

SUN VIEWS

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SUN CITY
ARIZONA
RECREATION CENTERS
OF SUN CITY

Healthy Swimming Continues Thanks to You

Safe and healthy swimming is one of the hallmarks at RCSC's numerous aquatic facilities. And Cardholders and their guests are a key component to healthy pool and spa sanitation.

While all recreational pool facilities must comply with Maricopa County Department of Environmental Health rules and regulations, RCSC goes above and beyond those requirements to ensure the wellbeing of swimmers, bathers and walkers alike that use the pools and spas.

Although public health code requires only one reading each day to test for chlorine, alkaline and PH levels, RCSC goes even further for your benefit by testing four times per day at each of the RCSC Center's pools and spas. Chemicals may need to be added and adjustments are made as necessary to maintain correct water balance.

In addition, all RCSC pools and spas are now equipped with Ultra Violet (UV) Light Systems which not only reduce the amount of chlorine needed but quickly sterilize or eliminate any bacteria in the water. During this process, pool water is channeled through a full pipe UV System and completely sanitized before returning to the pool or spa.

But all the chemicals, treatment and testing can't keep all of the pools healthy and sanitary all of the time. Swimmers must be active participants in helping with these efforts.

With all the steps the RCSC is taking and with the continued help and support from Cardholders and their guests, RCSC will be able to maintain healthy swimming pools and spas for everyone's enjoyment by following these simple guidelines:

- Always practice good hygiene. Onsite showers are required before entering any swimming pool or spa.
- Take frequent bathroom breaks and thoroughly wash your hands after using the restroom.

Showers are required by everyone prior to entering any RCSC Swimming Pool or Spa facility.



- Don't swim if you have diarrhea. Doing so can spread germs and make other people sick!
- Stay out of the water for at least two weeks after symptoms disappear.
- Avoid getting pool water in your mouth and if you do, don't swallow.
- If you see fecal matter, immediately report it to the on-duty Facility Attendant so that proper measures can be taken.

RCSC staff are fully responsible for all pool maintenance and sanitation management. Certified Pool Operators are on-staff at all RCSC Recreation Centers whose responsibilities include water testing and pool equipment maintenance. In addition, there are four members on RCSC staff who have successfully completed the required testing and have received their Aquatics Facility Operator Certification ensuring our that facilities continue to be operated for your utmost enjoyment and protection by providing clean and sanitized aquatic facilities for all Cardholders and their guests.

"With everyone's continued commitment to keeping RCSC pools clean, Healthy Swimming in Sun City AZ is here to stay!" remarked Barry Masloff, Centers Operations Manager.

More information regarding healthy swimming can be found online at the Center for Disease Control website: <http://www.cdc.gov/healthywater/swimming/>.



"Traditional" Patriotic Fun Returns on July 4

RCSC is pleased to host the 43rd annual Ring That Bell Ceremony on Sunday, July 4, 2021 in the Bell Social Halls starting at 9:00am. This patriotic, time-honored tradition celebrates our nation's birthday in unique Sun City AZ style with Uncle Sam serving as the Master of Ceremonies.

The fun continues at Bell Lanes for RCSC Cardholders and their escorted guests with an old fashioned "indoor" picnic until 2pm with free bowling, shuffleboard, billiards and darts. It is certain to be fun for all attending - guaranteed!

George's Café will offer BBQ Pork Sandwiches served with chips and bottled water for \$6 per person; \$1 from each meal and other donations collected will benefit the Sun City Foundation.

Stop by and "Ring That Bell!" It is certain to be an all-American, only in Sun City AZ kind of celebration.

**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:

In July, Cardholder Services will be open on Saturday, July 10 from 9am to noon due to the Independence Day holiday (not Saturday, July 3).

**RCSC Summer Hours for
Lakeview • Oakmont • Mt. View
Continue thru Labor Day
Sunday 8am - 7pm | Monday-Saturday 6am-8pm**

Connect with Sun City AZ



SUN CITY ARIZONA

2021 RCSC Board of Directors

Phone: 623-561-4620

email: boardoffice@suncityaz.org

Sue Wilson, President

email: swilson@suncityaz.org

Michael Ege, Vice President

email: mege@suncityaz.org

Dale Lehrer, Secretary

email: dlehrer@suncityaz.org

Sheila Rooney, Treasurer

email: srooney@suncityaz.org

Darla Akins, Director

email: dakins@suncityaz.org

Steve Collins, Director

email: scollins@suncityaz.org

Rich Hoffer, Director

email: rhoffer@suncityaz.org

Karen McAdam, Director

email: kmcadam@suncityaz.org

Dan Schroeder, Director

email: dschroeder@suncityaz.org

A Moment with the RCSC Board President

Don't Be Bored; Help Clubs by Becoming a COC

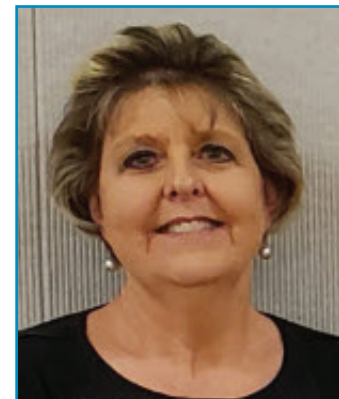
I was told when I moved to Sun City that there was absolutely no reason to get bored. I found that to be very true! We not only have eight golf courses to entertain our golfers but we also have clubs that our Cardholders can join for physical activity, to work on a craft, to enjoy sharing your talent, or to just socialize with others. We have over 130 chartered clubs in Sun City for our those eligible to get involved and make friends. All RCSC Chartered Clubs follow Board Policy #12 which states that a chartered club must not be organized for profit and must be operated exclusively to promote social welfare of club members. Clubs are formed by submitting an application with signatures from at least 25 others to the Chartered Clubs Office. Once a charter has been approved, a club must have at a minimum of a President and a Secretary/Treasurer and maintain at least 25 members for clubs without dedicated space.

Each club is assigned someone to help answer any questions that club members may have. These people are called COCs and they are all volunteer members of the Club Organization Committee. These committee members serve as liaisons between their assigned clubs, the RCSC Management and the Board of Directors. COCs are assigned by the Chair of the Club Organization Committee and help each club as needed to complete the necessary forms they must file and answer any questions from club officers or club members. COCs are in regular communication with the RCSC Chartered Clubs Office.

A COC may not be a member of any club they serve but strictly assists as an advisor. Each of our COCs are responsible for several clubs and they truly make an all-out effort to connect with every club president. There are currently 14 COCs serving over 130 clubs.

A COC does not attend a club membership meeting unless invited by a club officer or a club member. If they attend a club membership meeting, they will speak if acknowledged by the club president. COCs are there for every member of a club and

any member can ask their COC a question concerning their club; COCs will get back to them with the answer. If you are a member of a club and need to talk to your COC, you may either ask your club president or you can contact the RCSC Chartered Clubs Office at Lakeview by calling 623-561-4660. Or you can contact the current COC Committee Chair Darla Akins (dakins@suncityaz.org) or Co-Chair Sue Wilson (swilson@suncityaz.org). You will be asked to leave your contact information and your COC will be contacted to get in touch with you.



Sue Wilson
RCSC Board President

We have so many opportunities in here Sun City AZ to get involved – including becoming a COC – which requires that you must be an RCSC Member in good standing. COCs do not have to be full-time residents as there are several who are seasonal residents. The COC Committee meets the second Wednesday of each month at 10:00 a.m. (except for July and August).

If you're interested in getting involved, please contact the Clubs Office at 623-561-4660 or email the COC Chair Darla Akins (dakins@suncityaz.org). COCs are crucial for helping our clubs run smoothly and are very much appreciated.

This Month @ The Board

No Board or Committee Meetings
are scheduled in July & August.

September Meeting schedules will be posted in August on the RCSC website at www.suncityaz.org. Thank you!

Golf Note

Split Tees Help in the Summer Heat

Straight sheets are the preferred method for most golfers since we can start off the first tee and the golfer can just play their 18 holes without interruption (when waiting for the cross overs to tee off) before starting the back 9 holes.

However, split tees make the most sense when we are in the heat of the summer and the majority of golfers don't want to tee off as we head into the heat (after 10:00am). Playing split tees enables us to get twice as many golfers off between 6:30 and 8:30am (1st tee & 10th tee) when temperatures are at their lowest for the day.

So to sum it up: When it is hot outside, split tees with cross-over can get more golfers on the course while the temperatures are lower. In the cooler months when we have great golfing weather all day long, the straight sheets allow more golfers on the course throughout the entire day.

Candidate Packets Available

RCSC Members interested in running for the Board of Directors may obtain Candidate Packets now at the Corporate/Board Offices at Lakeview Center. 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.

Anyone with questions or needing additional information about securing your place on this year's ballot is encouraged to call the Board Office at 623-561-4620.

VOTE 2021

RCSC Board of Directors Election
Tuesday, December 7, 2021



"Neighbors Helping Neighbors"

The next Sun City Foundation meeting will be held on Thursday, September 9, 2021 at 1:00pm in the Lakeview Social Hall #1.

2021 Fall Sun Bowl Shows

Sunday Night Fun Return to Sun City AZ
More info at www.suncityaz.org/recreation/concerts/

Rhythm Edition | September 26 @ 7pm

Let's start the Sun Bowl Fall Concert Series off right by welcoming Rhythm Edition Band for their first performance here in Sun City AZ. Billed as "the ultimate party band," can there be any doubt that this is a sure-fire way to get the crowd ready for fabulous live music in the great outdoors?

Uncle Click | October 3 @ 6:30pm

Named the "Top Classic Rock/Country Rock Band" in the Phoenix area by Gigmasters, Uncle Click has been rocking the southwest for over 15 years with familiar, upbeat cover tunes spanning several musical genres. This band is truly ready to get back to what great shows at the Sun Bowl are all about: rockin' the house!

Faded Jeans | October 10 @ 6:30pm

Faded Jeans - Arizona's Party Band - returns to the Sun Bowl with their unique mix of classic rock, pop, country, 70s funk, rockabilly and blues. Nothing is more comfortable than your favorite pair of faded jeans. Shout out your favorite tune - they just might play it!

The Hamptons | October 17 @ 6:30pm

We look forward to another encore performance as we welcome back The Hamptons to Sun City AZ! From today's hits to the oldies everyone knows by heart, great ready for a great evening of super entertainment to is sure to please.

Chad Freeman & Redline | October 24 @ 6:30pm

Put your hands together as Chad Freeman & Redline return for another stellar show. From country to rock, every song is sure to get the audience up and on their feet - just the way Sun City AZ likes to party at the Sun Bowl!

Mogollon | October 31 @ 6:30pm

Let's welcome back another crowd favorite, Mogollon (pronounced Mug-e-on) who has earned the reputation as one of the Premier Country Rock Entertainment groups in the West and lives up to those high standards with every Sun City AZ performance to date. They can play just about anything - from Hank Williams to Pink Floyd to their own original songs. You won't be disappointed.

Veterans Day Tribute - Sun City Concert Band & Women's Chorus | November 7 @ 4pm **

To honor the men and women who have selflessly served our country, RCSC is pleased to bring to residents our very own Sun City Concert Band and Women's Chorus to the Sun Bowl stage for a long-overdue performance that is certain to please both patriots and music fans alike. Wear your red, white and blue best to show your appreciation and support as we gather for this final fall Sun Bowl performance.

** Please note early show time; expect possible sunshine and warm temperatures.

Bring your Blanket or Lawn Chair

Food Trucks Arrive 1-1/2 hour before show

Rain Location - Sundial
Call 623-972-6014



The 8-Tracks



Wednesday, July 14, 2021

Show 7pm; Doors Open 6pm

@ Sundial Auditorium (103rd & Boswell Blvd)

Free for RCSC Cardholders & their escorted guests!

RCSC Member or Privilege Card required for entry; no key fobs accepted.
General Admission with Dancing in the East & West Halls

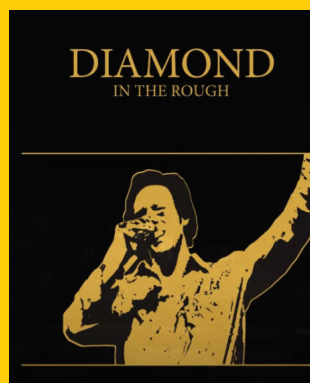
2021 Sundial Fall Concerts



Rolling Stones Tribute
Wednesday, September 15
Show: 7pm; Doors Open 6pm



We've invited Mick & his chums back to Sun City AZ for this spot-on Rolling Stones tribute band - Jumping Jack Flash. This is definitely a fan favorite & you'll be impressed by the moves & mannerisms in this superb performance that is sure to bring down the house!



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/song-writer 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!



Individual Tickets on Sale July 1, 2021

\$20/person/show RCSC for Cardholders

\$25/person/show for non-RCSC Cardholders/Guests

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

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 8am 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.

Club Directory

Art and Craft Clubs	Silvercraft: BC 623-933-8442 M-Sa 8a-3:30p	Classic Rock Dance Club: BC 623-628-4401 1st & 3rd Sa; Doors 6p; Dance 6:30-9:30p BC SH 1-2 \$3 Mem/\$6 Guest	Hobby Clubs	Fairway Readers: FW 623-972-3409 2nd F 1-2:30p FW Rm 217 Books can be reserved in advance at FW Library w/ MCLD Card	Shuffleboard Bell: BC 623-999-0362 - Dennis M Tu F 1-3:15p
Artists by the Lake: LV 315-491-9650 M-F 9a-12p	Sterling & Stones: FW 623-977-2208 - Annual Dues \$15 Tu-Th 10a-2p; Classes offered in many techniques Tools/Supplies available for purchase	Country Dance Club: SD 480-431-8278; 623-972-5127 1st & 3rd Sa Open 5:30p, Dance 6-9:30p SD Aud No Lessons in July	Armchair Travel Club: FW 623-476-2811 Closed for Summer	Illinois Club: FW 630-768-5205; List of activities at https:// suncityaz.org/recreation/clubs/illinois-club/ Social Mtg 4th Th 6:30pm FW AZ #3	Shuffleboard Outdoor: LV 623-688-6026 Closed For Summer
Artistic Stained Glass: BC 623-974-4765 M-Sa 8a-3p; M-Th 5-8:30p	Stitchers: BC 480-578-8871 (leave message) 2019bellstitchers@gmail.com Tu & Th 9a-3p; F 9a-3p	Friday Night Ballroom Dance: SD 623-215-8718 F 7-10p SD Aud; No Lessons at this time \$5/members; \$10/guests; No Jeans, shorts, etc.	Birding Club of Sun City: BC BirdPeepersSC@gmail.com Closed for Summer	LGST of Sun City: OM Aud lgbtclubofsuncity@gmail.com Closed for Summer	Shuffleboard Sundial: BC 623-208-9921 Th 5:30-9p BC Cts
Artistic Weavers & Fiber Artists: OM 320-253-3145 or oakmontfiberart.com M-F 9a-12p	Woodworking: BC 623-974-6058 M Th F 8a-4p; Tu W 8a-8p; Sa 8a-12p	Line Dance: SD 623-972-5127; 231-557-6555 suncitylinedanceclub.facebook.com Tu & Th: 10a-1p; SD Aud Special Dance Sa 7/31 1:30-4:30p SD	Garden: GR 623-875-5921 Office Hours M W F 9a-12p GR Mem Mtg 1st Tu 8a GR Sonora Room Summer Potluck Sa 7/10, 10a-3p GR Sonoran Rm	Men's: SD 623-977-5116 M-Sa 7a-4p; Poker M 4-9p; Tournaments Th 10:30am-3pm; Bingo to resume 9/2	Softball (Senior): Sun Bowl 517-526-4873; 509-264-3088 www.azsrsoftball.com League Play M, Tu, Th, F 7:30a-2p
Calligraphy: SD 623- 594-6591 F 9-11a	Woodworking: FW 623- 972-4385 M Tu Th 8a-12p; W & F 12-4p	Rockin' Thru The Years: SD 623-332-7894 RTTY Dances will resume on 9/11 2nd, 4th & 5th Sa: 6:30-10p; SD Aud Closed for Summer	Model Railroad: FW 239-207-7314 Leave message Club Hours M-Sa 8a-4p	New England: LV 623-215-3637; 623-328-9878 Closed For Summer	Sportsmen: LV Dave 612-202-4803 No meeting until September
Camera Guild: GR cameraguildsuncity.com Tu-Th 9a-12p	Woodworking: LV 623-933-2355 M-F 8a-2p	Squares: BC 623-694-7194 djkraus433@gmail.com Closed for Summer	Model Railroad Museum: FW 239-207-7314 Leave message W 9a-12p; 2nd & 4th Sa 10a-2p	NextGen: FW 716-445-7383 1st M 6:30-9p FW AZ 1-2 Every Th Cards 1-4p BC MPR	Swimmers Master: BC 602-540-6077 M-F 7-9a FW Lap Pool
Carvers: LV 847-287-1005 Mem Mtg 2nd TH 9a; Classes available nowbuell1@aol.com Tools/Patterns onsite	Card and Game Clubs	Sun City Poms: MC 602-392-4242 scpoms@yahoo.com Closed for Summer	Rockhounds: SD scrockmuseum@gmail.com 2nd Th 6p FW AZ 1 & 2	Visit nextgensuncity.org/ for all events	Table Tennis: BC 602-291-5369; 847-421-5211 M W F 10a-3p; Tu Sa 10a-12p
Ceramics & Porcelain: FW 623-972-5818; 602-821-1197 M-Sa 9am-1p; W 9a-7p	All Board Games (ABG) Club: LV 717-744-8816 Alan M, F 1-4p; Sat 2-5p LV SH #3	Tip-Top Dance: MC 253-381-1542 M Tu W 8a-12p	RV Club: SD silvercreek ranch1@hotmail.com Closed for Summer	Sun City Hospitality: MC 623-933-5158 Friendship Corner Sa 11a-5p MC SH	Tennis: BC 608-792-1957 melvindhaus@gmail.com Su M W F 12-3p
Ceramics: BC 623-974-6750 M-W-Th-Sa 9a-12p; Tu & F 9a-3p	Bunco Broncos: FW 602-526-3495; 623-698-3002 4th M 12-3:30p FW AZ Rm 1-2	Apple Macintosh: SD 623-933-5300 sunmacs.org Tu & Th 8:30-10:30a	Stamp Club: MC 602-329-8905 Closed for Summer	Singles Social Club: FW 623-583-2307 Ellen 1st F Potluck & Games 6-9p FW AZ 3-4 3rd F Game Night 6-9p FW AZ 3-4 Darts 4th F 6:30p BC	Volleyball: 206-459-3242 charlespeteron@comcast.net Water Volleyball Club of SC: OM WVCoFSC@gmail.com 480-297-6783 Su M W F 12-3p
China Painting: OM suncitychinapainting@gmail.com Tu, W & F 9a-12p	Canasta: OM 916-225-9895 Geri Doors open 9:30a; Dues \$5/Yr + \$1/week to play F 10a-3p OM Aud	Life Long Learning: FW 623-977-4081 scazifelong@gmail.com Closed for Summer	Sun City Yacht Club: LV 480-492-3477 Su, Tu, Th 10a-1p Viewpoint Lake	Wisconsin Club: SB 623-242-6318 Women's Social: LV 623-977-5605 M-Su 9:30a-4:30p	Whisperball of Sun City: BC 480-678-1622 M W F 3-5pm; T Th 1:30-3:30p BC Racquetball Courts
Clay Club: GR 623-933-0899 M-Th 8:30a-8p; F-Su 8:30a-4:30p	Cribbage: LV 623-933-7044 Tony Tu 1-4p; W 6:30-9p LV SH3	Computer Club: FW 623-933-8953 www.computerclubofsuncity.com/ Spanish Club: FW SunCitySpanishClub@gmail.com W 9a-12p Meetings via Zoom	Vintage Vehicles: GR 509-430-1625 https://www.vintagevehiclesofsuncity.com/ No Member Meetings over Summer Shop Operations M-Sa 8a-4p	Sport Clubs	Club Directory Key:
Clay Corner: MC 623-977-3167 M-Sa 7:30a-9p; Su 8a-6p	Euchre: FW 623-693-2881; 623-533-5705 Tu 5:15-9:30p FW AZ 2-4; 1st & 3rd Th 1:30-4:30p LV SH #3 Member Party Tu 7/6	Spanish Club: FW SunCitySpanishClub@gmail.com W 9a-12p Meetings via Zoom	Vintage Vehicles: GR 509-430-1625 https://www.vintagevehiclesofsuncity.com/ No Member Meetings over Summer Shop Operations M-Sa 8a-4p	Basketball: MC 206-459-3242; 604-313-3190 charlespeteron@comcast.net Billiards: Bell Billiards Room 315-806-0067 W 7a-1p; Sa 12-5p; Tu 11a-4p; F 8a-4p	M = Monday Tu = Tuesday W = Wednesday Th = Thursday F = Friday Sa = Saturday Su = Sunday a = A.M. & p = P.M. Area codes 623 unless noted.
Crafts: BC 623-974-3497 M-Sa 9a-3p	Hand & Foot Club: LV 623-680-8276; 972-838-7512 W 4-9:30p LV SH 1 & 2	FunTastic Fitness: MC 623-476-5230 donnaschelin@yahoo.com Aerobics Tu, Th 1-2pm MC SH Strength Training Tu, Th 2:10-3p MC SH Pilates M, F 1-2p BC Aerobics Rm	Stamp Club: MC 602-329-8905 Closed for Summer	Billiards: LV Billiards Room (602) 319-0783 Ladies M, Th 8:30a-12p; Singles: 8 Ball M 8a-12p; 10 Ball W 9a-1p; 9 Ball Th 1-5p, F 8a-12p Doubles: 8 Ball Tu & Th 8a-12p	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
Crafts: SD 602-882-3512 Needle Craft M, Th 8a-1p; Heritage Albums 1st/3rd M 2-6p; Card Making Tu 5:30-8pm; Paper Craft 1st Tu sdcraftclub@yahoo.com or julialynjones@gmail.com 1-3p; Scrapbooking W 10a-6p + 1st, 3rd & Last F 4-8p, Sat 9a-3p; Embroidery on Paper F 1-3:30p	Mah Jongg: MC 623-399-6337 Sandy Tu 11:30a-4p SD WH; Th 5:30-9p MC SH Su 11:30a-4p MC SH	Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com T/Th 12-2p SD Warm Water Pool Mem Mtg 1st M 12p FW AZ 1&2	Sun Cities Community Orchestra: FW 623-582-9964 Closed for Summer	Bocce: SD 623-693-2881 Bocce Fun Games: Every Tu 8:30a Open Play: Every Th 8:30a, Every F 7p	Important Dates for Clubs to Remember!
Creative Quilters: LV 909-744-0642; 970-261-1798 M-W-F 8a-4p; Mem Mtg 2nd F 9:30a Charity Day F 7/30, 8a-4p	Mixed Cards: OM 614-787-5885 Lil Sa 6-9:30p OM Aud	Hatha YOGA: SD General Email: HathaYogaClub@gmail.com Mat & Chair Classes - Monday-Saturday SD Yoga Room Class Schedules & Membership Info go to club website at www.hathayogaclub.org	Choraliers: FW 623-933-7202 Carol Closed for Summer	Lawn Bowls: BC 623-972-3248 M W F 7-9a; Su M W F 7-9:30p	July 5 SunViews submissions due for August 10 Guest Attendance Register & guest fees due 15 RCSC Chartered Club Inventory due (<i>For clubs with more than \$1,000 in total inventory</i>)
Fired Arts: LV * 623-933-8118 M-F 9a-1p	Monday Night Pinochle: OM 440-478-2530 Kim/623-217-8584 Beverly OM Aud M - Doors open 5:30pm; Play at 6pm Will resume play 9/7	Ladies Exercise: OM 715-222-9519 So Grand Exercise: FW 623-933-0214 M-Sa 6:45-11:30a BC Aerobics Rm T W Th Sa 1-2p; Su 8-10a BC Aerobics Rm M & W 5-7p BC Aerobics Rm	Concert Band: FW 602-625-5211 Closed for Summer	Lawn Bowls: FW & MV 623-933-5066 Lawn Bowls: LV (Sun City Club) 623-583-0625 Closed for Summer	August 5 SunViews submissions due for September 10 Guest Attendance Register & guest fees due
Friendship Quilters: BC 623-523-7661 Open Quilting M, W 9a-8p; Sa 9a-3p 2nd Sa Boutique Quilt; 4th Sa Charity Quilt	Pinochle: OM 623-876-1895 Tommie Tu 11:30a-4p, Sa 11:30a-4p OM Aud	Lakeview Evening Bridge: LV 623-478-2159 Play resumes in September	Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Closed for Summer	Lawn Bowls: LV 623-974-3214 Lawn Bowls: OM 623-792-5202 Closed for Summer	September 5 SunViews submissions due for October 10 Guest Attendance Register & guest fees due
Friendship Quilters: BC 623-523-7661 Open Quilting M, W 9a-8p; Sa 9a-3p 2nd Sa Boutique Quilt; 4th Sa Charity Quilt	Sheepshead: LV 623-933-7044; 623-999-4965 M 6-9p LV SH #3	Lapidity: BC 623-977-1803 M-Sa 8a-1p; M, W 5-8:30p	Piano: SD 623-444-4483 Summer Performance 4th M 2-4p SD Aud	Mini-Golf: LV 317-508-5959; 623-300-4461 Closed for Summer	
Handweavers & Spinners: SD 623-933-0397 M-F 9a-12p	Thursdays Afternoon: OM 623-933-9671 W 12:30-4:30p OM Aud Please arrive by 12:15pm	Leathercraft: LV 623-594-6591; larryvroom@cox.net M-F 8a-12p	Rhythm Ramblers: FW 623-876-2063 Closed for Summer	Pickleball: MC, MV pickleball.suncity@gmail.com Contact Club for Times & Activities	
Jewelry, Stained Glass & More: GR 262-993-4873; 623-322-4595 W-Sa 9a-12p	Friday Afternoon: FW 623-933-9671 F 12:30-4:30p FW AZ Rm2 Please arrive by 12:15pm	Metal: BC 520-235-0179 Alan alan.ruda@yahoo.com M-Sa 8a-4p	Ukulele: FW 623-594-6591 Sept-May 623-398-0483 June-Sept Closed for Summer		
Knitters: FW 602-469-2505 F 8:30a-1p FW AZ Rms 3 & 4 Member Mtg/General Info 2nd F 10-11a	Hand & Foot Club: LV 623-680-8276; 972-838-7512 W 4-9:30p LV SH 1 & 2	Palo Verde Artist: SD 503-635-7121 Mem Reception/Gallery Change F 7/2, 4-5:30p Su-Sa 8a-8p	Political Clubs		
Lapidary: BC 623-977-1803 M-Sa 8a-1p; M, W 5-8:30p	Mah Jongg: MC 623-399-6337 Sandy Tu 11:30a-4p SD WH; Th 5:30-9p MC SH Su 11:30a-4p MC SH	President@paolverdeartists.com 623-363-7199 Posy M 12-4p SD WH Only	Democratic: FW 623-977-4660 No Meeting in July; Next Meeting will be Th 8/5 at 6p FW AZ 3-4		
Leathercraft: LV 623-594-6591; larryvroom@cox.net M-F 8a-12p	Republishan: SD suncityyopclub@gmail.com Closed for Summer	Sew-n-Sew: LV 1st & 3rd Th 9:30a-12:30p Boutique 2nd & 4th Tu 12:30-3p Doll Boutique 12:30-3p Sundays Quilt SIG 1st Th 9:30a Membership Meeting	Republican: SD suncityyopclub@gmail.com Closed for Summer		
Metal: BC 520-235-0179 Alan alan.ruda@yahoo.com M-Sa 8a-4p	Social Clubs	Silver Stones: SD 623-933-8873 W 2-4p BC SH 1&2	Best Friends Dog Club: FW 480-524-6893 bfdcsuncity@gmail.com Closed for Summer		

**** Most RCSC Chartered Clubs have "returned to normal" (unless Closed for the Summer), and welcome new members. Call ahead to confirm club hours. ****

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

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

Thoughts from a Pro

Ways to Help News Golfers Enjoy the Game

Summers in Arizona are a great time for new golfers to get out on the golf course and get comfortable playing the game. The weather is hot, but courses are less crowded and that makes for less stress for those who are learning! Here are some tips to help new golfers you may know maximize their enjoyment of the game.

1. Keep tips on the mechanics of swinging the golf club for the driving range. New golfers are trying to maneuver their way around the course with everything being new. There are so many things to learn and think about: whose turn it is, what club to hit, where the flag is, and the list goes on! The course is not the time to think about "how to" swing. This is the number one complaint I get from new golfers.... constant tips from playing partners, friends, and spouses, always well intentioned but overwhelming for the new player.
2. Help with etiquette not rules. When to be quiet, where to stand when others are hitting, order of play, where to put clubs or park carts, how to fill divots, how to avoid walking in someone's line on the putting green.... these are all things that will affect others and are much more important to learn in the beginning than the rules. Many new golfers do not even keep score so learning rules can come in time!
3. Make it fun! Remember golf is a game and if it is not enjoyable, they will not want to continue to play! Encourage them on their good shots and show them by example to forget the bad ones. (If they see you getting mad after you hit a poor shot they may wonder why someone would play a game that made them frustrated!)
4. If they are having trouble hitting some clubs (generally longer clubs are harder in the beginning) encourage them to use whichever club they like best and stick with it. There is plenty of time to start getting comfortable with the rest of the clubs on the driving range.
5. Allow them to modify the game to make it easier. Examples: let them use a tee on every shot, have them play the longer holes from the hundred-yard marker instead of the tee box until they can hit the ball far enough, have them hit the ball a set number of times before picking up and putting it on the green to putt. (For example, hit three times on a par 3, four times on a par 4 and five times on a par 5 and if the ball isn't on the green, pick it up and put it on!) It takes the pressure off of them, moves the game along more quickly and gives them an attainable goal.

Participation in golf has been on the rise, over 3 million new golfers played on a golf course for the first time in 2020 which is a new record! But retention is always the problem. Playing with new golfers is a great opportunity to show them how wonderful the game is and to encourage them so they want to keep on coming back for years to come!

Robin Eichten is a Life Member of the LPGA and Certified Teacher. She has been teaching golf since 1987 and in Sun City area since 1994. For lesson info/sign-up call or text to 623-322-6300 or email to golfinwithrobin@aol.com

2021 RCSC Golf Course Maintenance Schedule



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

Lakes West Bunker renovation begins July 8

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

NOTE: Courses are closed during maintenance. This includes pro shops & snack shops. Plan your play accordingly.



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.

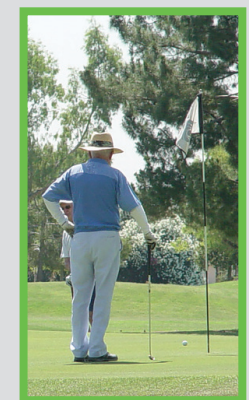
Riverview: (623) 876-3025
16401 N. Del Webb Blvd.

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/

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



RCSC Bowling Centers

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

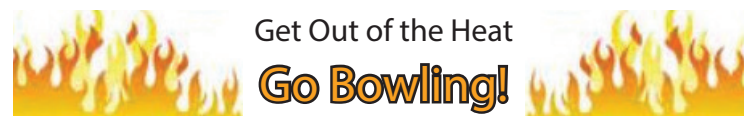
Monday-Saturday: 8am-8pm
Sunday: Noon-7pm

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 \$6.99
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

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 golfinwithrobin@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.



Their Quotes, Our Quips

Goodwill Librarian: A library is proof that you can never have too much of a good thing. (Try us. You'll see what this means!)

Albert Einstein: The only thing you absolutely have to know is the location of the library. (Easy—Bell Recreation Center and Fairway Recreation Center!)

Virginia Woolf: Public Libraries—Find them full of Sunk Treasure. (Unsink, too!)

Henry Ward Beecher: A Library is not a luxury but one of the necessities of life. (Get your fix any of six days a week!)

Cicero: If you have a garden and a library you have everything you need. (In our Sun City Library at Bell, we even have free garden seeds!)

Lemony Snicket: A good library will never be too neat, or too dusty, because somebody will always be in it, taking books off the shelves, and staying up late reading them. (Well, not so much last year; but really so now!)

Gorge Luis Borges: I have always imagined that paradise will be a kind of library. (Why imagine? Visit either of our Libraries to get a preview!)

Pat MacEnulty: Who doesn't love a library? It is a place you can go in any town and discover the world. (Our "town" has two to love!)

Robin Sharma: Ordinary people have big TVs. Extraordinary people have big libraries. (Extraordinary - an apt description of Sun City's Libraries!)

The Great Read: Libraries are not a destination. They are the transportation. The Grand Central Station of every great city and town. (Get on the bus with us!)

E. L. Doctorow: The three most important documents a free society gives is a birth certificate, a passport, and a library card. (Heck, you can get ours on line!)

Eleanor Crumblehulme: Cutting Libraries in a recession is like cutting hospitals in a plague. (No cuts here; just adds!)

Anne Herbert: Libraries will get you through times of no money better than money will get you through times of no libraries. (No money needed with us!)

Andrew Carnegie: A library outranks any other one thing a community can do to benefit its people. It is a never failing spring in the desert. (We are bubbling over!)

Michael Embry: I don't have to look far to find treasures. I discover them every time I visit a library. (What treasure will you find?)

Ray Bradbury: Without libraries, what have we? We have no past and no future. (Find both with us!)

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

Conserve Water Drinking Eight Glasses/Day

Drinking water is essential for your health and well-being. While eight glasses of water per day is the daily recommended amount (DRA) that one should consume, extreme temperatures and personal activity levels likely require that many of us should drink even more each day especially right now here in the desert Southwest.

But don't forget ways that there are ways to conserve - and save money - even when it comes to our own personal water consumption.

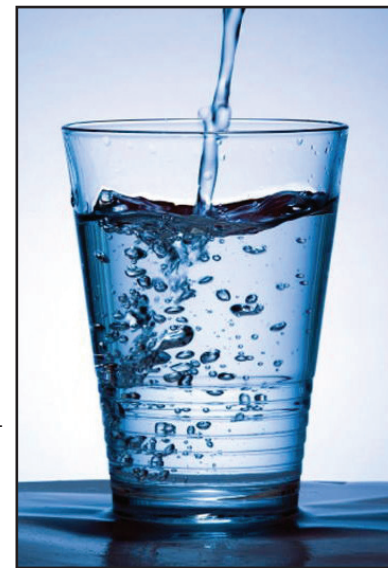
Bottled vs. Tap? The cost of bottled water compared to tap water is quite significant. Unless you're on the road or traveling where potable water is not available, you'll be saving big time by not purchasing bottled water. At \$1 per bottle (yes...by the case is much less but still), drinking the RDA of bottled water for an entire month could cost \$90 or more, but only pennies for the same amount of water from the tap.

Using an insulated travel mug or reusable water bottle provides you with a cool refreshing drink while you are out of the house without the plastic waste - and at much less cost.

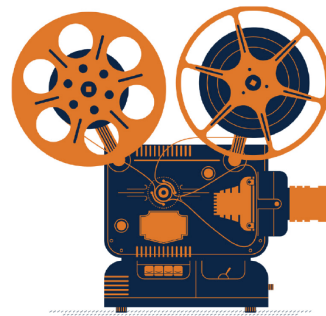
You'll save water by keeping a pitcher in the refrigerator so that you're not wasting water by letting the tap run and waiting for the water to get cold when you can get it on demand right away. And keep saving money and water resources by using the same water glass all day long.

Every time we turn on the faucet is also an opportunity to get the watering can filled up for houseplants.

So drink up - it's good for your health. But don't waste a drop!



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.

Get the monthly movie listings directly
by either signing up to receive RCSC News Email Alerts
or via the RCSC Web Portal.

Tips from Get Fit for Life

Not Strength Training? Reasons to Start

“Lifting weights, Resistance training, Pumping iron - no matter what you call it, strength training is important for boosting the overall health and well-being of people over 50,” states Jane Fortier, fitness specialist with Get Fit for Life. “While strength training can seem a bit intimidating at first, the health benefits far outweigh any fears you might have, about picking up those weights for the first time. Not convinced? Here are some great reasons to start.”

1. You'll be better at just about everything. The physical act of lifting weights (or other forms of resistance) helps your body to increase its muscle mass. So, carrying groceries, cleaning the house, walking a flight of stairs, getting out of a chair, putting items up in cupboard, etc. becomes easier, because of increased muscle tissue. A regular regimen of lifting weights helps to improve flexibility, balance and coordination - all important aspects of fitness, after age 50.

2. You'll burn more calories. The physical act of lifting weights burns calories, but strength training can help you burn more calories even when you're not working out. It all goes back to building muscle. It takes more energy (calories) for your body to use and maintain muscle cells than it does fat cells. Thus, by simply lifting weights to add more muscle mass, you're boosting your metabolism and turning your body into a more efficient calorie-burning machine.

3. You'll improve your mood and handle stress better. All forms of exercise have been shown to release endorphins, which make you feel good. In addition, strength training has been shown to decrease tension and anxiety, thereby making it a great mental de-stressor.

4. You'll help your heart. Studies show that strength training can help prevent heart disease, and can even help reduce risks and problems in individuals who already have heart disease. Research has found that lifting weights, at a moderate intensity, can lower bad cholesterol levels and raise good cholesterol levels, boosting heart health.

5. You'll build stronger bones. Bones comprise living tissue and bones get stronger with exercise. Regular strength training will improve the health and strength of your bones by activating osteoblasts, the cells that building bone density.

6. You'll reduce your risk of diabetes (and improve your quality of life if you have diabetes). Regular strength training helps prevent diabetes in a number of ways: it improves the way the body processes sugar; it improves insulin sensitivity and blood glucose control; it controls cholesterol and blood pressure and both of these both play a role in diabetes management. Research shows that people WITH diabetes can improve their quality of life in all the same ways, when they engage in strength training.

7. You'll improve posture. A balanced, full-body strength training plan, can positively affect posture by improving range of motion, coordination and the strength of the muscles that keep your body upright. Back, Shoulders, and Core need to be strong to keep the head positioned over the body's center of mass.

8. You'll sleep better. Sometimes, exercising too close to bedtime can make it hard for you to fall asleep. But performing strength training (at least two hours before bedtime) has been shown to prevent sleep apnea and help with insomnia. Not to mention, a good weightlifting session tires you out and gets you ready to hit the hay!

“All seniors need to be doing strength training” states Fortier. “The most important part of strength training is performing exercises correctly. Proper breathing, form, technique, cadence, and duration has a direct effect on exercise results. Strength training “after 50” should look different than it did at age 30 or 40.”

Get Fit for Life personal trainers are experts at creating safe and effective Strength Training programs, based on needs, goals and medical issues. To find out more about working with a personal trainer, call 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-8p; Su 8a-7p
Bell Lanes	M-Sa: 8a-8p; Su: Noon-7p	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-8p; Su 8a-7p
Boating/ Fishing		Spas	
Lakeview Center	M-Sa: 6a-8p; 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-8p; Su: 8a-7p
Bowling Lanes		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
Dog Parks		Sundial Center - 18+ only	M-Sa: 6a-9p; Su: 8a-8p
Duffeeland	May - September 6am-8pm Closed last Wed/month for Maintenance	Swimming Pools - Open Swim Hours	
Darts		Bell Center - 18+ only	
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	
Fitness Centers		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-8p; 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-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	Marinette Center	
Horseshoe Courts		M-Sa: 6a-9p, Su: 8a-8p; Club/Class: Starting 7/12 M T Th F 8-9a	
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	Mountain View Center	
Jogging / Walking Track		M-Sa: 6a-8p; Su 8a-7p; Club/Class: Starting 7/12 - M Th 8-10a, Tu F 8-9a	
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	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	Club/Class: Starting 7/12 - M Tu Th F 9-10a, Swim Lanes closed	
Sun Bowl	Dawn to Dusk	Sundial Center - 18+ only	
Library (602) 652-3000	Call to confirm hours	Large Pool: M-Sa: 6a-9p; Su: 8a-8p; Closed for Club/Class Starting 7/12 - M Th 9-10a; Tu, F 8-9a	
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p	Warm Water Pool: M-Sa: 6a-9p; Su 8a-8p; Closed for Class: T/Th 12-2p; Starting 7/12 - M, Tu, Th, F 10a-12p, 4:30-6:30p	
Fairway Center	M-F 9a-4p; Sat 8a-12p	Table Tennis	
Mini Golf		Bell Center: M-Sa: 6a-9p; Su: 8a-8p;	
Bell Center	M-Sa: 6a-9p; Su: 8a-8p	Closed for Club Activity: M W F: 10a-3p; Tu & Sa: 10a-12p	
Lakeview Center	M-Sa: 6a-8p; Su 8a-7p	Tennis	
Mountain View Center	M-Sa: 6a-8p; Su 8a-7p	Bell Center: 623-977-3325 M-Sa: 6a-9p; Su: 8a-8p	
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Lakeview Center: 623-561-4676 M-Sa: 6a-8p; Su 8a-7p	
		Mountain View: 623-876-3042 M-Sa: 6a-8p; Su 8a-7p	

Strength Machine Demonstrations On hiatus for Summer & will return in September

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*



Sundial Center
Free Spirit Massage
623-225-8582

Fairway Center

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

Bell Center
Lisa McCoy
623-210-2707