

SUN VIEWS

ISSUE #240 • NOVEMBER 2021 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.



Upcoming Elections, Celebrations & More

There is much happening in the upcoming weeks ahead and the RCSC Board of Directors Elections takes center stage.

There are seven candidates vying for four positions (three 3-year and one 2-year). Those running for the Board are (in alphabetical order): Kat Fimmel, Alan Lenefsky, Karen McAdam, Frank Thorwald, John Nowakowski, Candace Ruggiero and Stella Van Ness. To be elected, candidates must receive a minimum of 100 votes. Should there not be four eligible winners, the Board will appoint another Member to complete the term(s) which remain unfilled.

RCSC Cardholders will have the opportunity to meet and question candidates at two Candidate Forums on Monday, November 1 from 2 to 4pm and Wednesday, November 3 from 6 to 8pm. Both Forums will be in the Sundial Auditorium. Candidates will be available to meet and greet 30 minutes prior to each session. There will live streaming of these sessions on the RCSC YouTube channel (must be a subscriber) and video recordings will be available for those unable to participate "live" or who are uncomfortable attending in person. Other opportunities to meet and speak with the candidates include at the remaining Board Meetings (if candidate attends) on November 8, 18 and December 6 at 9am in the Sundial Auditorium.

Candidate biographies can be found on pages 5 and 8 in this edition of SunViews and are also available at the Corporate Office at Lakeview Center, and via the RCSC Web Portal once online voting begins on Monday, November 8. RCSC Members are encouraged to sign up and use the RCSC Web Portal to cast their ballots online or they may vote in-person on Election Day (Tuesday, December 14) from 8am to 4pm in the Lakeview Social Hall #2 should that be their preference. Absentee ballots may be requested by calling 623-561-4600 starting November 8; the last day to request an absentee ballot be mailed is Friday, December 3; members may also pick up an absentee ballot at the Corporate Office. All absentee ballots must be received by December 14. Those elected to serve on the Board will be sworn in at the Board Meeting on Thursday, December 16 in the Sundial Auditorium.

The next order of business is the 2021 Annual RCSC Membership Meeting which will take place on Monday, December 13, 2021 at 9am in the Sundial Auditorium where there will be a presentation on the 2022 Budget. Other business will be conducted as appropriate should a quorum of at least 1,250 Members be in attendance. Registration will begin at 8:30am and Members must present their RCSC Card with photo for verification purposes.

Most everyone is looking forward to the return of fun and good times as the holiday season approaches, and nothing better can get it started

than the return of the best after-Thanksgiving shopping right here at the Sun City AZ Arts & Crafts Festival at Sundial Center on Friday and Saturday, November 25-26, 2021. Over 40 RCSC Clubs will be on-hand with unique, one-of-a-kind treasures for gift giving - or to keep for yourself. (See flyer on page 9 for additional details). This event is free and everyone is invited (face masks are optional).

Your generosity and participation in the "Santas for Seniors" event over the years has been a godsend to those in the community needing financial help. Trees at Bell and Fairway Centers will again have tags to return to the Corporate Office with \$25 gift cards which will be distributed to those who have received Sun City Foundation assistance this past year (see page 2 for details).

We're also thrilled to bring back the Sun City AZ Holiday Celebration as we spread glad tidings and much cheer with the return of this community gathering on Friday, December 10 at Lakeview Center from 3 to 6:30pm. There will be new games and fun in 2021 such as Yahtzee and Tic Tac Mistletoe in addition to the mini-golf hole-in-one contest, money tree and the amazing duck race over the waterfall (get your Duck Buck in advance or on the day of the event). Plan on photos with Santa (bring your camera or smart phone) and lots of festive fun as the RCSC Management Team "presents" to you another joyful celebration as we gather to help those less fortunate with all proceeds from this event benefitting the Sun City Foundation. Plan to stay until the very end for the Lighted Boat Parade on Viewpoint Lake at dusk (boats leave Cameo Drive at approximately 6:15pm).

Golfers have one other opportunity to give back to the community by participating in the Winter Celebration "Beat the Pro(s)" Golf Tournament on Monday, December 6 at the South Golf Course. The cost is \$40/person (+ green fees on the day of play) and the entry deadline is November 29, with proceeds also going to the Sun City Foundation. Entry forms are available at all RCSC Pro Shops and online via Upcoming Golf Tournament email blasts.

And we have one last gift we'll be giving this season: The "In The Mood" Holiday Music Spectacular on Tuesday, December 14 at 7pm in the Sundial Auditorium. Free for RCSC Cardholders and their escorted guests, you won't want to miss this stupendous stocking stuffer of musical delight!

There is much to celebrate as we continue to move forward into the holiday season and into the new year. Let's enjoy, participate and rejoice with caring for the community and in the spirit of goodness for all.

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

Email addresses
remain confidential

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NOTE: The Sun City Visitors Center at Bell is now open the first Saturday of each month from 8:30am until 12 noon.



2022 Sundial Concert Series

Ticket Packages for all 12 shows on sale thru Friday 11/12
Individual Ticket Sales begin on Monday 11/15
at the Sundial Events & Entertainment Office • 623-561-4680

See page 10 for more details or visit <https://suncityaz.org/recreation/concerts/>

Connect with Sun City AZ





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

Dan Schroeder, Director

email: dschroeder@suncityaz.org

Gene Westemeier, Director

email: gwestmeier@suncityaz.org

A Message from Board President Sue Wilson

Let's Celebrate the Change of Seasons

There is much to celebrate and be thankful for. Our brutally, hot weather is behind us and those who spent the summer here are greatly relieved. We did have a monsoon season which caused for some humid days but that also has come to an end. We are still in the midst of the COVID pandemic and though numbers in Arizona remain steady, we do not have a mask mandate at RCSC. We hope our residents follow safety guidelines, get vaccinated as long as your health allows and get booster shots when it is time.

Our second edition of "Sun City in Focus" launched in August with many positive comments. The Communication Through Technology Committee has done a lot of hard work to bring you this virtual production and I hope you have taken the time to view it. Another edition will be coming soon.

Concerts at the Sun Bowl remind us there is nothing better than sitting under the stars enjoying a good musical show - and free to boot. Several food trucks allowed goers to get a sandwich, Kettle Korn, or an ice cream treats. Thanks to all for bringing your RCSC photo card for entry.

Winter residents are starting to return and club rooms are once again beginning to fill up. Hopefully our Canadian Friends will be able to return this year (we've missed you!). Many RCSC clubs are busily working on items for the annual Arts & Crafts Festival that takes place the Friday and Saturday following Thanksgiving. What a great time to start your Christmas Shopping.

The nice weather will be appreciated as golfers are able to comfortably return to the sport in the afternoons. Course maintenance is nearly complete; please be mindful of ongoing cart path restrictions.

The Board of Directors has been back working after summer break and elections are just around the corner. We have seven candidates running for four seats. You're encourage to attend the two



*Neighbors Helping Neighbors
by giving the gift of sharing!*

Santas for Seniors

Help us make the holidays a little brighter for those who have qualified for Sun City Foundation assistance this past year by participating in Santas for Seniors.

Starting on Monday, November 8, 2021 stop by and take a tag from a tree at either Bell Fitness/Pool or the Fairway Center lobby & return it to the RCSC Corporate Office at Lakeview Center no later than Friday, December 10, 2021 with a \$25 gift card (Fry's, Safeway, Walmart, etc.) & we'll share your generosity with those less fortunate.

Thank you for caring and sharing with others in the Sun City AZ community.



Sun City Foundation
501(c)3 - Federal ID #86-0571093
10626 W Thunderbird Blvd
Sun City, AZ 85351
(623) 561-4600

candidate forums, both of which will be at Sundial, on Monday, November 1 at 2:00 pm and Wednesday, November 3 at 6:00 pm.

It is easy to get excited for our next eight months of wonderful weather and spending time with all of our winter friends. Those eight months are the reason a lot of you probably moved to Sun City. Let's hope that our pandemic numbers improve and we can get back to enjoying life and friends in Sun City.

This Month @ The Board

RCSC Board Meetings:

Board Meeting #1

Monday, November 8, 2021 @ 9am

Sundial Auditorium

Board Meeting #2

Thursday, November 18, 2021 @ 9am

Sundial Auditorium

Committee Meetings:

Bowling Committee

Thursday, November 4, 2021 @ 9am

Lakeview Board Room

Finance & Budget Committee

Friday, November 5, 2021 @ 9am

Lakeview Board Room

Communication Through Technology

Tuesday, November 9, 2021 @ 9am

Lakeview Board Room

Technology Committee

Tuesday, November 9, 2021 @ 11am

Lakeview Board Room

Lawn Bowling Committee

Tuesday, November 9, 2021 @ 1pm

Lakeview Board Room

Club Organization (COC) Committee

Wednesday, November 10, 2021 @ 10am

Lakeview Board Room

Golf Advisory Committee

Thursday, November 11, 2021 @ 8:30am

Lakeview Social Hall #2

Long Range Planning Committee

Monday, November 15, 2021 @ 8:30am

Lakeview Board Room

Elections Committee

Wednesday, November 17, 2021 @ 1pm

Lakeview Board Room

Properties Committee

Tuesday, November 30, 2021 @ 9am

Lakeview Board Room

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



"Neighbors Helping Neighbors"

The next Sun City Foundation meeting will be held on Thursday, November 11, 2021 at 1:00pm in the Lakeview Social Hall #1.

Fall 2021 • Sun Bowl Concerts

Veterans' Tribute

featuring Sun City's Concert Band
& Women's Chorus

Sunday, November 7
at 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.

The Sun Bowl Amphitheater is located on 107th Avenue just south of Peoria Avenue. There will be NO gourmet food vendors at this event. In the event of inclement weather, shows are relocated to the Sundial Auditorium at 103rd & Boswell Blvd. Please call 623-972-6014 for a recorded message regarding venue change.

Don't forget your lawn chair or blanket!

Free for RCSC Cardholders
& their escorted guests!

Be prepared to show your Member or Privilege Card
(with photo) for entry; key fobs not accepted.



Sun City Farmers Market @ Bell Center



Thursdays
9am to 1pm



Fresh Never Tasted So Good

Farm Fresh Fruits & Vegetables
Baked Goods | Jams & Jellies | Spices
Pastas & Pickles | RCSC Clubs
Sorry! No Pets!

NOTE: There is NO Farmers Market on Thanksgiving Day.
Enjoy the holiday and be grateful for all that is good!

RCSC Thanksgiving Holiday Schedule



Thanksgiving Day:

Closed: All Corporate Offices, Bowling Centers (including restaurants), Sun City AZ Visitors Center and all Centers (except Bell and Fairway - see hours below).

Open: All RCSC/Sun City AZ Golf Courses; Pickleball Courts at Mt. View (8am - 4pm); Duffeeland Dog Park (7am - 6pm)

Bell Center Thanksgiving Day:

Open: 5am - 4pm

Fairway Center Thanksgiving Day:

Open: 5am - 4pm

Children welcome all day on Thanksgiving only at Fairway (Proof of age required for 4 and 5 year olds)

Golf Pro Shops

Open: Thanksgiving Day from 6am - 3pm

NOTE: Rental Carts & Equipment must be returned by 5pm

Golf Snack Shops

Open: Thanksgiving Day from 6am to 1pm

Day after Thanksgiving:

Closed: All Corporate Offices and Sun City AZ Visitors Center at Bell; All Centers open normal operating hours

2021



RCSC Annual Membership Meeting

Monday, December 13, 2021

Sundial Auditorium

14801 N 103rd Ave (at Boswell Blvd), Sun City AZ

8:30am | Registration & Refreshments

9:00am | 2022 Budget Presentation &
Membership Meeting

RCSC Member Cards (with photo) MUST be presented
at time of registration



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.

Duffeeland 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

Align Yourself for Success

Golf is a "target" game, yet many people dismiss the importance of proper alignment. Others attempt to line up to the target but do so improperly. Believe it or not, alignment affects not only direction, but also distance, consistency, and overall contact with the golf ball. How is this possible? If you unknowingly line up incorrectly (let's say for a right hander you line up to the right of where the target is) your brain will still direct your body to swing towards the target. So, essentially you will be lined up to the right and swinging across your body to the left. With the path of the swing coming across your body you have now compounded the problem. You may swing across and hit it to the target.... or in swinging across you may add side spin to your shot causing a cut shot (one that loses distance) or in swinging across it may cause you to hit the top of the ball or even the ground depending on the length of the club you are hitting. The best shots (one that are consistent, solid and have the maximum distance) come from having the alignment and the swing both heading in the same direction!

Let's discuss a good routine with proper alignment.

First, stand behind your ball and find something lying on the ground in between the ball and the target. This could be a divot, leaf, tee, etc. To make it easy, pick something as close to the ball as possible. (Similar to using the red arrows on the lane in bowling!)

Second, walk up to address the ball and position the club behind the ball aiming it in the direction of the spot that was chosen. (Similar to how you would aim your putter towards the hole.) Once it is in place position the hands on the grip.

Third, step the feet in position so that they are parallel to the target line. (Again, like you would position your feet in putting, not aiming them towards the hole but parallel to it.)

Last, make the swing, feeling the confidence you will have in knowing that your alignment is correct, and your swing has a better chance of staying on the right path!

Robin Eichten is an LPGA Life Member and Certified Teacher. Originally from Minnesota she has been teaching in the Sun City area since 1994. She is available for lessons by appointment. For info or sign-up call/text Robin at 623-322-6300 or email at 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

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

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-9pm
Sunday: Noon-8pm

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

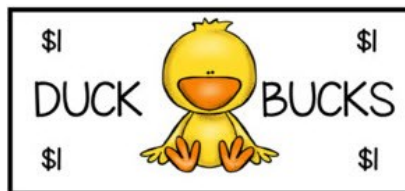
Fish 'n Chips

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



"Honey, Please Don't Forget the Duck Bucks!"

See page 9 for more details!



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.

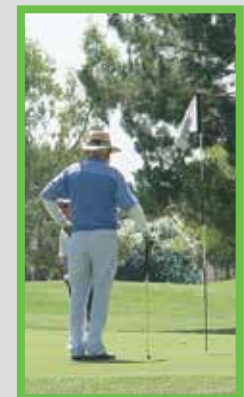
Riverview: (623) 876-3025
16401 N. Del Webb Blvd.

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/

November Snack Shop Hours
Open Daily 6am - 5pm



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. Next meeting is Thursday, November 18, 2021 at 1pm in Talisman Hall.

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:

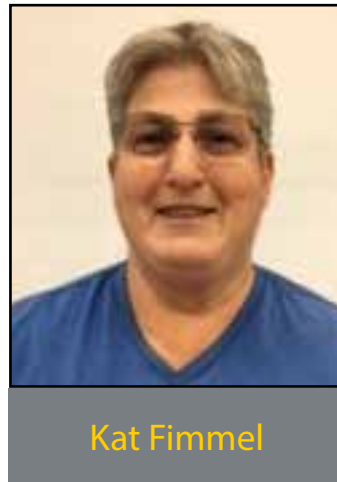
- Mike Wenger - 623-225-8546 or email mikewegnergolf@gmail.com
- Bob Jennings - 602-463-4533 or email bob@jenningsgolf.net
- Bob Day - 602-818-1470 or email 1day2bettergolf@cox.net
- Robin Eichten - 623-322-6300 or email golfinwithrobin@gmail.com



Candidates in the 2021 RCSC Board of Directors Election
 (Find more candidates on Page 8)

VERY IMPORTANT DATES TO REMEMBER

- 11/1 Candidate Forum Sundial Auditorium 2-4pm**
- 11/3 Candidate Forum Sundial Auditorium 6-8pm**
- ** Meet & Greet Candidates 1/2 hour prior to forums. Also Online streaming via RCSC YouTube Channel
- 11/8 Voting begins on the RCSC Web Portal Absentee Ballots can be obtained via Lakeview Corporate Board Office
- 12/3 Last day to request Absentee Ballot be mailed; all must be returned by 12/14
- 12/14 Election Day Lakeview Social Hall #2 8am to 4pm
- 12/15 Election Results Announced to Members & Press
- 12/16 Candidates Sworn at Board Meeting - 9am Sundial Auditorium



Kat Fimmel

Experience

27+ years of contract and finance experience with the Department of Veterans Affairs; Served as a Certified Senior Contracting Officer at the Unlimited level authorized to acquire all types of products, and services (Construction, Architect-Engineer, IT hardware/software, maintenance agreements, etc.) Founding member of VA's Electronic Commerce Business Solutions Office

Master's in Public Administration from Central Michigan University
 Bachelor's in Health Services Administration from Florida International University

Bachelor's in Political Science from Florida International University

Have lived in Sun City for 9 years

SC/Community Involvement

- Member of the Long-Range Planning Committee
- Member of the Technology Committee

Goals

1. To keep Sun City affordable, safe, and competitive in the marketplace.
2. To bring data-driven decision making to RCSC to strengthen the community today and for generations to come.



Allan Lenefsky

Experience

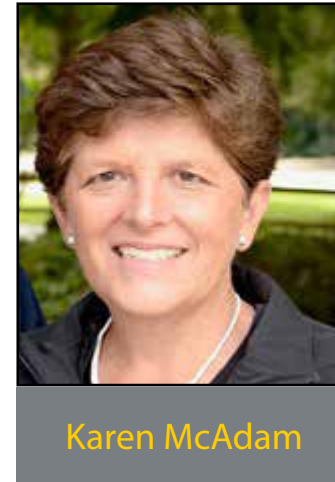
40+ years legal career; Served as a State of California Administrative Law Judge; Deputy Attorney representing a County Government and Attorney Founder of a Private Law Practice; Adjunct Faculty Member of a University and Community Colleges; Chair of City of Imperial Planning Commission; Chair of City of Vistas Crime & Substance Abuse Prevention Commission; Executive Board Member of California Developmental Disabilities Board Area XIII; Vice President & Treasurer of California County Councils Association Mental Health Section; President Robinwood Condo Association

SC/Community Involvement

- SC Long Range Planning Committee
- Avid SC Golfer
- Avid SC Bowler
- Lifelong Learning Club Member
- Computer Club Member
- Member of numerous Dance Clubs

Goals

1. Maintaining and increasing the opportunities for recreation including indoor and outdoor activities throughout the year.
2. Strong and effective financial planning and management.
3. Keeping assessment fees low.
4. Keep all RCSC property in excellent condition.
5. Have a Strategic Plan with long and short-term goals with benchmarks to measure the progress for achieving them.
6. Improve RCSC Technology to be more state of the art.



Karen McAdam

Experience

Undergraduate degree, Princeton 1981

Teacher certification NJ and AZ

Secondary and adult educator, IL, CO, Bavaria, AZ

19 yrs. board experience with non-profits

Extensive volunteer church work

SC/Community Involvement

- 8 yrs. Pickleball Club
- 2 yrs. Bell Woodworking Club
- Avid user of fitness facilities
- Hospice volunteer
- 8 yrs. intensive caregiving for aging parents
- RCSC Board
- Elections Committee
- Bowling Committee
- Board liaison, SCHOA and SCCAN

Goals

1. To provide the broadest range of recreational and social facilities possible to enhance the active lifestyle and well-being of Sun City residents.
2. To represent the interests of Sun City community members in a friendly, fair, and courteous manner.
3. To uphold the values of:
 - Quality
 - Service
 - Communication
 - Cooperation
 - Integrity
 - Fiscal responsibility



John Nowakowski

Experience

18 years Knight AEP - Project Manager/Resident Engineer for Hwy & Special building construction for various governmental agencies including IDOT, Will County, Cook County, IL tollway system, META, DuPage County & USPS; 4 years URS Corporation - Project Manager Hwy Construction; 2 years AZ Dept of Transportation Flagstaff AZ; 10 years city of Flagstaff building assessment Program/helped refine & complete a building review & assessment program.

SC/Community Involvement

- Pickleball Player
- Racquetball Player
- Secretary of Brookview Condominiums Inc. COA

Goal

The Mission and Agreement between the RCSC and the Members is to provide services for the "benefit of the members." Over the years the Boards have established rules under which the members have less input. The Staff & Board have the fiduciary requirement to operate 7 golf courses and 11 other facilities at service levels which most of the members expect and relocated to Sun City for. It is my hope that across time the Members can regain their input levels and the Board will be willing to accept the changes just as the Members accepted the increased Board control.

Club Directory

Table listing various clubs such as Art and Craft Clubs, Carvers, Ceramics, China Painting, Clay Corner, Crafts, Creative Quilters, Friendship Quilters, Handweavers & Spinners, Jewelry, Stained Glass & More, Knitters, Lapidary, Leathercraft, Metal, Palo Verde Artist, Sew-n-Sew, Silver Stones, etc.

Table listing Stitchers, Woodworking, and another Woodworking club with their respective schedules.

Card and Game Clubs

Table listing All Board Games (ABG) Club, Bunco Broncos, Ceramics & Porcelain, and other card and game clubs.

Table listing Hand & Foot Club, Mah Jongg, Monday Night Pinochle, and other hand and foot game clubs.

Table listing Pinochle, Sheephead, and other pinochle-related clubs.

Contract Bridge Clubs

Table listing Wednesday Afternoon, Thursday Afternoon, and Friday Afternoon bridge clubs.

Duplicate Bridge Clubs

Table listing Duplicate (ACBL) club with details on membership and lessons.

Dance Clubs

Table listing Ballroom Dance club with schedule and contact information.

Table listing Classic Rock Dance Club, Country Dance Club, and another Country Dance Club.

Table listing Friday Night Ballroom Dance club with schedule.

Table listing Rockin' Thru The Years, Squares, and other dance clubs.

Educational Clubs

Table listing Apple Macintosh, Life Long Learning, Computer Club, and other educational clubs.

Fitness Clubs

Table listing Aerobics, Aqua Fitness, and other fitness clubs.

Table listing Dance for Fitness, FUNtastic Fitness, and other fitness-related clubs.

Table listing Handi-Capables, Hatha YOGA, and other fitness clubs.

Table listing Ladies Exercise, So Grand Exercise, and other fitness clubs.

Table listing Tai Chi club with schedule and contact information.

Hobby Clubs

Table listing Armchair Travel Club, Birding Club of Sun City, Duffeeland Dog Park, Garden, and other hobby clubs.

Table listing Model Railroad, Rockhounds, Mineral Museum, and other hobby clubs.

Table listing Stamp Club, Sun City Yacht Club, Vintage Vehicles, and other hobby clubs.

Performing Arts Clubs

Table listing Sun Cities Community Orchestra, Choraliers, Concert Band, Handbell Ringers, Piano, and other performing arts clubs.

Table listing Rhythmic Ramblers, Ukulele, and other performing arts clubs.

Political Clubs

Table listing Democratic and Republican clubs.

Social Clubs

Table listing Best Friends Dog Club and other social clubs.

Table listing LGBT of Sun City and other social clubs.

Table listing Michigan Friends in Sun City, New England, and other social clubs.

Table listing Singles Social Club, Wisconsin Club, and other social clubs.

Sport Clubs

Table listing Basketball, Billiards, and other sport clubs.

Table listing Bocce and other sport clubs.

Table listing Lawn Bowls club.

Table listing Lawn Bowls club with Thanksgiving party information.

Table listing Lawn Bowls club.

Table listing Lawn Bowls club.

Table listing Mini-Golf and Pickleball clubs.

Table listing Shuffleboard Bell, Shuffleboard Outdoor, Shuffleboard Sundial, Softball (Senior), and other sport clubs.

Table listing Sportsmen, Swim Lessons, and other sport clubs.

Table listing Swimmers Master, Table Tennis, and other sport clubs.

Table listing Tennis, Volleyball, and other sport clubs.

Club Directory Key:

Table defining abbreviations for club days and locations (e.g., M = Monday, BC = Bell Center).

Important Dates for Clubs to Remember!

- November 5 SunViews submissions due for December
10 Guest Attendance Register & guest fees due

- December 5 SunViews submissions due for January
10 Guest Attendance Register & guest fees due
10 Monthly Attendance Spreadsheets due
31 RCSC Chartered Club Officers Form BP:12-3

January Stay tuned for details about training sessions and upcoming events coming soon!

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

** Get your gift list ready and plan to shop at the annual Sun City AZ Arts & Crafts Festival at Sundial - Friday & Saturday, November 26-27, 2021 **



Candace Ruggerio

Experience

15 years State Licensing Instructor for Pennsylvania and Arizona; 23 years Registered Representative of FINRA (Series 6, Series 63 and Series 26 Licensed); On Staff for IBM; Executive Staff for Marsh & McLennan Insurance Brokerage; Quality Assurance Auditor in Pharmaceuticals; 7 years Small Retail Business owner; 15 years Library front desk and fund-raising support.

23 years Financial Services: Licensed in Arizona, Pennsylvania & New Jersey - Life Insurance - Investment - Personal Lines (Home & Auto Insurances) - Variable & FIA Annuities; Certified by the States of Arizona & Pennsylvania to teach Required Producer License Pre-Licensing Course

SC/Community Involvement

- Committee Member: Properties
- Committee Member: Long Range Planning
- Interested in joining both of these committees

Goals

1. To contribute my abilities and life-experience in this position as an RCSC Board member to give back to the Sun City community.
2. As a Liaison to some of the organizations in Sun City, keep lines of communication open between these vital organizations and the residents of Sun City.
3. As a member of the Properties Committee and the Long-Range Planning Committee, be an advocate in maintaining and expanding our recreational facilities and activities for our valued members.



Frank Thorwald

Experience

Former senior advisor to U.S. Presidents Reagan & Bush, 2 U.S. Attorney Generals, Secretary of Education, Presidential & Attorney Generals Task Forces, Commissions, two Presidential Inaugurals; Liaised between Cabinet members, dept. heads, foreign leaders, Ambassadors, fortune 1,000 CEOs/ Presidents & news media; Press Secretary to members of President family, U.S. Attorney General, Presidential Commissions, Acting Deputy Assistant Secretary for Public Affairs & Legislation at the U.S. Dept. of Education; Consultant to the Inspector General; Advised Director of Office of Review & Oversight at Dept. of Defense, Represented White House & Justice Dept. in more than 67 countries; Worked with senior corp. executives creating solutions to political, legislation, internal communications, media campaigns, international relations, technology, transportation, regulatory, economic/business development issues; Corp. President, COO in several business sectors.

AZ/Community Involvement

- AZ Governor's official rep to the Interstate Oil & Gas Compact Commission
- Chairman, AZ Oil & Gas Conservation Commission
- Council member, Governor's Regulatory Review Council
- Council member, The Council on Workforce Policy
- Member, Transportation Vision 21 Task Force
- Commissioner, Commerce and Economic Development Commission
- Chairman, Employers Advisory Council

Goal

To speak with as many RCSC members as possible to find out what their concerns & needs are, work to implement solutions for them in a way that maintains the financial integrity of the RCSC.



Stella Van Ness

Experience

Over 30 years of experience in healthcare and healthcare administration; Nurse Manager workers compensation; President/COO/BOD of a national medical consulting firm; Graduated from SUNY Adirondack in New York; Critical Care Registered Nurse; Certified Professional in Healthcare Quality and Certified Case Manager.

SC/Community Involvement

- Classic Rock Dance Club
- Rocking Thru the Years Dance Club
- SC Hand & Foot Club
- 500 Cards Club
- Past President Oakmont Ceramics
- Past Treasurer Lakeview Ceramics
- RCSC Board of Directors 3 years
- Sun City Foundation BOD 4 1/2 years, President 2 years
- Club Organization Committee (COC) 4 years
- Chair and Co-Chair Bowling & Elections Committee
- RCSC Liaison Sun City Can (SCCAN)
- RCSC Liaison SCHOA
- RCSC Liaison Sun City Fire Dept.
- Volunteer Triage/first aid for RCSC events and select club activities

Goals

1. Continue to update facilities to meet the needs of current and future generations while keeping assessment fees low.
2. Strong strategic plan with long and short-term goals.
3. Strong and effective financial management.
4. Assist to improve technology.

VOTE 2021

RCSC Board of Directors Election
Tuesday, December 14, 2021

Candidates in the 2021 RCSC
Board of Directors Election
for Three 3-year positions & one 1-year position
(Find more candidates on Page 5)

Early Voting via the RCSC Web Portal Begins
on Monday, November 8, 2021 at 8am

RCSC Web Portal Sign-Up Instructions

From the RCSC Web Portal, Cardholders can easily cast their ballot in the RCSC Board of Directors Elections in addition to making annual assessment payments, manage email subscriptions, view the current movie schedule, book and edit golf tee times and so much more!

Just follow these simple steps and you'll be on your way!

1. Notify Cardholder Services of your email address for your RCSC Cardholder number. Go to <https://login.suncityaz.org/AddEmail.aspx> to securely provide the necessary information to update your email address.
2. Go to www.suncityaz.org and click on Login (right side, top of page).
3. Welcome to the RCSC Web Portal page will display. There is a link from this page to general web portal information, including the Web Portal Instruction Manual.
4. First time users MUST click on the New User Password Retrieval link.
5. Enter your RCSC Cardholder number in the Username field. Your Member or Privilege Card number will always be your User Name (not able to change).
6. Click on "Send Password" and in a few minutes, check your email for your password. If you do not receive this email, contact Cardholder Services to confirm that the email address is on file and correct.
7. Return to the RCSC Web Portal Login page and enter both User Name (RCSC Cardholder number) and Password.

Now you're all set to start using the web portal, sign up for RCSC News Email Alerts and more!

Should you forget your password, simply go to the Portal Welcome page and click on "forgot your password?" and enter your User Name (RCSC Cardholder number) then click the Send Reset Link button. You will receive an email with a link to reset your password.

Palo Verde Artists

Palo Verde Artists is a group of artists who encourage people to start their creative journey if they have not already begun it. It is a place where encouragement, engagement, and a social atmosphere are the group's mainstay. We have something to offer everyone and welcome beginners through advanced skills in different media, with opportunities in a variety of classes taught by skilled instructors.



Five Reasons for joining:

1. Classes – Watercolor, oil, pastels, acrylic, colored and graphite pencil, pen and ink, drawing classes for artists of all skill levels. Workshops, open studios are held regularly.
2. Exhibits and Sales – Eligible members may exhibit and sell their work in Art room, Palo Verde Show in March, and the Arts and Crafts Fair in November.
3. Art Room – Easels, worktables, matting equipment, a library of art books are available for use anytime there are no classes in session.
4. Sharing – Critiques, ideas, getting to know fellow artists, a valuable commodity.
5. Yearly dues, \$10. Membership available to RCSC Cardholders.



Visitors and new members are encouraged to enjoy our monthly gatherings along with demonstrations held in the Sundial Center East Hall, October through May. Visit our website for dates and times, plus dates for ongoing classes on the calendar at www.paloverdeartists.com. The art room is located on the upper level at the Sundial Recreation Center.

Artistic Weavers & Fiber Artists

After hunkering down for so many months, isn't it wonderful that Sun City Clubs are opening back up again? Now's the time to get busy and make some new friends while you learn a new craft.

If you're curious about loom weaving, the Artistic Weavers and Fiber Artists Club is a great place to start. Our Beginners' Loom Weaving Course is being scheduled for this fall. Rigid Heddle, Inkle and bead weaving classes are available too.

The club offers lessons on coiling and weaving baskets, and you can sign up for individualized spinning instruction with continuing guidance from the club's "Twisted Sisters."

But our club is about more than just learning...it's about having fun on field trips, attending workshops, listening to guest speakers, sharing knowledge and good food while enjoying the support and kindness of friends. Classes are relaxed, members are welcoming while laughter and fun are always a part of our club.



Located at Oakmont Recreation Center, the AWFA Club is open Monday through Friday, 9am to 3pm with extended hours for club members. General meetings are held at 1pm on the third Thursday of each month, September through April. Annual dues are \$12 and membership is open to all RCSC Cardholders. Please stop by to learn more about our club. We'd love to have you join us!

Sun City AZ Holiday Celebration

A Community Celebration for All Returns to Sun City

Friday, December 10, 2021

Lakeview Center • 3 to 6:30pm

- NEW GAMES & FUN IN 2021 • Yahtzee • Tic Tac Mistletoe •
- Money Tree Raffle • Hole-in-One Mini-Golf Contest •
- Holiday Music & Food Trucks • Lots of Merry & Festive Fun •
- Photos with Santa • Bring camera, tablet or smart phone •
- Exciting Duck Races • Buy Duck Bucks in Advance or Day of Event •
- Lighted Boat Parade Begins at Dusk (approximately 6:30pm) •

All proceeds benefit the Sun City Foundation



Tuesday, December 14, 2021

Sundial Auditorium

Show at 7pm; Doors Open 6pm



Get into the holiday spirit with "In the Christmas Mood: A Holiday Music Spectacular" - an evening filled with singing, dancing, live music & holiday magic in a show that pays homage to the classic Andy Williams & Bing Crosby Christmas specials. "In the Christmas Mood" features timeless treasures such as "Sleigh Ride," "Here Comes Santa Claus," "Have Yourself a Merry Little Christmas," "I'll Be Home for Christmas" & many more. Come celebrate with season with this joyous performance.

**Free for RCSC Cardholders
& their escorted guests**

RCSC Member or Privilege Card with photo required for entry

** Complimentary Hot Cider & Cocoa will be served **



Arts and Crafts Festival

The Best After-Thanksgiving Holiday Shopping!

**Award-Winning
Handcrafted Items
from More than 40 Clubs!**



**Jewelry • Stained Glass
Paintings • Ceramics • Calligraphy
Needle Crafts • Leather Crafts
Photography • Lapidary
Wood & Metal Crafts • Pottery
and much, much more!**

■ **FREE ADMISSION**

■ **FREE PARKING**

■ **RAFFLES**

Friday, Nov 26 - 8am to 4pm

Saturday, Nov 27 - 8am to 3pm

SUNDIAL RECREATION CENTER

14801 N. 103rd Ave., Sun City, AZ.

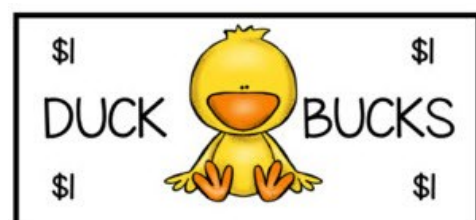
SE Corner of 103rd Ave & Boswell Blvd

Food and Beverages Available
No Food, Drinks or Strollers permitted in auditorium

www.suncityaz.org



**** Face Masks are Optional ****



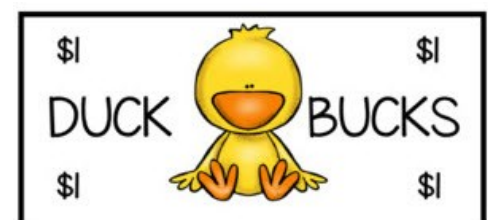
Get Your Duck Bucks Now

Buy a chance for your duck to win during the Sun City Holiday Celebration
Friday, December 10 at Lakeview Center • Winners need not be present

COST: Only \$1 Buck per Duck

Available at all RCSC Offices, Facilities Attendant Stations, Pro Shops, etc.

All proceeds from this event benefit the Sun City Foundation



2022 Sundial Ticketed Concerts

All Shows • Two Performances • 3pm & 7pm
Reserved Seating • Doors open 1 hour prior to shows

Series Ticket Packages on Sale thru Friday, November 12 - \$216-240
Individual Ticket Sales start on Monday, November 15 - \$20-25

Purchase at the Sundial Events & Entertainment Office or phone 623-561-4680
Visit <https://suncityaz.org/recreation/concerts/> for more information

The Chicago Experience Wednesday, January 05, 2022

Chicago – the remarkable band with 23 gold albums (five at #1), 21 top-ten singles and a staggering 100+ million albums sold. Celebrate the music and majesty of the original “rock and roll band with horns” as we welcome The Chicago Experience to kick-off the Sundial 2022 Winter Concert season. Featuring two vocalists that blend seamlessly with amazing horn and rhythm sections, TCE recreates the signature sound of the Rock & Roll Hall of Fame members, featuring hits such as “Saturday in the Park,” “If You Leave Me Now,” “Does Anybody Really Know What Time It Is,” and many, many more. This will be an evening of the greatest hits from the greatest band of all time.



Bobby Wilson, Son of Jackie Wilson Wednesday, January 12, 2022

Let's welcome back to Sun City AZ Bobby Brooks Wilson, the son of legendary R&B/soul singer Jackie Wilson. This talented entertainer received high critical acclaim long before learning that he was the rightful heir to the legacy. It wasn't until long after he had begun performing in his own right that Bobby realized that the talent flowed naturally - he was actually the son of Jackie Wilson. A truly amazing life story. Every music lover will definitely want to catch this absolutely outstanding show as Bobby thrills audiences with the amazing traits and talents of his father. A three-time Grammy Balloted Artist with four Top 10 hits, the family legacy continues and this show promises to be a true Vegas performance that you won't want to miss!



Aretha, The Queen of Soul Wednesday, January 26, 2022

“All Hail the Queen!” Charity Lockhart, hailed as one of the finest vocalists in the country, stars in this spectacular homage to one of the greatest female vocalists of all time, Aretha Franklin whose iconic career spanned six decades, inspiring and influencing generations of musicians and vocalists. In her life, she recorded countless classics, won 18 Grammy Awards, the Presidential Medal of Freedom (the USA's highest civilian honor), and earned the #1 spot as Rolling Stone's list of The Greatest Singers of All Time. This stunning concert includes a spectacular 10-piece band as they celebrate the life and music of Aretha Franklin! Let's show some R-E-S-P-E-C-T and “Jump to It” as we bow to the Queen!



December 63' - Tribute to Frankie Valli Wednesday, February 2, 2022

The music of Frankie Valli and The Four Seasons comes to life in this one-of-a-kind concert experience. December '63 showcases your favorite songs from Frankie Valli including the classics that have thrilled audiences for decades. This concert will have you reaching for the high notes as the cast and band take you on musical journey with stops at every phase of the careers of Frankie and the boys! In 1962, the group released their first album, featuring the single “Sherry,” which was not only their first hit but also their first number-one song. The Four Seasons followed up with several million-selling hits, including “Big Girls Don't Cry” (second #1 hit), “Walk Like A Man” (third #1 hit), “Candy Girl” and others. From 1962 to early 1964, only The Beach Boys matched the Four Seasons in record sales in the U.S. Come and enjoy a great performance featuring the timeless classics from this great band.



Rock Me Gently Wednesday, February 9, 2022

From Jim Croce to Dan Fogelberg, Carole King to James Taylor, Rock Me Gently (formerly known as “Time In A Bottle”) returns to Sun City AZ with this encore tribute performance - an unforgettable, stunning two hours show featuring some of the greatest American music to come from the 1970s. Mellow out and enjoy soft rock sounds from a much more peaceful, gentler time in our lives!

Manilow & Streisand Wednesday, February 16, 2022

Two illustrious careers collide in this awesome tribute to a pair of unmistakable musical voices. Featuring pop hits, show tunes and all-around unforgettable melodies, the combination of Barry Manilow and Barbra Streisand is sure to take you on a trip down memory lane. Featuring hits such as “Ready To Take A Chance Again,” “Can't Smile Without You,” “Evergreen,” “Enough Is Enough” and “You Don't Bring Me Flowers”; this two-in-one concert is a must-see for fans of Babs and Barry alike!



You're the One - Tribute to Blood, Sweat & Tears Wednesday, February 23, 2022

Get ready for a show that celebrates the great multi-genre band Blood, Sweat & Tears and contemporaries that produced funky, horn-rich recordings. In addition to hits like “Spinning Wheel,” “Lucretia Mac Evil,” and “Gotta Get You Into My Life,” this performance features selections from the Grammy-winning band that will please music lovers of all ages. Starring the dynamic Charlie Hall and featuring a full horn and rhythm section, you'll think that the original BST is onstage with this spot-on tribute.



The Broadway Concert Experience featuring Jeri Sager & Johnny Williams Wednesday, March 2, 2022

The Broadway Concert Experience brings to the stage the greatest blockbuster hits of Broadway and the West End in one massive show. From “West Side Story” to “Les Miserables” and “Oklahoma” to “The Phantom of the Opera,” this show will appeal to music and concert lovers everywhere. Enthusiasts of show tunes won't want to miss this performance!

Linda Ronstadt starring Laura Berger Wednesday, March 9, 2022

Tucson native Linda Ronstadt is recognized as one of the most important and popular interpretive singers of the 1970s, having earned a succession of platinum-selling albums and chart-topping singles. Throughout her career, her easy and laid-back pop infused by her folk roots set her apart from contemporaries, as she effortlessly moved into the 1980s, remaining a fixture in the hearts of the legion of fans who love her! With over 30 albums, eleven Grammy Awards, three American Music Awards, two Academy of Country Music Awards, an Emmy Award, and more, Linda is one of the most prolific and beloved singers of all-time. Laura Berger's tribute/portrayal is a show worthy of this Arizona native superstar.



Britain's Finest - The Complete Beatles Experience Wednesday, March 16, 2022

Britain's Finest is an experience unlike any other. You may have seen Beatles tribute acts before, but this time you'll be in awe of the enthusiasm and energy for which they are recognized and remembered. After every performance, audience members are struck at first by the incredible recreation of those oh-so-familiar songs the world has come to love, but then become mesmerized by the off-the-cuff humor and the cheeky banter that takes place between songs.



One of These Nights Eagles Tribute Wednesday, March 23, 2022

Let's welcome back to Sun City AZ, the crowd-pleasing, ever-popular Ultimate Tribute to America's Favorite Band, The Eagles! One of These Nights promises exactly that...an unforgettable performance featuring the music of the Eagles – one of the most successful rock bands of all time!



MJ Deja vu - Tribute to Michael Jackson Wednesday, March 30, 2022

Bearing a remarkable resemblance to the “King of Pop,” Justin Dean has performed in multiple venues across the country entertaining fans with his amazing performance as one of the top Michael Jackson tribute artists. He has performed extensively in Las Vegas as the star of “MJ Live” (A Michael Jackson Tribute Concert) for 3-1/2 years, in addition to performing in theaters all over the world. Justin has also had the privilege to share the stage with many celebrities including Prince, Jenifer Lopez, Kool and the Gang, Huey Lewis and the News, even Joe Jackson (Michael's father) - all of whom raved about his remarkable performance!





November Important Dates

November 1 - ALL SAINTS DAY

Be a saint and show a cardless friend or neighbor how to get a library card; or take a new friend or neighbor to Books Around the Corner; or check out in the Library, or buy in the Bookstore, a book about saints.

November 3 - SANDWICH DAY

Make or buy your favorite sandwich and: take it and a good book that you got at the Bookstore or Library to the park; or use a cookbook from the Bookstore about making delicious sandwiches; or use a library computer to find how to make, or where to buy, a healthy sandwich.

November 7 - BOOK LOVERS DAY

Go to the Library or Bookstore on Monday, since this year Book Lovers Day is on Sunday, and: buy a book in the Bookstore and give it to your lover, or any book lover; or sit at a Library table and admire all the interesting fellow book lovers.

November 10 - YOUNG READERS DAY

Take a grandchild or other youngster: to the youth section of either of our Libraries to check out a book; or to the children's section of Books Around the Corner to buy a book; or donate your kid's books which are stored in the attic to the Bookstore.

November 11- VETERANS DAY

Go to the Library or Bookstore ahead of Veterans days, since they are closed on this Thursday, and: check out the war or history section at Books around the Corner; or see the wide variety of books about veterans in either of our Libraries.

November 13 - WORLD KINDNESS DAY

Be kind to yourself by: treating yourself to some new reading material at the Bookstore; or introducing a friend to the joys of shopping at Books Around the Corner; or going online at the MCLD website and seeing the wealth of free options.

November 17 - WORLD PEACE DAY

Celebrate by: reading a Library book about the UN's designation of this day for non-violence; or going to the Bookstore to search for books about world peace; or being thankful for the peaceful nature of our Bookstore and two Libraries.

November 23 - EAT A CRANBERRY DAY

Go to the Library or Bookstore to: find out why we eat cranberries primarily on Thanksgiving; or discover how cranberries grow in bogs and are harvested; or get a recipe to make your own cranberry sauce or gel.

November 26 - THANKSGIVING DAY

Give thanks for: a November half price sale on all Christmas and holiday books; or the continued half price sale on soft cover novels; or the dedicated Friends volunteers and helpful Library staff.

November 27 - BLACK FRIDAY

Take a break from shopping by: curling up with a good book you got from the Library or Bookstore; or relaxing knowing the Bookstore and Library will be open tomorrow; or staying at home with book gifts purchased at the Bookstore November sale.

MARK YOUR CALENDAR

Water Conservation

Future RCSC Water Reduction Efforts Coming Soon

There are more and bigger changes coming to Arizona regarding water usage in the years ahead, and RCSC has been working diligently to meet these requirements as we prepare for the future.

Under the Arizona Department of Water Resources' 3rd Management Plan, RCSC was operating under administrative relief as required due to seepage from Viewpoint Lake (585 acre feet/year). To meet these requirements, turf reduction and irrigation improvements have been made at many Sun City AZ golf course to date.

But more will need to be done as we approach ADWR's 4th and 5th Management Plans which will require further reductions (6% in 2023 and an additional 7% in 2025). This will require RCSC to remove 220 acres of turf (at a cost of nearly \$36,000 per acre) to reach the 90 acre maximum turf allocated for 18-hole golf courses. RCSC continues to negotiate with state officials to plan for changes needed.

The total potential cost using current mitigation solutions would include: 1) Replacement of the Viewpoint Lake liner and wall repairs are scheduled for 2022 for a cost of \$6 million, and 2) Along with further turf reduction (220 acres) and irrigation replacement and green rebuilds at South and Quail Run (cost \$14.5 to \$17.5 million). We're also looking at Bermuda Grass replacement and options of effluent water usage from neighboring communities.

It is a big challenge but we're all in this together. Continue your best efforts with personal water conservation (it really does make a difference!), and RCSC will work diligently to comply with legislative requirements in the years to come.



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.

Looking for work?

RCSC is looking for YOU!

Are you looking for a job working for a GREAT company with GREAT people? Positions are available at RCSC recreation centers and golf courses.

Learn how to apply, locations of available positions with job descriptions, and hourly pay rate at the link below. Please direct all questions regarding employment to the RCSC Human Resources Department online at:

<https://suncityaz.org/rcsc/employment/>

Tips from Get Fit for Life

Does Aging Affect Metabolic Rate?

“According to research, one’s metabolic rate decreases 1 to 2 percent each decade,” states Jane Fortier, fitness specialist with Get Fit for Life. “The primary reason for a slowing metabolism is muscle loss. If one maintains muscle mass with aging, the metabolic rate stays strong. If muscle has been lost, that situation can be corrected with proper exercise. The following information highlights Metabolic Rate by age decades. It points out specific exercise needs, as a person ages.”

Metabolism in Your 20s

Basal metabolic rate is at its highest point. People are active, at their peak with bone mass, and have good muscle strength. Muscle degradation hasn’t yet begun. Twenty year olds have a higher level of growth hormones, which helps maintain muscle size and density. Even without strength training, younger people retain muscle tone.

Metabolism in Your 30s

Major lifestyle changes occur in the 30s. People settle into careers and start families. They get office jobs and juggle more responsibilities. Overall body movement tends to decrease. Decreased movement affects muscle tissue and lean body mass. Less muscle strength and tissue lowers the body’s metabolic rate. During this decade, there is a natural reduction of human growth hormone (HGH), which the body uses to regulate metabolism, bone growth and muscle growth. This age group needs to focus on good nutrition, and exercise, to maintain muscle tone and vitality.

Metabolism in Your 40s

Most people in their 40s start to notice age-related aches, pains and cracking joints, which can lead to a slowdown of activity. Resistance training becomes imperative to build strength and prevent muscle loss. Age-related muscle loss can cause loose skin and fat accumulation. Strength exercise will encourage the firming of muscles under the skin to alleviate both cellulite and sagging, from poor muscle tone. Sarcopenia (loss of muscle mass) becomes a major factor after age 40, with inactive individuals potentially losing as much as 3 to 5 percent of muscle mass per decade.

Metabolism in Your 50s

Attention to muscle mass is critical during the 50’s. Strength exercise is a MUST. But equally important is heart and lung health. This means engaging in cardiovascular exercise. Supplementing a healthy diet and strength training with endurance-based cardio, such as biking, swimming, dancing, running or walking is paramount. As women enter menopause, there’s a decrease in HGH, estrogen and progesterone. This, on top of continued muscle loss, leads to a decline in metabolism and potential weight gain.

Metabolism in Your 60s

Heading into the 60s, the body’s ability to use stored energy slows down, creating a less effective metabolic rate and a decrease in muscle mass. At this age, exercise is of the utmost importance, to keep metabolism revving right. Aerobic exercise, strength training and stretching are a winning combination to combat the physiological changes taking place. Many people experience greater sleep disturbances as they get older. Metabolism is linked to sleep. Poor sleep patterns cause insulin resistance, a condition that elevates glucose levels in the blood and increases the risk of heart disease and stroke.

Metabolism in Your 70s

After 70 years of age, the basal metabolic rate continues to decline, making healthy diet and regular exercise more important than ever. Balance becomes challenging in the 70s, making seniors more susceptible to dangerous falls. A comprehensive exercise program, at this age, should include specific exercises for balance and posture. If someone has reached the 70’s without formal exercise, it’s advisable to find a trained professional to help develop an exercise regimen that would include balance, strength, flexibility and cardio development.

Get Fit for Life personal trainers are experts at developing comprehensive exercise programs that address metabolic rate. Programs are designed to fit individual needs, goals, and medical issues. Personal training services are available at all Sun City Fitness Centers. To find out about services, call 623-696-6820, or visit Get Fit for Life Sun City on Facebook.

MONITORED ACTIVITIES

Basketball		Pickleball	
Marinette Center	M-Sa: 6a-8p; Su: 8a-8p	Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Billiard Tables		Mountain View: Outdoor	M-Sa: 6a-7p; Su: 8a-7p
Bell Lanes	M-Sa: 8a-9p; Su: Noon-8p	Racquetball/Whisperball	
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Bell Center Courts A & B	M-Sa: 6a-9p; Su: 8a-8p;
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	Shuffleboard	
Bingo		Bell Lanes: Indoor	M-Sa: 8a-8p; Su: Noon-7p
Sundial Center	Thursdays: Doors Open 4:30p; Bingo 6:15p \$9 all 18 games w/3 special games Everyone welcome.	Lakeview: Outdoor	M-Sa: 6a-7p; Su: 8a-7p
Boating/ Fishing		Spas	
Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p (or Dusk)	Bell Center - 18+ only	M-Sa: 5a-9p; Su: 8a-8p
Bocce Courts		Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p
Bowling Lanes		Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Bell Lanes	M-Sa 8a-9p; Su 12-8p	Mountain View Center	M-Sa: 6a-7p; Su: 8a-7p
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Oakmont Center	M-Sa: 6a-7p; Su: 8a-7p
Dog Parks		Sundial Center - 18+ only	M-Sa: 6a-9p; Su: 8a-8p
Duffieldland	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-9p; 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-7p; Su 8a-7p	Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Lakeview Center	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	M-Sa: 6a-7p; Su 8a-7p; Club/Class: W 8-10a	
Oakmont Center	M-Sa: 6a-7p; Su 8a-7p	Children’s Pool Hours - Ages 4-15 yrs: Daily 4p-Close	
Sundial Center - 18+ only	M-Sa: 6a-9p; Su: 8a-8p	Marinette Center	
Horseshoe Courts		M-Sa: 6a-9p, Su: 8a-8p; Closed for Club/Class: Tu, F 9-10a thru 11/12	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Children’s Pool Hours - Ages 4-15 yrs Daily 1-4p	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Mountain View Center	
Jogging / Walking Track		M-Sa: 6a-7p; Su 8a-7p; Closed Club/Class: M, Th 9-10a thru 11/12	
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-7p; Su 8a-7p	
Outdoor		Closed for Club: Every Su M W F 12-3p; Spa, Swim Lanes remain open	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Closed for Class: M Tu Th F 9-10a thru 11/12, 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 Class M Tu, Th F 8-9a thru 11/12	
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;	
Fairway Center	M-F 9a-4p; Sat 8a-12p	Closed for Class M Tu, Th F 10a-12p, 4:30-6:30p thru 11/12	
Mini Golf		Table Tennis	
Bell Center	M-Sa: 6a-9p; Su: 8a-8p	Bell Center: M-Sa: 6a-9p; Su: 8a-8p;	
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p	Closed for Club Activity: M W F: 10a-3p; Tu & Sa: 10a-12p	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Tennis	
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Bell Center: 623-977-3325 M-Sa: 6a-9p; Su: 8a-8p	
		Lakeview Center: 623-561-4676 M-Sa: 6a-7p; Su 8a-7p	

Strength Machine Demonstrations

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

11/3 @ Bell w/ Dick; 11/10 @ Marinette w/ Dick; 11/17 @ 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
Massage by Julie
602-689-0802