

# SUN VIEWS

ISSUE #247 • JUNE 2022 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.



## Viewpoint Lake Renovation Project Moves Forward

Water has always been a precious resource in the desert and state and regional officials have been working on various conservation efforts for many years. However, the time is now that in order to meet the demands of the Arizona Department of Water Resources' 4th and 5th Management Plans by 2025, the Recreation Centers of Sun City (along with homeowners along the shores of Viewpoint Lake and adjacent property stakeholders) have committed to working with Pacific Aquascape International as we undertake the task of repairing the long-time leaking lake to resolve this issue permanently.

Preliminary planning and meetings with stakeholders began earlier in the year and this renovation project will take many months to complete. It is anticipated the lake will be drained, relined, refilled and ready for use by late June or early July 2023. Please note that all communications regarding this project must be brought to the attention of General Manager Bill Cook in order to coordinate with the contractor, the Lakeview Homeowners Association, and RCSC project management staff.

All privately owned boats must be removed from the lake by July 1 as the first step. RCSC paddle boats, row boats and the boat ramp will be unavailable for Member/Cardholder use as of this date as well, and no fishing will be allowed at this facility until the project is complete.

## Candidate Packets Available June 6

RCSC Members interested in running for the Board of Directors will be able to obtain Candidate Packets starting Monday, June 6, 2022 at the Corporate Office at Lakeview Center. These packets must be picked up in person and you must present your valid RCSC Member Card.

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

The three open positions on the ballot this year are currently held by Vice President Mike Ege, Treasurer Darla Akins, and Director Steve Collins.

The RCSC Elections Committees invites any Member with questions about serving on the Board such as the duties, responsibilities and time commitment required to attend an upcoming Candidate Information Meeting on Monday June 6, 2022. There will be two sessions – one at 9am and the other at 1pm – for your convenience. These meetings will be held in Lakeview Social Hall #2 and registration is required by calling 623-561-4600.

This is a great opportunity to find out exactly what's expected of you before you become a candidate, and you'll get the opportunity to speak to several current and former Board members regarding their experiences serving on the Board.

RCSC will continue to provide periodic updates about this project and wish to remind everyone that this will be an active construction site with barrier fencing installed to prevent entry.

Once the drainage process begins, water will be pumped to the Lakes West Golf Course to meet their irrigation needs during the overseeding process this fall.

After the lake is drained, work will be done in phases per the diagram below starting from the southeast portion and working counter-clockwise through the process. All construction traffic will access the lake via 105th Avenue from Thunderbird Blvd., using the existing RCSC boat ramp and will not impact any residential street traffic.

*Below shows the three phases of work. There will be Chain Link Fencing along Cameo Dr and along the shoreline at Lakeview Center and the Hillside Park area on the south edge of the property.*



Construction ingress/egress at 105th

Additional provisions are being made to relocate waterfowl and various wildlife from the area, and all existing fish habitat within the lake will be removed and replaced during the project, including use of some debris materials from the demolition work that will occur.

Meeting the demands of continued water conservation requirements means we can rest assured that all is being done to meet our future needs.

## Summer Hours Return to Lakeview • Oakmont • Mt. View

Memorial Day thru Labor Day

Sunday 8am - 7pm | Monday-Saturday 6am - 8pm

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

Email addresses  
remain confidential

## INDEX

News   Events	Page 01-03
Board News	Page 02
Club Directory	Page 04-05
Golf   Bowling	Page 06
Community News   Events	Page 07
Fitness   Monitored Activities	Page 08

NOTE: The Cardholder Services Office at Lakeview will be open from 9am until on Saturday, June 4, 2022 to assist those who unable to visit the office during the week. Due to the Independence Day holiday, this office will instead be open on July 9, 2022.

Connect with Sun City AZ





*A Message from Board President Lehrer*

## Change is Happening; Misinformation Only Muddies the Process

### 2022 RCSC Board of Directors

Phone: 623-561-4620

email: [boardoffice@suncityaz.org](mailto:boardoffice@suncityaz.org)

**Dale Lehrer, President**

email: [dlehrer@suncityaz.org](mailto:dlehrer@suncityaz.org)

**Michael Ege, Vice President**

email: [mege@suncityaz.org](mailto:mege@suncityaz.org)

**Allan Lenefsky, Secretary**

email: [alenefsky@suncityaz.org](mailto:alenefsky@suncityaz.org)

**Darla Akins, Treasurer**

email: [dakins@suncityaz.org](mailto:dakins@suncityaz.org)

**Steve Collins, Director**

email: [scollins@suncityaz.org](mailto:scollins@suncityaz.org)

**Kat Fimmel, Director**

email: [kfimmel@suncityaz.org](mailto:kfimmel@suncityaz.org)

**Karen McAdam, Director**

email: [kmcadam@suncityaz.org](mailto:kmcadam@suncityaz.org)

**John Nowakowski Director**

email: [jnowakowski@suncityaz.org](mailto:jnowakowski@suncityaz.org)

**Sue Wilson, Director**

email: [swilson@suncityaz.org](mailto:swilson@suncityaz.org)

After several months and just a bit of a rocky start, I think we can all agree that there have been a number of improvements as we reach the half-year point. Dialogue between RCSC Members and the Board of Directors continues to improve. The Member/Board Exchange is still a work in process, but I am confident that your input matters and every item and suggestion will be acted upon as appropriate.

Several changes have already been implemented based upon Member suggestions and many processes have been started which in the long run will help to resolve a number of issues; however, this type of work is incredibly time-consuming, and we must all relax and continue to remember that nothing can be fixed overnight.

The RCSC Ad Hoc Bylaws Committee's work is underway. While review is progressing along nicely, this group needs dedicated time to brainstorm and debate. There is little to report at this time, but they will continue to formulate recommendations over the summer for presentation to all for consideration and comment.

While transparency is what we're striving for and we hear your concerns, it is next to impossible to include everyone in every discussion until ideas are formulated and options for solutions have been determined. Please know nothing is being done or decided without review and many hours of discussion. Your input will be requested when the time is right.

Too often misinformation, disinformation, half-truths, and fake news muddy the waters, causing turmoil and distress for many. It would be really nice if this could stop. Things are changing, but it takes time. Those who proclaim doom and gloom, insisting

there are hidden agendas and secret meetings should consider the tremendous amount of work that is involved to make such changes.

Your patience and understanding will help the process. The bottom line is you won't get the right answer if you don't ask the right question. Taking every statement made by anyone at face value or as the gospel truth is simply foolish and short-sighted. It's complicated and we are doing our best to keep everyone informed – when the time is right and we have the answers.

There is always room at the table. If you feel that you have the knowledge and skills required to become an RCSC Board Director, I encourage you to attend one of the Informational Sessions that will be held on Monday, June 6 in the Lakeview Social Hall #2. There will be two sessions (at 9am and 1pm) with advanced registration required by calling the Corporate Office at 623-561-4600. Find out what it takes to truly be involved and work to help make a difference instead of just making demands and sometimes unrealistic expectations. Candidate packages may be picked up in person beginning on Monday, June 6 and you must present your RCSC Member Card.

You're welcome to really get involved, not just comment on your concerns and feelings.



**Dale Lehrer**  
2022 RCSC Board President

## This Month @ The Board

### RCSC Board of Directors Meetings

Member/Board Exchange	Monday, June 13, 2022 @ 9am	Sundial Auditorium
Board of Directors Meeting	Thursday, June 30, 2022 @ 9am	Sundial Auditorium
Committee Meetings:		
Sun City AZ in Focus Committee	Tuesday, June 14, 2022 @ 9am	Lakeview Board Room
Golf Advisory Committee	Thursday, June 16, 2022 @ 8:30am	Lakeview Social Hall #2
Long Range Planning Committee	Monday, June 20, 2022 @ 8:30am	Lakeview Board Room
Elections Committee	Wednesday, June 22, 2022 @ 1pm	Lakeview Board Room
Properties Committee	Tuesday, June 28, 2022 @ 9am	Lakeview Board Room


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



### “Neighbors Helping Neighbors”

The next Sun City Foundation meeting will be held on Thursday, June 9, 2022 at 1:00pm in the Lakeview Social Hall #1.

# BLOOD DRIVE



**Sun City Visitors Center  
BLOOD DRIVE**

Thursday, June 16 & Friday, June 17, 2022  
8:00 am - Noon


Bloodmobile in Loading Zone

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


All May 27 – Sept. 9 blood donors will be automatically entered to win a 2022 VW Taos S, donated by our Valley Volkswagen dealers.

**GIVE BLOOD TODAY | [vitalant.org](http://vitalant.org)**  
Eligibility questions? Call 877.258.4825

6/16



6/17



*Sun City AZ Rocks with Hot Music in Cool Comfort*



# Americana

**Wednesday, June 15, 2022**  
Show 7pm; Doors Open 6pm  
@ Sundial Auditorium (103rd & Boswell Blvd)

**Free for RCSC Members/Cardholders & their guests!**  
RCSC Member or Privilege Card (with photo) required for entry; no key fobs accepted.

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

**General Admission with Dancing in East & West Halls**

*Americana features four fantastic vocalists performing timeless songs that celebrate an era of lasting classics from North American singers and songwriters like Simon & Garfunkel, Mamas & Papas, James Taylor, The Carpenters, Jim Croce, Linda Ronstadt, Eagles, Crosby, Stills & Nash, and many more. Just sit back and relax!*



THE WALKENS

**Wednesday, July 13, 2022**  
Show 7pm; Doors Open 6pm  
@ Sundial Auditorium (103rd & Boswell Blvd)

*Get ready for another great evening of music in the cool Sundial Auditorium as we welcome The Walkens back to Sun City AZ. A guaranteed crowd-pleaser, this band promises a little bit of everything – from Top 40 to country to classic rock, Motown and more. There will be plenty of room for dancing in the east and west halls of this facility. Some online review and comments: "Five stars are not enough! The Walkens are absolutely the best!" "Wow!" Don't miss it!*



- RCSC Corporate Office**  
Lakeview Center  
10626 W. Thunderbird Blvd.  
623-561-4600  
Hours: Monday - Friday 7:30am to 4pm  
[www.suncityaz.org](http://www.suncityaz.org)
- Cardholder Services Office**  
Lakeview Center • 623-561-4603  
Hours: Monday - Friday 8:30am to 4pm  
1st Saturday each month: 9am to noon
- Chartered Clubs Office**  
Lakeview Center • 623-561-4660  
Hours: Monday - Friday 8:30am to 4pm
- Events & Entertainment Office**  
Sundial Center • 623-561-4680  
14801 N. 103rd Ave.  
Hours: Monday - Friday 8am to 4pm

- Recreation Centers**
- Bell Center:** 623-876-3040  
16820 N. 99th Ave.
  - Fairway Center:** 623-876-3044  
10600 W. Peoria Ave.
  - Grand Center**  
10415 W. Grand Ave.
  - Lakeview Center:** 623-561-4675  
10626 W. Thunderbird Blvd.
  - Marinette Center:** 623-876-3054  
9860 W. Union Hills Dr.
  - Mt. View Center:** 623-876-3042  
9749 N. 107th Ave.
  - Oakmont Center:** 623-876-3046  
10725 W. Oakmont Dr.
  - Sundial Center:** 623-876-3048  
14801 N. 103rd Ave.
  - Sun Bowl Amphitheatre**  
10220 N. 107th Ave.  
(weather recording)  
623-972-6014
  - Softball Field**  
10220 N. 107th Ave.
  - 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.

# Ring That Bell



*“A True Sun City AZ 4th of July Tradition”*

**Monday, July 4, 2022**  
**Bell Center Social Hall**  
**Presentation & Video at 9am**

Then join us outdoors to “Ring That Bell” with Uncle Sam!

**Picnic with DJ Music & Dancing in Bell Lanes**  
Free\*\* Bowling, Darts, Billiards & Shuffleboard @ Bell Lanes only from 11am-2pm;  
Lunch available from George’s Cafe served 11am-1pm

**BBQ Pork Sandwich, Chips & Water for \$8**  
Donations from this event (including \$1 from each lunch) will benefit the Sun City Foundation - “Neighbors Helping Neighbors”

**\*\* Free for RCSC Cardholders & their escorted guests \*\***  
Be prepared to show RCSC Member or Privilege Card; no key fobs.  
Red, White & Blue clothing encouraged!





Thoughts from a Pro -

## Topping the Ball

One of the most common problems newer golfers have is topping the ball. A topped shot rolls along the ground instead of lofting in the air and therefore doesn't go very far. Unfortunately topping the ball tends to be a catch 22 of sorts. The more a person tops the ball the more desperate they become in trying to lift the ball up, usually making the problem worse!

To get the ball to loft in the air it must hit the "sweet spot" of the club which is in the middle of the club face. This is the part of the club that is lofted so that when the ball contacts it, it lifts. On a topped shot the ball hits the bottom edge of the club instead. In understanding how to loft the ball into the air one needs to learn to let the "club do the work". In other words, the club head is weighted and so you must let gravity help you let the club head swing low enough to brush the grass.

The trick is to be light enough with your grip pressure to allow the bottom of the club to "swish" through the grass.

For successful practice, choose a high numbered iron: 7,8,9, PW. Take a few 1/2 swings (approximately waist high) with a light grip and relaxed arms letting the head of the club feel heavy in your hands. The heavier it feels the easier it will be to brush the grass as you swing. You can also try making those same swings brushing a tee. If you are easily hitting the tee, you are ready for the ball! Put the ball on the tee trying the same drill, 1/2 swing with no tension. Remember, for the ball to lift the bottom of the club needs to be contacting the tee so the ball will be hitting the sweet spot. As this begins to work consistently start lowering the tee until the ball is sitting on the grass. Don't get frustrated if hitting without the tee is difficult at first...this takes some time!

Remember as you gain confidence, relaxing becomes easier and soon topping the ball becomes an occasional miss instead of the norm.

*Robin Eichten is and LPGA Life Member and Certified Teacher. She has been teaching in the Sun City area since moving to Arizona from Minnesota in 1994. For lesson info/signup call or text Robin at 623-322-6300 or email to golfinwithrobin@aol.com*

## RCSC Bowling Centers

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

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

Billiards at Lakeview Lanes,  
too!

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

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

Darts, Shuffleboard & Billiards  
at Bell Lanes!



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

## Same great food now at two Sun City AZ locations!



Stop by & check out our Daily Specials

### Breakfast Special

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**



### RCSC's 8 Golf Courses

Lakes East: (623) 876-3023  
Lakes West: (623) 876-3020  
10433 Talisman Rd

North: (623) 876-3010  
12650 N. 107th Ave.

South: (623) 876-3015  
11000 N. 103rd Ave.

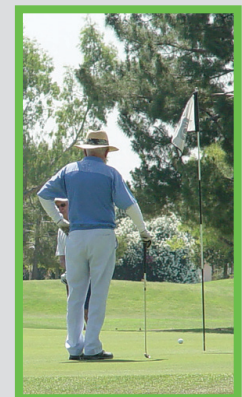
Riverview: (623) 876-3025  
16401 N. Del Webb Blvd.

Willowbrook: (623) 876-3033  
Willowcreek: (623) 876-3030  
10600 W. Boswell Blvd.

Quail Run: (623) 876-3035  
9774 W. Alabama Ave.

**RCSC's 5 Snack Shops**  
Menu Available at  
suncityaz.org/golf/snack-shops/

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



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 Day - 602-818-1470 or email: 1day2bettergolf@cox.net
- Robin Eichten - 623-322-6300 or email: golfwithrobin@gmail.com
- Shane Crosley - 702-715-1560 or email: shanecrosley@gmail.com

### Volunteer Ranger Program

For more information about joining our program, please contact Chris Linam, Pro Shop Manager, at 623-876-8419 or email clinam@suncityaz.org. Next meeting is Thursday, September 29, 2022 at 1pm in Talisman Hall.

## 2022 Aerification/Vericutting Dates

Golf Course will be closed (including Snack Shop)

### Fairways Aerification

Monday-Tuesday	May 16-17	Willowcreek
Thursday-Friday	May 19-20	Willowbrook
Monday-Tuesday	May 23-24	Lakes West
Thursday-Friday	May 26-27	Lakes East
Thursday-Friday	June 2-3	Riverview
Monday-Tuesday	June 6-7	North
Thursday	June 9	Quail Run
Monday-Tuesday	June 20-21	South

### Greens Aerification

Thursday-Friday	June 23-24	Willowbrook
Mon-Tues-Wed	June 27-29	Willowcreek
Thursday-Friday	June 30-July 1	Lakes East
Tues-Wed-Thurs	July 5-7	Lakes West
Mon-Tues-Wed	July 11-13	Riverview
Mon-Tues-Wed	July 18-20	North
Mon-Tues	July 25-26	Quail Run
Mon-Tues-Wed	August 1-3	South



JUNE FACTS	OUR FACTS
JUNE is thought to have been named for the Roman goddess Juno, patroness of marriage and the well-being of women	Books Around the Corner was named to describe where the Friends Bookstore is —just around the back corner of the Sun City Library at the Bell Recreation Center.
June 1 is SAY SOMETHING NICE DAY	The Friends of the Sun City Libraries, Inc. would suggest you say to your best friend, "Let's go shopping at Books Around the Corner."
June 5 is WORLD ENVIRONMENTAL DAY—a day meant to raise environmental awareness around the globe.	June 5, 2022, is a Sunday; the Bookstore is closed. On June 4, June 6, or any other weekday for that matter, Books Around the Corner is open from 9:30am to 3:30pm, with an ample supply of environmental books.
June 6 is NATIONAL YO-YO DAY.	Yo-Yos are not available in the Bookstore or Library; however, celebrate the day by finding your childhood one buried in your old treasures. After frustratingly trying to make it work, relax with a good book.
June 14 is FLAG DAY.	Proudly display your flag on this day and all holidays, following Flag Procedures at <a href="https://www.dav.org">https://www.dav.org</a> , or similar site. If your flag needs replacing, both Libraries have flag disposal boxes for your old flag.
June 19 is JUNETEENTH, also known as Freedom Day or Emancipation Day. The newest federal holiday celebrates the freedom of enslaved people in the United States at the end of the Civil War. For more than 150 years, African American communities have observed this holiday.	June 19, 2022, is a Sunday; therefore the holiday will be celebrated on Monday, June 20. Both Libraries and the Bookstore will be closed in observance of the holiday.
June 19 also is FATHER'S DAY. It is celebrated on the third Monday in June, which coincidentally is Juneteenth this year.	In honor of fathers, Books Around the Corner is having a half price sale on all books by male authors for the entire month of June.
June 20 is the SUMMER SOLSTICE, the start of summer in the Northern Hemisphere, and the day with the most hours of daylight.	Celebrate summer by getting a book by your favorite author from the Bookstore or Library (prior to June 20 since they are closed that day), take the book to the park, curl up on a comfortable bench, and enjoy it. If the park is too warm, enjoy summer by viewing it through a window from your air conditioned home.
June 21 is GO SKATEBOARDING DAY.	This activity is not recommended for Sun City residents. Alternatively, see above.

Stop by Books Around the Corner Bookstore at Bell Center  
 Monday - Saturday: 9:30am to 3:30pm  
 Great Selection, Great Prices, Great Gift Ideas for Dads & Grads

## Water Conservation Efforts to Conserve Help Future Water Supply

"How can they keep building houses and where is the water coming from?" That's a question frequently asked by many as the metropolitan Phoenix area continues to grow in every direction.

It is interesting to note that the state of Arizona actually uses less water today than in the past. According to the Arizona Department of Water Resources, Arizona used about 7.1 million acre-feet of water back in the 1950s. By 2017, this figure dropped to 7.0 million acre-feet. (An acre-foot is about 326,000 gallons of water, or the volume needed to cover one acre of land with water).

So while the demand for water in Arizona has fluctuated over the years, today is essentially leveled out, even though the population has grown from about 1 million to 7 million within the last 50 years.

Many of today's appliances and fixtures – washing machines, dishwashers, faucets, showerheads, sprinklers, toilets, and more have all become more water-efficient. And we have all been doing our part to make water conservation a way of life. Daily water-saving practices - small things over time – have saved thousands of gallons of water annually.

Water management practices has been in place for decades and the planning is paying off now, in spite of the continued drought we are experiencing. But the more water conscious we are today, the more water we will have for future generations.

Let's keep up the good work!



## 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

## Machines vs Free Weights: Which is Better?

"This is a question we hear quite often," states Jane Fortier, personal trainer and co-owner of Get Fit for Life. "Both forms of exercise have advantages and disadvantages. Which is most appropriate, would be a better way to state the question."

Strength Machines work on a fixed path, which makes it easier to execute the movement with correct form, even when muscle-fatigue sets in. While this is an advantage, it also becomes a weakness. The fixed movement path makes it difficult to work important stabilizing muscles or utilize different planes of motion. Machines are more efficient at isolating muscle groups, which is important for rehabbing from an injury or focusing on a particular part of the body. They are user friendly, but invite serious injury if appropriate weight and proper form are not maintained. Machines have usage limitations – a person might be too tall, too short, or too heavy for pivot-point adjustments.

Here are a few other pros for Strength Machines:

- Machines can make more efficient use of space, in a gym where there are lots of people exercising at the same time.
- Working with Machines can be faster timewise. Changing the load is usually more efficient and quicker than going to a weight rack and selecting different free weights to use for the next set.
- With proper introduction and guidelines, a novice lifter will find Machines to be safer and easier to maneuver than free weights

Free Weights have greater carry over to what the body does in daily living – they are functional in nature. Movements can be completed in different planes of motion. Since the body is responsible for creating and supporting the range of motion, Free Weights involve stabilizing muscles, as well as moving muscles. Learning how to perform each exercise takes time and skill. Precise technique, form, posture and concentration is required to target muscles correctly and avoid injury. Free weights are versatile, convenient and portable. They are great to use in the gym, or any other location.

Here are a few other pros for Free Weight exercises:

- Free Weight exercises, by their very nature, mimic neurological patterns of actual fitness and sports skills, much better than exercises done with Machines.
- Free Weights are less expensive and take up less storage space than Machines. They are practical for a home workout, travel workout, or when visiting a new gym with unfamiliar Machines.
- Free Weights recruit more of the smaller, helper muscles. These muscles are important for balance and stability. You can perform an exercise to target just about any large or small muscle group with Free Weights

"As aging adults, issues like arthritis, osteoporosis, joint replacements, back surgeries and rotator cuff problems will dictate whether Machines or Free Weight exercises should be used," states Fortier. "Sometimes combining both is the best solution. Using a personal trainer to determine the safest and most effective exercises for a workout is definitely worth the investment. Sun City Fitness Centers have excellent Machines and an extensive selection of Free Weights to accommodate either form of exercise."

To find out more about personal training services in the Fitness Centers of Sun City, call Get Fit for Life at 623-696-6820 or visit Get Fit for Life, Sun City, on Facebook.

## MONITORED ACTIVITIES

<b>Basketball</b>	Minimum Age: 8	<b>Pickleball</b>	Minimum Age: 8
Marinette Center	M-Sa: 6a-8p; Su: 8a-8p	Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
<b>Billiard Tables</b>	Minimum Age: 14	Mountain View: Outdoor	M-Sa: 6a-8p; Su: 8a-7p
Bell Lanes	M-Sa 8a-8p; Su 12-7p (5/1-8/31)	<b>Racquetball/Whisperball</b>	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	
<b>Bingo</b>	Minimum Age: 18	<b>Shuffleboard</b>	Minimum Age: 8
Sundial Center	On Summer Hiatus; Back in September Thursdays: Doors Open 4:30p; Bingo 6:15p \$9 all 18 games w/3 special games	Bell Lanes: Indoor	M-Sa: 8a-8p; Su: Noon-7p
<b>Boating/ Fishing</b>	Minimum Age: 6/NA	Lakeview: Outdoor	M-Sa: 6a-8p; Su 8a-7p
Lakeview Center	M-Sa: 6a-8p; Su: 8a-7p (or Dusk)	<b>Spas</b>	Minimum Age: 16/18*
<b>Bocce Courts</b>	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
<b>Bowling Lanes</b>	Minimum Age: 4	Lakeview Center	M-Sa: 6a-8p; Su: 8a-7p
Bell Lanes	M-Sa 8a-8p; Su 12-7p (5/1-8/31)	Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Oakmont Center	M-Sa: 6a-8p; Su 8a-7p
<b>Dog Parks</b>	Minimum Age: NA	Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p
Duffeeland	May - September 6am-8pm Closed last Wed/month for Maintenance	<b>Swimming Pools - Open Swim Hours</b>	
<b>Darts</b>	Minimum Age: 8	<b>Bell Center - 18+ only</b>	Minimum Age: 18
Bell Center	M-Sa 8a-8p; Su 12-7p (5/1-8/31)	Lap Pool: M-Sa: 5a-9p; Su 8a-8p; Closed for Club/Class: M-F 7-9a	
<b>Fitness Centers</b>	Minimum Age: 14*	Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p	<b>Fairway Center</b>	Minimum Age: 16
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	Lap Pool: M-Sa: 5a-9p; Su 8a-8p	
Lakeview Center	M-Sa: 6a-8p; Su 8a-7p	Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	<b>Lakeview Center</b>	Minimum Age: 4-15*/16
Mountain View Center	M-Sa: 6a-8p; Su 8a-7p	M-Sa: 6a-7p; Su 8a-7p; Closed for Club/Class: W 8-10a (April-Oct only)	
Oakmont Center	M-Sa: 6a-8p; Su 8a-7p	Children's Pool Hours - Ages 4-15 yrs: Daily 4p-Close*	
Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p	<b>Marinette Center</b>	Minimum Age: 4-15*/16
<b>Horseshoe Courts</b>	Minimum Age: 12	M-Sa: 6a-9p, Su: 8a-8p; Closed for Class: M-Tu, Th-F 8-9am (ends 6/24)	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Children's Pool Hours - Ages 4-15 yrs Daily 1-4p*	
Mountain View Center	M-Sa: 6a-8p; Su 8a-7p	<b>Mountain View Center</b>	Minimum Age: 4-15*/16
<b>Jogging / Walking Track</b>	Minimum Age: 14	M-Sa: 6a-7p; Su 8a-7p; Closed for Class: M, Th 9-10a; T, F 8-10a (ends 6/24)	
Indoor		Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p*	
Fairway Center	M-Sa 5a-9p; Su: 8a-8p	<b>Oakmont Center</b>	Minimum Age: 16
Sundial Center	M-Sa only: 6a-8a	M-Sa: 6a-7p; Su 8a-7p	
Outdoor	Minimum Age: 8	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, Swim Lanes closed (ends 6/24)	
Sun Bowl	Dawn to Dusk	<b>Sundial Center - 18+ only</b>	Minimum Age: 18
<b>Library (602) 652-3000</b>		<b>Large Pool:</b> M-Sa: 6a-9p; Su: 8a-8p; Closed for Class: M, Th 9-10a (ends 6/24)	
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p	W 8:30-10a for Swim Lessons (Nov-Mar only)	
Books Around the Corner Store-BC	M-Sa 9:30a-3:30p	<b>Warm Water Pool:</b> M-Sa: 6a-9p; Su 8a-8p; Closed for Class: T/Th 12-2p;	
Fairway Center	M-Sa: 9a-5p	Closed for Class M Tu, Th F 10a-12p, 4:30-6:30p (ends 6/24)	
<b>Mini Golf</b>	Minimum Age: 6	<b>Table Tennis</b>	Minimum Age: 8
Bell Center	M-Sa: 6a-9p; Su: 8a-8p	Bell Center: M-Sa: 6a-9p; Su: 8a-8p;	
Lakeview Center	M-Sa: 6a-8p; Su 8a-7p	Closed for Club Activity: M 10a-3p; W F 10a-4p; Tu Sa: 10a-12p	
Mountain View Center	M-Sa: 6a-8p; Su 8a-7p	<b>Tennis</b>	Minimum Age: 8
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	
		Mountain View: 623-876-3042 M-Sa: 6a-7p; Su 8a-7p	

## Strength Machine Group Demonstrations

\*\* On Hiatus for the Summer; Return in September \*\*

Personal Training Sessions continue to be available in June, July & August,  
Call Get Fit for Life to schedule!

## 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