

SUN VIEWS

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“March”- ing into Good Times

Whether spring training returns to the Valley of the Sun is still unknown as of press time, but there will be plenty of other great things to do in Sun City AZ so let's get them listed here for your convenience.

Besides the sports and physical activities that many enjoy that help us stay healthy and fit such as golf, pickleball, lawn bowling, softball, bowling, swimming and more, you'll find a little bit of something for everyone as we continue “returning to normal.”

The weather will be perfect as warmer temperatures and days of sunshine guarantee lovely morning walks, relaxing evenings on the patio and fun with friends and loved ones.

Hopefully you've already secured your ticket for the Sun City AZ Senior Prom on Friday, March 4 from 6 to 9pm in the Sundial Auditorium. Couples and singles alike will show off their best “Glitz and Glam” with plenty of dancing and photo opportunities. And there's nothing more special than the crowning of the King and Queen to complete this fun-filled evening of festivities.

If sewing (or simply admiring) quilts is one of your passions, you'll want to stop by Lakeview Center on Friday-Saturday, March 4-5 from 9am to 4pm for this returning show hosted by Creative Quilters. You will be amazed by these beautiful works of functional fabric art.

Vroom, vroom your way to the Sun Bowl on Saturday, March 5 from 9am to 1pm for the 5th Annual Vintage Vehicles Spring Fling Car Show. There's sure to be a make or model that will bring back some fond memories along with music, food, vendors, raffles and more.

Speaking of the Sun Bowl, the spring concert series starts on Sunday, March 6 as we welcome Kevin Sterner and Strait Country to get the fun started. There's nothing better than an evening of music and dancing at this iconic open-air amphitheater where RCSC Cardholders and their guests enjoy great entertainment – for free! Bring your lawn chairs or blankets, and grab some grub from one of the gourmet food trucks that arrive 1-1/2 hours before the show – or BYOB! See the full line-up on shows on page 10 or online at www.suncityaz.org/recreation/concerts.

There are still tickets available for the remaining Sundial Concerts (see below) – which have all received great reviews from attendees this season. With both matinee (3pm) and evening (7pm) performances, there's

certain to be something to pique your musical interest. Purchase tickets at the Sundial Events & Entertainment Office or call 623-561-4680 for assistance.

Bucky Badger and other UW campuses invite all to show their support when the Wisconsin Club Picnic returns to the Sun Bowl on Thursday, March 10 from 10am to 3pm. Just \$10 gets you brat/hot dog, soda/beer, chips, music and more! Cheese heads unite!

Visit Sundial Center on Friday-Saturday, March 11-12 from 9am to 2pm when both the Handweavers & Spinners Club and Sundial Crafters host open houses/sales for anyone interested in these creative endeavors. And remember to stop by Thursday-Saturday, March 17-19 when Palo Verde Artists host their annual “fine arts” show from 8am to 5pm each day.

There's always time to do something for others, so please consider donating the gift of life at Bell Center on Thursday or Friday, March 17-18 from 8am to noon. Hosted by the Sun City AZ Visitors Center in conjunction with Vitalant Blood Donation Centers, call 623-977-5000 or visit donors.vitalant.org online (Code: suncity) to register. You'll feel great!

Find the time to “rock on” at the Rockhound Club's Rock Sale on Saturday, March 19 from 8am to 1pm at the Mountain View Center where you'll find unique specimens, slabs and petrified wood for your crafting or décor projects.

Another annual event is back as Marinette Clay Corner hosts their annual sale on Friday-Saturday, March 25-26 starting at 8am each day until 4pm and 3pm respectively. Known for their one-of-a-kind totem pole creations, you're sure to find yard art, decorative and functional pieces and original sculptured creations for yourself or to give as gifts.

On a serious note, make plans to attend the MSCO Community meeting on Monday March 28 at 10am in the Sundial Auditorium. Sponsored by SCHOA, crime, fraud and resident safety will be discussed.

How's that for things to keep you busy? We're lucky to have such great events as we “march” into springtime. Let's enjoy!

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 Cardholder Services Office at Lakeview and the Sun City Visitors Center at Bell will both be open from 9am until noon on **Saturday, March 5, 2022** to assist Sun City AZ residents & visitors.

2022 Sundial Ticketed Concert Series - FINAL SHOWS!

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

Tickets: \$20 for RCSC Cardholders/\$25 for Guests, non-Cardholders

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



The Broadway Concert Experience
Wednesday, March 2



Linda Ronstadt starring Laura Berger
Wednesday, March 9



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



One of These Nights Eagles Tribute
Wednesday, March 23



MJ Deja vu Michael Jackson
Wednesday, March 30

Connect with Sun City AZ





A Message from Board President Dale Lehrer

Making Plans for the Future

2022 RCSC Board of Directors

Phone: 623-561-4620

email: boardoffice@suncityaz.org

Dale Lehrer, President

email: dlehrer@suncityaz.org

Michael Ege, Vice President

email: mege@suncityaz.org

Allan Lenefsky, Secretary

email: alenefsky@suncityaz.org

Darla Akins, Treasurer

email: dakins@suncityaz.org

Steve Collins, Director

email: scollins@suncityaz.org

Kat Fimmel, Director

email: kfimmel@suncityaz.org

Karen McAdam, Director

email: kmcadam@suncityaz.org

John Nowakowski Director

email: jnowakowski@suncityaz.org

Sue Wilson, Director

email: swilson@suncityaz.org

The time has come when Sun City AZ is truly at a crossroads. While we were the first of its kind active adult community and we have welcomed and weathered several generations, the time is now that we must work together on a strategic plan that will take us forward for another 60+ years.

We need to analyze and assess where we currently are and where we want to be – for everyone here, not just a small portion of the population. This should require various levels of activities so that as one ages, there is still plenty to enjoy.

This will require that we develop a plan and document the basis of the organization - how ideas can be brought forward and considered. It is my hope that the return of Board/Member Exchanges will be a step in that direction.

Action will need to be taken based upon sound planning and principles based on facts and data, not just wants, wishes and personal preferences. It is highly unlikely that we can address the current situation of this organization along continued improvements in recreational facilities and amenities we enjoy expecting it will not come with a hefty price tag down the road.

I sincerely hope that we can go forward with an open dialog and understanding from both sides of the podium. The simple fact is we can't have everything we want and expect fees to remain the same. It will take communication and compromises to come to a consensus. The time for these discussions is not when the plans are on the table but prior to the plans being prepared.

Let's move forward with an eye on the future rather than continuing to re-discuss items that have already been decided. While sharing various thoughts and Ideas is important, they merely personal opinions which reflect your views; they are not the only answer.

The ability for us to survey the community needs to move forward so that we can gather information from a cross-section of those currently residing here. And it should be ongoing and

repeated so that changing individual needs and requirements are considered in addition to what newer and often younger RCSC members might want. Any data collected will be without prejudice nor fear of ulterior motives; strictly information and opinion to help make sound decisions.

In addition to technology improvements, the safety and well-being of all Sun Citians is crucial. The need for some sort of leadership committee (which includes outside organizations) perhaps should be considered as we look to address crime and other issues of community concern.

The Maricopa County Sheriff's Office will be conducting a meeting on Monday, March 28 at 10am in the Sundial Auditorium which I would encourage all concerned citizens to attend. We must work together and care for one another; being aware, getting educated and knowing the truth are important tools needed to address these issues as we watch out for our friends and neighbors, knowing that they are doing the same.

Changing expectations, cultural attitudes and their eventual outcomes will require everyone's involvement. I have high hopes as we work on a process to review, revise and update the RCSC Bylaws/Corporate Documents with the understanding that they need to be streamlined and simplified for the betterment of the community as a whole. This will not be a quick nor easy process but one that seems sorely needed to find a common ground with mutual respect and agreement.

Let's consider the wants and desires of all as we attempt to make the world a better place if we can.



Dale Lehrer
2022 RCSC Board President

SUN CITY FOUNDATION

“Neighbors Helping Neighbors”

The next Sun City Foundation meeting will be held on Thursday, March 10, 2022 at 1:00pm in the Lakeview Social Hall #1.

This Month @ The Board

RCSC Board Meetings:

Board Meeting #1	Monday, March 14, 2022 @ 9am	Sundial Auditorium
Board Meeting #2	Thursday, March 31, 2022 @ 9am	Sundial Auditorium

Committee Meetings:

Bowling Committee	Thursday, March 3, 2022 @ 9am	Lakeview Board Room
Sun City AZ in Focus Committee	Tuesday, March 8, 2022 @ 9am	Lakeview Board Room
Lawn Bowling Committee	Tuesday, March 8, 2022 @ 1pm	Lakeview Board Room
Technology Committee	Wednesday, March 9, 2022 @ 4pm	Lakeview Board Room
Insurance Committee	Friday, March 11, 2022 @ 9am	Lakeview Board Room
Golf Advisory Committee	Thursday, March 17, 2022 @ 8:30am	Lakeview Social Hall #2
Long Range Planning Committee	Monday, March 21, 2022 @ 8:30am	Lakeview Board Room
Elections Committee	Wednesday, March 23, 2022 @ 1pm	Lakeview Board Room
Properties Committee	Tuesday, March 29, 2022 @ 9am	Lakeview Board Room

The following committee(s) do not have meetings scheduled this month: Club Organization (COC), Finance & Budget



VOLUNTEERS NEEDED!

Easter Egg Stuffing Event

Wednesday, April 6, 2022
Sundial Auditorium West Hall
11am – 3pm

Sign up to volunteer by calling the Sundial Events & Entertainment Office at 623-561-4680.

**** Lunch will be provided ****



JOIN US FOR A COMMUNITY MEETING ON CRIME PREVENTION

The Maricopa County Sheriff's Office— District III will be giving a presentation on crime and fraud prevention to the residents of Sun City.

Guest Speaker: Sheriff Penzone



MONDAY, MARCH 28, 2022
at 10:00 AM

SUNDIAL AUDITORIUM
14801 N 103RD AVE
SUN CITY, AZ



Invite your neighbors!



RCSC Corporate Office

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

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

www.suncityaz.org

Cardholder Services Office

Lakeview Center • 623-561-4603

Hours: Monday - Friday 8:30am to 4pm
1st Saturday each month: 9am to noon

Chartered Clubs Office

Lakeview Center • 623-561-4660

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

Events & Entertainment Office

Sundial Center • 623-561-4680

14801 N. 103rd Ave.

Hours: Monday - Friday 8am to 4pm

Recreation Centers

Bell Center: 623-876-3040
16820 N. 99th Ave.

Fairway Center: 623-876-3044
10600 W. Peoria Ave.

Grand Center
10415 W. Grand Ave.

Lakeview Center: 623-561-4675
10626 W. Thunderbird Blvd.

Marinette Center: 623-876-3054
9860 W. Union Hills Dr.

Mt. View Center: 623-876-3042
9749 N. 107th Ave.

Oakmont Center: 623-876-3046
10725 W. Oakmont Dr.

Sundial Center: 623-876-3048
14801 N. 103rd Ave.

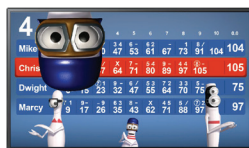
Sun Bowl Amphitheatre
10220 N. 107th Ave.
(weather recording)
623-972-6014

Softball Field
10220 N. 107th Ave.

Duffeland Dog Park
14610 N. Del Webb Blvd.

Sun City Visitors Center
1-844-4 SUN CITY or 623-977-5000
Located in the Bell Center at
16824 N. 99th Ave.

BOWL WITH THE DIRECTOR



Where: Lakeview Lanes
When: First Thursday of Every Month
Time: 10:30 AM – 12:00 PM

Come on out and meet with the new Director of Bowling, Bronze Level Certified Coach, Mike Dirmyer. All levels of bowler are welcome. No reservations needed. No cost to you!!!

- First time Bowler – Learn to Bowl
- Intermediate Bowler – Touch up and fine tune your game
- Advanced Bowler – Discuss Lane Play, Oil Patterns, and Ball Layouts.

SPECTO Will Be Available

Mike will also be available to answer questions about the bowling centers, the bowling industry, or anything in general can be discussed.

Any questions reach out to Mike directly at 623-561-4652



GOLF CLINICS

Free for Sun City Residents & their guests!

Open to Men & Women; Junior golfers welcome!

No registration required!

If you're looking to improve your game or are just beginning to play. If you want to lower your score, fix your slice or just hit the ball square. Come out and join us – We can help!

All clinics will be at Lakes West Driving Range:

- Saturday, March 5 @ 9:30am – Putting (Bring putter & a ball – 50% of your score)
- Saturday, March 12 @ 9:30am – Chipping, approach shots (Bring 8 iron, pitching or sand wedge)
- Saturday, March 19 @ 9:30am – Golf swing fundamentals (Bring 7 iron)
- Saturday, March 26 @ 9:30am – Ball Flight Demo (Bring driver or 3 wood)

Sun City Resident PGA & LPGA Professional will be on-hand to help!

- Bob Day Phone: 602-818-1470
- Mike Wegner Phone: 623-225-8546
- Robin Eichten Phone: 623-322-6300

Business Cards are located in all RCSC golf pro shops. Call for an appointment.

Do Your Part to Help Keep Sun City Pools Healthy!

Showers are required by everyone prior to entering any RCSC Swimming Pool or Spa facility. Thanks for your cooperation and understanding!

Thoughts from a Pro

Words of Encouragement

Thanks, but no thanks!

One of the biggest complaints I get from my students is the unwarranted advice they get from others while in the middle of a round of golf. It makes them try harder, think too much, tense up and can take the fun right out of the round. It's only natural for people to want to help those who look like they need help; although well intentioned, it's rarely useful and most often detrimental. Why? Because the advice, rather it be good or bad is being given at the wrong time...in the middle of playing the game!

Think about it in a different way. Let's say we are talking about a basketball game and a player has been fouled and is shooting a free throw. Is the coach going to say to that player, "OK Sally, now remember when you're taking the shot...spread your fingers out on the ball and bend your wrist back, keep your shooting elbow in and bend your knees"! Of course not. There is a time to learn the fundamentals and it's during practice, not during the game. The coach might instead say, "OK Sally... let's go - you got this! In other words, offering words of encouragement and some positive affirmation is helpful and keeps the player relaxed which is what you want in a game type situation. Talking about mechanics would most likely do the opposite, make the player over-think, tense up and probably miss the shot. It certainly seems like common sense when we think of other sports but for some reason when it comes to golf this common sense seems not to apply!

So what is the best way to help others on the golf course when they are struggling? Encourage them, remind them to breathe and relax, or maybe slow down, or go easy. Offer to help them after the round or the next day on the driving range if you feel that is needed but save your mechanics coaching for a more appropriate time. It's like my Dad used to tell me, "You gotta dance with who brung you!" In other words, go with what you got. You can't change your swing (or anyone else's) in the middle of the round successfully anyway. So go with it and if changes are needed, make them afterwards! It honestly works better that way and makes the game more fun for all!

Robin Eichten is a Life Member of the LPGA and a Certified Teacher. She has been teaching professionally since 1987 and in the Sun City area since 1994. Lessons are available by appointment. Call/text Robin at 623-322-6300 or email to golfinwithrobin@aol.com for info or signup.



Visit <https://suncityaz.org/golf-courses-pro-shops/lessons/> for schedule of upcoming sessions or contact Chris Linam at 623-876-8419 for more info

\$130 includes 4 group lessons, with the 5th lesson being a round of golf. Lessons held at Willowcreek/Willowbrook Golf Course (unless otherwise noted**). There will be a variety of days and times, so you can pick the class that best fits your schedule. Sessions are limited to six students for each group, so be sure to sign up early!

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 bjpga@cox.net
- Bob Day - 602-818-1470 or email 1day2bettergolf@cox.net
- Robin Eichten - 623-322-6300 or email golfinwithrobin@gmail.com

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-9pm
Sunday: Noon-8pm

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

Tournament Dates: April 30 - May 8, 2022



The Sun City Open senior bowling tournament is held each year during the last week of April and the first week of May. The Tournament is hosted by Lakeview Lanes and Bell Lanes and is open to all USBC certified senior bowlers fifty years of age and older statewide and beyond.

Tournament events consist of Singles, Doubles, Team and All-Events Handicap and Scratch events. Card carrying members of any professional bowlers' organization are welcome but shall be limited to two (2) members in the TEAM Event and one (1) member in the DOUBLES event. Entry forms will be available soon.



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.

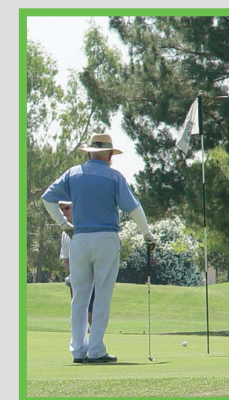
Riverview: (623) 876-3025
16401 N. Del Webb Blvd.

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/

March 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, March 31, 2022 at 1pm in Talisman Hall.

Sun City Rockhounds



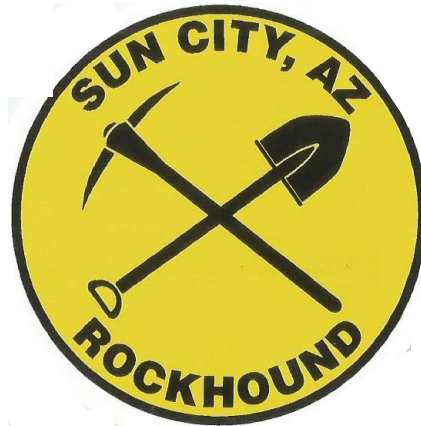
Are you an...armchair traveler? Outdoor adventurer? Do you like to...socialize with others? Learn about Arizona Geology? If you are a fan of the above, the Rock Hound club is for you!

The club enjoys outdoor guided rock hounding day trip adventures on the third Thursday of the month. Don't know what to look for? Our scouts find areas for collection in easy to access locations. Generally sites are right next to where we park.

We have monthly meetings with interesting and knowledgeable guest speakers. From updates on the Mars rover missions to learning about meteorites, we have it all. Sit back and enjoy the presentations! Meetings are the second Thursday of the month at 6 pm at the Fairway Recreation Center. We enjoy social time with beverages and snacks before the guest presentation.

The club maintains a Gem and Mineral Museum at the Sundial Recreation Center. We have many world class specimens. It's a great place where club members enjoy volunteering to learn and share knowledge with other club members and the public while maintaining the museum. Its open 5 days a week 10am to 1 pm, closed Thursday and Sunday.

Want to learn more? Check out our Facebook page or email us at scrockmuseum@gmail.com.



Thursday Afternoon Contract Bridge

After much delay due to Covid, Contract Bridge is back in full swing on Thursdays in the Oakmont Auditorium.

We invite all RCSC members in good standing to come and play with us from 12:30 to 4:30 pm (arrive by 12:15). No need to bring a partner as we will pair you up when you arrive. Four rounds are played with six hands each round, changing partners after each round.

Annual dues are \$5. All players contribute 50 cents each play day from which high scores are paid. Small and Grand slams are paid from the treasury.

Visitors with an RCSC card are allowed to play two times for \$1 each visit (plus 50 cents) before being required to join the club. Non-resident Guests of club members may play any time for \$3 each day (plus 50 cents). Please note that club members have priority over visitors and guests if there are excess players for the day.

We are looking for experienced Contract Bridge players as lessons are not currently available. If Thursdays are not a good day for you, we also play on Wednesdays at Oakmont or Fridays at Fairway; same time and details apply. For more information, please call Barb at 612-616-4198 or Jack at 623-249-9169.

Stretch 'n Slim

An even better name for this club might be "Cardio, Stretch, Flex, Tone and Balance". We strive to work out the kinks and improve our overall health with our workout DVDs every Monday through Saturday at 6:45am, 8:00am, 9:00am, and 10:15am as well as Sundays at 8:00am and 9:00am (winter schedule) in the Bell Center Aerobics Room, located at the end of the hallway past the gym.

Classes vary in intensity – from LOW to MODERATE to HIGH, so check the class schedules from the links below and come try us out.

Pick a day and time and join us for three (3) free visits. Just let a member know you are joining the Stretch 'n Slim group. Joining is easy – the annual membership dues are only \$5.

Category: Fitness

Location: Bell Center – Aerobics Room

Club Contact; Call to confirm class – 402-578-6948

Classes are available Monday through Sunday at the times listed below, provided at least 2 club members are present.

Meeting Times: Monday thru Saturday - 6:45am, 8:00am, 9:00am, and 10:15am; Sunday 8:00am and 9:00 am



Lifelong Learning Club

The Sun City Lifelong Learning Club is an educational organization whose mission it is to provide RCSC members with educational programs at a low cost.

Over the past 14 years, the Club has offered classes in various topics such as Astronomy, Archeology, Retirement Planning, News and Issues, Collaborative Negotiations, Medicine and Health, Ages and Stages of Life, History and Culture, Art (both production and appreciation), Architecture, Philosophy, Sociology, Drama, Film, and Cinema, Music, Energy sources and challenges, Language and Storytelling, and Travel. Readers who have an area of expertise which might be of interest to Sun City residents, Lifelong Learning would welcome hearing from and about you!



Lifelong Learning is currently in a hiatus mode because of the contagion of the coronavirus and implications for the classroom experience. The Club is hopeful it can design a semester of study as soon as the virus subsides. The Board has openings for Curricula Design, Registration, and Publicity. Please contact us by email: sczlifelong@gmail.com

5th Annual

SPRING FLING

Car Show

Food
Music, Vendors
Raffle Prizes

All Makes, All Models, All Years

Sun Bowl Amphitheater

10220 N 107th Ave, Sun City, AZ

Saturday March 5th, 2022 - 9:00am to 1:00pm

Club Directory table listing various clubs and their activities. Includes sections for Art and Craft Clubs, Card and Game Clubs, Educational Clubs, Fitness Clubs, Hobby Clubs, Performing Arts Clubs, and Sport Clubs. Each entry includes club name, contact info, and meeting schedule.

Club Officers: Are you signed up for Conflict Resolution Training in March? All sessions on 10-11:30am Marinette on 3/3; Fairway 3/8; Grand 3/21 • Call 623-561-4660 or email clubs@suncityaz.org to reserve your spot!

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

Michigan Friends in Sun City



The Michigan Friends in Sun City Club held its first meeting of interest in 2013 and became an official RCSC Chartered Club in 2015 with 75 members. We have enjoyed fun times ever since! Activities include monthly Social Hours and monthly Monday Euchre, year-round. Both meet at the MPR Building near Bell Rec Center. There is a special Christmas lunch event in December. Members also enjoy outside activities in Sun City and day trips in the Phoenix area.

Pick up a club brochure/application in the Sun City Visitors Center and join fellow Michiganders who are permanent residents as well as snowbirds. Membership is \$5 per person, annually. We really have some great stories to share. And some are even true!

Ukulele Club



The Sun City Ukulele Club invites you to join us for music and fun. We meet weekly to play and sing. Don't know how to play? We'll teach you. Don't have a ukulele? Borrow one from the library, we have donated ukuleles to both the Fairway and Bell Center libraries.

We meet at the Fairway Rec Center in the music room at 3:00pm on every Thursday. Members of the club take turns leading the group. Your skill level does not matter, all RCSC members are welcome.

In addition to weekly gatherings to sing, we do performances when invited. We perform at the November arts and crafts show, the Glendale Arts Festival, and at club parties when asked. We take every opportunity to gather for fun, music and fellowship!

Come by on a Thursday afternoon and check us out.

SilverStones at Sundial

Welcome to the SilverStones Club at Sundial. You are invited to come and check out our all-in-one club - NO EXPERIENCE NECESSARY.

- Have you ever wanted to learn any of these crafts?
- Silversmithing • Lapidary • Glass Fusion • Lost Wax/Casting •
 - Chain Making • Faceting • Wire Wrapping •

Are you wondering what some of these crafts are all about? Come on over to Sundial Center and introduce yourself. We have many friendly, helpful club members and teachers to get you started. We will help you become your own Artist! If you have experience, that's great! You too could become a teacher/trainer. The more the merrier. As our club grows, we have more skills to share with one another.

SilverStones is open from 8:00am to 3:00pm. Starting in June, the club closes early at noon over the summer months. We are an all-in-one club so you can work across the crafts in the same area.

Being a member of the SilverStones club at Sundial Center costs just \$15 a year, with lockers if needed for \$3 each. We provide you with the opportunity to take classes for as little as \$10 to \$50 dollars, plus any materials needed at club cost. No worries about tools and equipment they are provided by the club. Call 317-508-5959 for more information.

Sun City Carvers

Carvers of Sun City is a club for wood carving, gourd decoration and model construction. Our members include both men and woman. Carving is not only a simple art, it is both creative and entertaining. Once you have the basics, the rest comes with patience, practice and imagination. You can carve for a lifetime and never be bored.

Carving is an enjoyable part-time hobby and a great way to make handmade decorations or gifts. Carving is not only relaxing but lowers stress and is a great way to socialize. Age and fear are not barriers to becoming a carver. Take a chance. Take a risk. Carving is not difficult as you begin to learn the different tools and techniques.

Undecided, take one of our classes. We have tool kits for your use until you decide what you will need. The club has an inventory of wood and gourds. Gourd art and wood carving are not expensive hobbies, you will carve for a year on what you pay for a tank of gas.

Discover the rewards and satisfaction for yourself. Visit us at Lakeview Recreation Center room 213. We are there Tuesday, Thursday and Saturday mornings from 7:30am until noon. Membership in the Carvers Club is open to all RCSC Cardholders.



FUNtastic Fitness

Funtastic Fitness is a Sun City fitness club that can help you meet all your fitness needs. All our co-ed classes are taught by a professional fitness instructor to ensure member's safety.

Low impact aerobics is a fun class to strengthen your heart and aerobic health



while moving to upbeat music. Strength training is so important as we age to maintain the ability to perform daily tasks; the functional strength classes use your own dumbbells or resistance tubing with

handles. Mat Pilates is a popular type of exercise performed on your own mat on the floor. It is great for strengthening your core muscles and increasing flexibility, while helping you relax.

All classes are taught at Marinette Recreation Center Social Hall. Mat Pilates is held Mondays and Fridays from 1pm to 2pm. Low Impact Aerobics is Tuesdays and Thursdays from 1pm to 2pm. Strength Training is Tuesdays and Thursdays from 2:10pm to 3pm. Members are welcome to take whichever classes they desire but many take all the classes for a well-rounded fitness program.

Club Membership is \$5 per year. Classes are \$3 per class for aerobics and strength training. Mat Pilates is \$4 per class. Your first class is free so find you can find your favorite class.

Sun City Squares

Are you looking for good exercise and great fun? Sun City Squares is what you are looking for! We are a square and round dance club that dances on Tuesdays at Bell Center Social Hall. Our square dances feature both mainstream and plus tips alternating with round dances from phase II to IV. Our square dance caller is Dee Dee Dougherty, a nationally known caller from MN and our round dance cuer is Larry Sperry, a nationally known cuer from MT.



Square dance dress is casual today with square dance attire optional. If you square dance currently or have danced recently, feel free to join us from 7 till 9pm on Tuesdays. If you round dance, join us at 6:30pm when the pre-rounds begin.

If you would like to learn how to square dance or round dance, we do offer lessons starting in November every year and concluding in April the following year. Lessons and dances are open to all RCSC cardholders and guests.

Club dues are \$12.50 per person and admission to dances is \$7 per person. Lessons are \$5 per person. For more information, contact Marilyn Richling at jr3me@yahoo.com.

Bell Lapidary Club

Bell Lapidary Club's mission is to introduce residents, their guests and visitors to the lapidary arts by revealing and enhancing the natural beauty in stones and minerals.

You're invited to come and experience the process of cutting, shaping and polishing rock.

Our club members make beautiful cabochons for pendants, earrings, belt buckles, rings and bolo ties, along with book ends, spheres, faceted gems, and more. Quality examples of our members' work are displayed and available for purchase in the Club's store which is open to everyone.

RCSC Cardholders can join us to make your own fascinating pieces of art from rock. We will train you how to do it. Our shop is well equipped. It's fun sharing and learning with fellow club members.

Membership dues are \$20 annually and Training fee is \$35. The shop opens at 8:00am Monday through Saturday, and closes at

3:00pm (and all Wednesday afternoons for training). We are also open Wednesday & Friday evenings from 5:30 to 8:30pm.

Please call 623-977-1803 for more information or stop by our club room during open hours.



Handweavers & Spinners Guild of Sun City

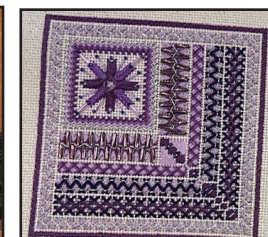


The Sun City Handweavers and Spinners Guild charter was granted in April of 1970, making this Guild one of the oldest craft groups in Sun City. We're located at the Sun-dial Recreation Center.

With a focus on teaching and fellowship, the guild shares the crafts of, weaving (table top and floor looms), traditional rug making (shirret, rug hooking, twining), basketry, beading, inkle, kumihimo, 3D needle felting, tatting, and spinning. Annual membership is \$10; classes may have a small fee for materials.

The club is open 9am to 3pm, Monday through Friday (September – April), summer hours vary and are posted. The various crafts meet throughout the week and meeting days and times are posted on <https://suncityaz.org/recreation/clubs/handweavers-spinners-guild-of-sun-city/>

Our Spring Craft Fair will be held Friday and Saturday, March 11-12 from 9am to 2pm. Demonstrations of crafts will be shown by club members throughout the fair. Crafts produced by members will be for sale and beautiful gift baskets will be raffled off (\$1 per ticket or \$5 for 6 tickets). Come visit or call 623-933-0397 for more information.





2022 Spring Sun Bowl Concert Series

Free for RCSC Cardholders & their escorted guests!
BYO Chair or Blanket!

Located on 107th Ave just south of Peoria Ave

Strait Country Sunday, March 6, 2022 @ 6pm

Let's start out the Sun Bowl concert series with return of the Kevin Sterner and the Strait Country Band with the critically acclaimed "A Tribute to the Music of George Strait" show which promises to showcase hit after hit from an amazing 60 Number One Hits and over 80 Top Ten Hits, also includes some of George's lesser known gems. We're certain it will be "Love to the End, Amen" as the stage lights go down when the show is over.

Outside the Line (Motown) Sunday, March 13, 2022 @ 6pm

RCSC is pleased to present the Phoenix-area's most soulful variety band making their first appearance at the Sun Bowl. Smooth moves together with the great Motown sound will have the audience reminiscing about the Motor City and hits that topped the charts.

Thaddeus Rose Band Sunday, March 20, 2022 @ 6pm

Let's put our hands together and get up on our feet with an encore appearance from this sure-to-please great dance band - Thaddeus Rose! With state-of-the-art sound and funky stage presence, we're certain that this show will be full of musical fun and excitement.

Backstage Crew Sunday, March 27, 2022 @ 6pm

Billed as "Arizona's Premier Classic Rock / Variety Cover Band," Backstage Crews returns to the Sun Bowl to perform everything from Classic Rock and Country to the Black Crows and Black-Eyed Peas. From their seasoned musicianship, four-part harmonies and powerful rhythm section to their amazing on-stage presence, this five-piece band promises a high-quality, high-energy, interactive and entertaining show, with a strong emphasis on audience participation including lots of great dance numbers.

Mogollon Sunday, April 3, 2022 @ 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. We can guarantee that you won't be disappointed.

Flipside 45 Sunday, April 10, 2022 @ 6:30pm

Flipside 45 is all about the music - a real live band with real live musicians - in their outstanding tribute to classic hits and forgotten gems from the 60s & 70s with a little 50s & 80s thrown in for good measure! If you like big harmonies, groovy vibes, chiming guitar, punchy bass and tasty drum, you're going to love Flipside 45!

Faded Jeans Sunday, April 17, 2022 @ 6:30pm

Let's welcome back "Arizona's Party Band" and a Sun City favorite - Faded Jeans - as they wow with a genre-hopping playlist that keeps the audience dancing throughout the show. And calling for more at the end of the night. With songs ranging from Classic Rock, R&B, Pop, Oldies, Country, 70's Funk, Rockabilly, and Blues, with each song is performed true to style and certain to be fun time for all!

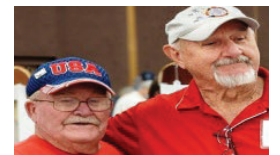
Main Event Sunday, April 24, 2022 @ 6:30pm

We'll finish the Spring Sun Bowl Series with an encore performance from the Main Event - a 9-piece full horn band that performs everything from Motown and Rock, to Funk and Big Band. A little something for everyone as we say "We'll see you back here in September" for more great music. Have a good summer!

Be prepared to show your RCSC Member or Privilege Card to gain access to Sun Bowl shows; no key fobs accepted! Gourmet Food Trucks arrive 1-1/2 hours prior to show for your dining pleasure. All rain locations - Sundial Auditorium at 103rd & Boswell Blvd. For information regarding rain location and a recorded message, call 623-972-6014.

Lakeview Woodworking Club

To the brave men and women who stay thru the summer, we invite you to tap into your creative self doing a little woodworking with us. You would be staying nice and cool and creating something



awesome with your own hands. It can be anything from arts and



crafts to new kitchen cabinets. It's a wonderful feeling. Come on in and take a look around. We have a little fun, make a lot of sawdust and create wonderful

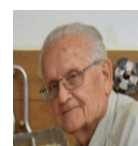
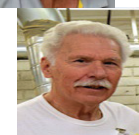


things out of wood. The members are always willing to help you get started and answer any questions.



Winter hours Mon-Fri 8-4 S at 8-12

Summer hours are Mon-Sat 8-12
Membership 20.00
Phone 623-933-2355



BLOOD DRIVE

Sun City Visitors Center BLOOD DRIVE

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

To schedule an appointment, call a Visitors Center Volunteer at 623-977-5000 or visit donors.vitalant.org (Blood Drive Code: suncity)

3/17/22



3/18/22



To learn about our programs or how we can help your transfusion service, call 877.258.4825 or visit us at vitalant.org





DID YOU KNOW....

- That in 2021, the Friends of the Sun City Libraries, Inc. DONATED to our two Libraries such items as craft supplies for programs, a video camera, hand sanitizer and stands, library aprons, and seeds for the seed catalogs?
- That Books Around the Corner currently has about 13,440 BOOKS for sale?
- That Books Around the Corner has divided its shelves into 50 CATEGORIES, for example: new releases; crafts; humor; communication; poetry; art; sports; politics; health; history; biography, cozy mystery; science; true crime; western; large print?
- That most PAPERBACK books sell for 25 cents at Books Around the Corner?
- That most of the HARDBACK novels sell for \$1.00 to \$3.00 at Books Around the Corner?
- That the ALL VOLUNTEER staff in Books Around the Corner totals 30 individuals?
- That all Tom Clancy, Sue Grafton, and Patricia Cornwall books are HALF PRICE in March at Books Around the Corner?
- That also in March, all science fiction, fantasy, and horror books are HALF PRICE at Books around the Corner?
- That book, DVD, CD, and puzzle DONATIONS are thankfully accepted at Books Around the Corner?
- That Books Around the Corner got its NAME from being at the Bell Recreation Center in the back of the Sun City Library just "around the corner?"
- That the Friends of the Sun City Libraries, Inc. is governed by an all volunteer Board of Directors who are looking for NEW BOARD MEMBERS, and that if interested, one should contact Volunteer Coordinator Ruth Polansky at rpolansky@gmail.com?
- That the estimated number of PATRONS who visited the Sun City Library in 2021 was 100,656, and at the Fairway Library was 47,419?
- That the number of ITEMS CHECKED-OUT in 2021 at the Sun City Library was 322,970, and at the Fairway Library was 101,464?
- That the number of items AVAILABLE FOR CHECK-OUT in the Maricopa County Library District system is 681,574?
- That the number of free downloadable EBOOKS available right now through OverDrive is 102,689?
- That the number of cultural institutions you can visit for free with a CULTURE PASS from either of our Libraries is 12?

NOW YOU DO!

Stop by Friends of the Libraries Bookstore at Bell to show your support. Visit Maricopa County Libraries online at www.mclidaz.org to learn more!

Water Conservation

Water Facts: Did you know...

It takes approximately 70 gallons of water to fill a bathtub? Or that you can save 15 gallons of water during a 10-minute shower by using low-flow showerhead?

That it was 1994 when low-flow showerheads, faucets and toilets made a "splash" on the water-conservation scene in homes and businesses due to a federal mandate?

Nearly 22% of indoor home water use is from doing laundry? (Be sure to adjust settings appropriately for load sizes!) Older, less efficient top-loading washing machines uses nearly 40 gallons per load? That a front-loading machine uses just over 20 gallons per load and is more energy- and water efficient?

That dishwashing is a relatively small part of your water footprint; usually less than 2% of indoor water use? Standard dishwashers use only about 6 gallons of water to run a full cycle and Energy Star dishwashers use only about 4 gallons of water per completed wash.

That using a dishwasher is more efficient than washing your dishes by hand - especially if you run full loads? That hand-washing your dishes can use upwards of 20 gallons of water? (Sink of soapy water, wash, rinse, repeat. If you must hand wash be sure to fill one sink with soap and one with clear rinsing water!)

Most importantly, do you know how important you are in the grand scheme of water conservation? Our children, grandchildren and those on down the line are depending on us to conserve our natural resources, especially our water.

Remember, every drop counts.

Wisconsin Picnic Sun Bowl

Thursday, March 10, 2022

10:00AM-3:00PM

Everyone Invited

Entertainment by Zweifel Bros Band
Alum Associations from UW Campuses

Food Served

11:00-1:00

Prizes

Silent Auction

Raffle

Bring a Chair



Beer/Soda

Brats/Hot Dogs

Beans

Chips

Sauerkraut

All Included



Farm Fresh Goodness Made Great

Tickets: \$10.00 Sold at the door

Sponsored by Wisconsin Club of Sun City

No Vendor Sales at the Picnic

www.suncityaz.org/recreation/clubs/wisconsin-club-of-sun-city/

Tips from Get Fit for Life

Finding a Workout Buddy

"When it comes to working out, having a friend to keep you accountable is a real plus," states Jane Fortier, personal trainer for Get Fit for Life. "A buddy offers support, motivation and even some laughs. That buddy can provide positive reinforcement that might transform your tedious gym workout into a fitness success story. Accountability partners, or workout buddies, directly increase the duration and adherence needed to see results in a training plan. After all, things like weight loss and muscle strength don't happen overnight. Commitment is required, and that is more likely to occur if a buddy is expecting to meet you at the gym."

Consider the following questions, in your quest to find a workout buddy:

• Do I Need an Accountability Partner?

All types of people, regardless of personality or goals, can benefit from a partner - thanks to the multi-faceted nature of the fitness journey. Both extroverts and introverts can benefit from teaming up. Extroverts often take on the role of motivator, because they enjoy social interaction. Having a workout buddy helps the extrovert meet their social needs in a productive, healthy way. Introverts will get that extra push for a new challenge, from a buddy. They often need to be coaxed into fitness activities outside of their comfort zone. A workout buddy can be just the right springboard for new learning opportunities. If you find yourself in need of an accountability partner, don't be hard on yourself. It doesn't mean that you're incapable of achieving success on your own. Even the most motivated people need a little nudge in the right direction.

• Where Do I Find an Accountability Partner?

A good start is friends and family. These individuals are more likely to provide the comfort and trust necessary, in an accountability partner. Included in this group are: significant others, spouses, co-workers, neighbors, church acquaintances, relatives who live in Sun City. A workout buddy could possibly be found in the Fitness Center. That natural "sense of community", that exists in the gym, doubles as a catalyst for meeting people. If you start to notice familiar faces when you are working out alone, there's a good chance your schedule and interests will overlap with one of those faces. Striking up a conversation could lead to a valuable new friendship, founded on similar goals. That new friend may be just the workout buddy you were looking for. Certainly don't get discouraged - finding someone worthwhile takes time and patience.

• What Should I Look for in an Accountability Partner?

Finding a compatible partner requires a mindful approach. Your partner should be someone that you like. It might seem like a no-brainer, but it's actually the most important factor. There are many different personalities out there, and exercise can test your patience and endurance. So, pick someone with whom you feel comfortable and safe. Be wary of a buddy who is flaky, tardy and criticizes others. A buddy shouldn't make you feel uncomfortable or insecure. RESPECT is also an important factor to consider. If the thought of disappointing your partner by skipping-out on a workout, makes your stomach sink, that's a good sign. You have picked a workout buddy who fuels your need for accountability, and pulls out the best in you.

• How Can I Be a Good Accountability Partner?

Simple - be the accountability partner that you would want to have: punctual, sincere, upbeat, willing to work. These actions will cultivate a true connection with that partner, and encourage compatibility. Keep a positive attitude, generate excitement and maintain mutual respect for a workout buddy. These actions will go a long way in making your relationship a success. Give it your all, do it with a smile and you both will succeed.

Get Fit for Life personal trainers are great at getting Sun City residents started with an exercise program. Once training sessions are completed, that same trainer can help a client locate a workout buddy, who might help with the accountability issue. Get Fit for Life trainers create workouts that are individualized to needs, goals and medical issues. To find out more about personal training, call 623-696-6820 or visit Get Fit for Life Sun City on Facebook.

MONITORED ACTIVITIES

Basketball	Minimum Age: 8	Pickleball	Minimum Age: 8
Marinette Center	M-Sa: 6a-8p; Su: 8a-8p	Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Billiard Tables	Minimum Age: 14	Mountain View: Outdoor	M-Sa: 6a-7p; Su: 8a-7p
Bell Lanes	M-Sa: 8a-9p; Su: Noon-8p	Racquetball/Whisperball	Minimum Age: 8
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	Closed for Club/Class: M-F 1:30-3:30pm	
Bingo	Minimum Age: 18	Shuffleboard	Minimum Age: 8
Sundial Center	Thursdays: Doors Open 4:30p; Bingo 6:15p \$9 all 18 games w/3 special games Everyone welcome.	Bell Lanes: Indoor	M-Sa: 8a-8p; Su: Noon-7p
Boating/ Fishing	Minimum Age: 6/NA	Lakeview: Outdoor	M-Sa: 6a-7p; Su: 8a-7p
Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p (or Dusk)	Spas	Minimum Age: 16/18*
Bocce Courts	Minimum Age: 8	Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Bowling Lanes	Minimum Age: 4	Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p
Bell Lanes	M-Sa: 8a-9p; Su: 12-8p	Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Mountain View Center	M-Sa: 6a-7p; Su: 8a-7p
Dog Parks	Minimum Age: NA	Oakmont Center	M-Sa: 6a-7p; Su: 8a-7p
Duffield	October - April: 7am-6pm Closed last Wed/month for Maintenance	Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p
Darts	Minimum Age: 8	Swimming Pools - Open Swim Hours	
Bell Center	M-Sa: 8a-9p; Su: Noon-7p	Bell Center - 18+ only	Minimum Age: 18
Fitness Centers	Minimum Age: 14*	Lap Pool: M-Sa: 5a-9p; Su: 8a-8p; Closed for Club/Class: M-F 7-9a	
Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p	Walking Pool: M-Sa: 5a-9p; Su: 8a-8p	
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	Lap pool: M-Sa: 5a-9p; Su: 8a-8p; Closed for class: M-F 7-9a	
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	Fairway Center	Minimum Age: 16
Mountain View Center	M-Sa: 6a-7p; Su: 8a-7p	Lap Pool: M-Sa: 5a-9p; Su: 8a-8p	
Oakmont Center	M-Sa: 6a-7p; Su: 8a-7p	Walking Pool: M-Sa: 5a-9p; Su: 8a-8p	
Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p	Lakeview Center	Minimum Age: 4-15*/16
Horseshoe Courts	Minimum Age: 12	M-Sa: 6a-7p; Su: 8a-7p; Closed for Club/Class: W 8-10a (April-Oct only)	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Children's Pool Hours - Ages 4-15 yrs: Daily 4p-Close*	
Mountain View Center	M-Sa: 6a-7p; Su: 8a-7p	Marinette Center	Minimum Age: 4-15*/16
Jogging / Walking Track	Minimum Age: 14	M-Sa: 6a-9p; Su: 8a-8p; Closed for Club/Class: Tu, F 9-10a	
Indoor		Children's Pool Hours - Ages 4-15 yrs Daily 1-4p*	
Fairway Center	M-Sa 5a-9p; Su: 8a-8p	Mountain View Center	Minimum Age: 4-15*/16
Sundial Center	M-Sa only: 6a-8a	M-Sa: 6a-7p; Su: 8a-7p; Closed for Class: M, Th 9-10a	
Outdoor	Minimum Age: 8	Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p*	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Oakmont Center	Minimum Age: 16
Sun Bowl	Dawn to Dusk	M-Sa: 6a-7p; Su: 8a-7p	
Library (602) 652-3000	Call to confirm hours	Closed for Club: Every Su M W F 12-3p; Spa, Swim Lanes remain open	
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p	Closed for Class: M Tu Th F 9-10a, Swim Lanes closed	
Fairway Center	M-F 9a-4p; Sat 8a-12p	Sundial Center - 18+ only	Minimum Age: 18
Mini Golf	Minimum Age: 6	Large Pool: M-Sa: 6a-9p; Su: 8a-8p; Closed for Class: M Tu, Th F 8-10a; W 8:30-10a for Swim Lessons (Nov-Mar only)	
Bell Center	M-Sa: 6a-9p; Su: 8a-8p	Warm Water Pool: M-Sa: 6a-9p; Su: 8a-8p; Closed for Class: T/Th 12-2p; Closed for Class M Tu, Th F 10a-12p, 4:30-6:30p	
Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p	Table Tennis	Minimum Age: 8
Mountain View Center	M-Sa: 6a-7p; Su: 8a-7p	Bell Center: M-Sa: 6a-9p; Su: 8a-8p;	
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Closed for Club Activity: M 10a-3p; W F 10a-4p; Tu Sa: 10a-12p	
		Tennis	Minimum Age: 8
		Bell Center: 623-977-3325 M-Sa: 6a-9p; Su: 8a-8p	
		Lakeview Center: 623-561-4676 M-Sa: 6a-7p; Su: 8a-7p	
		Mountain View: 623-876-3042 M-Sa: 6a-7p; Su: 8a-7p	

Strength Machine Demonstrations

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

3/2 @ Bell w/ Dick; 3/9 @ Marinette w/ Dick; 3/16 @ Fairway w/ Jane
Space is limited; advanced sign-up at front/welcome desk at each specific center is required.

Member Fitness & Massage Services

Show your support for these local services; schedule an appointment today!



Fitness Training
623-696-6820

Personal Training Sessions
are available at all
RCSC Fitness Centers

Massage Services

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



Bell Center
Lisa McCoy
623-210-2707
Massage by Julie
602-689-0802