

# SUN VIEWS

ISSUE #235 • JUNE 2021 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.



## RCSC Board Election Cycle Begins Again

RCSC Members interested in running for the Board of Directors will be able to obtain Candidate Packets starting Monday, June 7, 2021 at the Corporate Office at Lakeview Center. These packets must be picked up in person and you must present your valid RCSC Member Card.

Qualifications to run for the Board of Directors include the following: Must be at least 55 years of age; be a Member in good standing; must not be related by marriage or birth to any other Board of Director, Board candidate, or Management; you must reside in Sun City, Arizona and be available at least ten (10) months of the year; you must be able to meet the requirement to hold an Arizona liquor license; you must be eligible and available to serve a three (3) year term; and you must attend a Board Candidate Orientation.

**VOTE 2021**

RCSC Board of Directors Election  
Tuesday, December 7, 2021

The three open positions on the ballot this year are currently held by Treasurer Shelia Rooney and Directors Rich Hoffer and Dan Schroeder.

The RCSC Elections Committee invites any Member with questions about serving on the Board such as the duties, responsibilities and time commitment required to attend an upcoming Candidate Information Meeting on Tuesday, June 15, 2021. There will be two sessions – 9-11 am and 2-4pm – for your convenience. These meetings will be held in Lakeview Social Hall #2 and registration is required by calling 623-561-4600.

This is a great opportunity to find out exactly what's expected of you before you become a candidate. And you'll get the opportunity to speak to six current and former Board members regarding their experiences serving on the Board. Why not mark your calendar right now and get your spot reserved? We're looking forward to seeing you there!

*\*\* See the President's Commentary on page 2 for more information regarding Candidate Information Meetings and participating in the RCSC Board of Directors Elections.*

## "Return to Normal" for RCSC

After more than a year of restrictions and closures, the Recreation Centers of Sun City, Inc. has entered the "Getting Back to Normal" phase with all recreation centers and facilities fully open without use/capacity limitations.

The highlights for "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 all normal club activities. Some clubs may be electing to remain closed until this fall so please check with clubs directly.
- 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 have resumed at

pools. Both online Guest Passes via the RCSC Web Portal (encouraged) and Host Punch Cards are being accepted for guests.

- The Sun City AZ Visitor's Center at Bell Center and the Events & Entertainment Office at Sundial Center have reopened.
- Rental of RCSC facilities is again available. Contact the Events & Entertainment Office at Sundial (623-561-4680) to reserve a facility for personal functions, such as birthday, anniversary parties and memorial services.
- Full sanitation will continue to occur at night when RCSC facilities are closed.
- COVID-19 use/capacity limitations have been removed for all RCSC activities and/or locations.

RCSC continues to encourage Cardholders follow CDC and ADHS guidelines to limit and mitigate the spread of COVID-19.

Let's get back to normal and get back to enjoying all that Sun City AZ has to offer. It has been much too long.

Fall Sun Bowl Shows start Sunday, September 26

Find more details at  
[www.suncityaz.org/recreation/concerts/](http://www.suncityaz.org/recreation/concerts/)

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

Email addresses  
remain confidential

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

RCSC Summer Hours for  
Lakeview • Oakmont • Mt. View  
Starting Memorial Day  
Sunday 8am - 7pm  
Monday-Saturday 6am-8pm

Connect with Sun City AZ





*A Moment with the RCSC Board President*

## Election Time Nears; Consider Getting Involved

### 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

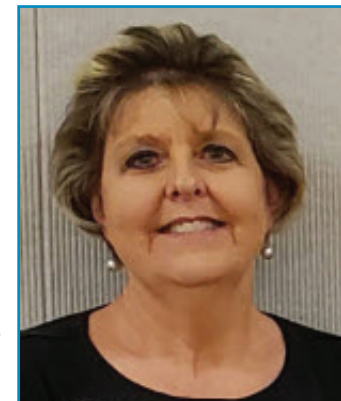
Would you like to get involved? Have you ever thought of running for the RCSC Board of Directors? This year we have three open Board Positions. In order to be an eligible candidate you must meet these requirements:

1. Must be at least fifty-five (55) years of age
2. Must not reside with or be related by marriage or birth to any other member of the Board, Senior Management Staff, or Board Candidate
3. Must be a Deeded Real Estate Owner of property in Sun City, Maricopa County, Arizona
4. Must be a RCSC Member in good standing
5. Must reside in Sun City, Arizona and be available at least ten (10) months of the year
6. Must meet the requirements to hold an Arizona liquor license (RCSC holds liquor licenses which require Board Officers to be included on the licensing)
7. Must be eligible and available to serve a three (3) year term
8. Must not hold an Officer position on any Chartered Club Board, Greens Committee or Golf Association affiliated with RCSC golf courses
9. Candidates use also submit a fully completed RCSC petition, signed by 100 or more RCSC Members in good standing, along with all other forms provided in the RCSC Candidate Packet
10. Must have the knowledge to operate a computer and to send/receive emails

Candidate packets will be available on Monday, June 7, 2021 in the RCSC Corporate Office starting at 7:30 a.m. The Corporate

Office is located on the lower level at the Lakeview Center. Candidate Packets must be returned by Friday, October 1, 2021 by 12:00pm.

You have an opportunity to learn all about what it is like to serve on the Board of Directors by attending an informational meeting on Tuesday, June 15, 2021 in Social Hall #2 at the Lakeview Center. The times are 9:00-11:00 a.m. or 2:00 -4:00 p.m. There will be six current and former Board Members who will talk to you and answer any of your questions. Reserve a spot at one of these sessions by calling 623-561-4620.



**Sue Wilson**  
 RCSC Board President

Once your candidate packet is turned in and confirmed, there will be a meeting with the Chair of the Elections Committee, Director Rich Hoffer, and the Corporate Executive Coordinator, Marcia Johnson. They will layout the timelines for the election process and answer all your questions concerning your campaigning.

Serving on the RCSC Board of Directors is time-consuming but it is also an honor. You will get to meet lots of people as well as learning more about Sun City than you could ever imagine. Take a chance and get involved.

**Get Involved!**  
 Consider running for the Board  
 Candidate Packets available on June 7

## This Month @ The Board

### RCSC Board Meetings:

Board Meeting #1	Monday, June 14, 2021 @ 9am	Sundial Auditorium
Board Meeting #2	Thursday, June 24, 2021 @ 9am	Sundial Auditorium

### Committee Meetings:

Communication Through Technology	Tuesday, June 8, 2021 @ 9am	Lakeview Board Room
Technology Committee	Tuesday, June 8, 2021 @ 11am	Lakeview Board Room
Lawn Bowling Committee	Tuesday, June 8, 2021 @ 1pm	Lakeview Board Room
Long Range Planning Committee	Tuesday, June 21, 2021 @ 8:30am	Lakeview Board Room
Elections Committee	Wednesday, June 23, 2021 @ 1pm	Lakeview Board Room
Properties Committee	Tuesday, June 29, 2021 @ 9am	Lakeview Social Hall #2

*The following committee(s) do not have meetings scheduled this month: Bowling, Club Organization (COC), Finance & Budget Golf Advisory and Insurance*



### “Neighbors Helping Neighbors”

The next Sun City Foundation meeting will be held on Thursday, June 10, 2021 at 1:00pm in the Lakeview Social Hall #1.

## Events & Entertainment Update

The RCSC Events & Entertainment staff is excited to be "back to normal" and offering great concerts and events to Sun City AZ. The office at Sundial is open to serve Cardholders from 8:30am to 4pm Monday through Friday and can be reached by phone at 623-561-4680 or email at [entertainment@suncityaz.org](mailto:entertainment@suncityaz.org).

We've got our Summer Sundial concerts with "The Cover"-Ups" on Wednesday, June 9, 2021 and "The 8-Tracks" on Wednesday, July 14, 2021. These general admission shows are free for RCSC Cardholders and their escorted guests. Show time is 7pm; doors open at 6pm. A new seating layout now offers room for dancing at the back of the East and West Halls.

We'll celebrate the 4th of July with a true Sun City AZ tradition as we once again "Ring That Bell" with a special presentation at 9am in the Bell Social Halls followed by free bowling, darts, shuffleboard and more at Bell Lanes immediately following the presentation until 2pm. George's Café will serve BBQ pork sandwiches with chips and bottled water for \$6/person; \$1 from each meal donated to the Sun City Foundation which assists RCSC Members who need financial help with their annual property assessments. (provided they meet specific qualifications).

Great performances keep coming this fall when RCSC is pleased to offer two ticketed shows with reserved seating at Sundial Center featuring headliners that are certain to please music fans in the community.

Tickets for these shows go on sale Tuesday, June 1, 2021 at the Events and Entertainment Office beginning at 8:30am or by phone at 623-561-4680 (must speak to a live agent). Ticket prices range from \$18 to \$25/person. Cardholders purchasing tickets for both shows will pay \$18-\$20/person for each performance; Cardholder purchases for only one show will be \$20 each. Purchases by non-Cardholders will be \$25/person/performance. Find more info at [www.suncityaz.org/recreation/concerts/](http://www.suncityaz.org/recreation/concerts/).

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 the East & West Halls

## 2021 Sundial Fall Concerts

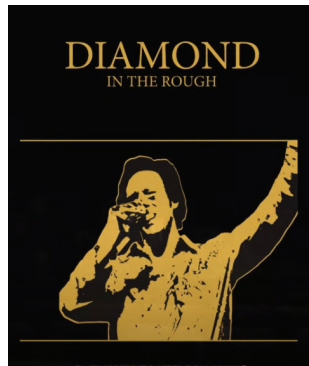
Live Entertainment Returns to Sun City AZ  
with these two great ticketed shows!



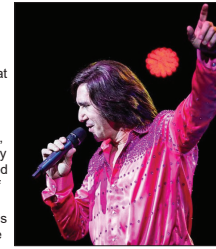
**JUMPING JACK FLASH**  
Rolling Stones Tribute  
Wednesday, September 15  
Show: 7pm; Doors Open 6pm



Neil Diamond Tribute  
Wednesday, October 6  
Show: 7pm; Doors Open 6pm



Greg Ansel returns to "wow" the crowd with the looks and sound of this legendary singer/songwriter featuring such great hits as Sweet Caroline, Cracklin' Rosie, Solitary Man, Cherry Cherry, Girl You'll Be A Woman Soon, and many more. Be ready to swoon and be swooned with this great evening of non-stop entertainment. Bring your clapping hands and singing voices cause you're gonna need them!



### Ticket Sales Start June 1, 2021

Two Show Packages starting at \$18/person/show thru June 30 for RCSC Cardholders only; Premium Seats \$20

Individual Tickets: \$20/person/show RCSC for Cardholders and \$25/person/show for non-RCSC Cardholders/Guests

Ticket Sales at Sundial Events & Entertainment Office (Monday-Friday 8:30am-4pm) or by phone 623-561-4680 (must speak with live agent)

## The 8-Tracks



Wednesday, July 14, 2021  
Show 7pm; Doors Open 6pm  
@ Sundial Auditorium (103rd & Boswell Blvd)

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

### Cardholder Services Office

Lakeview Center • 623-561-4603

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

1st Saturday each month: 9am to noon

### Chartered Clubs Office

Lakeview Center • 623-561-4660

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

### Events & Entertainment Office

Sundial Center • 623-561-4680

14801 N. 103rd Ave.

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

### Recreation Centers

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

16820 N. 99th Ave.

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

10600 W. Peoria Ave.

**Grand Center**

10415 W. Grand Ave.

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

10626 W. Thunderbird Blvd.

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

9860 W. Union Hills Dr.

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

9749 N. 107th Ave.

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

10725 W. Oakmont Dr.

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

14801 N. 103rd Ave.

**Sun Bowl Amphitheatre**

10220 N. 107th Ave.

(weather recording)

623-972-6014

**Softball Field**

10220 N. 107th Ave.

**Duffeland Dog Park**

14610 N. Del Webb Blvd.

**Sun City Visitors Center**

1-844-4 SUN CITY or 623-977-5000

Located in the Bell Center at

16824 N. 99th Ave.

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

Club Directory

Table listing Art and Craft Clubs including Artists by the Lake, Artistic Stained Glass, Artistic Weavers & Fiber Artists, Calligraphy, Camera Guild, Carvers, Ceramics & Porcelain, Ceramics, China Painting, Clay Club, Clay Corner, Crafts, Creative Quilters, Fired Arts, Friendship Quilters, Handweavers & Spinners, Jewelry, Knitters, Lapidary, Leathercraft, Metal, Needle Arts & Crafts, Palo Verde Artist, Sew-n-Sew, Silver Stones.

Table listing Silvercraft, Sterling & Stones, Stitches, Woodworking BC, Woodworking FW, Woodworking LV.

Table listing Woodworking LV.

Card and Game Clubs

Table listing 500, 608-345-3252 Lois.

Table listing All Board Games (ABG) Club, Bunco Broncos, Canasta, Euchre, Mah Jongg.

Table listing Hand & Foot Club, Mah Jongg.

Table listing Mixed Cards, Mixed Cribbage, Monday Night Pinochle.

Table listing Pinochle, Sheephead.

Contract Bridge Clubs

Table listing Lakeview Evening Bridge.

Table listing Wednesday Afternoon, Thursday Afternoon, Friday Afternoon.

Duplicate Bridge Clubs

Table listing Duplicate (ACBL), Kachina.

Dance Clubs

Table listing Ballroom Dance, Bell Tea.

Table listing Classic Rock Dance Club, Country Dance Club.

Table listing Friday Night Ballroom Dance.

Table listing Line Dance, Rockin' Thru The Years.

Table listing Squares, Tip-Top Dance.

Table listing Sun City Poms, Sun City Spanish Club.

Educational Clubs

Table listing Apple Macintosh, Life Long Learning, Computer Club.

Table listing Spanish Club.

Fitness Clubs

Table listing Aerobics, Aqua Fitness Club, Dance for Fitness.

Table listing FUNtastic Fitness.

Table listing Handi-Capables.

Table listing Hatha Yoga, MAT Inquiries, Ladies Exercise.

Table listing So Grand Exercise, Stretch and Slim.

Table listing Tai Chi, Zumba Fitness.

Hobby Clubs

Table listing Armchair Travel Club, Birding Club of Sun City.

Table listing Garden, Model Railroad.

Table listing Model Railroad Museum, Rockhounds.

Table listing Stamp Club, Sun City Yacht Club.

Table listing Vintage Vehicles, Computer Club.

Table listing Spanish Club.

Performing Arts Clubs

Table listing Sun Cities Community Orchestra, Choraliers.

Table listing Concert Band, Handbell Ringers.

Table listing Piano, Sun City Players Community Theater.

Table listing Rhythm Ramblers, Ukulele.

Table listing Women's Chorus.

Political Clubs

Table listing Democratic.

Table listing Republican.

Social Clubs

Table listing Best Friends Dog Club.

Table listing Fairway Readers, Illinois Club.

Table listing LGBT of Sun City, Men's.

Table listing Michigan Friends in Sun City, New England.

Table listing NextGen, Singles Social Club.

Table listing Sun City Hospitality, Wisconsin Club.

Table listing Women's Social.

Sport Clubs

Table listing Basketball, Billiards.

Table listing Billiards, Bocce.

Table listing Bocce, Dart Club.

Table listing Lawn Bowls.

Table listing Lawn Bowls, Lawn Bowls: LV.

Table listing Lawn Bowls: LV, Lawn Bowls: OM.

Table listing Lawn Bowls: LV, Pickleball.

Table listing Shuffleboard Bell, Shuffleboard Outdoor.

Table listing Shuffleboard Sundial, Softball.

Table listing Sportsmen, Swim Lessons.

Table listing Swimmers Master, Table Tennis.

Table listing Tennis, Volleyball.

Table listing Water Volleyball Club of SC, Whisperball.

Club Directory Key:

Table listing Key: M = Monday, Tu = Tuesday, W = Wednesday, Th = Thursday, F = Friday, Sa = Saturday, Su = Sunday, a = A.M., p = P.M., BC = Bell Center, FW = Fairway Center, GR = Grand Center, LV = Lakeview Center, MC = Marinette Center, MV = Mountain View Center, OM = Oakmont Center, SD = Sundial Center, SB = Sun Bowl.

Important Dates for Clubs to Remember!

- June 5 SunViews submissions due for July 10 Guest Attendance Register & guest fees due

- July 5 SunViews submissions due for August 10 Guest Attendance Register & guest fees due 15 RCSC Chartered Club Inventory due (For clubs with more than \$1,000 in total inventory)

- August 5 SunViews submissions due for September 10 Guest Attendance Register & guest fees due

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

\*\* As RCSC Chartered Clubs "return to normal," contact each club directly for more info on when they will fully return to pre-pandemic schedules! \*\*

\*\* Updates for the Club Directory should be sent via email to sunviews@suncityaz.org \*\*

Thoughts from a Pro

Take the easiest route to lowering your score!

The short game makes up nearly 70 % of the shots we take out on the golf course. That said, it is usually the first place we should examine if lowering the score is your goal! Generally, the short game is made up of putts, chips and pitches. A small improvement in each area can add up to a big difference in score!

**Putting:** Start by practicing short putts. If you can consistently make the 2-3 foot putts, back up and try 10-15 foot putts. See how many out of 10 you can get close enough to the hole to make the second putt a tap in. Last work on the long lag putts. Imagine a hula-hoop around the hole and see how many you can get within that 3-foot circle. The goal should be a two putt every time.

**Chipping:** Practice both with a lofted club and a less lofted club. You want chips that will hop a little and roll a lot (7 iron) or that will hop and roll about the same amount. (PW) Practice short, medium, and long distances with both clubs. The goal should be to get in close enough to the pin that there is a reasonable chance to make the putt.

**Pitching:** Using a lofted club (PW, SW or LW) practice 1/4, 1/2 and 3/4 swings to figure out your distances with one or all your wedges. (Higher handicappers may stick to just one club, while advanced players could have distances figured with all wedges.) Once distances are known, practice pitching from varying distances from the green determining which length swing is needed. See how many balls out of 10 you can get on the green. (Initially aiming for the center of the green and then eventually for the flag.)

Remember working on the short game is one of the fastest ways to reduce score! For high handicappers it is not unrealistic to lower the score 1-2 shots per hole. For low handicappers it can really help with overall consistency and scoring.

*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



Courses are closed during maintenance. Plan your play accordingly \*\*

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

Overseed Schedule

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

\*\* Includes pro shops & snack shops.



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/

June Snack Shop Hours  
Open Daily 5:30am - 1pm



RCSC Bowling Centers

**Lakeview Lanes**  
10502 W. Thunderbird Blvd.  
623-876-3055

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

Billiards at Lakeview Lanes, too!



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

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

Darts, Shuffleboard & Billiards at Bell Lanes!

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

Same great food now at two Sun City AZ locations!



Stop by & check out our Daily Specials

**Breakfast Special \$6.99**  
2 Eggs, Bacon or Sausage, Hash Browns & Toast  
M-Sat 7-11a; Sun 7a-noon

**Walleye 'n Chips \$12.99**  
9 Oz. Walleye, Coleslaw & Potato  
Wednesday & Friday

**Fish 'n Chips \$10.99**  
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

Because of you, life doesn't stop. #VitalToLife

**Sun City AZ Visitors Center BLOOD DRIVE**

Thursday, June 17 & Friday, June 18  
8:00 am - noon  
Bloodmobile in the Loading Zone

To schedule an appointment, contact the Visitors Center at 623-977-5000 or visit BloodHero.com (Sponsor Code: suncity)

When you DONATE BLOOD May 28 - Sept. 10, you'll be entered to win a 2021 VW Tiguan S, donated by our Valley Volkswagen Dealers.

**ADVANCE APPOINTMENTS** are encouraged to help maintain social distancing.

All donors must bring and wear a **MASK** or **CLOTH-BASED FACE COVERING**.

**Learn Your Antibody Status**  
You may have the antibodies to help patients battling COVID-19.  
Because of you, life doesn't stop.

**DONATE BLOOD**  
vitalant.org | 877-25-VITAL

vitalant.

Now is a great time to 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 mikewegnergolf@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

**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. Meetings will resume in October.



In case you haven't heard...

**WELCOME  
BACK**

The Friends of the Sun City Libraries Bookstore, Books Around the Corner, reopened on May 17.

The Bookstore has new hours, 9:30am to 3:30pm Monday thru Saturday. Bookstore volunteers will continue to wear masks.

Customers are encouraged to wear masks. Hand sanitizer is available.

There is a limit of four (4) customers at a time. Visits are limited to 15 minutes.

Customers may have to wait for their turn to shop in the Bookstore. Donations will not be accepted until June 1.

In case you have forgotten...



The Bookstore is located at the Bell Recreation Center in the back of the Sun City Library to the left, and just "around the corner."

The phone number is 602-651-2014.

The selection of used hardback books, paperback books, vintage books, large print books, magazines, CDs, DVDs, sheet music, puzzles, and audio books is impressive and very reasonably priced.

100% of the proceeds from our all volunteer run Books Around the Corner go back to Sun City Libraries.

Sundial Men's Club Thursday Night Bingo remains on hiatus!

B-I-N-G-O returns to the Sundial Auditorium on Thursday, September 2, 2021.



Water Conservation

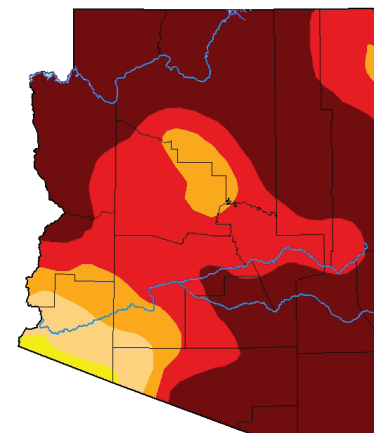
Your Efforts Continue to Stave Off Rationing

If you think the tips we share each month about water conservation don't help the situation, take a look at the changes in drought conditions in Arizona over the last decade (at right). Imagine where things would be if you had NOT been trying your best to conserve? And where could we be if everyone did just a bit more each and every day?

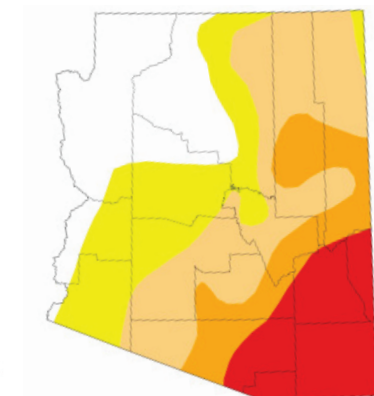
While water officials monitor and research the situation and have worked for many years to update the Drought Contingency Plan for the Colorado River basin, which affects the Southwest states, tribes and Mexico, it is our small efforts that add up and make a difference as well. While the overall situation continues to worsen, planning for the future has kept us from being forced to face mandatory water rationing requirements for now.

RCSC continues to help by implementing turf reduction at golf courses, efficient water monitoring systems, automatic shut-offs on faucets, low flow toilets, promptly repairing leaks and such.

Keep up the good work everyone. Find out more the water situation in Arizona by visiting. <http://www.arizonawaterfacts.com/>



The Changes Over One Decade 2021 vs. 2011

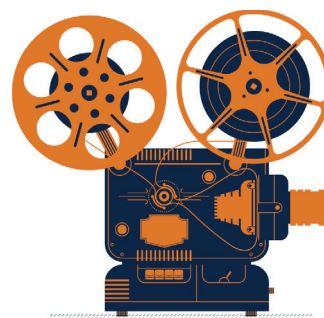


Drought Intensity Key for Graphics

None	D2 Severe Drought
D0 Abnormally Dry	D3 Extreme Drought
D1 Moderate Drought	D4 Exceptional Drought



Every Drop Counts!  
Do your part to help conserve!



FREE MOVIES

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

Popcorn is no longer being served but you may bring your own beverages & snacks. RCSC encourages following CDC and ADHS guidelines to limit and mitigate the spread of COVID-19.

Sign up for RCSC News Email Alerts or visit the RCSC Web Portal for the movie listings

### Tips from Get Fit for Life

## Exercise to Boost Your Brain Power

“When I work with personal training clients, a variety of goals come up”, states Jane Fortier, senior fitness specialist with Get Fit for Life. “Things like: Changing Body Composition; Burning Calories; Building Muscle; Strengthening Aerobic Capacity. But, one goal is rarely mentioned, and yet has great potential, in terms of exercise. That goal is: Improving Brian Power. Over the last decade, scientists have learned a great deal about the effects of exercise on the brain—both physical and intellectual. Research shows that by exercising regularly and “training your brain,” you can boost your brain power, just like physical activity can strengthen your muscles.”

### The Link Between Working Out and Brain Power

One study published in Proceedings of the National Academy of Sciences found that regular sweat sessions can increase the size of a region of the brain called the hippocampus—a part of the brain that begins to decline around age 30 in most adults. The hippocampus is tucked deep in the brain and plays an important role in learning and memory. A larger hippocampus has been associated with better performance, on spatial reasoning and other cognitive tasks.

Another study in Neurology showed that exercise may help slow brain shrinkage in people with early Alzheimer's disease. In the study, adults diagnosed with early Alzheimer's who were less physically fit had four times more brain shrinkage than normal older adults. A study from the journal Brain Research found an association between physical fitness and children's brain power. In the study, researchers found that, on average, fit 9 and 10 year-old children had larger hippocampi and performed better on memory tests than their more sedentary peers.

Here are a few ways that exercise boosts brain power:

- It improves concentration and attention. When you're fit, you have faster reaction times and can better focus on relevant information.
- It promotes neurogenesis. Although it hasn't been proven in humans, animals that are given the opportunity to run on exercise wheels have shown increases in the creation and survival of new brain cells in the hippocampus.
- It may improve memory. In animals, running also increases the strength of synaptic connections, thereby improving long-term memory.
- It reduces gray-matter loss. Fit people show less of a decrease in gray matter than is normally seen with aging.
- It changes gene patterns. Exercise changes the expression patterns of a wide array of genes, with some becoming more active and some showing less activity. Many of the genes that become more active are known to play roles in the structure and adaptability of synapses, suggesting a direct role for exercise in synapse density.
- It enhances blood flow. Exercise also increases the density and size of brain capillaries, which increases blood flow and oxygen to the brain. This may in turn help support the survival of new neurons and help your neurons fire more quickly.

It may seem weird, but you really can develop a plan to exercise your brain, similar to the way lifting weights increases your muscle strength. Instead of weight-training though, you train your brain to improve its attention and focus through a variety of mind exercises. Over time this allows you to better block out distractions and improve concentration. With any type of physical exercise, the brain recruits muscles to do the work. Staying focused on feeling the muscles engage, as you perform an exercise, will require the brain to work harder. Mind/muscle connection produces a better workout and challenges the brain to its full potential.

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

<b>Basketball</b>		<b>Pickleball</b>	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
<b>Billiard Tables</b>		Mountain View: Outdoor	M-Sa: 6a-8p; Su 8a-7p
Bell Lanes	M-Sa: 8a-8p; Su: Noon-7p	<b>Racquetball/Whisperball</b>	
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	<b>Shuffleboard</b>	
<b>Bingo</b>	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-8p; Su 8a-7p
<b>Boating/ Fishing</b>		<b>Spas</b>	
Lakeview Center	M-Sa: 6a-8p; Su: 8a-7p (or Dusk)	Bell Center - 18+ only	M-Sa: 5a-9p; Su: 8a-8p
<b>Bocce Courts</b>		Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Lakeview Center	M-Sa: 6a-8p; Su: 8a-7p
<b>Bowling Lanes</b>		Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Bell Lanes	M-Sa 8a-8p; Su 12-7p	Mountain View Center	M-Sa: 6a-8p; Su: 8a-7p
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Oakmont Center	M-Sa: 6a-8p; Su 8a-7p
<b>Dog Parks</b>		Sundial Center - 18+ only	M-Sa: 6a-9p; Su: 8a-8p
Duffieldland	May - September 6am-8pm Closed last Wed/month for Maintenance	<b>Swimming Pools - Open Swim Hours</b>	
<b>Darts</b>		<b>Bell Center - 18+ only</b>	
Bell Center	M-Sa: 8a-8p; Su: Noon-7p	Lap Pool: M-Sa: 5a-9p; Su 8a-8p; Closed for Club/Class: M-F 7-9a	
<b>Fitness Centers</b>		Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Bell Center - 18+ only	M-Sa: 5a-9p; Su: 8a-8p	<b>Fairway Center</b>	
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	Lap Pool: M-Sa: 5a-9p; Su 8a-8p	
Lakeview Center	M-Sa: 6a-8p; Su 8a-7p	Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	<b>Lakeview Center</b>	
Mountain View Center	M-Sa: 6a-8p; Su 8a-7p	M-Sa: 6a-8p; Su 8a-7p; Club/Class: W 8-10a	
Oakmont Center	M-Sa: 6a-8p; 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	<b>Marinette Center</b>	
<b>Horseshoe Courts</b>		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-8p; Su 8a-7p	<b>Mountain View Center</b>	
<b>Jogging / Walking Track</b>		M-Sa: 6a-8p; 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	<b>Oakmont Center</b>	
Sundial Center	M-Sa only: 6a-8a	M-Sa: 6a-8p; Su 8a-7p	
Outdoor		Club/Class: Every Su M W F 12-3p; Spa, Swim Lanes remain open	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	<b>Sundial Center - 18+ only</b>	
Sun Bowl	Dawn to Dusk	<b>Large Pool:</b> M-Sa: 6a-9p; Su: 8a-8p;	
<b>Library (602) 652-3000</b>	Call to confirm hours	<b>Warm Water Pool:</b> M-Sa: 6a-9p; Su 8a-8p; Closed for Class: T/Th 12-2p	
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p	<b>Table Tennis</b>	
Fairway Center	M-F 9a-4p; Sat 8a-12p	Bell Center: M-Sa: 6a-9p; Su: 8a-8p;	
<b>Mini Golf</b>		<b>Closed for Club Activity:</b> M W F: 10a-3p; Tu & Sa: 10a-12p	
Bell Center	M-Sa: 6a-9p; Su: 8a-8p	<b>Tennis</b>	
Lakeview Center	M-Sa: 6a-8p; Su 8a-7p	Bell Center: 623-977-3325 M-Sa: 6a-9p; Su: 8a-8p	
Mountain View Center	M-Sa: 6a-8p; Su 8a-7p	Lakeview Center: 623-561-4676 M-Sa: 6a-8p; Su 8a-7p	
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Mountain View: 623-876-3042 M-Sa: 6a-8p; 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.

## Member Fitness & Massage Services

Show your support for these local services; 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**

Lisa McCoy  
623-210-2707