

# SUN VIEWS

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

## Grand II is Now Home to Vintage Vehicles; Archery Range



Ladies and gentlemen, start your engines! Head on over to see the new home of the Vintage Vehicles Club now located at Grand Center (10411-15 W. Grand Ave.) as members get settled and start preparing for the upcoming car show season and the return of seasonal residents. No matter your mode of transport, this club welcomes all. This new building also includes the Sun City Sportsmans Club archery range facility. A formal open house for the Grand Center property is currently scheduled for January 2022 but RCSC Cardholders are welcome to stop by and visit the clubs located here which also include the Camera Guild, Sun City Clay Club, Garden Club and Jewelry, Stained Glass & More along with a satellite office of the Sun City Posse.

## RCSC Closures Announced for Labor Day

All RCSC Offices at Lakeview Center (Corporate, Human Resources, Cardholder Services and Chartered Clubs), will be closed Monday, September 6, 2021 in observance of Labor Day. The Events & Entertainment Office at Sundial and the Sun City AZ Visitors Center at Bell will also be closed.

Cardholder Services will also be closed on the first Saturday due to the holiday but will be open on Saturday, September 11 from 9am to noon for those needing weekend service.

All Recreation Centers (fitness, pools, spas) and Sun City AZ Golf Courses and Bowling Lanes will be open over the Labor Day weekend with normal operating hours for Cardholder use.



## Other Club Changes & Relocations

China Painting has relocated from Fairway to Oakmont Center.

Ceramics Clubs are now at Fairway and Bell Centers only.

Leather Craft has moved from Marinette to Lakeview Center, sharing space with Sun City Carvers (see Club Directory for hours of operation).



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

Email addresses  
remain confidential

## INDEX

News | Events 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 return to  
SunViews in October.

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 Hoer, Director**

email: rhoer@suncityaz.org

**Dan Schroeder, Director**

email: dschroeder@suncityaz.org

## A Moment with the RCSC Board President

# There is Still Plenty to Do in Sun City AZ

Summer is upon us once again. Before I retired from education back in the Midwest, summer meant great weather and time to spend with my sons. Summer still means staying active but in Arizona it means the brutal temperatures appear. People new to Arizona soon learn that you can be outside in the morning and after sunset, but you stay in the air conditioning or the pools in the afternoon. Still there is a lot to do in Sun City in the summer.

All the Board Standing Committees as well as the Board of Directors take the summer off so they won't be back until September. There are still committees that need more help if you are interested in getting involved. The Properties Committee meets three times a year. The members of this committee have designated times throughout the year where they go and inspect RCSC properties and report any problems that RCSC needs to address. It takes a lot of people, so more help would be appreciated. The Chair and Co-Chair will work with you so you know what is expected and how to go about your inspections. If you are interested in becoming a member of this committee or another committee just contact the Corporate Office at 623-623-4600 and they will put you in contact with the Chair of that committee so you can be ready to participate in September.

If you haven't seen the first production on "Sun City in Focus" yet, please check out the RCSC YouTube and watch it. This was produced by the Communication Through Technology Committee and they would appreciate your feedback. Management will soon be posting the committee's second production. Those videos may give you some ideas on places you want to see in Sun City or activities you might like to get involved with in your free time. If you have an idea for segments, feel free to share your thoughts with Chair Mike Ege (email mege@suncityaz.org).

With longer days during the summer some of the hours of our recreation centers are extended so you can cool off in the pools, go work out in air conditioning, or join one of our various clubs. Bell and Fairway Centers are open from 5:00 a.m. to 9:00 p.m.

Monday through Saturday and 8:00 a.m. to 8:00 p.m. on Sunday. Lakeview, Mountain View, and Oakmont Centers are open from 6:00 a.m. to 8:00 p.m. on Monday through Saturday and 8:00 a.m. to 7:00 p.m. on Sunday. Marinette and Sundial Centers are open from 6:00 a.m. to 9:00 p.m. Monday through Saturday and 8:00 a.m. to 8:00 p.m. on Sunday. Grand Center, which is just clubs, is open 8:00 a.m. to 8:30 p.m. on Monday through Thursday and 8:00 a.m. to 4:30 p.m. Friday through Sunday. These hours will continue through Labor Day.



**Sue Wilson**  
RCSC Board President

If you have your grandchildren visiting this summer and would like to take them swimming, please remember there are age limits. In order to use the pools at Bell and Sundial they must be 18. To use the pools at Fairway, Lakeview, Marinette, Mountain View, and Oakmont they must be 16. We do allow children ages 4-15 to use the Mountain View Pool from 10:00 a.m. to 1:00 p.m. daily, the Marinette Pool from 1:00 p.m. to 4:00 p.m. daily, and the Lakeview Pool from 4:00 p.m. to closing. Birth certificates will be required for children ages 4 and 5. You can also take those grandchildren who are at least 6 years old to play mini-golf at Bell, Lakeview, Mountain View, and Sundial Centers.

Tickets are on sale for two concerts scheduled this fall at Sundial. The first ticketed show will be on September 15 (Rolling Stones tribute) and the second one will be October 6 (Neil Diamond tribute). You can purchase your tickets for those two shows at the Events and Entertainment Office at Sundial.

The Sun Bowl Shows at Sun City's iconic open-air amphitheater (located one block south of Fairway Center) will return on Sunday nights starting on September 26. Food trucks will arrive 1-1/2 hours before show time, so bring your lawn chair and grab a bite before the concerts begin. And mark your calendar right now as we plan to honor veterans with an extra special Sun Bowl concert on Sunday, November 7, 2021 at 4pm featuring the Sun City's very own Concert Band and Women's Chorus.

Do your best to stay cool and well hydrated as summer temperatures are here until October. But just remember - there is plenty to do here in Sun City no matter how hot it gets.

## 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.

## This Month @ The Board

No Board or Committee Meetings are scheduled during August.

September Meeting schedules can be found on the RCSC website at [www.suncityaz.org](http://www.suncityaz.org). Thank you!

## 2021 Fall Sun Bowl Shows

Sunday Night Fun Return to Sun City AZ  
More info at [www.suncityaz.org/recreation/concerts/](http://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 annual fall Sun Bowl performance.

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

## 2021 Sundial Fall Concerts



**JUMPING JACK FLASH**  
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!



**DIAMOND IN THE ROUGH**  
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!



## Tickets Still Available

\$18-20/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)



### Transform a life, and your own

Kevin required nearly 20 surgeries and nine lifesaving transfusions after a motorcycle collision left him with a traumatic brain injury. He was resuscitated twice before reaching the emergency room and was in a coma for more than four months. Kevin has fought hard to recover and continues to receive physical and speech therapy in hopes of returning to college to complete his degree.

"I am extremely thankful for the availability of blood and the donors who gave it."

For eligibility questions or to schedule a donation, call 877-25-VITAL or visit us at [vitalant.org](http://vitalant.org)  
Find us @vitalant:



### Sun City AZ Visitors Center BLOOD DRIVE

Thursday, September 9 & Friday, September 10

8:00 am - noon

Bloodmobile in Loading Zone

To schedule an appointment, contact the Visitors Center at 623-977-5000 or visit [donors.vitalant.org](http://donors.vitalant.org) (Blood Drive 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.

Culver's would like to thank you for giving blood with a voucher for a free pint of fresh frozen custard.

Bring your Blanket or Lawn Chair  
Food Trucks Arrive 1-1/2 hour before show  
Rain Location - Sundial  
Call 623-972-6014



### Help Keep Sun City Pools Healthy!

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



### 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 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.

**Du eeland 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.



*Thoughts from a Pro*

Some of the lessons golf has taught me over the years!

Listed here below are just a few of the lessons golf has taught me over the years:

- Everyone is different. Bodies are different in strength, flexibility, height, weight, and body type. The swing needs to be individual just like the person making the swing! In addition, everyone's motivation for playing golf is different. It might be for fun, camaraderie, or exercise with no score keeping involved or it may be highly competitive either with yourself or others. Either way is OK! Enjoying it is the goal.
- As we age we may lose distance, but we don't have to lose consistency or good contact with the ball. It is natural as we age to lose some of our ability to hit the ball as far as we used to. Diminished flexibility and strength are the biggest reasons for this. But regardless, if your basics are good (grip, stance, set-up, and basic swing) your ability to hit the ball straight and on the sweet spot does not have to change!
- If you cannot laugh at yourself or if you just plain take yourself too seriously you may have difficulty with golf. Golf is a game that can humble you in a heartbeat. One minute you may hit a shot that makes you feel like a pro and the next moment you can hit another so poorly you feel like a complete novice. The nature of the game is that there is not much room for error and the difference between that perfect shot and the complete miss is a matter of less than an inch. Being too hard on yourself will take the enjoyment out of the game.
- If scoring is your goal, work on your short game. The short game (pitching, chipping, and putting) is close to 70% of your total score. Once you can hit the ball consistently your score on any given day will be determined by your ability to get the ball in the hole. Spend at least 70% of your practice time on those shots and you will improve your score.
- Focus on taking one shot at a time. Forget about what you did on the last shot or the last hole, and certainly do not worry about what you might do on the next one. Stay in the moment and deal with the present! (Sounds like a good motto for life too, huh?)
- Once you have mastered the physical skill of golf most of the game is mental. Have you ever heard that the toughest part of the game is the 6 inches between your ears? Sometimes we can be our own worst enemy. Learning to visualize and think in the positive instead of the negative makes all the difference. Think about where you want the ball to end up instead of where you don't! For example, focus on hitting the ball on the green instead of trying to avoid the bunker!

Overall, golf has a wonderful way of bringing good things to those who play it. It certainly has brought a lot to me and for that I am very thankful. My hope for you is that you also enjoy it fully and learn from the many lessons that it has to offer us all!

*Robin Eichten has been teaching golf professionally since 1987 and is an LPGA Life Member and Certified Teacher. For info or signup call/text Robin at 623-322-6300 or email to golfinwithrobin@aol.com*

2021 RCSC Golf Course Maintenance Schedule

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



Lakes West Bunker renovation continues!

9 Holes remain available for play

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/](http://suncityaz.org/golf/snack-shops/)

August 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

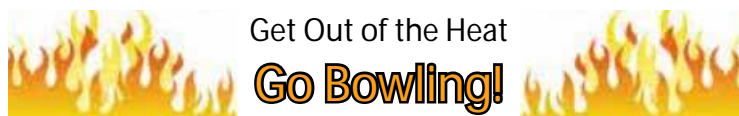
Monday-Saturday: 8am-8pm  
Sunday: Noon-7pm

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

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

**Fish 'n Chips**  
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 [mikewegner@golf.com](mailto:mikewegner@golf.com)
- Bob Jennings - 602-463-4533 or email [bob@jenningsgolf.net](mailto:bob@jenningsgolf.net)
- Bob Day - 602-818-1470 or email [1day2bettergolf@cox.net](mailto:1day2bettergolf@cox.net)
- Robin Eichten - 623-322-6300 or email [golfinwithrobin@gmail.com](mailto: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](mailto:clinam@suncityaz.org). Meetings will resume in October.



## August Special Days

August has the following National Days, amongst many others: 1st, Respect for Parents Day; 2nd, National Ice Cream Sandwich Day; 3rd, National Grab Some Nuts Day; 4th, National Chocolate Chip Cookie Day; 5th, National Underwear Day; 6th, National Wiggle Your Toes Day; 7th, National Lighthouse Day; 8th, National Sneak Some Zucchini Into Your Neighbor's Porch Day; 9th, NATIONAL BOOK LOVERS DAY; 10th, National Lazy Day; 11th, National Presidential Joke Day; 12th, National Middle Child Day; 13th, National Left Handers Day; 14th, National Creamsicle Day; 15th, National Relaxation Day; 16th, National Tell a Joke Day; 17th, NATIONAL NONPROFIT DAY; 18th, National Fajita Day; 19th, National Soft Ice, Cream Day; 20th, National Radio Day; 21st, NATIONAL SENIOR CITIZENS DAY; 22nd, National Be an Angel Day; 23rd, National Ride the Wind Day; 24th, National Wa e Day; 25th, National Banana Split Day; 26th, National Dog Day; 27th, National Just Because Day; 28th National Red Wine Day; 29th, National Chop Suey Day; 30th National Toasted Marshmallow Day; 31st National Trail Mix Day.

By now you probably have rushed o to mark each of these important National Days on your personal calendar, especially our favorites the 9th, the 17th, and the 21st. Here are some local special events to mark as well:

### BOOKS AROUND THE CORNER, ALL OF AUGUST

The August Bookstore special sale is on two authors, with half price on all of their books. Danielle Steel, known for her romance novels, has written 179 books. We don't have them all; but our selection is great.

The second sale author is James Patterson, known primarily for detective stories. His books have sold more than 300 million copies. We would like to add to that number.

The movie DVD sale of three for \$2.00 will continue through August.

Older Arizona Highway magazines are bundled and available at a special price.

The new Bookstore hours of 9:30 to 3:30, Monday through Saturday are proving to be very popular.

### LIBRARIES

Wednesdays, 1:30-3:00 PM—The Fairway Library has Drop-In Technology Helpdesk hours, and the Sun City Library o ers an iPhone/iPad Help Desk.

Starting in August—The Libraries will begin o ering other in-person events and programs. Space will be limited and registration will be required; so, please be sure to register if you wish to attend. Events can be found on the Fairway Library calendar and the Sun City Library calendar. Visit [mcladaz.org](http://mcladaz.org) and click on "Events" in the upper right corner.

### COME JOIN THE HAPPY

Bookstore and Library patrons express how happy they are that we are pretty much back to "normal." We are happy to see all of the patrons return. Don't worry, be happy!

### 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

## Conserving Water in the Garden

Let's face it - Arizona is hot and dry during the summer, which makes keeping gardens and your landscape alive and healthy a real challenge. Do your part to conserve water and keep your garden alive and thriving in the summer by following these simple steps.

**Choose Plants that Love the Heat** - Some plants love the heat and will thrive during the summer. Armenian cucumbers, a type of muskmelon, tastes and looks like a cucumber. Also known as yard-long cucumbers, they love the heat, don't need a ton of water, and produce a high yield. Sweet potatoes also do well in the hot summer heat and don't require a lot of water. Okra and basil are native to the region along with Chimayo melon will also grow well.

**Water at the Right Time** - The best time of day to water is in the early morning, allowing water time to run down into the soil without evaporating too quickly. If you cannot water your garden in the early morning, early evening works as well. Avoid the hottest parts of the day, as water evaporates before plants can get what they need.

**Make Some Shade** - Shade cloth is a great way to create shade in your garden. You can attach the cloth to existing stakes or trellises and grow plants such as tomatoes and bell peppers in the shade. The shade will protect your plants from the sun as well as help keep water from evaporating.

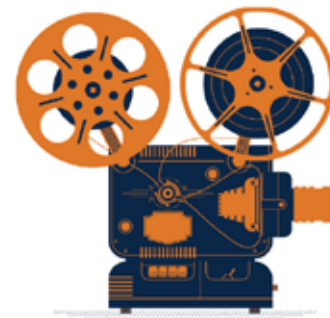
**Use Native Plants** - Many plants native to Arizona thrive and survive in the harsh summer environment without a ton of water. Prickly pear, desert marigold, grape ivy, and ironwood are just some of the many plants that will survive the summer.

**Mulch Your Garden** - Mulching can help plants survive by retaining water and keeping the soil cool. Mulching also prevents the soil from forming a hard top layer so water can more easily seep down into the roots.

**Self-Watering Containers** - Try adding self-watering containers to your garden. These have spouts that go into the ground which provide a slow release of water to plants and help reduce waste by delivering water directly to the roots instead of dripping down the leaves.



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

You've Gained Weight Back; Now What?

"If losing weight and keeping weight off were easy, no one would have a weight problem," states Jane Fortier, personal trainer for Get Fit for Life. "In this world of instant gratification, resisting temptation is tough. If you've eaten the same way for most of your life and exercise has never been part of your routine, it's difficult to change hardwired habits. You managed to lose the weight, but somehow things went off course, and the weight started coming back. Between the required mental toughness and negative outside influences, weight loss efforts became more difficult. It may come as no surprise that research estimates roughly 90 percent of people regain weight they've lost."

If you fell off the wagon and gained weight back, are you a failure? NO! You're not the first person to start over and you certainly won't be the last. There is no point in beating yourself up, or worse, giving up. You can still feel good about yourself regardless of your size or how many times you've had to start over on the weight-loss journey. Learn from your mistakes. When you started your weight-loss journey, were you too restrictive with your diet, which led to feelings of deprivation and binge eating? Did you commit to an intense exercise regimen, leaving you tired and sore, rather than strong and empowered? Were your expectations too high, about how fast you could lose weight and how many pounds you would lose?

Instead of dwelling on everything you did wrong, make a list of all the things you did right. Maybe your eating went off the rails, but you managed to stay consistent with your exercise routine. Perhaps you started snacking again, but ate sensible snacks, rather than calorie dense garbage. You made the change to lemon-water, and have somehow managed to stay away from soda. These are all great accomplishments. It's time to make note of the current positives, so you can build momentum, and push forward. The changes you make now to get back on track should be behaviors you can live with for the rest of your life.

It's important to ease slowly into these new habits. Here are a few simple things you can do today to get life moving in the right direction: 1) Start tracking your food again—even if you aren't making any changes—just to be aware of what you're eating and when; 2) Increase your water consumption by a few glasses, while decreasing the amount of soda/coffee/other beverages you drink; 3) Commit to exercising for just 15 minutes per day, over the next two weeks. While these three things may seem pretty easy, when done consistently, they propel you toward establishing goals again. Once you have gained some confidence, set concrete future goals based on a sensible Plan of Action. Those goals and that Plan of Action need to be written down.

Don't obsess about pounds. Have you ever considered stepping off the scale for a while? Sometimes the pressure to lose pounds ends up making the process more difficult. The scale is one way to measure progress, but others, like how your clothes fit, inches lost, and your energy level, can be just as helpful—and much less stressful. Consider taking a break from the scale to focus less on pounds and more on healthy habits. Your body does so many amazing things for you every day, that it's important to treat it with respect. You can make healthy choices at any size, and you'll be rewarded with more energy and a positive demeanor—regardless of what the scale is telling you.

YOU have complete control over what happens from this moment going forward. Whether you've regained a few pounds or all of the weight you lost, getting back on track is definitely within the scope of your abilities. Using a Personal Trainer can help. Get Fit for Life trainers are available in all Sun City Fitness Centers. They custom design programs to fit needs, goals, and medical issues. To find out about working with a personal trainer, call 623-696-6820, or visit Get Fit for Life Sun City on Facebook.

MONITORED ACTIVITIES

**Basketball**

Marinette Center M-Sa: 6a-9p; Su: 8a-8p

**Billiard Tables**

Bell Lanes M-Sa: 8a-8p; Su: Noon-7p  
 Lakeview Lanes M-Sa: 8a-8p; Su: Noon-6p  
 Fairway Center M-Sa: 5a-9p; Su: 8a-8p

**Bingo**

Sundial Center Will resume in September  
 Thursdays: Doors Open 4:30p; Bingo 6:15p  
 \$9 all 18 games w/3 special games  
 Everyone welcome.

**Boating/ Fishing**

Lakeview Center M-Sa: 6a-8p; Su: 8a-7p (or Dusk)

**Bocce Courts**

Sundial Center M-Sa: 6a-9p; Su: 8a-8p

**Bowling Lanes**

Bell Lanes M-Sa 8a-8p; Su 12-7p  
 Lakeview Lanes M-Sa: 8a-8p; Su: Noon-6p

**Dog Parks**

Duffieldland May - September 6am-8pm  
 Closed last Wed/month for Maintenance

**Darts**

Bell Center M-Sa: 8a-8p; Su: Noon-7p

**Fitness Centers**

Bell Center - 18+ only M-Sa: 5a-9p; Su: 8a-8p  
 Fairway Center M-Sa: 5a-9p; Su: 8a-8p  
 Lakeview Center M-Sa: 6a-8p; Su 8a-7p  
 Marinette Center M-Sa: 6a-9p; Su: 8a-8p  
 Mountain View Center M-Sa: 6a-8p; Su 8a-7p  
 Oakmont Center M-Sa: 6a-8p; Su 8a-7p  
 Sundial Center - 18+ only M-Sa: 6a-9p; Su: 8a-8p

**Horseshoe Courts**

Marinette Center M-Sa: 6a-9p; Su: 8a-8p  
 Mountain View Center M-Sa: 6a-8p; Su 8a-7p

**Jogging / Walking Track**

Indoor  
 Fairway Center M-Sa 5a-9p; Su: 8a-8p  
 Sundial Center M-Sa only: 6a-8a

**Outdoor**

Marinette Center M-Sa: 6a-9p; Su: 8a-8p  
 Sun Bowl Dawn to Dusk

**Library (602) 652-3000**

Call to confirm hours  
 Bell Center M: 9a-7p; Tu-Sa: 9a-5p  
 Fairway Center M-F 9a-4p; Sat 8a-12p

**Mini Golf**

Bell Center M-Sa: 6a-9p; Su: 8a-8p  
 Lakeview Center M-Sa: 6a-8p; Su 8a-7p  
 Mountain View Center M-Sa: 6a-8p; Su 8a-7p  
 Sundial Center M-Sa: 6a-9p; Su: 8a-8p

**Pickleball**

Marinette Center M-Sa: 6a-9p; Su: 8a-8p  
 Mountain View: Outdoor M-Sa: 6a-8p; Su 8a-7p

**Racquetball/Whisperball**

Bell Center Courts A & B M-Sa: 6a-9p; Su: 8a-8p;

**Shuffleboard**

Bell Lanes: Indoor M-Sa: 8a-8p; Su: Noon-7p  
 Lakeview: Outdoor M-Sa: 6a-8p; Su 8a-7p

**Spas**

Bell Center - 18+ only M-Sa: 5a-9p; Su: 8a-8p  
 Fairway Center M-Sa: 5a-9p; Su: 8a-8p  
 Lakeview Center M-Sa: 6a-8p; Su: 8a-7p  
 Marinette Center M-Sa: 6a-9p; Su: 8a-8p  
 Mountain View Center M-Sa: 6a-8p; Su: 8a-7p  
 Oakmont Center M-Sa: 6a-8p; Su 8a-7p  
 Sundial Center - 18+ only M-Sa: 6a-9p; Su: 8a-8p

**Swimming Pools - Open Swim Hours**

**Bell Center - 18+ only**

Lap Pool: M-Sa: 5a-9p; Su 8a-8p; Closed for Club/Class: M-F 7-9a  
 Walking Pool: M-Sa: 5a-9p; Su 8a-8p

**Fairway Center**

Lap Pool: M-Sa: 5a-9p; Su 8a-8p  
 Walking Pool: M-Sa: 5a-9p; Su 8a-8p

**Lakeview Center**

M-Sa: 6a-8p; Su 8a-7p; Club/Class: W 8-10a  
 Children's Pool Hours - Ages 4-15 yrs: Daily 4p-Close

**Marinette Center**

M-Sa: 6a-9p, Su: 8a-8p; Closed for Club/Class: 7/12-9/3 M T Th F 8-9a  
 Children's Pool Hours - Ages 4-15 yrs Daily 1-4p

**Mountain View Center**

M-Sa: 6a-8p; Su 8a-7p; Closed Club/Class: 7/12-9/3 - M Th 8-10a, Tu F 8-9a  
 Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p

**Oakmont Center**

M-Sa: 6a-8p; Su 8a-7p  
 Club/Class: Every Su M W F 12-3p; Spa, Swim Lanes remain open  
 Closed for Club/Class: 7/12-9/3 - M Tu Th F 9-10a, Swim Lanes closed

**Sundial Center - 18+ only**

**Large Pool:** M-Sa: 6a-9p; Su: 8a-8p; Closed for Club/Class from 7/12-9/3  
 M Th 9-10a; Tu, F 8-9a  
**Warm Water Pool:** M-Sa: 6a-9p; Su 8a-8p; Closed for Class: T/Th 12-2p;  
 also Closed from 7/12-9/3 - M, Tu, Th, F 10a-12p, 4:30-6:30p

**Table Tennis**

Bell Center: M-Sa: 6a-9p; Su: 8a-8p;  
**Closed for Club Activity:** M W F: 10a-3p; Tu & Sa: 10a-12p

**Tennis**

Bell Center: 623-977-3325 M-Sa: 6a-9p; Su: 8a-8p  
 Lakeview Center: 623-561-4676 M-Sa: 6a-8p; Su 8a-7p

Strength Machine Demonstrations

\*\* Return on Wednesdays in September @ 11:30am \*\*

9/1 @ Bell w/ Dick; 9/8 @ Marinette w/ Dick; 9/15 @ 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



Bell Center  
 Lisa McCoy  
 623-210-2707