and slicing the ball. Practice holding the club with a light grip and the difference can be amazing!

Remember because the only contact we have with the club is through the grip and it affects every part of how we hit the golf ball, work to make it consistent and your game will improve!

Robin Eichten is a Life Member of the LPGA and Certified Teacher. Originally from Minnesota she has been teaching golf in the Sun City area since 1994. For lesson info or sign-up call/text Robin 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 31	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

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



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/

May 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 at this time.

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 mikewegnorgolf@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

Attention: Golf Course Property Owners Did you know?

All contractors needing to access private properties via RCSC Golf Courses MUST place a \$200 deposit at the Cardholder Services Office (Cash, Check, Cashier's Check or Money Order) prior to the start of any project.

This money will be returned once the Golf Course Superintendent determines that no damage has occurred. Your attention to this matter is greatly appreciated!



WARM, FUZZY FEELINGS

This past year has been a challenge for all of us. It is not just old people today who are saying they wish we had the “good old days.” We seem to have two ways of handling this: 1) do what we want regardless of good judgement; or 2) abide by “the rules” and pray for relief sooner than later. In either case, we all need to relax a bit, relieve the pent-up tension, and focus on positive thoughts. Here are a few of our favorites related to our favorite topic—books.

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

Books can be dangerous. The best ones should be labelled 'This could change your life.' —Helen Exley

Reading is like dreaming. And buying a book is like buying someone else's dream. —Sparrow

Just the knowledge that a good book is waiting one at the end of a long day makes that day happen. —Kathleen Norris

The worst thing about new books is that they keep us from reading old ones. —Joseph Joubert

There is a space on everyone's bookshelves for books one has outgrown but cannot give away. They hold one's youth between their leaves, like flowers pressed on a half-forgotten summer's day. —Marion C. Garretty

Books are the quietist and most constant of friends; they are the most accessible and wisest of counselors, and the most patient of teachers, —Charles W. Eliot

We settle to read any work of fiction with the same squirm of anticipation primitive people experienced as they gathered closer to the fire and the storyteller began the tale. —Jenny De Vries

There's something special about people who are interested in the printed word. They are a species all their own—learned, kind, knowledgeable and human. —Nathan Pine

Finishing a good book is like leaving a good friend. —William Feather

A book is the only place you can examine a fragile thought without breaking it, or explore an explosive idea without fear it will go off in your face.... It is one of the few havens remaining where [your] mind can get both provocation and privacy. —Edward P. Morgan

No two persons ever read the same book. —Edmund Wilson

Reading gives us someplace to go when we have to stay where we are. —Mason Cooley

Anyone who says they have only one life to live must now know how to read a book. —Author Unknown

A good novel tells us the truth about its hero; but a ban novel tells us the truth about its author. —Gilbert K. Chesterton

A book is a dream that you hold in your hand. Neil Gaiman

We lose ourselves in books. We find ourselves there, too. —Anonymous

Water Conservation

Water & Electricity Don't Mix; Or Do They?

Everyone knows that water and electricity don't mix, but when it comes to conservation, they do make smart bedfellows. Did you know that turning off a light can help conserve water? Power plants use thousands of gallons of water, requiring more water on average to generate the electricity that lights our rooms, powers our computers, TVs, and household appliances than the total amount of water we use in our homes for everyday tasks - washing dishes, laundry, showering, toilets, watering in our yards, etc. So when we say the average household uses approximately 80-100 gallons per person per day, it doesn't include the water we use within our electrical footprint.

A power plant takes water from rivers, lakes and aquifers and loses immense amounts to evaporation. Just the tiny amount of electricity it takes to power one 60 watt incandescent light bulb evaporates 3,000 to 6,300 gallons of water annually. How many 60 watt light bulbs are burning in your home on any given evening? Could you do with just one less? Two? How many times do you leave your television on while “just running up to the corner store,” or have found in the morning that you forgot to turn the light off over the stove?

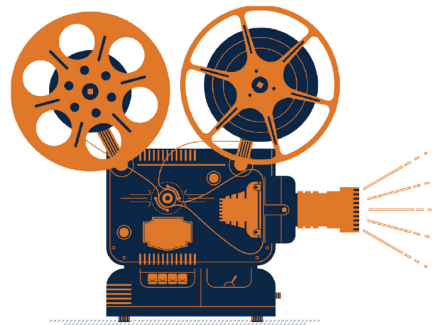


Conserving water for future generations to come begins not only with managing the obvious: leaks, appliances, shorter showers and “mellowing” the toilet.” Many hidden water uses need as much attention to preserve our world's natural resources for our children's children. And if that doesn't work for you, just think of all the money you'll save by not only conserving water, but also that you will save by practicing conservation of electricity as well.

How many lights do you see on in this kitchen photo? How much water is being wasted? We count 12 fixtures wasting possibly over 75,000 gallons of water.



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

Get Back on Track in the Gym

"Since the date is close at hand for RCSC facilities to "return to normal" later this month, you might be thinking about coming back to your favorite Fitness Center and resuming an exercise program," states Jane Fortier, fitness specialist for Get Fit for Life. "This is a terrific idea now that restrictions have been safely lifted. Research confirms that exercise curtails the effects of aging in active adults. The chronological clock takes a toll as we get older. The words AGING PROCESS refer to universal physiological changes that take place in the human body due to aging. Those changes are independent of disease, genetics, behavior and lifestyle. Those changes are going to affect how a person feels and functions. Changes take place in heart structure, lung tissue elasticity, bone density, vertebrae integrity, joint calcification, mental clarity, nerve messaging, hormone production, hearing and vestibular health, proprioception (the ability to maneuver in 3-dimensional space), muscle strength and volume, and connective tissue structure. Exercise is the number one line-of-defense when dealing with these physiological changes," Fortier continues. "A good exercise program for someone over 50 years would have three parts to it: aerobic, strength, flexibility. These three forms of exercise are synergistic, and combine to improve an aging adult's overall level of fitness. RCSC Fitness Centers are equipped with all of the necessary machinery, free weights, and auxiliary exercise materials to create just such a program. And there's no better time than now to get back on track"

"REMEMBERING WHAT TO DO and GETTING STARTED are the two biggest obstacles people will face as they get back into an old exercise routine," states Fortier. "As trainers, we can help by double checking old exercises for proper form, weight, cadence, and technique. We can add different exercises if new issues have cropped up this past year. A trainer can overcome all obstacles by designing a program that fits individual needs. Perhaps you have never used the Fitness Centers at all in the past. If so, you may be wondering: What exercises are best for me? What weight should I use? How many repetitions should I do? What machine settings are appropriate? Where should my heart-rate be? How many times a week should I exercise? How long should my workout be? Regardless of your situation, Get Fit for Life personal trainers can provide customized help. All of these questions are answered, and many more, when working with a personal trainer."

"If you're new to exercise, we can develop a program specifically for you; if you're a seasoned exerciser in need of a new approach, we design a workout that moves you to the next level; if you're ready to transition from rehab, we can guide you carefully through this process; if you face osteoporosis, diabetes, obesity, stroke recovery, or other physical challenges, we introduce you to an exercise regimen that gets positive results. Teaching proper breathing, form, technique and cadence, with all exercises, is part of the service provided. Consider the following benefits of working with a trainer:

FITNESS EVALUATION - a personal trainer will accurately evaluate strength and physical abilities. This is critical to developing an exercise program that is both safe and effective;

CUSTOMIZATION - there is no "one size fits all" exercise program, especially with an aging body. Needs, goals and medical issues must be considered. A personal trainer has an arsenal of exercises so that all muscle groups are addressed;

SAFETY - using exercise equipment without appropriate instruction is foolish. Proper settings, form, technique and breathing play a role in exercise effectiveness. A trainer monitors all activities, continually teaching and coaching throughout the process;

MOTIVATION - exercise is work, there's no way around it! A personal trainer provides encouragement and expertise every step of the way.

Get Fit for Life trainers are certified by recognized national fitness associations, and have hundreds of additional hours of education in senior fitness. To get details on services available, contact Get Fit for Life at 623-696-6820 or visit Get Fit for Life Sun City on Facebook.

MONITORED ACTIVITIES

Basketball		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/Whisperball	
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	Will resume in September	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	M-Sa: 6a-7p; Su: 8a-7p
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 (Guests allowed starting 5/17)	
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	Limited occupancy, restrictions until 5/17	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	Limited occupancy, restrictions until 5/17	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		Club/Class: Every Su W F 12-3p; Spa, Swim Lanes remain open	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Sundial Center - 18+ only	
Sun Bowl	Dawn to Dusk	Large Pool: M-Sa: 6a-9p; Su: 8a-8p;	
Library (602) 652-3000	Call to confirm hours	Warm Water Pool: M-Sa: 6a-9p; Su: 8a-8p; Closed for Class: T/Th 12-2p	
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p	Table Tennis	
Fairway Center	M-F 9a-4p; Sat 8a-12p	Bell Center: M-Sa: 6a-9p; Su: 8a-8p;	
Mini Golf		Closed for Club Activity: M W F: 10a-3p; Tu & Sa: 10a-12p	
Bell Center	M-Sa: 6a-9p; Su: 8a-8p	Tennis	
Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p	Bell Center: 623-977-3325 M-Sa: 6a-9p; Su: 8a-8p	
Mountain View Center	M-Sa: 6a-7p; Su: 8a-7p	Lakeview Center: 623-561-4676 M-Sa: 6a-7p; Su: 8a-7p	
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Mountain View: 623-876-3042 M-Sa: 6a-7p; Su: 8a-7p	

Strength Machine Demonstrations

** Wednesdays in June @ 11:30am **

6/2 @ Bell w/ Dick; 6/9 @ Marinette w/ Dick; 6/16 @ Fairway w/ Jane
Space is limited; advanced sign-up at front/welcome desk at each specific center is required.

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