

# SUN VIEWS

ISSUE #251 • OCTOBER 2022 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.



## Sundial Series Tickets on Sale October 17

Let's get ready to rock the house come January as RCSC Events & Entertainment brings to Sun City AZ another great line-up for the Sundial Winter/Spring Concert series.

Season tickets will go on sale Monday, October 17, 2022 online via the RCSC website and at the office located at Sundial starting at 8:00am. Twelve fantastic concerts will be presented with a new show time of 6:00pm; doors opening at 5:00pm. There will be a nominal service fee charged on all tickets. Prime seating for the season will be \$25 per RCSC Member/Cardholder + service fee (total \$28.52); Prime season packets will cost a total of \$342.24. Regular seating will be \$23.00 per RCSC Member/Cardholder + service fee (total \$26.39); Regular season ticket packets will cost a total of \$316.68.

Single concert tickets will go on sale Monday, November 14, 2022, for \$26.39 per RCSC Member/Cardholder and \$30 for guests of RCSC Member/Cardholders + service fee (total \$33.85 per person per show).

You'll enjoy a wide variety of musical offerings this season with shows every Wednesday evening starting on January 4 when "Ray

Charles & Friends" take the stage. Crosby, Stills, Nash & Young fans can rock out with a great tribute show on January 11 before "Revisiting the Roy Orbison Years" featuring Mark Barnett on January 25. NOTE: Discover Sun City AZ will be held on Wednesday, January 18, 2023; stay tuned for more information.

In February, we welcome back "Echoes of The Platters" featuring Ty Sweet (on the 1st) for a special encore performance. On February 8, you'll be amazed by Chase Padgett and his unique "6 Guitars" show that includes Blues, Jazz Rock, Classical, Folk & Country along with a bit of comedy for an evening of fun for everyone. The headliner this year... "Motown Miracles" brings the unforgettable sounds of the Motor City here on February 15. We will switch over to something a bit more mellow with "The Karen Carpenter Story" featuring Chole Foston from the UK on February 22.

We'll stay in the laid-back mood with "Toast - A Tribute to Bread" on March 1 and then kick it up a few notches as we get funky with "Kool & KC" featuring the soul hits from Kool & the Gang and the KC Sunshine Band on March 8. "Two Divas & A Piano" will fill the Sundial Auditorium with Cher & Elvis energy you've likely never seen nor heard before coming on March 15.

The Righteous Bros. Tribute direct from Las Vegas keeps the greatest hits of all time coming our way on March 22 before we complete the season with another great tribute, "It Takes Two" with this over-the-top Rod Stewart and Tina Turner collaboration on March 29.

More information and links to performance videos are available on the RCSC website at <https://suncityaz.org/recreation/concerts/> for your convenience.

# 2022



## RCSC Annual Membership Meeting

Tuesday, November 1, 2022

Sundial Auditorium

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

8:00am | Registration & Refreshments

9:00am | Membership Meeting

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

# VOTE

# 2022

RCSC Board of Directors Election  
Tuesday, December 13, 2022

Candidate Packets Due on Friday, October 7 by noon

Candidate Forums on Wednesday, October 19 & 26 at Sundial

Online Voting Starts Monday, November 7  
via the RCSC Web Portal

\*\* Candidates Announced Monday, October 10 \*\*

Find more RCSC Election News  
on Page 10

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

Email addresses  
remain confidential

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Connect with Sun City AZ





A Message from Board President Lehr

## Summer's Accomplishments, Looking Towards Fall

### 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)

Summer is just about over, and the weather in Sun City is slowly returning to "simply lovely." I hope that everyone had the opportunity to rest and rejuvenate, relax and perhaps travel to see family and friends (and escape the heat) as the world continues returning to normal post-COVID (-ish) levels of activity.

Nothing over the summer recess for the Board during July and August slowed RCSC projects down in any way - whatsoever.

The Viewpoint Lake renovation/relining project is well underway and continues with on-site meetings between property owners and Pacific Aquascape International. These one-on-ones have really helped to ease the process for many along the waterfront. Communicating specific expectations and requirements necessary for each lot has helped to take away much of their concerns.

Drainage of the lake has stayed fairly close to schedule despite monsoon rains (which are both a blessing and a curse to those who remain here year-round). However, there have been some complications with the pumping and storage of water over at the Lakes East/West .

Replacement pickleball courts at Lakeview Center for those being temporarily removed from the Mountain View property is another body of work that continued to be addressed over the summer as the design team works to finalize the schematic design for the project. Meetings with CCBG Architects along with consultations involving Elite Sports Builders and input from the Club should ensure that the final project design fits within the allotted area while making sure that the players have the necessary amenities for safety and comfort.

Other collaborative efforts between the Board, Management and RCSC Members include additional access/safety measures being installed at Duffeeland Dog Park, Oakmont and Fairway Centers plus design work underway for the softball club house and equipment storage building adjacent to the Sun Bowl.

Lots of preventive maintenance work happened over the summer, too! A little bit of inconvenience here and there means

systems get monitored and small jobs attended to before big breakdowns occur – helping to save us all money and aggravation in the long run.

We are all charging full steam ahead into fall now that Board and Committee Meetings have resumed. Many RCSC Members are also looking forward to the return of the Sun Bowl shows on Sunday evenings starting in late September - a great gathering place for music lovers. Sit back and relax, dance and enjoy! These special evenings are always free for RCSC Members/Cardholders and their escorted guests.

Those interested in serving on the RCSC Board of Directors must have their candidate packets returned to the Corporate/Board Office at Lakeview no later than noon on Friday, October 7, 2022. And Candidate Forums will take place in October as well in the Sundial Auditorium on Wednesday, October 19 from 2 to 4pm and Wednesday, October 19 from 6 to 8pm. Online voting will begin on Monday, November 7 and end on Election Day (Tuesday, December 13, 2022) when in-person voting will take place in Lakeview Social Hall #2 from 8am to 4pm.

The RCSC Annual Membership Meeting will take place on Tuesday, November 1, 2022 in the Sundial Auditorium. Registration will begin at 8am; the meeting starts at 9am if a quorum is in attendance. You can find more information about the proxy voting process on the website at [www.suncityaz.org/rcsc/corporate-documents/](http://www.suncityaz.org/rcsc/corporate-documents/) under Forms.

Let's work together. In the end, I truly believe we all wish for the same result.



**Dale Lehrer**  
2022 RCSC Board President



**SUN CITY FOUNDATION**

**“Neighbors Helping Neighbors”**

The next Sun City Foundation meeting will be held on Thursday, October 13, 2022 at 11:00am in the Lakeview Social Hall #1.

## This Month @ The Board

<b>RCSC Board of Directors Meetings</b>		
Member/Board Exchange	Monday, October 10, 2022 @ 9am	Sundial Auditorium
Board of Directors Meeting	Thursday, October 27, 2022 @ 9am	Sundial Auditorium
<b>Committee Meetings:</b>		
Bowling Committee	Thursday, October 6, 2022 @ 9am	Lakeview Board Room
Sun City AZ in Focus Committee	Tuesday, October 11, 2022 @ 9am	Lakeview Board Room
Lawn Bowling Committee	Tuesday, October 11, 2022 @ 1pm	Lakeview Board Room
Technology Committee	Wednesday, October 12, 2022 @ 4pm	Lakeview Board Room
Long Range Planning Committee	Monday, October 17, 2022 @ 8:30am	Lakeview Board Room
Golf Advisory Committee	Thursday, October 20, 2022 @ 8:30am	Lakeview Social Hall #2
Elections Committee	Wednesday, October 26, 2022 @ 1pm	Lakeview Board Room
<i>The following committee(s) do not have meetings scheduled this month: Club Organization Committee (COC), Finance &amp; Budget, Insurance, Properties</i>		



# 2022 Fall Sun Bowl Concerts

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

## 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.

## 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.

## 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 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?



## 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.



## 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.

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

FMI visit [www.suncityaz.org/recreation/concerts/](http://www.suncityaz.org/recreation/concerts/)

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



### 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.

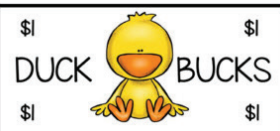
**Duffeland Dog Park**

14610 N. Del Webb Blvd.

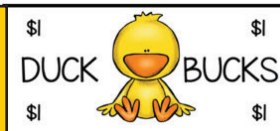
**Sun City Visitors Center**

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

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



It's time to get quackin'!  
Turn to Page 10 for all the details!



Thoughts from a Pro -

## Golf Preferences

Preference as it relates to the golf swing is something that some players prefer but isn't required. It is simply that...a preference. It's important in golf because many times people believe there is only one way to do things which can be difficult! Here are some of the most common preferences in the golf swing...realize you have a choice based on what works best for you as an individual!

**#1 The type of grip you use.** Essentially there are three different ways to hold the club in the full golf swing. Interlock, overlap and ten finger (or baseball grip). The one you decide to use is based on what works best for you, meaning which is most comfortable and gives you the best results. For example, many times people with larger hands prefer an overlap or ten finger instead of the interlock, whereas someone with small hands may prefer an interlock. Also, if you have arthritis an overlap or ten finger may be more comfortable. Bottom line is that you decide!

**#2 Length of backswing.** You might have a short, medium, or long backswing. Things that might dictate the length of your backswing may be your flexibility, the health of your spine, your ability to shift weight during the swing or other injuries you may have had. If you can make a full (or long backswing) you do increase your chance of getting more distance, however this may not be possible for you. A shorter backswing with good contact works well!

**#3 Ball position.** Generally, we think of shorter clubs being played in the middle of the stance, fairway woods up a bit ahead of center and woods off the tee up closer to the front foot. But I call this a preference because again everyone is different. Up by the front foot might mean off the inside of the foot for some and off the toe for others. The key is to do what works best for you!

**#4 Keeping your arm straight.** Yes, your arms should be hanging at address which makes them look straight... however, they should not have "tension" in them. As you swing the club back the arms should stretch back and then lift to the top of your swing, but in a way that you feel relaxed and supple and not stiff as a board! Yes, the bigger the arc you can make the more distance you can get, but a little bend is OK!

**#5 Lifting your heel.** As you make your backswing many people are told not to lift your front heel. This works fine for some and not for others. Sometimes in attempting to keep the heel on the ground people can end up not shifting enough weight to the back foot in the swing creating a reverse weight shift. So, lift the heel a bit if that helps you to shift or keep it on the ground if you are flexible enough to do so.

The bottom line is that one size doesn't fit all. Preferences are fun, once you realize you have some flexibility to do what works best for you!

*Robin Eichten is a Lifetime 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 signup call/text at 623 322 6300 or email to golfinwith-robin@aol.com*

### 2022 Overseed Schedule - REVISED

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

\* Willowbrook & Lakes West non-overseeded fairways, cart restrictions limited only to around tee and green complexes

## 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)

### Bowl with the Director

First Thursday Every Month at Lakeview Lanes  
10:30am to Noon  
FMIC Mike Dirmyer at 623-561-4652

## 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 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: mikewenergolf@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

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



### RCSC's 8 Golf Courses

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

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

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

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

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

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

**RCSC's 5 Snack Shops**  
Menu Available at  
[suncityaz.org/golf/snack-shops/](http://suncityaz.org/golf/snack-shops/)

October Snack Shop Hours  
Open Daily 6am - 3pm



### Volunteer Ranger Program

For more information about joining our program, please contact Chris Linam, Pro Shop Manager, at 623-876-8419 or email [clinam@suncityaz.org](mailto:clinam@suncityaz.org). Next meeting is Thursday, October 27, 2022 at 1pm in Talisman Hall.



Art and Craft Clubs	
Artists by the Lake: LV 315-491-9650 Artistic Stained Glass: BC 623-974-4765	M-F 9a-4p; Classes & Open Painting Mem Mtg 12p 1st Tu LV SH 1 M-Sa 8a-2p; M-Th 5-8p
Artistic Weavers & Fiber Artists: OM 320-253-3145 or oakmontfiberart.com	M-Sa 9a-3p Mem Mtg 4th Th 1-3p
Calligraphy: SD 623-210-9137	M 1-3p; Th & F 9a-12p Mem Mtg 3rd Th 9-11a; Classes begin in Oct Open House Th 10/20, 9-11am
Camera Guild: GR cameraguildsuncity.com	M-F 9a-12p; Member Mtgs: 1st Sat 9:30-11a & 3rd Wed 6-8p GR Sonoran Rm Potluck Social Tu 10/25 3-7p GR Sonoran Rm
Carvers: LV 847-287-1005 scarversaz@gmail.com	Tu, Th, Sa 7:30a-12p Gourd Art, Model Construction, Wood Carving <a href="https://suncityaz.org/recreation/clubs/sun-city-carvers/">https://suncityaz.org/recreation/clubs/sun-city-carvers/</a>
Ceramics & Porcelain: FW 623-972-5818; 602-821-1197	M-F 9a-3p; Sa-Su 9a-1p Mem Mtg 1st Mon 9a Open House M 10/10 9a-3p Halloween Party Th 10/27, 10am FW AZ 1-2
Ceramics: BC 623-974-6750	M-F 9a-3p, W 5-8p; Sa 9a-12p Mem Mtg 2nd F 9a
China Painting: OM 714-684-4286; FMI scpcp1@gmail.com	M-F 9a-3p Mem Mtg W 10/12 at 10a; Potluck 11a-2p
Clay Club: GR 623-933-0899	M-Th 8:30a-8:30p; F-Su 8:30a-4:30p
Clay Corner: MC 623-977-3167 ClayCornerMarinette.org	M-Sa 7:30a-9p; Su 8a-6p Mem Mtg W 10/12, 9a MC SH Yard Art/Lunch 3rd W 8a-9p
Crafts: BC 623-974-3497	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
Crafts: SD 602-882-3512 sundialcraftclub@gmail.com	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	M-W-F 8a-4p; Mem Mtg 2nd F 9:30a
Friendship Quilters: BC 480-414-9054; 402-721-5464	M, W, Sat 9a-3p 2nd Sa 9a-3p Boutique; 4th Sa 9a-3p Charity
Handweavers & Spinners: SD schandweaversandspinnners@gmail.com	M-F 9a-3p; Sa-Su 10a-2p; Mem Mtg 1st M 1p Welcome Back Dinner M 10/24 4:30pm Mall/EH
Jewelry, Stained Glass & More: GR 262-993-4873; 623-322-4595	M-Sa 8a-12p
Knitters: FW 602-469-2505	F 8:30a-1p FW AZ Rms 3 & 4 White Elephant F 10/21 10a-12p
Lapidary: BC 775-351-8721	M, T, Th-Sa 8a-3p; W 8a-12p; M W 5-8p Mem Mtg 2nd Tu, 9a BC Team Rm
Leathercraft: LV 480-276-7583; larryvroom@cox.net	M W F 8a-3p Intro classes offered in leathercraft, western tooling
Metal: BC 520-235-0179 Alan alan.ruda@yahoo.com	M-Sa 8a-4p Mem Mtg 2nd M 9a BC MPR Mini-Golf & Pizza Party Sa 10/29 9a-1p Bell
Palo Verde Artist: SD 503-635-7121 president@paloverdeartists.com	Su-Sa 8a-8p Mem Mtg & Demo 3rd Th 12p SD EH Mem Reception/Gallery Change F 10/7, 4-5:30p
Sew-in-Sew: LV www.sewnsew.info - Check webpage for exact dates of classes	Tu, Th 9a-6p; Sa 9a-4p Open Sewing Su 12-4p Quilt SIG
Silvercraft: BC 623-933-8442	M-Sa 8a-3:30p Mem Mtg F 10/14, 9-11a
SilverStones: SD 317-508-5959	M-F 8a-3p; Sa 8a-12p Mem Mtg M 10/3, 9a
Sterling & Stones: FW 612-987-9366 - Annual Dues \$15	Club & Store: M-F 9a-3p; Supply Room 9a-1p

Stitchers: BC 480-578-8871 (leave message) 2019bellstitchers@gmail.com	Tu 9a-8p; Th, F 9a-3p Mem Mtg 2nd Tu, 10a
Woodworking: BC 623-974-6058	M-W 8a-8p; Th-F 8a-4p; Sa 8a-12p Mtg 2nd Tu, 8am Bell MPR
Woodworking: FW 623-738-7459	M-F 8a-4p; Sa 8a-12p Mem Mtg 2nd Th, 12p FW 133
Woodworking: LV 623-933-2355	M-F 8a-2p Mem Mtg 1st Tu, 8:30a

**Card and Game Clubs**

500: FW 608-345-3252 Lois	** Mon 6-9:30p FW AZ Rm 3-4
Bunco Broncos: FW 602-526-3495; 623-377-5091	4th M 12-3:30p FW AZ Rm 1-2
Canasta: OM 480-886-9750; 916-225-9895	F 10a-2p OM Aud; Mem Meeting F 10/7, 10a Doors open 9:30a; Dues \$5/Yr + \$1/week to play Plan Ahead - Open House F 11/4 10a-4p
Cribbage: LV 623-933-7044 - Pat	Tu 1-4p; W 6-9p LV SH 53
Euchre: FW 623-693-2881; 623-533-5705	Tu 5:15-9:30p FW AZ 2-4; 1st & 3rd Th 1:30-4:30p LV SH #3

Hand & Foot Club: LV 623-680-8276; 972-838-7512	W 6-9:30p LV SH 1-2; Doors open 5:15p
Mah Jongg: MC 520-665-1789 - Claudie 970-231-3368 - Katie	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
Monday Night Pinochle: OM 440-478-2530 Kim/623-217-8584 Beverly	M 5:45-9:30p OM Aud
Pinochle: OM 623-876-1895 Tommie 209-524-7358 Cheryl	Tu 11:30a-4p, Sa 11:30a-4p OM Aud Please arrive by 12:15pm
Sheepshead: LV 623-933-7044; 623-999-4965	M 6-9p LV SH #3

**Contract Bridge Clubs**

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

**Duplicate Bridge Clubs**

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

**Dance Clubs**

Bell Tea: BC 623-842-3917 www.suncityaz.org/recreation/clubs/bell-tea-dance-club/	W 2-4p BC SH 1&2 Ballroom dancing with DJ Rollin
Classic Rock Dance Club: BC 623-628-4401	1st & 3rd Sa; Doors 6p; Dance 6:30-9:30p BC SH 1-2; Mem Mtg 10/15, 7p 10/1 DJ Ron West - \$3 Mem/\$6 Guests 10/15-Faded Jeans \$7 Mem/\$10 Guests
Country Dance Club: SD 480-431-8278; 623-972-5127	1st/3rd Sa Open 5:30p, Dance 6-9:30p SD Aud No Dance 10/15

Friday Night Ballroom Dance: SD 623-215-8718 www.suncityaz.org/recreation/clubs/fridi:	F 7-9:30p SD Aud; Lesson 6:15p \$5/members; \$10/guests; No jeans, shorts, etc.
Line Dance: SD 623-972-5127; 231-557-6555 suncitylinedanceclub.facebook	Tu & Th: 10a-1p; SD Aud No dance Th 10/28; Special Dance/Party Tu 10/25, 8a-3p SD Aud Dance Sa 10/29 12-4p SD
Rockin' Thru The Years: SD 623-695-2039; 602-695-0209	2nd, 4th & 5th Sa: 6:30-10p; SD Aud Halloween Party Sa 10/29 Closed for Summer

Squares: BC 623-694-7194 djkaus433@gmail.com	623-694-7194 M 7-11:30a MC Aud; Tu 1-5p MC Aud
Sun City Poms: MC 602-392-4242 scpomps@yahoo.com	Th 8:30-11:30a MC Aud Mem Mtg M 8:15-9am MC Aud
Tip-Top Dance: MC 253-381-1542	M 8a-3p; Tu 8a-12p; 5-8p MC SH W8-11a, F 8a-12p MC SH Mem Mtg Th 10/27, 1p MC Aud; No Class M 10/24

**Educational Clubs**

Apple Macintosh: SD 623-933-5300	Tu & Th 8:30-10:30a Next Mem Mtg Sat 11/13 SD WH
Visit sunmacsclub.com for updates	
Computer Club: FW 623-933-8953 www.computerclubofsuncity.com/	M-F 8:30a-2:30p; Sat 8:20-11:30a
Life Long Learning: FW 623-977-4081 sczallifelong@gmail.com	No Classes at This Time
Spanish Club: FW SunCitySpanishClub@gmail.com	M Tu W 8a-5:30p FW 129 Class Registration Tu 10/6, 5-8p FW AZ 3-4

**Fitness Clubs**

Aerobics: BC 815-289-5912 Judy 317-590-2622 Joann	M W F 8-11a BC SH 1&2
Aqua Fitness Club: SD aquafitnessuncity.com 619-818-4380 Terry	Fall Session 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
Dance for Fitness: SD 503-580-4636 or 253-820-5453	Tu 9-10a BC SH 1&2; W 9-10a SD Aud; F 9-10a MV Aud; No class F 10/28
FUNtastic Fitness: MC 260-413-3862	Pilates M, F 1-2MC SH Aerobics Tu, Th 1-2p MC SH
allykatrose@live.com	Strength Training Tu, Th 2:10-3p MC SH
Handi-Capables: SD 602-369-3819	T/Th 12-2p SD Warm Water Pool Mem Mtg 1st M 12p FW AZ 1&2

handicapablesaz@gmail.com	
Hatha YOGA: SD Yoga Room Email: HathaYogaClub@gmail.com FMI visit www.hathayogaclub.org to confirm current class schedule	Mat & Chair Classes - Mon-Sat SD Yoga Room
Ladies Exercise: OM 928-890-9152	Tu & F 8-9a OM Aud Mem Mtg/Potluck F 10/28, 9-11a OM Patio
So Grand Exercise: FW 623-933-0214	M W F 7:30-9a FW AZ 1&2
Stretch 'n Slim: BC 402-578-6948	M-Sa 6:45a, 8a, 9a BC Aerobics Rm Su 8, 10a BC Aerobics Rm
Tai Chi: BC, LV, FW http://sctaichi.wix.com/sc-tai-chi-club email: suncitytaichi@gmail.com	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 Beg TC, 12p Adv Beg TC BC SH#2, 12p Int TC BC SH#1, 1:15p Adv TC BC SH#2 Open House Th 10/27 11:30a-1p BSCH

Zumba Club: SD 623-583-2065 Visit https://suncityaz.org/recreation/clubs/zumba-fitness-club/ for specific class info/times	M W F 11-1p BC SH; Tu 6-8p SD WH; 602-639-1370 Th 6-8p MC Aud; Sa 8-10a MC Aud
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**Club Directory**

**Hobby Clubs**

Armchair Travel Club: FW 623-476-2811; FMI visit https://suncityaz.org/recreation/clubs/armchair-travel-club/	Every W 7pm FW AZ 1; Mem Mtg W 10/19
Birding Club of Sun City: BC tjlempidonax@gmail.com 602-616-7459 Leave Message	Mem Mtg W 10/12, 10a FW AZ 1-2 Note location change
Duffieldand Dog Park: Talisman 360-789-9815	Halloween Potluck M 10/31, 4-8p Talisman Hall
Garden: GR 623-875-5921	Office Hours M W F 9a-12p GR Mem Mtg 1st Tu 8a SD Aud E
Model Railroad: FW 239-207-7314 Leave message	For mtg times, visit suncitymodelrailroadclub.com
Model Railroad Museum: FW 239-207-7314 Leave message	W 9a-12p; 2nd & 4th Sat 10a-1p
Rockhounds: SD srockmuseum@gmail.com	2nd Th 6:30p FW AZ 1-3
Mineral Museum: SD 623-428-6442	M-W, F Sa 10a-1p
RV Club: SD silvercreekranch1@hotmail.com	Mtg/Potluck 4th Tu 4p SD Aud 1st W, 3rd Tu 5-9p Games at BC MP Bldg Caravan Mtn 4th F 9-11:30a SD WH Mtg/Auction 1st M, 6-9p MC SH
Stamp Club: MC 602-329-8905	Mem Mtg 3rd Tu 1pm LV Social Hall Shop Operations M-Sa 8a-4p
Vintage Vehicles: GR 602-609-0973 https://www.vintagevehiclesofsuncity.com/	Mem Mtg 3rd Tu 1pm LV Social Hall Shop Operations M-Sa 8a-4p Car Show Th 10/13, 9a-12p SD SW Lot Last Tu Potluck & Social 5-9p in Shop

**Performing Arts Clubs**

Sun Cities Community Orchestra: FW 623-582-9964	W 8:30a-12p FW Music Room
Choraliers: FW www.suncitychoraliers.com 715-529-6320 - Pete	Member Meeting M 10/3, 9:30a FW Winter Season Cancelled; NO Rehearsals Accompanist Needed; call Pete
Concert Band: FW 602-625-5211	Rehearsals Tu 9-11am FW Music Room Fall Concert Sa 10/15, 2pm SD Aud
Handbell Ringers: FW doreenC4488@gmail.com	F 8:30a-11:30a FW Music Rm Mem Mtg F 10/22, 9am
Piano: SD 623-444-4483	M 10/17, 9:30-11a SD Aud
Sun City Players Community Theater: MV email: Writeonjoy@gmail.com suncityplayerscommunitytheater.org	Clubhouse Workshop W 9:30-11:30a Gen Mem Mtg/Entertainment 3rd M 7p Fall Production F-Su 10/28-30, Th-Su 11/3-6
Rhythm Ramblers: FW 602-717-7246	Rehearsal Tu 1-5p FW Music Room Dance Tu 10/4, 2:30-4:30p Sundial Aud "Looking Back & Swinging Forward"

Ukulele: FW 480-276-3780 (Oct-April) 920-410-6932 (May-Sept)	Th 3-4:30p FW Music Rm Mentorship 1st/3rd Th 1:30-2:30p FW Music Rm New Member Orientation Th 10/6, 10/20 at 1:30p
Women's Chorus: FW 623-308-4643 Annette	Th 8:30-11a FW Music Rm Potluck Th 10/20 FW AZ Rm 1

**Political Clubs**

Democratic: FW 928-830-2134 President@suncitydems.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
Republican: SD suncitygopclub@gmail.com	3rd Tu 6p SD EH

**Social Clubs**

Best Friends Dog Club: FW 602-639-1370 bfdcsuncity@gmail.com	Meet & Greet Th 10/13, 4-7p FW AZ 1-2 General Meeting Tu 10/18, 1p FW AZ 1-2
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airway Readers: FW 23-570-7394 rabella_thorne@juno.com	2nd F 1-2:30p FW AZ #1 Books can be reserved in advance at FW Library w/ MCLD Card
hospitality Club: MC 23-341-1226	Sa 11a-5p Friendship Corner - Cards/Games Sa 10/8, 10a Member Meeting
Illinois Club: FW 75-722-1167;	Social Mtg 4th Th 6:30pm FW AZ #3 Welcome Back Party Sa 10/29, 5pm FW 3-4
ist of activities at https://suncityaz.org/recreation/clubs/illinois-club/	
GBT of Sun City: OM Aud :btclubofsuncity@gmail.com	Meet 2nd Th & 4th W 6pm OM Aud
len's: SD 23-977-5116	M-Sa 7a-4p; Poker M 4-9p Bingo Th SD Aud - Doors open 4p; Play at 6:15p
Michigan Friends in Sun City richigan2arizonaclub@gmail.com	3rd W 4-6p BC MPR Last Monday 3-5p Cards BC MPR
all or text 623-910-1522 to RSVP for Euchere/Cards on last Monday	
low England: LV 23-215-3637; 623-328-9878	Sa 10/8, 5p LV SH 3
lxtGen: SD 16-445-7383	1st & 3rd M 6:30-9p SD Aud /E&W Halls Card Play: 2nd & 4th F 1-4p Talisman
'ist nextgensuncity.org/ for all events	Every Th 1-4p & 1st Th 6:30-9pm 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

ingles Social Club: FW 02-769-3634 https://suncityaz.org/recreation/clubs/s	1st F Potluck 6-9p FW AZ 3-4 3rd F Game Night 6-9p FW AZ 3-4
visconsin Club: SB 08-852-4227 or 715-308-9964	Save the Date! Next Picnic 3/9/2023 To volunteer, email Gene: gstash38@msn.com
Women's Social: LV 23-826-8900	M-Su 9:30a-4:30p W 6-8p - Game Instruction: Mah Jongg, Poker, Hand & Foot, Bridge

**Sport Clubs**

asketball: MC 06-459-3242; 604-313-3190	Pick Up Games in Villanueva Community Center M&W 3:30-5p Oct - April
hariespeterson@comcast.net	
illiards: Bell Billiards Room 15-806-0067	Tu 11a-4p; W 8a-1p; F 11a-4p; Sa 12-5p Instruction F 8-10a
illiards: LV Billiards Room 502) 319-0783	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: Every Su 2p, Th 10a, F 6p

occe: SD 23-693-2881	Daytime Tournaments: Every M Tu W F 10a
heck the Club House Bulletin Board or nline at https://suncityaz.org/recreation/ ubs/bocce-club/ for complete schedule	Playoff: Sa 10/22, 10a Two Person Tournament: Th 10/27, 1p Halloween Party 10/31 2-9:30p
hart Club: BC 23-203-9715	M T W 5:30-8:30p; Th 2-4p
awn Bowls: BC 23-972-3248	M W F 8:45-11:15a
awn Bowls: FW & MV 23-933-5066	Tu Th Sa 8:30-11a Halloween Party, Th 10/28, 9a-1p MV
awn Bowls: LV (Sun City Club) 07-644-4604	
awn Bowls: LV 23-974-3214	Tu Th Sa 7:30-10a
awn Bowls: OM 23-792-5202	M W F 8:45-11:30a; Su 1:45-3:15p
lini-Golf: LV 02-550-0733; 602-999-7011	Golf 10/12 9a MV; 10/26 9a BC Mem Mtg Tu before 2nd W 9a LV SH 1 SCW Breakfast W 10/26, 7a-12p BC Patio

ickleball: MC, MV cpickleball002@gmail.com	Contact Club for Times, Other Activities Round-up Tournament 10/11-13, 7a-8p MC Member Mtg M 10/24, 4-6p MC Aud
ontact Club for Times, Other Activities	

Shuffleboard Bell: BC 623-999-0362 - Dennis 218-371-2421 - Diane	M Tu F 1-3:15p
Shuffleboard Outdoor: LV 623-341-1995	M W F 1-4p LV
Shuffleboard Sundial: BC 623-208-9921	Th 5:30-9p BC Cts Training Th 10/13, 10/27, 5:15-6p
Softball (Senior): Sun Bowl 517-526-4873; 509-264-3088 www.azssoftball.com	Open Practice Sat 7a-1p; Green Team 8a League Play M-F 8a-2p Field Maintenance W Sa-3p
Sportsmen: GR Dan 319-431-3563	Mem Mtg 3rd Th 9-10a GR Sonoran Room
Sun City Yacht Club: LV 360-566-7076/206-802-8622	Closed due to Viewpoint Lake Renovation Project
Swim Club-Masters: BC tbnnock@yahoo.com	M-F 7-9a BC Lap Pool M/W 2:30-4p Yoga for Swim Club BC Aerobics Rm Gen Mem Mtg W 10/21, 10:30a-12p LV SH #1 Potluck/Mini-Golf F 10/22 4:30-7:30p Bell
Swim Lessons: 480-467-8966	W 8:30-10a LV; Move to SD in Nov
Table Tennis: BC 602-291-5369; 847-421-5211	M 10a-3p; W F 10a-4p; Tu Sa 10a-12p
Tennis: BC 608-792-1957 melvindhaus@gmail.com	Poker Tournament Su 10/29, 1-5p BC
Volleyball: 206-459-3242 charlespeterson@comcast.net	Closed for Summer
Water Volleyball Club of SC: OM WVCofSC@gmail.com	Su M W F 12-3p
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

**Club Directory Key:**

M = Monday	BC = Bell Center
Tu = Tuesday	FW = Fairway Center





The men and women of Lakeview Woodworkers Club invite you to tap into your creative self and do a little woodworking with us. It's a wonderful feeling to create something with your own hands. It can be anything from arts and crafts to kitchen cabinets. A turned bowl to scrolling a plaque. Instructions on the lathe and scroll saw are available upon request.

There are two monitors who are always happy to help you or answer any questions you might have. We look forward to the Annual Arts & Crafts Festival in November and the annual club dinner in February. The shop meetings are on the first Tuesday of each month at 9am with coffee and donuts (October through April). We invite all RCSC Cardholders to come on in and take a look around. We have a lot of fun; make a little sawdust and end up with something nice to show for it.

Memberships start in January and cost \$25 per year. Winter hours (October through April) are Monday to Friday from 8am to 4pm, Saturdays from 8am to noon. Summer hours (May through September) are Monday to Friday 8am to 2pm, Saturdays 8am to noon. For more information, please call 623-933-2355

## Sun City Ukulele Club



The Sun City Ukulele Club invites all RCSC Cardholders to come check us out. We have FUN!! We sing and play, and no one cares if you don't sing very well or occasionally play the wrong chord! That's because we have lots of people who always play the right chord and who sing really well. They cover for those of us who aren't as talented and everyone has a good time.

The Club has donated several ukuleles to the Maricopa County Libraries at Fairway and Bell Recreation Centers. You can check one out to see if you like it. We offer free lessons to club members, so you don't have to know how to play to join.

We perform every year at the Fall Arts & Crafts Festival, and are frequently asked to perform for other clubs special occasions. We also have professional musicians come and do workshops and concerts just for our club.

The Sun City Ukulele Clubs meets in the Fairway Recreation Center Music Room (2nd floor) at 3:00 pm on Thursdays. We have lots of fun and would love for all interested RCSC Cardholders to join. Questions? Call Club President Trudy Bryson at 480-276-3780.

## Stretch 'n Slim

An even better name for this club might be "Cardio, Stretch, Flex, Tone & Balance" but that gets to be a bit much. We strive to work out kinks and improve our overall health with our workout DVDs. Classes vary in intensity from low to moderate to high. Some classes use weights and bands which are provided by the club. Pick a day and time and join us for three (3) free visits. Joining is easy – just \$5 per year and open to all valid RCSC Cardholders.



Stretch 'n Slim meets in the Bell Center Aerobics Room – seven days each week at the times listed below.

Monday through Saturday:	Sunday
• 6:45am (moderate to high)	• 8am
• 8am (low)	• 9am
• 9am (moderate to high)	

Please call 402-578-6948 for more information and to confirm classes.



Fairway Recreation Center 2nd Floor  
10600 W Peoria Avenue | Sun City, AZ 85351  
WEBSITE: [computerclubofsuncity.com](http://computerclubofsuncity.com)  
Phone: 623-933-8953

Computer Club Hours:  
Winter Hours: Sept-Apr | Mon-Fri 8:30am-2:30pm  
& Saturday 8:30-11:30am  
Summer Hours: May-Aug | Mon-Fri 8:30-11:30am

Cox Wi-Fi Internet access | Classrooms with student computers in each room  
Workshop room where you can bring your own laptop to use  
Member Lab with Windows 10 & 11, Linux computers  
& scanner for Club Members to use  
Lecture Room for Special Interest Groups & Presentations  
We can assist you with Windows, Google, Firefox & more  
We also assist in Androids: Cell Phones & Tablets | Linux Operating systems

We have classes to teach using Windows, Google and Linux, Computers basics and 101 for new users. Excel & Spreadsheets and more. We can help with Android tablets and phones. Always some there that can help answer all your issues' have a technical dept that will diagnose your computer included with membership. If repairs are needed parts and some labor may apply. Membership is \$15/year. Some classes cost \$5/session. Most are no charge to members. Stop in and see us for more details. We're always looking for new members and instructors.



## 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 is open at 8:00am Monday through Saturday, and closes at 3:00pm (and all Wednesday afternoons for training). We are also open Wednesday and 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.



## Thursday Afternoon Bridge



Welcome back to all returning winter visitors and residents who are members in good standing of the RCSC, we are glad to have you back to join our surviving summer residents and enjoy another season of Thursday Afternoon Contract Bridge.

We still play in the Oakmont Auditorium every Thursday from 12:30 to 4:30 pm (please arrive by 12:15pm). No need to bring a partner as we will pair you when you arrive. Four rounds are played, including six hands each round.

Annual dues are still only \$5. All players contribute 50 cents each day from which high scores are paid. Note: You must be present to collect your winnings. 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. For more information, please call 623-933-9671.

## Funtastic Fitness

The National Council on Aging recommends regular physical activity to help prevent accidents, manage chronic disease, boost immunity and help seniors perform everyday activities. Fitness experts recommend a routine that includes aerobic activities, strength training and flexibility exercises. Funtastic Fitness has a professional instructor who teaches three types of classes in the Marinette Social Hall to meet these goals.



Our low impact aerobics class is perfect for improving stamina, endurance, cardiovascular function and strengthening legs. Set to fun music you know, the class uses simple, easy movements and includes moves for toning arms, abs and legs. We also focus on balance exercises aimed at preventing falls. The only equipment required are good shoes and a desire to have fun.

Strength training is done with your own dumbbells or elastic tubing with handles. This class will help reverse muscle loss, burn body fat and help you perform tasks that require lifting, carrying, getting out of chairs, walking up stairs, etc. Strength training is also important in preventing bone loss in senior citizens.



Mat Pilates is an effective, yet relaxing, class that builds core strength, improves balance and posture, reduces symptoms of arthritis and increases stability. Flexibility is also

greatly improved through Pilates stretches and brings many people relief from back pain. Focus on proper breathing is also incorporated in this class. Participants should bring a good mat for cushioning from the floor.

Classes are co-ed and meet four days a week as follows; Pilates - 1-2pm, Monday and Friday; Aerobics - 1-2pm, Tuesday and Thursday; Strength Training 2:10-3pm, Tuesday and Thursday (after Aerobics classes). Take any or all classes!

Annual dues for the club are \$5 and instructor fees are \$4/per class for Low Impact Aerobics and Functional Strength; \$5/per class for Mat Pilates. All RCSC Cardholders are welcome, escorted guests pay an additional \$2.50/per class. First class is free so come try them all! For more information, call Betty at 623-759-4492 or find us at [www.suncityaz.org/recreation/clubs](http://www.suncityaz.org/recreation/clubs).

## Illinois Club

Illinois Club was established January 2017. Meetings are typically held the 4th Thursday of each month at Fairview Recreation Center.

All RCSC Members/Cardholders are welcome. There is a \$5 annual membership fee. The Illinois Club board members plan weekly activities such as luncheons, pizza night, dinners, trips, miniature golf, etc. Contact Jeannine Shuster at [jes4now@gmail.com](mailto:jes4now@gmail.com) for more information.





## Sun City Democratic Club

Folks have left for cooler climes, but the Sun City Democratic Club meets year round! You may be thinking, "I'm not a registered Democrat", or "I have never voted Democratic". Yet, President Joe Piccari speaks for the Board in encouraging anyone to attend, regardless of affiliation or political opinion. Think. Residents may not be so divided, after all. At the August meeting, a majority voiced concern about Arizona's water supply. Isn't water one issue that all can agree is important, along with others, ranging from election integrity to prescription drug costs and safe streets?

Typically, an SCDC monthly meeting, in-person and Zoom, attracts about 90 attendees (increasing monthly!) who update on political issues and meet a variety of candidates for local and statewide offices, with "down ballot" candidates included. Recently, for example, we heard about the issues regarding the Central Arizona Water Conservation District and the Arizona Corporation Commission from candidates for those seats. Afterwards, there is always a Q&A session, plus a chance to meet the candidates one-on-one.

General meetings are first Thursday evenings, along with social get-togethers monthly. Check the website <https://suncitydems.com>, grab your chance to be "in-the-know," and enjoy some spirited discussion!

## Fall 2022 • Sun Bowl Concerts



**Sunday,  
November 13  
3pm \*\*  
Sun Bowl**



The Airmen of Note is the premier jazz ensemble of the United States Air Force whose commitment to musical excellence has earned the foremost jazz artists' respect worldwide. Their mission is to HONOR those who have served, INSPIRE American citizens to heightened patriotism and service, and CONNECT with the global community on behalf of the U.S. Air Force and the United States.

\*\* Please note early show time; expect possible sunshine and warm temperatures. Also, there will be NO gourmet food vendors at this event.

The Sun Bowl Amphitheater is located on 107th Avenue just south of Peoria Avenue. In the event of inclement weather, shows are relocated to the Sundial Auditorium at 103rd & Boswell Blvd. Please call 623-972-6014 for a recorded message regarding venue change.

**Don't forget your lawn chair or blanket!**

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

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



## Michigan Friends in Sun City



The Michigan Friends in Sun City Club became chartered in 2015 with 75 members from all over the 'mitten state' as we like to call it. It's mostly referred to as the Great Lakes State as Michigan is surrounded by four of the Great Lakes, boasting more fresh-water coastline than any other state in the nation.

The club meets for social hour the 3rd Wednesday of every month throughout the year and the last Monday of every month for Euchre, a very popular card game in Michigan. The club meets at the Bell Rec Multi-Purpose Room for both activities. Also offered are breakfast, lunch, and dinner outings close to Sun City. Mini golf is enjoyed as an outside activity as well.

Current club officers are President Cheryl Hall Cassady, Vice President/Secretary Tom Kalchik and Treasurer Paula Gallardo.

All RCSC Cardholders are welcome to join the club and guests and visitors are always welcome. There is an equal number of singles and couples who enjoy the friendship and fun the club provides. Membership is \$5 per person. For more information, pick up a club brochure at the Sun City Visitors Center at Bell.

## Wisconsin Club

The Sun City Wisconsin Club is announcing its 2023 schedule. The traditional Wisconsin Picnic will be held at the Sun Bowl (10220 N 107th Ave, Sun City, AZ) on Thursday March 9, 2023. Because attendees have so much fun dancing and socializing, the hours have been extended from 10:00am to 4:00pm. (Last year, no one wanted to leave the dance floor!).



Food will be served from 11:00am to 2:00pm. EVERYONE (you don't have to be from Wisconsin!) is invited to enjoy Grilled Brats, Delectable Sides and Bottomless Beverages (beer, soda, water). Live music will be provided by the Zweifel Bros Polka Band. There will be prizes, a silent auction and cash raffle. Alumni representatives from UW campuses will also be there. Bring your chair, your friends, a sun hat and your best polka shoes, ALL for only \$10 per person. Sponsored by the Wisconsin Club of AZ ([www.wisconsinclubaz.org](http://www.wisconsinclubaz.org))

We also invite you to volunteer to lead new adventures for the club like attending a Milwaukee Brewers game in March, meeting at a pub for UW football/basketball watching, hosting a dinner group, etc. If you want to make new friends and are interested in volunteering one or two hours at the picnic, please contact Gene Stashick at [gstash38@msn.com](mailto:gstash38@msn.com)



## RCSC Elections Process Continues

Time is nearly up for those wishing to run in this year's RCSC Board of Directors Elections. Candidate Packets must be returned to the RCSC Corporate/Board Office at Lakeview Center no later than Friday, October 7, 2022 by noon. There will be three open seats to be filled which are currently held by Vice President Mike Ege, Treasurer Darla Akins and Director Steve Collins.

Once all candidate packets have been received and signatures verified, the slate of candidates will be announced via RCSC Email Blast on Monday, October 10, 2022.

Two candidate forums have been scheduled, both which will be held in the Sundial Auditorium. The first forum will be on Wednesday, October 19, 2022 from 2-4pm and another the following Wednesday on October 26, 2022 from 6-8pm. Members are invited to meet and greet the candidates one-half hour prior to each session and light refreshments will be served. Sundial Auditorium is located at 14801 N. 103rd Ave. These Candidate Forums will be recorded and posted on the RCSC YouTube channel for viewing by members unable to attend in person.

Online voting in this year's election begins 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 winners will be formally announced the following morning.

### Sun City Players Community Theater Presents

#### "Don't Talk to the Actors" - Director: Joyce Wood



Jerry Przepniak has arrived! When his play is optioned for the big money, ego-driven world of Broadway, a fledgling playwright and his fiancé are suddenly swept up in the whirlwind of New York's theater scene. Best laid plans go awry, and theatrical nightmares ensue, as the zany cast and crew resort to manipulation and outrageously bad behavior in a desperate attempt to come out on top.

By Tom Dudzick  
Playscripts, Inc.

7:00 PM on October 21, 22, 28, 29  
2:00 PM on October 23, 30

Tickets sold at Fairway Center, Sun City  
October 17-20 & 24-27, 10 AM-noon

# VOTE

# 2022

## RCSC Board of Directors Election

# Candidate Forums

Wednesday, October 19, 2022 • 2 to 4pm

- AND -

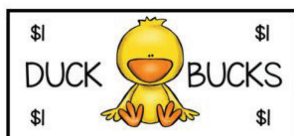
Wednesday, October 26, 2022 • 6 to 8pm

## Sundial Auditorium

Social/Meet & Greet • Half hour prior to each session

\*\* Video Recordings will be available for viewing on the RCSC YouTube Channel \*\*

### It's time to get quackin' & get your Duck Bucks!



### Get into the holiday spirit & join in the fun!

Join us at Sundial Auditorium for the Sun City Holiday Celebration on Friday, December 9, 2022

We will live telecast the entire race on the big screens where everyone can watch firsthand as the little ducks scurry over 1050' through Riverview Creek

Duck Bucks can be purchased at Cardholder Services & Clubs Offices at Lakeview, Events & Entertainment Office at Sundial, all Facility Attendant stations, RCSC Golf Pro Shops & Bowling Centers starting on Monday, October 3, 2022.

**COST: Only \$1 Buck per Duck**  
All proceeds from this event benefit the Sun City Foundation

\*\* Winners need not be present \*\*

### Come Roll a Bowl with Us Lawn Bowling Clubs of Sun City Open House

All Clubs: Bell • Fairway • Lakeview • Oakmont • Mountain View

November 11-13, 2022  
(Friday, Saturday & Sunday)  
11:00 AM - 3:00 PM

Come on out and give lawn bowls a try, have fun in the sun, get some fresh air and as a bonus get some exercise. We are the best kept secret in town. We supply all the equipment for you to try this fun filled sport. Let's discover the enjoyable and social sport of Lawn Bowling. All RCSC Members/Cardholders welcome to stop by and learn more!

#### Questions

Email Jim Roth: [jsroth7@yahoo.com](mailto:jsroth7@yahoo.com)  
Email Pat: [patbinnie11@gmail.com](mailto:patbinnie11@gmail.com)

#### RCSC MEMBERS - LET THE GOOD TIMES ROLL

Please wear flat soled shoes - e.g. running shoes



\*\*\*\*\* For more information on lawn bowling our website is [www.bowlsaz.com](http://www.bowlsaz.com) \*\*\*\*\*

## Farmers Market

Returns to Bell Center on October 6

SUN CITY  
ARIZONA  
RECREATION CENTERS  
OF SUN CITY

Thursdays  
9am to 1pm



*Fresh Never Tasted So Good*

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





## SMILE - IT'S OCTOBER



The first Friday in October is World Smile Day. It would seem that Arizonans have a lot to SMILE about the arrival of October.

- With masks less used, we can enjoy each other's smiles again.
- The summer heat has long gone.
- The "trapped indoors" feelings have waned.
- The problems with street flooding from monsoons is over.
- Plants seem to be greener from the summer rains.
- The pleasantries of fall and winter are beginning.
- The time for friends and family winter visits is nearing.
- The pressures of Christmas shopping haven't started.

We can all SMILE about our two excellent Libraries in Sun City. The cooperative venture between the Recreation Centers of Sun City (RCSC), the Maricopa County Library District (MCLD), and the Friends of the Sun City Libraries, Inc. has worked well now for over a decade. Those who use either Library know the quality we enjoy. Those who haven't visited either Library are missing a very good reason to SMILE.

We can also SMILE in knowing that these three organizations are working toward improvement in the future. MCLD is back in the program business after a COVID slowdown. Exciting events are happening in both Libraries. RCSC is always on the ready to assist when facility improvements are needed. The Friends, through sales from its Bookstore (Books Around the Corner), provide monies to the Libraries for expenditures not available through MCLD. All of this makes for a big SMILE.

SMILES also happen when one considers that the Friends are an all-volunteer organization. All Bookstore workers and Board members volunteer their time; there is no paid staff. You can help by becoming a volunteer Board member or Bookstore volunteer. The Friends think they have the best Friends Bookstore in the Arizona. Joining them would make current volunteers SMILE. The Friends Board of Directors is welcoming new members, too. You could join a fun group of current members recognized by their big SMILE because of the important work they do.

October is Domestic Violence Awareness Month. Our Libraries will have donation boxes at both of our libraries to accept various goods and sundries. We will SMILE at your generosity for those in need.

In October Books Around the Corner will have half-off all \$1 and \$2 hardcover fiction books. Large print books are not included. A good read can make you SMILE; but a bargain price guarantees it.

Although October 5 is Do Something Nice Day, any of the above activities are recommended to do something nice for yourself. As is tritely said, you are number one! If all else fails, sharpen that sweet tooth on October 1 National Home Made Cookie Day, or October 28 on National Chocolate Day. Regardless, SMILE — it's October.

### Maricopa County Libraries | [mclad.org](http://mclad.org) | 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 | [suncitylibraryfriends.org](http://suncitylibraryfriends.org) | 602-651-2014

*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

## Laundry Tips to Lighten Water Use

**Re-use Towels.** The towel you use to dry after a shower does not need to be laundered after each use, so hang it up and re-use it instead. Washing your household's towels when they actually need to be washed is a much better use of water than daily loads.

**Use Less Hot Water.** Saving money in the laundry room has to start with hot water usage because turning cold water to hot water is the most energy-intensive part of the laundry process. Use warm or cold water when possible, and you instantly save on water energy costs.

**Run Full Loads.** Rather than running many small loads of laundry, save them to run larger, fuller loads instead. Every time the machine is used, you're consuming water, so consolidating washes will be more efficient.

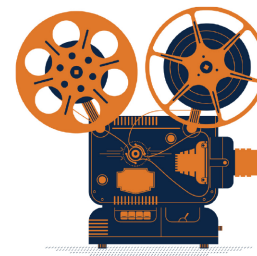
**Use Size Cycles.** When you need to run a small load for some reason, take advantage of the washer's "small load" option/setting, which will use less water because it is washing fewer items.

**Skip the Extra Rinse.** Many washing machines have an option for an extra rinse cycle, so skip this step to save water. Use the right amount of soap in the first place, and you won't need it anyway.

**Insulate and Lower the Temperature.** Your hot water tank will function most efficiently when it's insulated, so be sure to insulate it well — especially if you have an older model. Likewise, turn down the tank's temperature to 120 degrees instead of anything higher, which would be both unnecessary and costly.

**Upgrade to an Efficient Washing Machine.** When your existing machine breaks, opt for an efficient machine to replace it. An efficient washing machine can save as much as 7,000 gallons per household per year! Look for a frontloading machine, if possible, as these tend to be more efficient.

**Upgrade to an Energy-Efficient Water Heater.** Likewise, when the time comes to replace your water heater, go with an efficient model. The cost savings of using an efficient water heater will make the purchase worthwhile, not to mention you may be eligible for government rebates for tankless and solar units.



## 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? Did we happen to mention GREAT benefits? 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*

## What Motivates Lifetime Exercisers?

Why is it that some individuals make exercise a priority in their lives, while others struggle to exercise at all? "Lifetime Exercisers consider it an integral part of their aging lifestyle," states Jane Fortier, fitness specialist for Get Fit for Life. "They enjoy the physiological and psychological benefits of a fitness routine. They know despite life's ever-changing circumstances, fitness should always be a priority." Lifetime Exercisers (LEs) share some common habits and mindsets:

- LEs consider exercise non-negotiable. There are no excuses good enough to keep them from working out. Those who commit week after week, recognize that the benefits from their efforts far exceed the inconvenience of finding time to exercise. It is not about having enough time to work out; it's about making the time to work out.
- LEs don't necessarily love exercise, but they do it anyway. LEs value consistent exercise, no matter what. For them, the benefits of fitness tend to trump any discomfort or inconvenience experienced from their workouts. They're not at the gym to have fun, but to do what's needed and necessary.
- LEs don't just exercise to look better; they exercise for their health. According to research, regular exercise can reduce around two dozen physical and mental health conditions and slow down aging. LEs know regular physical activity is one of the most important things they can do to protect their mental and physical health.
- LEs understand that to enjoy and maintain fitness benefits, they need to be CONSISTANT. They don't take extended breaks because of vacation, company, or family commitments. They creatively fit exercise into their day, when life attempts to get in the way. LEs stay at motels with fitness centers, use a travel workout, or figure ways to stay moving. They only allow themselves to skip workouts if they are recovering from illness or injury, or face an unexpected emergency or schedule interruption.
- LEs are resilient when setbacks take place. If the unthinkable happens, such as an injury, LEs face the situation head on. They assess things positively, and begin a course of action that gets them back to normal as quickly as possible. Injuries are not an excuse to skip exercise or give-up altogether. Because they take care of their bodies, LEs tend to recover from injury quicker.
- LEs make exercise something to look forward to. They hike to enjoy the outdoors, they play pickleball to be with friends, they walk for quiet time with a spouse. LEs might attach a reoccurring reward to exercise: a relaxing massage after a tough workout; coffee and a flourless-muffin after a hike or bicycle ride, joining friends in the walking pool after a full body strength routine in the gym. Coupling exercise with an enjoyable outcome makes it more fun to stay with the routine until it's done.
- LEs aren't afraid to try new activities or challenge themselves new ways. Constantly doing the same activity will lead to a fitness plateau, boredom or apathy. LEs shake things up occasionally. They might try a new aerobic activity, use a HIIT (High-Intensity Interval Training) routine once a week, switch strength exercises from machine to free weights, or hire a personal trainer to ramp up their workout. Adding novelty to the mix keeps exercise interesting and challenging.
- LEs are flexible when necessary. All-or-Nothing is not their approach. Although dedicated and consistent with their fitness routine, LEs recognize there are times when exercise has to come second. If they have to miss a workout, LEs simply pick-up where they left off, and get back on track as soon as possible. Because exercise is part of their lifestyle, they return to it quickly. A slight bend is certainly not the end of the road.

If you need help getting started with an exercise program, contact a personal trainer. Get Fit for Life trainers custom design programs to fit your needs and concerns. Becoming an LE is easier than you think! Call 623-696-6820 for more info, 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-9p; 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-7p; Su 8a-7p
Bell Lanes	M-Sa: 8a-9p; Su: Noon-8p (9/1-4/30)	<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	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
		Lakeview: Outdoor	M-Sa: 6a-8p; Su 8a-7p
<b>Boating/ Fishing</b>	Minimum Age: 6/NA	<b>Spas</b>	Minimum Age: 16/18*
Lakeview Center	Closed for Viewpoint Lake Renovation	Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p
<b>Bocce Courts</b>	Minimum Age: 8	Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p
<b>Bowling Lanes</b>	Minimum Age: 4	Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Bell Lanes	M-Sa: 8a-9p; Su: Noon-8p (9/1-4/30)	Oakmont Center	M-Sa: 6a-7p; Su 8a-7p
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p
<b>Dog Parks</b>	Minimum Age: NA	<b>Swimming Pools - Open Swim Hours</b>	
Duffeeland	May - September 6am-8pm Closed last Wed/month for Maintenance	<b>Bell Center - 18+ only</b>	Minimum Age: 18
<b>Darts</b>	Minimum Age: 8	Lap Pool: M-Sa: 5a-9p; Su 8a-8p; Closed for Club/Class: M-F 7-9a	
Bell Center	M-Sa: 8a-9p; Su: Noon-8p (9/1-4/30)	Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
<b>Fitness Centers</b>	Minimum Age: 14*	<b>Fairway Center</b>	Minimum Age: 16
Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p	Lap Pool: M-Sa: 5a-9p; Su 8a-8p	
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p	<b>Lakeview Center</b>	Minimum Age: 4-15*/16
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	M-Sa: 6a-7p; Su 8a-7p; Closed for Club/Class: W 8-10a (April-Oct only)	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Children's Pool Hours - Ages 4-15 yrs: Daily 4p-Close*	
Oakmont Center	M-Sa: 6a-7p; Su 8a-7p	<b>Marinette Center</b>	Minimum Age: 4-15*/16
Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p	M-Sa: 6a-9p, Su: 8a-8p; Closed for Class: Tu, F 9-10a Session Ends 11/12	
<b>Horseshoe Courts</b>	Minimum Age: 12	Children's Pool Hours - Ages 4-15 yrs Daily 1-4p*	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	<b>Mountain View Center</b>	Minimum Age: 4-15*/16
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	M-Sa: 6a-8p; Su 8a-7p; Closed for Class: M Th 9-10a Session Ends 11/12	
<b>Jogging / Walking Track</b>	Minimum Age: 14	Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p*	
Indoor		<b>Oakmont Center</b>	Minimum Age: 16
Fairway Center	M-Sa 5a-9p; Su: 8a-8p	M-Sa: 6a-7p; Su 8a-7p	
Sundial Center	M-Sa only: 6a-8a	Closed for Club: Every Su M W F 12-3p; Spa, Swim Lanes remain open	
Outdoor	Minimum Age: 8	Closed for Class: M T, Th F 9-10a, Swim Lanes closed. Session ends 11/12	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	<b>Sundial Center - 18+ only</b>	Minimum Age: 18
Sun Bowl	Dawn to Dusk	<b>Large Pool:</b> M-Sa: 6a-9p; Su: 8a-8p	
<b>Library (602) 652-3000</b>	Call to confirm hours	Closed for Class: M, Tu, Th, F 8-10a; Session ends 11/12	
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p	<b>Warm Water Pool:</b> M-Sa: 6a-9p; Su 8a-8p; Closed for Class: T/Th 12-2p;	
FOTL Bookstore at Bell	M-Sa 9:30a-3:30p	Closed for Class M Tu, Th F 10a-12p, 4:30-6:30p; Session Ends 11/12	
Fairway Center	M-Sa: 9a-5p	<b>Table Tennis</b>	Minimum Age: 8
<b>Mini Golf</b>	Minimum Age: 6	Bell Center: M-Sa: 6a-9p; Su: 8a-8p;	
Bell Center	M-Sa: 6a-9p; Su: 8a-8p	Closed for Club Activity: M 10a-3p; W F 10a-4p; Tu Sa: 10a-12p	
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p	<b>Tennis</b>	Minimum Age: 8
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Bell Center: 623-977-3325 M-Sa: 6a-9p; Su: 8a-8p	
Sundial Center	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 October @ 11:30am \*\*

@ Bell w/ Dick; @ 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!



**Get Fit for Life**  
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