

SUN VIEWS

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New Web Portal Set to Launch Mid-September

To take advantage of enhanced capabilities that will be available in the future, RCSC intends to launch a new Web Portal in mid-September. All existing Web Portal Users will be required to reactivate their accounts on the new Portal and a unique email address must be on file with Cardholder Services for each Portal user (shared email addresses will not be supported on the new Portal). **NOTE: Existing portal users will receive an email when the new Portal is being launched.**

All of the same features found on the current Web Portal will be available on the new Portal, and we look forward to bringing you new features in the future.

To get started, RCSC Cardholders can access the web portal from the www.suncityaz.org website (top menu, far right – Portal Login).

New Portal users for the first time will select the yellow box "ACTIVATE YOUR ACCOUNT HERE" and enter their RCSC Member or Privilege Card Number. On the following screen, enter your RCSC ID Number again, check "I'm not a robot" and select SEND ACTIVATION.

SUN CITY ARIZONA
RECREATION CENTERS OF SUN CITY

Welcome to the New
Recreation Centers of Sun City Portal.

Passwords from the old RCSC Web Portal will no longer work as of August / 2022.

First time on the New Portal?
ACTIVATE YOUR ACCOUNT HERE

Returning User Log In Here

RCSC Card Number
This field is required.

Password

REMEMBER ME

LOGIN

FORGOT PASSWORD?

107925

New Password

Confirm Password

CHANGE PASSWORD CANCEL

You will then receive an email at the address on file with Cardholder Services. This email will contain instructions on completing the activation process, including selection and confirmation of a Password (must be at least seven (7) characters long and not a previously used password).

seven (7) characters long and not a previously used password.

Return to the Login Page to access the RCSC Web Portal with these newly activated credentials. After entering your MemberID and new password, you will come to the new RCSC Web Portal Home page.

Here you will find access buttons to pay your annual assessment, book a tee time, submit a lottery request, update your email preferences, view your purchases/winnings and purchase guest passes online.

From the top menu, you can access these same items as the buttons, as well as the monthly Movie schedule, Golf Calendar, etc. Online instruction will be available under HELP and FAQs to help you navigate various functions. If you need further assistance, use the CONTACT feature to submit an email and staff will respond as soon as possible.

At this time, you will continue to use the existing portal. Notification will be sent to Members/Cardholders via RCSC News Email Alerts when the exact launch date is determined. Your assistance and patience during this transition is appreciated.

VOTE 2022

RCSC Board of Directors Election
Tuesday, December 13, 2022

Office for those interested in running for one of three seats being vacated. RCSC Member Cards (with photo) must be presented and you must meet all of the requirements as found in the RCSC Bylaws – Article VII, Section 4. Packets must be returned no later than Friday, October 7, 2022 by noon.

Two candidate forums are scheduled this year, both in the Sundial Auditorium. The first will be held on Wednesday, October 19, 2022 from 2-4pm and another the following week on October 26, 2022 from 6-8pm. Members are invited to meet and greet the candidates one-half hour prior to each forum session and light refreshments will be served.

Online voting in this year's election will begin on Monday, November 7, 2022 at 8am via the RCSC Web Portal. Absentee ballots may also be requested starting this date by contacting the Corporate Office at Lakeview (623-561-4600). In-person voting will be held on Election Day (Tuesday, December 13, 2022) from 8am-4pm in Lakeview Social Hall #2, located at 10626 W. Thunderbird Blvd. and the Sundial Auditorium is located at 14801 N. 103rd Ave.

RCSC Members are reminded that Candidate Packets continue to be available at the Lakeview Corporate/Board

2023 Sundial Winter/Spring Concert Series



Get ready for another great season of amazing concerts with reserved seating in the Sundial Auditorium.

Season ticket packets are scheduled to go on sale **Monday, October 17, 2022**

Visit <https://suncityaz.org/recreation/concerts/> for the complete line-up, links to acts, etc.



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

Email addresses
remain confidential

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NOTE: All RCSC Offices closed on Monday, September 5, 2022 in honor of Labor Day. Cardholder Services will instead be open on Saturday, September 10, 2022 to assist those who unable to visit the office during the week.

Connect with Sun City AZ





A Message from Board President Lehrer

Water Usage Facts “Muddled” in Recent AZ Republic Article

The Arizona Republic recently published an article entitled “Water Hazards; Penalties lacking as golf courses exceed allotments” which claimed that golf courses are using more water than allocated by the Arizona Department of Water Resources (ADWR). The RCSC Lakes East golf course was specifically called out for overuse.

RCSC reviewed the Lakes East usage statistics highlighted in the article and determined that the numbers are incorrect. The Arizona Republic combined usage for BOTH Lakes East AND Lakes West and compared the combined usage to ONLY the ADWR water allotment for Lakes East. Due to this error the water usage graph in the article is greatly exaggerated. In addition, the article alludes that the golf industry in general is not applying any conservation efforts in its practices. However, it fails to mention that Sun City AZ has been extremely diligent in its water conservation efforts on its golf courses through numerous conservation projects completed since 2006. It also does not mention the budget approved for further conservation projects such as turf removal, irrigation upgrades, lake liner replacement and low water use plant conversion. In response, RCSC General Manager Bill Cook submitted the following Op-Ed (opposite the editorial page) to the Arizona Republic to clarify this disinformation, which I would like to share with you.

Sun City was built during a time when Arizona was considered to be the Wild West. The State population was a mere 1.3 million and there was plenty of water to go around with few limitations on usage. Golf courses were built with hundreds of acres of wall-to-wall grass and lakes were built with beauty in mind with little regard for conservation. That was 1960.

Today all Arizonans are very aware of the finite nature of our water resources, and Sun City and the Recreation Centers of Sun City, Inc. (RCSC), the owner and operator of all Sun City recreational facilities, are at the forefront of implementing water conservation measures. Since 2006, RCSC has invested nearly \$14.0 million in golf course water conservation projects including turf reduction, irrigation upgrades and low water use plant conversion. In addition, RCSC’s Board has approved RCSC’s budget of an additional \$20.0 million in similar projects in addition to the relining of its lake at a cost of \$8.0 million.

Sun City and the RCSC are not taking water conservation lightly! From 2004 to 2009 RCSC’s golf courses underused their Arizona Department of Water Resources’ (ADWR) water allocation by an average of 133.94 acre-feet per year. However, RCSC was seeing

increased water usage from its Lakes East golf course well. After an engineering study was completed, it was determined that the RCSC Viewpoint Lake, which stores irrigation water for RCSC golf courses, was leaking. The repair estimate was over \$9.0 million, which RCSC did not have. As a result, a request for administrative relief was submitted to ADWR, who in turn granted the relief. This allowed RCSC to exceed its ADWR water allocation with no penalty provided that a plan was developed to continue water conservation.

Today RCSC has saved enough funds to reline Viewpoint Lake with construction expected to be complete by 2023. In addition, RCSC has budgeted numerous conservation projects including the reduction of over 200 acres of turf, the replacement of the remaining, aging irrigation systems and the replacement of current Bermuda grass with a more drought resistant turf.

Since its peak usage in 2012, it is estimated that RCSC has saved nearly 16% in water consumption through the \$14.0 million already spent on water conservation projects. With the implementation of future conservation measures, RCSC expects to reduce water consumption by an additional 15-20% allowing it to meet and exceed the more stringent water allocation by ADWR’s 5th Management Plan. This equates to over 1,800 acre-feet per year; enough to supply 5,400 homes.

RCSC is doing its part to be a leader in water conservation to ensure the viability of the oldest active adult community and our great State, and to suggest otherwise, as Balint Fabok did in the recent Arizona Republic article, is simply mistaken.



Dale Lehrer
2022 RCSC Board President

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

This Month @ The Board

RCSC Board of Directors Meetings

Member/Board Exchange

Monday, September 12, 2022 @ 9am

Sundial Auditorium

Board of Directors Meeting

Thursday, September 29, 2022 @ 9am

Sundial Auditorium

Committee Meetings:

Bowling Committee

Thursday, September 1, 2022 @ 9am

Lakeview Board Room

Sun City AZ in Focus Committee

Tuesday, September 13, 2022 @ 9am

Lakeview Board Room

Lawn Bowling Committee

Tuesday, September 13, 2022 @ 1pm

Lakeview Board Room

Club Organization Committee (COC)

Wednesday, September 14, 2022 @ 10am

Lakeview Board Room

Technology Committee

Wednesday, September 14, 2022 @ 4pm

Lakeview Board Room

Golf Advisory Committee

Thursday, September 15, 2022 @ 8:30am

Lakeview Social Hall #2

Long Range Planning Committee

Monday, September 19, 2022 @ 8:30am

Lakeview Board Room

Elections Committee

Wednesday, September 28, 2022 @ 1pm

Lakeview Board Room

The following committee(s) do not have meetings scheduled this month: Finance & Budget, Insurance, Properties



“Neighbors Helping Neighbors”

The next Sun City Foundation meeting will be held on Thursday, September 8, 2022 at 1:00pm in the Lakeview Social Hall #1.

2022 Fall Sun Bowl Concerts

**** Free for RCSC Members/Cardholders & their Escorted Guests ****

The Hamptons

Sunday, Sept 25, 2022 @ 7pm

Kick-off the Sun Bowl fall shows with an encore performance as we welcome back The Hamptons – Voted best live band in Arizona! From today's hits to the oldies everyone knows by heart, great ready for a great evening of super entertainment right here in Sun City AZ!



Sun Bowl stage – from everyone's favorite kings & queens of country to musical outlaws, urban cowboys, and honky-tonk heroes. Whether you're a fan of "The Man in Black" or want to hear about "Friends in Low Places," you this show is a must-see!

Rhythm Edition

Sunday, Oct 23, 2022 @ 6:30pm

"The ultimate party band" returns to the Sun Bowl promising an evening of fabulous live music under the stars in the best outdoor venue right here, close to home. Need we say more?



Heartbeat

Sunday, Oct 2, 2022 @ 6:30pm

Let's keep the dance floor rockin' with Southern Arizona's most popular oldies band! Heartbeat is like a cross between a musical time machine and the best classic rock radio station from back in the day. This evening promises a nostalgic musical journey through time with the classic rock hits from the 1950s to the 1980s.

The 8-Tracks

Sunday, Oct 30, 2022 @ 6:30pm

Get ready for fun as the greatest oldies rock & roll band covering the entire state of Arizona returns to Sun City AZ for an evening of non-stop entertainment as we travel back in time through the '50s and '60s, singing and swinging to the songs you love, songs that are so much a part of our lives.



Cosmic Shindig

Sunday, Oct 9, 2022 @ 6:30pm



Let's welcome Cosmic Shindig to Sun City AZ – who promise a healthy dose of rock and roll favorites, a good excuse to get up and do the hippy shake – while guaranteeing that good times will be had by all. Literally translated as "a party for the universe," Cosmic Shindig is five friends who seamlessly meld their respective talents into one giant musical juggernaut. And like the cosmos itself, this band's repertoire is always expanding. This is most definitely a performance you don't want to miss.

Veteran's Day Tribute

Sunday, Nov 6, 2022 @ 4pm **

Due to the overwhelming positive responses received, RCSC is honored to bring back to the Sun Bowl stage our very own Sun City Concert Band and Women's Chorus to honor the men and women who have selflessly served our country. This special afternoon performance is sure to please both patriots and music fans alike. Wear your best red, white, and blue 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. Also, there will NOT be food vendors at this event.

Nashville Gold

Sunday, Oct 16, 2022 @ 6:30pm

Get ready to stomp your boots and sing along as Nashville Gold brings the music of the greatest country artists of all time to the

**The Sun Bowl is located
just south of Peoria Ave on 107th**

FMI visit www.suncityaz.org/recreation/concerts/

SUN CITY ARIZONA

RCSC Corporate Office

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

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

www.suncityaz.org

Cardholder Services Office

Lakeview Center • 623-561-4603

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

Chartered Clubs Office

Lakeview Center • 623-561-4660

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

Events & Entertainment Office

Sundial Center • 623-561-4680

14801 N. 103rd Ave.

Hours: Monday - Friday 8am to 4pm

Recreation Centers

Bell Center: 623-876-3040

16820 N. 99th Ave.

Fairway Center: 623-876-3044

10600 W. Peoria Ave.

Grand Center

10415 W. Grand Ave.

Lakeview Center: 623-561-4675

10626 W. Thunderbird Blvd.

Marinette Center: 623-876-3054

9860 W. Union Hills Dr.

Mt. View Center: 623-876-3042

9749 N. 107th Ave.

Oakmont Center: 623-876-3046

10725 W. Oakmont Dr.

Sundial Center: 623-876-3048

14801 N. 103rd Ave.

Sun Bowl Amphitheatre

10220 N. 107th Ave.

(weather recording)

623-972-6014

Softball Field

10220 N. 107th Ave.

Duffeland Dog Park

14610 N. Del Webb Blvd.

Sun City Visitors Center

1-844-4 SUN CITY or 623-977-5000

Located in the Bell Center at
16824 N. 99th Ave.

Bring your Lawn Chair
or Blanket

Food Trucks Arrive
1-1/2 hour before show

Rain Location - Sundial
103rd & Boswell
Call 623-972-6014



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

Club Directory

Art and Craft Clubs	
Artists by the Lake: LV 315-491-9650 Artistic Stained Glass: BC 623-974-4765 Artistic Weavers & Fiber Artists: OM 320-253-3145 or oakmontfiberart.com Calligraphy: SD 623-210-9137	M-F 9a-4p; Classes & Open Painting Mem Mtg 12p 1st Tu LV SH 1 M-Sa 8a-2p; M-Th 5-8p M-F 9a-2p M 1-3p; Th & F 9a-12p Mem Mtg 3rd Th 9-11a Classes begin in October M-F 9a-12p; Member Mtgs: 1st Sat 9:30-11a GR Sonoran Rm FMI visit http://www.cameraguildsuncity.com/ Tu, Th, Sa 7:30a-12p Gourd Art, Model Construction, Wood Carving M-F 9a-3p; Sa-Su 9a-1p Mem Mtg 2nd Mon 9a
Ceramics: BC 623-974-6750 China Painting: OM 714-684-4286; FMI scpcp1@gmail.com Clay Club: GR 623-933-0899 Clay Corner: MC 623-977-3167 ClayCornerMarinette.org	M-F 9a-3p, Sa 9a-12p Mem Mtg 2nd F 9a M-F 9a-12p Member Mtgs: 1st Sat 9:30-11a M-Th 8:30a-8:30p; F-Su 8:30a-4:30p Mem Mtg 1st Wed 8a, GR Sonoran Rm M-Sa 7:30a-9p; Su 8a-6p Mem Mtg 2nd F 9a MC SH Yard Art/Lunch 3rd W 8a-9p
Crafts: BC 623-974-3497 Crafts: SD 602-882-3512 sundialcraftclub@gmail.com	M Th 9a-7p; Tu F 9a-3p; W 9a-8:30p Mem Mtg 2nd Th 11a BC SH1 Quality Control meets 1st M 1p BC MPR M 9a-1p; Tu 1-8p; W 9a-6p; Th 9a-1p; F 9a-8p; Sat 9a-3p; 1st & 3rd M 2-6p; 4th Th 2-8p Member Mtg M 9/5 at 9:30a SD Aud
Creative Quilters: LV 970-261-1798 Friendship Quilters: BC 480-414-9054; 402-721-5464	M-W-F 8a-4p; Mem Mtg 2nd F 9:30a 30th Birthday Party F 9/16, 8a-4p M, W, Sat 9a-3p 2nd Sa 9a-3p Boutique; 4th Sa 9a-3p Charity
Handweavers & Spinners: SD schandweaversandspinners@gmail.com Jewelry, Stained Glass & More: GR 262-993-4873; 623-322-4595 Knitters: FW 602-469-2505 Lapidary: BC 775-351-8721 Leathercraft: LV 480-276-7583; larryroom@cox.net Metal: BC 520-235-0179 Alan alan.ruda@yahoo.com Palo Verde Artist: SD 503-635-7121 resident@paoloverdeartists.com Sew-n-Sew: LV www.sewnsew.info - Check webpage for exact dates of classes Silvercraft: BC 623-933-8442 SilverStones: SD 317-508-5959 Sterling & Stones: FW 612-987-9366 - Annual Dues \$15	M-F 9a-3p; Sa-Su 10a-1p W-Sa 8a-12p F 8:30a-1p FW AZ Rms 3 & 4 M, T, Th-Sa 8a-3p; W 8a-12p; M W 5-8p M W F 8a-12p M-Sa 8a-4p Mem Mtg 2nd M 9a BC MPR Su-Sa 8a-8p Tu, Th 9a-6p; Sa 9a-4p Open Sewing Su 12-4p Quilt SIG Mem Mtg/Potluck/Show & Tell 1st Th, 10am M-Sa 8a-3:30p M-F 8a-3p; Sa 8a-12p Club & Store Hours M-F 10am-2pm

Stitchers: BC 480-578-8871 (leave message) 2019bellstitchers@gmail.com Woodworking: BC 623-974-6058 Woodworking: FW 623-738-7459 Woodworking: LV 623-933-2355	Tu, Th, F 9a-3p M-W 8a-8p; Th-F 8a-4p; Sa 8a-12p M-F 8a-12p Mem Mtg 2nd Th, 12p FW 133 M-F 8a-2p
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Card and Game Clubs

500: FW 608-345-3252 Lois Bunco Broncos: FW 602-526-3495; 623-377-5091 Canasta: OM 480-886-9750; 916-225-9895 Cribbage: LV 623-933-7044 Tony Euchre: FW 623-693-2881; 623-533-5705 Hand & Foot Club: LV 623-680-8276; 972-838-7512 Mah Jongg: MC 520-665-1789 - Claudie 970-231-3368 - Katie Monday Night Pinochle: OM 440-478-2530 Kim/623-217-8584 Beverly	Mon 6-9:30p FW AZ Rm 3-4 4th M 12-3:30p FW AZ Rm 1-2 F 10a-2p OM Aud Doors open 9:30a; Dues \$5/Yr + \$1/week to play Tu 1-4p; W 6-9p LV SH3 Tu 5:15-9:30p FW AZ 2-4; 1st & 3rd Th 1:30-4:30p LV SH #3 W 6-9:30p LV SH 1-2; Doors open 5:15p Tu 11:30a-4p SD WH (National* & Chinese) Th 5:30-9p MC SH (N); Su 11:30a-4p MC SH (N) * Must know National & have current league card M 5:45-9:30p OM Aud
Pinochle: OM 623-876-1895 Tommie 209-524-7358 Cheryl Sheepshead: LV 623-933-7044; 623-999-4965	Tu 11:30a-4p, Sa 11:30a-4p OM Aud M W F 8-11a BC SH 1&2

Contract Bridge Clubs

Wednesday Afternoon: OM 623-249-9169 Thursday Afternoon: OM 623-933-9671 Friday Afternoon: FW 623-933-9671	W 12:30-4:30p OM Aud Please arrive by 12:15pm Th 12:30-4:30p OM Aud Please arrive by 12:15pm F 12:30-4:30p FW AZ Rm2 Please arrive by 12:15pm
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Duplicate Bridge Clubs

Duplicate (ACBL): LV 623-518-7916 or 623-640-5554 suncitydbc.com Kachina: SD 651-592-5939 Sharon 623-363-7199 Posy	M Th F 1-4p LV SH 1 & 2; Doors open 12:15p; Arrive by 12:45p; Play at 1p; Must have partner 12-4p SD WH Only
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Dance Clubs

Bell Tea: BC 623-842-3917 www.suncityaz.org/recreation/clubs/bell-tea-dance-club/ Classic Rock Dance Club: BC 623-628-4401 Country Dance Club: SD 480-431-8278; 623-972-5127	W 2-4p BC SH 1&2 Ballroom dancing with DJ Rollin 1st & 3rd Sa; Doors 6p; Dance 6:30-9:30p BC SH 1-2, 9/3, 9/17 DJ Ron West w/ Music Videos - \$3 Members/\$6 Guests 1st/3rd Sa Open 5:30p, Dance 6-9:30p SD Aud
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Friday Night Ballroom Dance: SD 623-215-8718 www.suncityaz.org/recreation/clubs/frid Line Dance: SD 623-972-5127; 231-557-6555 suncitylinedanceclub.facebook Rockin' Thru The Years: SD 623-695-2039; 602-695-0209 Squares: BC 623-694-7194 djkraus433@gmail.com Sun City Poms: MC 602-392-4242 scpom@yahoo.com Tip-Top Dance: MC 253-381-1542	F 7-9:30p SD Aud; Lesson 6:15p \$5/members; \$10/guests; No jeans, shorts, etc. Tu & Th: 10a-1p; SD Aud Relocated to FW Th 9/29 Tu 9/13 Ice Cream Social 10a-12p 2nd, 4th & 5th Sa: 6:30-10p; SD Aud Closed for Summer Office Hours M W F 9a-12p GR Mem Mtg 1st Tu 8a SD Aud For mtg times, visit suncitymodelrailroadclub.com 239-207-7314 Leave message Mem Mtg M 8:15-9am MC Aud W 8a-12p; 2nd & 4th Sat 9a-2p 239-207-7314 Leave message Closed for Summer Sa 10a-1p Mtg/Potluck 4th Tu 4p SD Aud 1st W, 3rd Tu 5-9p Games at BC MP Bldg Mtg/Auction 1st M, 6-9p MC SH Mem Mtg 3rd Tu 1pm LV Social Hall Shop Operations M-Sa 8a-4p https://www.vintagevehiclesofsuncity.com/
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Educational Clubs

Apple Macintosh: SD 623-933-5300 Visit sunmacsclub.com for updates Computer Club: FW 623-933-8953 www.computerclubofsuncity.com/ Life Long Learning: FW 623-977-4081 sczifelong@gmail.com Spanish Club: FW SunCitySpanishClub@gmail.com	Club Closed thru 9/11 then Tu & Th 8:30-10:30a M-F 8:30a-2:30p; Sat 8:20-11:30a No classes at this time No classes this month Class Registration Tu 10/6, 5-8p FW AZ 3-4
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Fitness Clubs

Aerobics: BC 815-289-5912 Judy 317-590-2622 Joann Aqua Fitness Club: SD aquafitnesssuncity.com 619-818-4380 Terry	M W F 8-11a BC SH 1&2 Fall Session starts M 09/19, ends F 11/11 Try it Before You Buy It 10/31-11/4 Next Reg: Sa 11/5 SD; Doors 8a, Mtg 8:30a Winter Session starts M 11/28, ends 12/16 Tu 9-10a BC SH 1&2; W 9-10a SD Aud; F 9-10a MV Aud Pilates M, F 1-2MC SH Aerobics Tu, Th 1-2p MC SH Strength Training Tu, Th 2:10-3p MC SH T/Th 12-2p SD Warm Water Pool Mem Mtg 1st M 12p FW AZ 1&2
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Dance for Fitness: SD 503-580-4636 or 253-820-5453 FUNtastic Fitness: MC 260-413-3862 allykatrose@live.com Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com Hatha YOGA: SD Yoga Room Email: HathaYogaClub@gmail.com FMI visit www.hathayogaclub.org to confirm current class schedule	Tu 9-10a BC SH 1&2; W 9-10a SD Aud; F 9-10a MV Aud Pilates M, F 1-2MC SH Aerobics Tu, Th 1-2p MC SH Strength Training Tu, Th 2:10-3p MC SH T/Th 12-2p SD Warm Water Pool Mem Mtg 1st M 12p FW AZ 1&2 Mat & Chair-C Classes: M 8:30a, 1p-C Tu 9:30a; W 10:30a-C, 6p; Th 10a, 1p-C; F 9a, 1p-C; Sat 9a Open House Tu 9/20, 1-3pm SD Yoga Room Tu & F 8-9a OM Aud
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Ladies Exercise: OM 928-890-9152 So Grand Exercise: FW 623-933-0214 Stretch 'n Slim: BC 402-578-6948 Tai Chi: BC, LV, FW http://sctaichi.wix.com/sc-tai-chi-club email: suncitytaiichi@gmail.com	M W F 7:30-9a FW AZ 1&2 M-Sa 6:45a, 8a, 9a BC Aerobics Rm Su 8, 10a BC Aerobics Rm Tu 9:45a 24 Form TC, 10:15a 5 Form Ess FW#3; Tue 6p QI Gong LV SH#2; Th 9:30a Bal & Basics, 10:45a BC Teg TC, 12p Adv Teg TC BC SH#2, 12p Int TC BC SH#1, 1:15p Adv TC BC SH#2 M W F 11-1p BC SH; Tu 6-8p SD WH; Th 6-8p MC Aud; Sa 8-10a MC Aud Visit https://suncityaz.org/recreation/clubs/zumba-fitness-club/ for specific class info/times
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Hobby Clubs

Armchair Travel Club: FW 623-476-2811; FMI visit https://suncityaz.org/recreation/clubs/armchair-travel-club/ Birding Club of Sun City: BC tjlempidonax@gmail.com 602-616-7459 Leave Message Duffealand Dog Park: Talisman 360-789-9815 Garden: GR 623-875-5921 Model Railroad: FW 239-207-7314 Leave message Model Railroad Museum: FW 239-207-7314 Leave message Rockhounds: SD scrockmuseum@gmail.com Mineral Museum: SD 623-428-6442 RV Club: SD silvercreekbranch1@hotmail.com Stamp Club: MC 602-329-8905 Vintage Vehicles: GR 602-609-0973 https://www.vintagevehiclesofsuncity.com/	Closed for Summer Closed for Summer May have outings over summer; email for info Meet 2nd Th & 4th W 6pm OM Aud Office Hours M W F 9a-12p GR Mem Mtg 1st Tu 8a SD Aud For mtg times, visit suncitymodelrailroadclub.com W 8a-12p; 2nd & 4th Sat 9a-2p Closed for Summer Closed for Summer Sa 10a-1p Mtg/Potluck 4th Tu 4p SD Aud 1st W, 3rd Tu 5-9p Games at BC MP Bldg Mtg/Auction 1st M, 6-9p MC SH Mem Mtg 3rd Tu 1pm LV Social Hall Shop Operations M-Sa 8a-4p
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Performing Arts Clubs

Sun Cities Community Orchestra: FW 623-582-9964 Choraliers: FW www.suncitychoraliers.com Concert Band: FW 602-625-5211 Handbell Ringers: FW 602-799-1947 doreenC4488@gmail.com Piano: SD 623-444-4483 Sun City Players Community Theater: MV email: Writeonjoy@gmail.com suncityplayerscommunitytheater.org Rhythm Ramblers: FW 602-717-7246	W 8:30a-12p FW Music Room M 9-11a FW Music Rm Rehearsals resume 9/12 Rehearsals Tu 9-11am FW Music Room Rehearsals resume 9/6 F 8:30a-11:30a FW Music Rm Start on F 9/23 4th M 2-4p SD Aud Clubhouse Workshop W 9:30-11:30a Gen Mem Mtg/Entertainment 3rd M 7p Rehearsal Tu 1-5p FW Music Room Dance 1st Tu 2:30-4:30p Sundial Aud Member Meeting/Vote Tu 9/6 1-2p Th 3-4:30p FW Music Rm
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Ukulele: FW 480-276-3780 (Oct-April) 920-410-6932 (May-Sept) Women's Chorus: FW 623-308-4643 Annette	Th 3-4:30p FW Music Rm 1st Th 6p FW AZ 1-2 M 9am Starbucks-Bell; 2nd Tu 4-6p Angry Crab Canned Goods Collected for Food Bank at Mtgs 3rd Tu 6p SD EH Rehearsals resume on 9/8 Th 8:30-11a FW Music Rm
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Political Clubs

Democratic: FW 928-830-2134 President@suncitydems.com Republican: SD suncitygopclub@gmail.com	1st Th 6p FW AZ 1-2 M 9am Starbucks-Bell; 2nd Tu 4-6p Angry Crab Canned Goods Collected for Food Bank at Mtgs 3rd Tu 6p SD EH
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Social Clubs

Best Friends Dog Club: FW 602-639-1370 bfcdsuncity@gmail.com	Closed for Summer
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Fairway Readers: FW 623-570-7394 arabella_thorne@juno.com Hospitality Club: MC 623-341-1226 Illinois Club: FW 775-722-1167; List of activities at https://suncityaz.org/recreation/clubs/illinois-club/	2nd F 1-2:30p FW AZ #1 Books can be reserved in advance at FW Library w/ MCLD Card Sat 11a-5p Friendship Corner - Cards/Games Social Mtg 4th Th 6:30pm FW AZ #3 List of activities at https://suncityaz.org/recreation/clubs/illinois-club/
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LGBT of Sun City: OM Aud lgbtclubofsuncity@gmail.com Men's: SD 623-977-5116	Meet 2nd Th & 4th W 6pm OM Aud M-Sa 7a-4p; Poker M 4-9p; Bingo resumes Th 9/1 Bingo Th SD Aud - Doors open 4p; Play at 6:15p
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Michigan Friends in Sun City michigan2arizonaclub@gmail.com Call or text 623-910-1522 to RSVP for Euchere/Cards on last Monday	Closed for Summer Last Monday 3-5p Cards BC MPR
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New England: LV 623-215-3637; 623-328-9878 NextGen: SD 716-445-7383 nextgensuncity.org/ for all events	Closed for Summer 1st & 3rd M 6:30-9p SD Aud /E&W Halls 2nd & 4th F 1-4p Card Play, Talisman Every Th 1-4p Card Play BC MPR Wine Sharing 2nd F 6-8p OM Aud/Patio 1st F Potluck 6-9p FW AZ 3-4 3rd F Game Night 6-9p FW AZ 3-4 https://suncityaz.org/recreation/clubs/singles-social-club-of-sun-city/ Save the Date! Next Picnic 3/9/2023 To volunteer, call Lynda 715-308-9964 M-Su 9:30a-4:30p W 6-8p - Game Instruction Night W 9/21 General Member Meeting
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Singles Social Club: FW NextGen: SD https://suncityaz.org/recreation/clubs/singles-social-club-of-sun-city/ Wisconsin Club: SB 608-852-4227 or 715-308-9964 Women's Social: LV 623-826-8900	1st F Potluck 6-9p FW AZ 3-4 3rd F Game Night 6-9p FW AZ 3-4 Save the Date! Next Picnic 3/9/2023 To volunteer, call Lynda 715-308-9964 M-Su 9:30a-4:30p W 6-8p - Game Instruction Night W 9/21 General Member Meeting
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Sport Clubs

Basketball: MC 206-459-3242; 604-313-3190 charlespeterson@comcast.net Billiards: Bell Billiards Room 315-806-0067 Billiards: LV Billiards Room (602) 319-0783	W 7a-1p; Sa 12-5p; Tu 11a-4p; F 8a-4p Ladies M, Th 8:30a-12p; Singles: 8 Ball M 8a-12p; 10 Ball W 9a-1p; 9 Ball Th 1-5p, F 8a-12p Doubles: 8 Ball Tu & Th 8a-12p Open Play: Su 9/25, 2p; Th 9/29 8:30a Every F 7p Daytime Tournaments: M Tu W 9/26-30, 10a Bocce Fun Games: Every Tu 8:30a thru 9/20 M T W 5:30-8:30p; Th 2-4p M W F 7-9a & 7-9:30p
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Bocce: SD 623-693-2881 Check the Club House Bulletin Board or online at https://suncityaz.org/recreation/clubs/bocce-club/ for complete schedule Dart Club: BC 623-203-9715 Lawn Bowls: BC 623-972-3248 Lawn Bowls: FW & MV 623-933-5066 Lawn Bowls: LV (Sun City Club) 907-644-4604 Lawn Bowls: LV 623-974-3214 Lawn Bowls: OM 623-792-5202 Mini-Golf: LV 602-550-0733; 602-999-7011	Open Play: Su 9/25, 2p; Th 9/29 8:30a Every F 7p Daytime Tournaments: M Tu W 9/26-30, 10a Bocce Fun Games: Every Tu 8:30a thru 9/20 M T W 5:30-8:30p; Th 2-4p M W F 7-9a & 7-9:30p Closed for Summer Closed for Summer Golf 9/14 8a LV; 9/28 8a SD Mem Mtg Tu before 2nd W 9a LV SH 1 Daily Drop-in MC 8-11a; MV 7-11a; Social T/Th/Sat 8am; Women Ladders M 7a; Modified M/F 8a; Women 3.0+ Round Robin T 7a, Round Robin W 7a; Men Ladders Th 7a; Mixed Ladders F 7a - All at MC
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Pickleball: MC, MV scpickleball002@gmail.com Contact Club for Times, Other Activities	Daily Drop-in MC 8-11a; MV 7-11a; Social T/Th/Sat 8am; Women Ladders M 7a; Modified M/F 8a; Women 3.0+ Round Robin T 7a, Round Robin W 7a; Men Ladders Th 7a; Mixed Ladders F 7a - All at MC
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Lawn Bowls: LV (Sun City Club) 907-644-4604 Lawn Bowls: LV 623-974-3214 Lawn Bowls: OM 623-792-5202	Closed for Summer Closed for Summer
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Mini-Golf: LV 602-550-0733; 602-999-7011 Pickleball: MC, MV scpickleball002@gmail.com Contact Club for Times, Other Activities	Daily Drop-in MC 8-11a; MV 7-11a; Social T/Th/Sat 8am; Women Ladders M 7a; Modified M/F 8a; Women 3.0+ Round Robin T 7a, Round Robin W 7a; Men Ladders Th 7a; Mixed Ladders F 7a - All at MC
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Shuffleboard Bell: BC 623-999-0362 - Dennis 218-371-2421 - Diane Shuffleboard Outdoor: LV 623-341-1995 Shuffleboard Sundial: BC 623-208-9921 Softball (Senior): Sun Bowl 517-526-4873; 509-264-3088 www.azsrsoftball.com	M Tu F 1-3:15p M W F 1-4p LV Play starts W 9/7 Th 9/1, 5:30-9p BC Cts Open House/Training Th 9/9, 9/22, 5:15-6p Open Practice M, Sat 6-10a League Play Tu & Th 6a-2p
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Sportsmen: GR Dan 319-431-3563	Mem Mtg 3rd Th 9-10a GR Sonoran Room
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Sun City Yacht Club: LV 360-566-7076/206-802-8622 Swim Club-Masters: BC tbnnock@yahoo.com Swim Lessons: 480-467-8966	Closed due to Viewpoint Lake Renovation Project M-F 7-9a BC Lap Pool Tu/F 3-4:30p Yoga for Swim Club BC Aerobics Rm W 8:30-10a LV
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Table Tennis: BC 608-792-1957 melvindhaus@gmail.com Volleyball: charlespeterson@comcast.net	M 10a-3p; W F 10a-4p; Tu Sa 10a-12p Su M W F 12-3p Mem Mtg Su 9/11, 3:30p OM Aud 480-297-6783
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Water Volleyball Club of SC: OM WVCoFSC@gmail.com 480-297-6783 Whisperball of Sun City: BC 623-216-9466	M W F 8:30-9:45am, 1:30-3:30p; Tu 1:30-3:30p Th 6-8am, 1:30-3:30p BC Racquetball Courts
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Club Directory Key:

M = Monday Tu = Tuesday W = Wednesday Th = Thursday F = Friday Sa = Saturday Su = Sunday a = A.M. & p = P.M. Area codes 623 unless noted.	BC = Bell Center FW = Fairway Center GR = Grand Center LV = Lakeview Center MC = Marinette Center MV = Mountain View Center OM = Oakmont Center SD = Sundial Center SB = Sun Bowl
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Important Dates for Clubs to Remember!

September	
5	SunViews submissions due for October
10	Guest Attendance Register & guest fees due
10	Monthly Attendance Spreadsheet due

October

Thoughts from a Pro -

Control Distance with Short Game Shots

Most golfers understand that with full swings we control the distance we want the ball to go by switching clubs. Each club is a different length and has a different loft which is what gives them all the ability to go different distances. For irons it's approximately 10 yards per club and each wood around 15-20 yards. The idea is to make the same swing every time and let the club take care of the rest. (You only need to learn your own distances with each club to make it work).

Controlling the distance of our short game shots (putting, chipping and pitching) is entirely different. Most times we use the same club to go different distances. So how are we supposed to control distance with the short game?

Instinctively many golfers try hitting the ball softer or harder. This sounds like common sense, however this can lead to inconsistency. First, it's hard to put a gauge on what is "hard or soft" and make it repeatable and second when we change the speed of the stroke it can also affect direction. So, how should we control distance for our short game shots?

Whether putting, chipping or pitching the length of the swing should be what determines the distance. In other words, use short strokes for short distances, medium length strokes for medium distances and long strokes for long distances. How you decide to gauge the length so it's repeatable is up to you. You may think of how far you bring the club back in terms of inches (4 inches for a short putt, 8 for a medium and 12 for a long). Or you may use a part of your own body as a reference for the length of the swing (swing the hands to the thigh for a short pitch, hands to the waist for a medium pitch or hands to the shoulder for a long pitch. Everyone is unique so find what works best for you! The important thing is that you can repeat it time after time so you can count on the distance always being the same.

Remember if you learn to control the distance of your short game shots by changing only the length of the stroke and not the speed, you should find being consistent with these shots is much easier!

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

RCSC Golf Professionals can help improve your game!

Contact golf instructors directly to schedule an appointment for private lessons:

- 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: golfinwithrobin@gmail.com
- Shane Crosley - 702-715-1560 or email: shaneccrosley@gmail.com

Get Golf Ready group lessons (max 8 students) return in November. Stay tuned for more details!

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)

Sign up for Fall Leagues Continues Team & Individual Spots still available!

View the 2022-2023 Schedule online
at <https://suncityaz.org/bowlingcenters/>

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

2022 Overseed Schedule

Golf Course will be closed (including Snack Shop)

Golf Course	Overseed Starts	Course Opens	Cart Path Until
Lakes East Riverview Willowcreek South	Sept 26	Oct 15	Nov 4
Lakes West Quail Run	Oct 17	Nov 5	Nov 25
Willowbrook* North*	Oct	Nov 5	Limited Restrictions

* Willowbrook and North non-overseeded fairways, cart restrictinos limited only to around tee and green complexes



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/

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



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.



Scintillating September Surprises

- September is the ninth month, the only month with nine letters in its name, and the month with the longest name.
- September is the harvest month, and has the fullest moon of the year, the Harvest Moon.
- September is the most mentioned month in pop songs.
- September is the most popular birth date month, but isn't why we celebrate Labor Day; September has 11 of the top birth dates; more babies are born on September 9 than any other day of the year; and children born in September are more likely to succeed in school.
- In any year, no month ends on the same weekday as September; however, each September begins on the same weekday as December.
- September had only 29 days until Julius Caesar reformed the calendar.
- September is the worst month for stock market share prices; on average they lose one percent of their value.
- September is found in a beautiful old poem by Mary Howitt (1799-1888): "There are flowers enough in the summertime, More flowers than I can remember; But none with the purple, gold, and red, That dye the flowers of September!"
- September is the theme of one of the most nonsensical poems ever: "Thirty days hath September; All the rest eat peanut butter, except Grandma, who drives a Buick."
- Banned Books Week takes place September 18-24. Stop by the library and take a look at how censorship divides us, or check it out on line at <https://banned-booksweek.org/>.
- September is library card signup month. If you don't have one, go to <https://www.ala.org/conferencesevents/celebrationweeks/card>.
- In September, or any month for that matter, with a library card one can get the following Maricopa County Library District Electronic Resources: Consumer Report, Gale Courses, Morningstar, or Value Line.
- The September half-price sale at Books Around the Corner is on all books by authors Dean Koontz, Iris Johansen, John Grisham, JD Robb, and Nora Roberts.

Maricopa County Libraries

- Online at www.mclidaz.org or phone 602-652-3000
- Sun City Library Hours: Mondays 9am-7pm; Tuesday thru Saturday 9am-5pm
- Fairway Library Hours: Monday thru Saturday, 9am-5pm

Books Around the Corner

The Friends of the Sun City Libraries, Inc. Bookstore

- Open Monday thru Saturday, 9:30am-3:30pm
- Located in the Sun City Library at the Bell Recreation Center

Water Conservation

Water Cutbacks Required

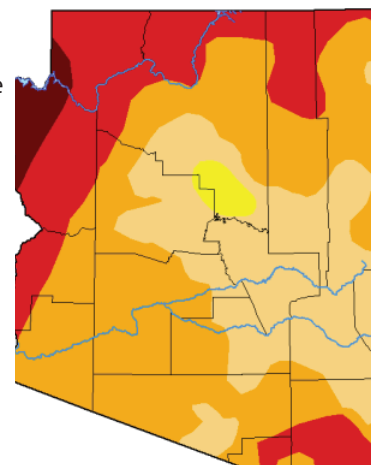
Lake Mead and Lake Powell are expected to reach their lowest water levels ever recorded by next year. They are currently at roughly one-quarter capacity, and should levels continue to drop there is a possibility that the Glen Canyon Dam could stop producing electricity. Without drastic measures being taken, the Colorado River could cease flowing into the Grand Canyon completely. And now Arizona has been ordered by the Federal government to cut 21% of its Colorado River water supply (reducing water deliveries by one-fifth) starting in January.

While it is unlikely that we will have any mandatory restrictions on home water usage in the near future, continuing to do our part to help conserve is paramount. Every drop we save by conserving water use both indoors and outdoors helps.

Check your irrigation system for leaks and to ensure plants are not being overwatered. Make changes to your landscaping using drought-tolerant plants as a majority of residential water use happens here.

One effortless way to save water indoors with no effort whatsoever is to not flush the toilet during the night. Just imagine if 20,000 homes in Sun City using approximately six gallons of water per flush saved it until morning (20K X 6 = 120,000 X 365 days = 43,800,000 gallons in a year. Doing your part really can make a difference. Let's all give it a try!

U.S. Drought Monitor Arizona



July 5, 2022
(Released Thursday, Jul. 7, 2022)
Valid 8 a.m. EDT

	Drought Conditions (Percent Area)					
	None	D0-D1	D1-D2	D2-D3	D3-D4	D4
Current	0.00	100.00	98.48	69.79	25.90	3.01
Last Week 06-28-2022	0.00	100.00	98.48	71.71	26.21	3.01
3 Months Ago 04-05-2022	0.00	100.00	86.42	59.77	6.28	0.00
Start of Calendar Year 01-01-2022	0.00	100.00	55.74	26.15	5.08	0.00
Start of Water Year 09-28-2021	0.00	100.00	80.38	40.02	13.69	0.00
One Year Ago 07-08-2021	0.00	100.00	98.96	94.62	88.49	57.79

Intensity:
 None (White) D0 Abnormally Dry (Yellow) D1 Moderate Drought (Orange) D2 Severe Drought (Red-Orange) D3 Extreme Drought (Red) D4 Exceptional Drought (Dark Red)

The Drought Monitor focuses on broad-scale conditions. Local conditions may vary. For more information on the Drought Monitor, go to <https://droughtmonitor.unl.edu/About.aspx>

Author:
Brad Pugh
CPC/NOAA



droughtmonitor.unl.edu

Because of you, life doesn't stop.

#VitalToLife



ADVANCE APPOINTMENTS
are encouraged to help maintain social distancing.



FACE MASKS ARE NOW OPTIONAL FOR VITALANT DONORS

09/08



09/09



Sun City Visitors Center BLOOD DRIVE

Thursday, September 8, 2022 8am - Noon

Friday, September 9, 2022 8am - Noon

Bloodmobile in Loading Zone

To schedule your lifesaving appointment, please contact the Sun City AZ Visitors Center at (623) 977-5000 or visit www.donors.vitalant.org (Blood Drive Code: suncity)

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

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

DONATE BLOOD
vitalant.org | 877-25-VITAL



Tips from Get Fit for Life

Battling the Belly Fat

“One question I hear from active aging adults is, How Do I Get Rid of This Belly?,” states Jane Fortier, co-owner of GET FIT FOR LIFE. “As we age, abdominal fat increases. Men and women experience changes in testosterone, estrogen and progesterone from age 45-60. Once this occurs, fat allocation shifts to the abdominal area. Increased belly fat or visceral fat is not only unsightly, but extremely unhealthy. It impairs the body's ability to use insulin, increasing the risk of type 2 diabetes. It triggers inflammation that can cause heart disease. Strong evidence suggests that visceral fat creates a higher risk for rectal, pancreatic, endometrial, colon and breast cancer.”

“It's impossible to spot-reduce the Belly,” Fortier notes. “Fitness magazines and videos that promise crunches, sit-ups, ab rollers and other abdominal exercises will banish belly fat are simply untrue.” Abdominal exercises will definitely firm up abdominal muscle, but those exercises alone, will not reduce belly fat. Muscle and fat are two separate and distinct tissues, composed of entirely different cells. Increasing muscle mass and decreasing body fat are individual processes. These processes can occur simultaneously, if an individual is focusing on changing body composition. Changing body composition is a two-fold process. It includes making proper food choices and exercising to target body fat.

With regard to exercise, a good strength training program will result in more “lean weight” and less “fat weight,” over a period of time. Building muscle ANYWHERE burns fat EVERYWHERE. Specific areas, like the belly, will see a reduction in fat, as an individual builds muscle throughout the entire body. “For maximum results, it's extremely important that strength exercises be done correctly,” states Fortier. “As senior fitness specialists, we introduce clients to the most effective exercise format for strength training, over the age of 50. Because of physiological changes to an aging body, strength exercise needs to be approached differently than when we were younger. Muscle isolation, breathing, form, and repetition cadence are critical to effective results.”

Perhaps the most difficult part of reducing the belly, is the lifestyle changes required with food. What's accomplished in the gym can be totally sabotaged, by unhealthy eating habits. An oversized belly represents the accumulation of fat that results from years of consuming foods that trigger insulin, the hormone of fat storage. While some people store fat in their buttocks and thighs, most aging adults collect ungainly fat around the middle. Visceral fat is unique – it provokes inflammatory responses and issues abnormal metabolic signals to the rest of the body. Following the Glycemic Index, when making food choices, can result in better glucose management, more appropriate insulin secretion and reduced fat storage.”

Getting started with lifestyle changes can be a bit overwhelming. GET FIT FOR LIFE personal trainers are experts at providing help in this area. They can create exercise programs that address belly fat and provide guidelines for sensible eating habits. To learn more about personal training services at the various Sun City Fitness Centers, call 623-696-6820 or visit Get Fit for Life, Sun City on Facebook.



While in the RCSC Fitness Centers

Please use ear buds and refrain from putting cell phone calls on speaker and/or having loud conversations while in the fitness centers. Many Members/Cardholders find this disruptive to their workouts.

Also, per RCSC Board Policy #10: Personal trainers or instructors, other than those contracted for or provided by RCSC or Chartered Clubs, are not allowed. *This includes consultations and communication via Facetime, Webex, Skype, etc.*

Your cooperation and understanding regarding these matters is appreciated. Further action may be necessary if we continue to receive complaints.

MONITORED ACTIVITIES

Basketball	Minimum Age: 8
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Billiard Tables	Minimum Age: 14
Bell Lanes	M-Sa: 8a-9p; Su: Noon-8p (9/1-4/30)
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Bingo	Minimum Age: 18
Sundial Center	Starts September 1 Thursdays: Doors Open 4:30p; Bingo 6:15p \$9 all 18 games w/3 special games
Boating/ Fishing	Minimum Age: 6/NA
Lakeview Center	Closed for Viewpoint Lake Renovation
Bocce Courts	Minimum Age: 8
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p
Bowling Lanes	Minimum Age: 4
Bell Lanes	M-Sa 8a-8p; Su 12-7p (5/1-8/31)
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p
Dog Parks	Minimum Age: NA
Duffeeland	May - September 6am-8pm Closed last Wed/month for Maintenance
Darts	Minimum Age: 8
Bell Center	M-Sa 8a-8p; Su 12-7p (5/1-8/31)
Fitness Centers	Minimum Age: 14*
Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View Center	M-Sa: 6a-7p; Su: 8a-7p
Oakmont Center	M-Sa: 6a-7p; Su: 8a-7p
Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p
Horseshoe Courts	Minimum Age: 12
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View Center	M-Sa: 6a-7p; Su: 8a-7p
Jogging / Walking Track	Minimum Age: 14
Indoor	
Fairway Center	M-Sa 5a-9p; Su: 8a-8p
Sundial Center	M-Sa only: 6a-8a
Outdoor	Minimum Age: 8
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Sun Bowl	Dawn to Dusk
Library (602) 652-3000	Call to confirm hours
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p
FOTL Bookstore at Bell	M-Sa 9:30a-3:30p
Fairway Center	M-Sa: 9a-5p
Mini Golf	Minimum Age: 6
Bell Center	M-Sa: 6a-9p; Su: 8a-8p
Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p
Mountain View Center	M-Sa: 6a-7p; Su: 8a-7p
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p

Pickleball	Minimum Age: 8
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Mountain View: Outdoor	M-Sa: 6a-7p; Su: 8a-7p
Racquetball/Whisperball	Minimum Age: 8
Bell Center Courts A & B	M-Sa: 6a-9p; Su: 8a-8p; Closed for Club/Class: M-F 1:30-3:30pm
Shuffleboard	Minimum Age: 8
Bell Lanes: Indoor	M-Sa: 8a-8p; Su: Noon-7p
Lakeview: Outdoor	M-Sa: 6a-8p; Su: 8a-7p
Spas	Minimum Age: 16/18*
Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Oakmont Center	M-Sa: 6a-7p; Su: 8a-7p
Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p
Swimming Pools - Open Swim Hours	
Bell Center - 18+ only	Minimum Age: 18
Lap Pool: M-Sa: 5a-9p; Su: 8a-8p; Closed for Club/Class: M-F 7-9a	
Walking Pool: M-Sa: 5a-9p; Su: 8a-8p	
Fairway Center	Minimum Age: 16
Lap Pool: M-Sa: 5a-9p; Su: 8a-8p	
Walking Pool: M-Sa: 5a-9p; Su: 8a-8p	
Lakeview Center	Minimum Age: 4-15*/16
M-Sa: 6a-7p; Su: 8a-7p; Closed for Club/Class: W 8-10a (April-Oct only)	
Children's Pool Hours - Ages 4-15 yrs: Daily 4p-Close*	
Marinette Center	Minimum Age: 4-15*/16
M-Sa: 6a-9p, Su: 8a-8p; Closed for Class: M-Tu, Th-F 8-9am thru 9/2;	
Closed for Club/Class: Starting 9/20-11/12 Tu, F 9-10a	
Children's Pool Hours - Ages 4-15 yrs Daily 1-4p*	
Mountain View Center	Minimum Age: 4-15*/16
M-Sa: 6a-8p; Su: 8a-7p; Closed for Class: M, Th 9-10a; T, F 8-10a thru 9/2;	
Closed for Club/Class: Starting 9/20-11/12 M Th 9-10a	
Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p*	
Oakmont Center	Minimum Age: 16
M-Sa: 6a-7p; Su: 8a-7p	
Closed for Club: Every Su M W F 12-3p; Spa, Swim Lanes remain open	
Closed for Class: M-Tu Th-F 9-10a, Swim Lanes closed thru 9/2	
Closed for Club/Class: 9/20-11/12 - M T, Th F 9-10a, Swim Lanes closed	
Sundial Center - 18+ only	Minimum Age: 18
Large Pool: M-Sa: 6a-9p; Su: 8a-8p; Closed for Class: M, Th 9-10a thru 9/2 then M, Tu, Th, F 8-10a Starting 9/19 thru 11/12	
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 (No Classes 9/5-9/16)	
Table Tennis	Minimum Age: 8
Bell 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 September @ 11:30am **

9/7 @ Bell w/ Dick; 9/14 @ Marinette w/ Dick; @ 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