

SUN VIEWS

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Board Forms Strategic Alternatives Committee

The RCSC Board of Directors has announced the formation of an ad hoc "Strategic Alternatives Committee" (SAC) to develop and present strategic alternatives to the "Mountain View Renovation Option 2 Plan and the related replacement of Pickleball Courts to the Lakeview Center Plan" in response to resident requests for the development of options. The SAC will be chaired by Board Director Jeffrey Darbut, Board Treasurer John Fast and Board Vice President Karen McAdam.

Committee members have been appointed and include representatives from affected clubs, two neighborhood representatives, one member from the Long Range Planning Committee and two Member-at-Large representatives in addition to expert advisors representing RCSC Management as follows:

Club Representatives Bill Losla (Sun City Players Community Theater), Scott Herring (Water Volleyball), Tamela Ohm (Mini-Golf), Dan Haberman (Pickleball), TBD (Dance), Dave Clawson (Tennis), Elsa Will (Aqua Fitness), Pete Lencheck (Lawn Bowling); Long Range Planning Committee Member Steve Oaks, Mountain View Neighbors Paul Higgins and James Keppler, and Members-at-Large Norm Dixon and Anita Borski; RCSC General Manager Bill Cook, Director of Building & Infrastructure Mike Wiprud, Director of Operations Chris Herring and Executive Coordinator Marcia Johnson.

The SAC began meeting in late April and will conduct weekly meetings in dedicated space at Oakmont Center Building B (aka SAC Labs). The committee will develop feasible and cost-effective, strategic alternatives for member review and comment.

ASU/RCSC Survey Update

Working Group Session Completed

The ASU/RCSC Survey work continues!

We would like to say "thanks" to all who participated in the Working Group Session held on Wednesday, April 26.

Topics generated from the Focus Groups helped us to further explore which subjects and concerns needed more in-depth review and input from the community.



We're on our way to shaping the future of recreation in Sun City - and are pleased to have so many of you participating in the process!

There will be a process established whereby members can keep track of SAC's efforts either in person or by electronic means as well as the ability to provide real time input. All Member ideas are welcome!

The SAC will present members options to consider at or by the September 28th Board meeting. Members will then have a full and robust comment period from September 28th Board meeting to the November 30th Board meeting. In addition, town hall meetings will be planned and held during that period to gather and incorporate member input.

The 2023 RCSC Board wants to thank in advance all of those who volunteer their time, skills, and efforts to take on this critical undertaking.

RCSC Offices Closed on Memorial Day

All RCSC Offices at Lakeview Center (Corporate, Human Resources, Cardholder Services and Chartered Clubs), will be closed on Monday, May 29, 2023 in observance of Memorial Day. The Sundial Events & Entertainment Office and the Sun City AZ Visitors Center at Bell will also be closed.

All Recreation Centers (fitness, pools, spas), Bowling Centers and Sun City AZ Golf Courses will be open over the Memorial Day holiday with normal operating hours for Member/Cardholder use.

Summer hours begin on Memorial Day at the following centers: Mountain View (9749 N. 107th Ave.), Oakmont (10725 W. Oakmont Dr.), and Lakeview (10626 W. Thunderbird Blvd.). Extended hours through Labor Day (Monday, September 4, 2023) at these three centers are Sundays from 8am to 7pm; and Monday through Saturday from 6am to 8pm. Hours at all other RCSC recreation centers remain the same throughout the year.

Summer Hours
Lakeview • Oakmont • Mt. View
Memorial Day thru Labor Day
Sunday 8am - 7pm | Monday-Saturday 6am - 8pm

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

Email addresses
remain confidential

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Connect with Sun City AZ



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A Message from Board President Fimmel

Our Future Has Arrived in Sun City

Not to sound too profound, historians, philosophers, even theoretical physicists (think Albert Einstein) have long held that if you want to understand the future you must first study the past. Even our own local historians continually remind us as much whenever the opportunity arises, and we thank them for doing so. That's the beauty of our community - we are surrounded by our past, we are easily able to reconstruct it, and it's easy to follow. The challenge is to apply that history to what's relevant to us today, tomorrow, and beyond.

We know that we owe a great deal to those who built Sun City, and to those who helped shape the community, leaving us an incredible legacy upon which we could build. It wasn't just well-built homes or golf courses or recreation centers, but a foundation that was created to stand the test of time. It was a community where those moving here took ownership of the process of self-governance and were willing to give back the time, talents and expertise that those of us who followed simply had to continue.

Our community was more than an amazing amenities package. There was something even more important - an impressive sense of community. Our predecessors created the Articles of Incorporation and Bylaws that were honed from trial and error to ensure an ongoing partnership between the members and the RCSC that would be obvious to anyone who looked.

One of the most pivotal points in our history came when the 1999 RCSC board realized Sun City was on a collision course of growing old and outdated without a mechanism for updating

the amenities/facilities. From that single realization the Preservation and Improvement Fee (PIF) started to be collected. The RCSC board turned to the community and asked for help. Committees, clubs, and community organizations all joined together to plan how to best invest in our future. This one change held the promise of an ever evolving future for Sun City.

By 2010, 50 years after Sun City's opening, the housing market crash hit. Baby Boomers were replacing the Greatest Generation and technology had changed just about everything. The internet had become the gathering place - cell phones allowed connection to everyone everywhere and in-person contact with neighbors declined. These changes clearly had an impact on the Sun City way of life. Fewer members were volunteering and paying attention to what was going on within their community. The response by the RCSC was to become more internal, more removed from member involvement. It would be another decade before the RCSC fully realized the importance of technology and actually invested in it. This is a historical observation, not a judgment.

Today, the RCSC board finds itself at another pivotal point in our history, and again it deals with building modernization and the PIF. So, it is only fitting to once again ask for help from our Committees, clubs, and community organizations. Here is the challenge - two RCSC centers are in need of renovation/renewal/replacement, but there are finite resources and conflicting interests to be addressed. The goal is to develop a buildings' plan that meets all of the community's needs within the budgetary limitations and in the most expeditious manner possible. Like our predecessors we must rise to meet the challenges that lie before us, knowing the outcome will lay the foundation for generations to come. There is much work to be done!

The future has arrived in Sun City and it is all around us. No one said the future would be easy, but then again neither was the past. We can meet the future head-on if only we are willing to take this journey together.



Kat Fimmel
2023 RCSC Board President

This Month @ The Board

RCSC Board of Directors Meetings

Member/Board Exchange	Monday, May 8, 2023 @ 3pm	Sundial Auditorium
Board of Directors Meeting	Thursday, May 25, 2023 @ 9am	Sundial Auditorium

Committee Meetings:

Long Range Planning Committee	Tuesday, May 2, 2023 @ 8:30am	Lakeview Board Room
Bowling Committee	Thursday, May 4, 2023 @ 9am	Lakeview Board Room
Sun City AZ in Focus Committee	Monday, May 8, 2023 @ 4pm	Lakeview Board Room
Lawn Bowling Committee	Tuesday, May 9, 2023 @ 1pm	Lakeview Board Room
Club Organization Committee (COC)	Wednesday, May 10, 2023 @ 10am	Lakeview Board Room
Technology Committee	Wednesday, May 10, 2023 @ 4pm	Lakeview Board Room
Long Range Planning Committee	Tuesday, May 16, 2023 @ 8:30am	Lakeview Board Room
Golf Advisory Committee	Thursday, May 18, 2023 @ 8:30am	Lakeview Social Hall #2
Finance & Budget Committee	Friday, May 19, 2023 @ 9am	Lakeview Board Room
Elections Committee	Wednesday, May 31, 2023 @ 1pm	Lakeview Board Room

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



“Neighbors Helping Neighbors”

The next Sun City Foundation meeting will be held on Thursday, May 11, 2023 at 11:00am in the Lakeview Board Room.

Sun City AZ Rocks with Hot Music in Cool Comfort



Wednesday, June 14, 2023
 Show 6pm; Doors Open 5pm
 Sundial Auditorium (103rd & Boswell Blvd)

Free for RCSC Members/Cardholders & their guests!

RCSC Member or Privilege Card (with photo) required for entry;
 no key fobs accepted.

General Admission; Open Seating (No Food Trucks; BYO)

SUN CITY
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 RECREATION CENTERS
 OF SUN CITY

Just a Few Reminders!

While you enjoying all that RCSC has to offer, please be aware of the following items which require your attention when using RCSC recreational facilities:

- All RCSC Members/Cardholders are required to check in with their photo ID Cards (key fobs accepted for entry to fitness, pools and spas only; not for concerts or free events).
- Neither Sun City residents nor spouses of RCSC Cardholders are eligible to be guests. With proper documentation and if eligible, privilege cards may be purchased at the Cardholder Services Office at Lakeview in order to use the facilities.
- Host punch cards are purchased by and belong to the Cardholder, not the guest, and may be purchased at RCSC Facility Attendant Stations (exact cash or check only), Cardholder Services and RCSC Bowling Centers. For your convenience, guest passes can also be purchased online via the RCSC Web Portal
- Guests should be prepared to show government-issued photo ID when checking in to use RCSC facilities.
- Proof of age for 4 and 5 year olds (birth certificate or passport) is required for access to swimming pools. Photo copies or electronic images are acceptable.
- Immediately exit pools, spas if lightning is observed or thunder is heard.
- Pets are NOT allowed at any RCSC facilities, including buildings, golf courses, grounds, and parking lots, except for dogs at the RCSC dog park, Best Friends Dog Club and/or dogs trained as service animals. Emotional support animals are not an exception.

Please refer to the RCSC Cardholder Guide and Board Policies for more information. Your cooperation is appreciated!

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.

Spring Has Sprung! Easter Fun at the Sun Bowl!



Art and Craft Clubs	
Artists by the Lake: LV 402-304-2908 Artistic Stained Glass: BC 623-974-4765	M-F 9a-4p; Classes & Open Painting Mem Party/Picnic 1st Tu (5/2 at 12p) LV SH 1 M-Sa 8a-3p; M-Th 5-8p
Artistic Weavers & Fiber Artists: OM oakmontawfa@gmail.com	M-F 9a-12p Beginning Weavers Class Starts 5/9; Tu Th Sat 9a-12p (4 Weeks), \$40 includes materials
Calligraphy: SD 623-210-9137	Th & F 9a-11p; Classes M-T, Th-F 1-3p
Camera Guild: GR cameraguildsuncity.com	M-F 9a-12p; Member Mtgs: 1st Sat 9:30-11a & 3rd W 1:30-3:30p GR Sonoran Rm FMI visit http://www.cameraguildsuncity.com/
Carvers: LV 847-287-1005 Ceramics & Porcelain: FW 623-972-5818; 217-710-9023	Tu, Th, Sa 8a-12p LV Rm 213 Gourd Art, Model Construction, Wood Carving https://suncityaz.org/recreation/clubs/sun-city-carvers/ M-F 9a-3p; Sa 9a-1p Mem Mtg 1st Mon 9a
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 sc CCP1@gmail.com	M-F 9a-3p
Clay Club: GR 623-933-0899	M-Th 8:30a-8:30p; F-Su 8:30a-4:30p
Clay Corner: MC 623-273-6917 ClayCornerMarinette.org	M-Sa 7:30a-9p; Su 8a-6p Mem Mtg 2nd W 9a MC SH Yard Art/Lunch 3rd W 8a-9p Summer Fun Shops 9a-2p - Dais Vary
Crafts: BC 623-974-3497	M Th 9a-7p; Tu F 9a-3p; W 9a-8:30p Mem Mtg 2nd Th 9:30-11a BC SH 1 Quality Control meets 1st M 1p BC MPR
Crafts: SD 503-884-5332 sundialcraftclub@gmail.com	Needle Craft M/Th 9a-1p; Heritage Albums 1st/3rd M 2-6p; Card Making Tu 1-8pm; Scrapbooking F 9a-8p Open Crafts W 9a-6p, Sat 9a-12p; Diamond Dots Sat 8a-12p
Handweavers & Spinners: SD schandweaversandspinnners@gmail.com	Xmas Club Last Th 2-6pm; Mem Mtg M 5/8, 9:30a MW 9a-12p; T 1-3p; Th 9a-3p
Jewelry, Stained Glass & More: GR 262-993-4873; 623-322-4595	M, W, Th, Sa 8a-12p
Knitters: FW 602-469-2505	F 8:30a-12:30p FW AZ Rms 3 & 4
Lapidary: BC 775-351-8721	M/T, Th-Sa 8a-3p; M 5-8p, W 8a-12p, 5-8:30a
Leathercraft: LV 480-276-7583; larryvroom@cox.net	M W F 8a-12p Intro classes offered in leathercraft, western tooling
Metal: BC 623-974-8206 bellmetalclub@gmail.com	M-Sa 8a-4p Mem Mtg 2nd M 9a BC MPR Potluck 3rd Su 5:30-7:30p BC MPR
Palo Verde Artist: SD 262-323-1188 president@paloverdeartists.com	Su-Sa 8a-8p Portraits/Live Model Th 1-3p, \$3 Model Fee Social Hour 3rd M 12-1p, Club Room; Classes/Workshops in Various Media, Fees Vary
Quilters on Grand: Relocating Soon 970-261-1798 Sew-n-Sew: LV www.sewnsew.info - Check webpage for exact dates of classes	M-Sat 8a-4p; Mem Mtg 2nd F 9:30a
Silvercraft: BC 623-933-8442	M-Sa 8a-3:30p
SilverStones: SD 317-508-5959	M-F 8a-3p; Sa 8a-12p
Sterling & Stones: FW 612-987-9366 - Annual Dues \$15	T-Th 10am-2pm

Stitchers: BC 480-578-8871 2019bellstitchers@gmail.com	M-F 9a-3p - Summer Hours thru Sept
Woodworking: BC 623-974-6058	M-W 8a-8p; Th-F 8a-4p; Sa-Su 8a-12p Mtg 4th Tu, 8am in Club Room
Woodworking: FW 623-9724385	Summer Hours: M Th F 8a-12p; Tu-W 8a-4p
Woodworking: LV 623-933-2355	M-F 8a-2p; Sa 8a-12p

Card and Game Clubs

500: FW 815-909-6422 Robin	Mon 6-9:30p FW AZ Rm 3-4
Bunco Broncos: FW 623-293-1019	2nd & 4th M 12:30p FW AZ Rm 1-2
Canasta: OM 480-886-9750	F 10a-2p OM Aud Doors open 9:30a; Dues \$5/Yr + \$1/week to play
Cribbage: LV 623-933-7044 Pat	Tu 1-4p; W 6-9p LV SH3
Euchre: FW 623-693-2881; 623-533-5705	Tu 6:15-9:30p FW AZ 2-4; Doors open 5:15p Th 1-4p LV SH #3; Doors open 12.15p
Hand & Foot Club: LV 623-680-8276; 972-838-7512	W 6-9:30p LV SH 1-2; Arrive 5:15-5:50p, Play begins at 6p

Mah Jongg: MC 206-841-8665 - Karen 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

Contract Bridge Clubs

Wednesday Afternoon: OM 623-249-9169	W 12:30-4:30p OM Aud Please arrive by 12:15pm
Thursday Afternoon: OM 360-509-5379	W 12:30-4:30p OM Aud Please arrive by 12:15pm
Friday Afternoon: FW 208-351-3806	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; 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

Dance Clubs

Bell Tea: BC 480-370-3223 www.suncityaz.org/recreation/clubs/bell-tea-dance-club/	W 2-4p BC SH 1&2
Classic Rock Dance Club: BC 623-628-4401	1st, 3rd Sa; Doors 5:30p; Dance 6:30-9:30p BC SH 1-2; Members \$3/Guests \$6 Sa 5/6 Faded Jeans Cinco de Mayo \$7/10
Country Dance Club: SD 480-431-8278; 623-972-5127	1st/3rd Sa Open 5:30p, Dance 6-9:30p SD Aud

Friday Night Social Dance: SD 623-215-8718 www.suncityaz.org/recreation/clubs/friday-night-social-dance-club/	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 Relocated to FW Th 5/25
Rockin' Thru The Years: SD 623-695-2039; 602-695-0209	2nd, 4th & 5th Sa: 6:30-10p; SD Aud Beach Party Dance 6/24
Squares: BC 623-694-7194 jr3me@yahoo.com	Closed for Summer
Sun City Poms: MC 602-392-4242 scpoms@yahoo.com	M 8-11:30a MC Aud; Tu 1-5p MC Aud Th 8a-12p MC Aud Party/Social F 5/5, 3-8:30p Talisman
Tip-Top Dancers: MC 716-445-7383 ftpm@yahoo.com	M 8a-1p; Tu 8a-12p; 4-8p MC SH M 1-2p; F 1-2pMC Aud W 8-11a, Th 8a-12p, F 8a-12p MC SH

Educational Clubs

Apple Macintosh: SD 623-933-5300	Tu & Th 8:30-10:30a
Visit summacsclub.com for updates	
Computer Club: FW 623-933-8953 www.computerclubofsuncity.com/	M-Sa 8a-12p
Life Long Learning: FW scazifelong@gmail.com	No Classes at this time Look for Fall 2023 registration details coming soon!
Text to 602-330-6371	
Spanish Club: FW SunCitySpanishClub@gmail.com	M 12-5p FW # 129

Fitness Clubs

Aerobics: BC 623-826-2323 Karen 602-578-1067 Judy	M W F 6:30-11a BC SH 1&2
Aqua Fitness Club: SD aquafitnesssuncity.com 619-818-4380 Terry	Session ends Th 6/22 Try it Before You Buy It 6/12-6/16 Next Reg: Sa 6/17 SD; Doors 8a, Mtg 8:30a Next Session starts M 7/10; ends Th 8/31
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
FUNtastic Fitness: MC 260-413-3862 allykatrose@live.com	Pilates M, F 1-2MC SH Aerobics Tu, Th 1-2p MC SH Strength Training Tu, Th 2:10-3p MC SH
Handi-Capables: SD 602-369-3819 handicapablesaz@gmail.com	T/Th 12p, 1p SD Warm Water Pool Mem Mtg 1st M 12p FW AZ 1&2
Hatha YOGA: SD Yoga Room Email: HathaYogaClub@gmail.com FMI visit www.hathayogaclub.org for class schedules & membership info	Mat & Chair-C Classes: M 8:30a, 10:30a, 1p-C, 6p Tu 10a; W 8:30a, 10:30a-C Th 10a, 1p-C, 6p; F 8:30a, 10:30a, 1p-C; Sat 9a
Ladies Exercise: OM 928-890-9152	Tu & F 8-9a OM Aud
So Grand Exercise: FW 623-972-6046 or 602-938-0707	M W F 7-9a FW AZ 1&2
Stretch 'n Slim: BC 402-578-6948	M-Sa 6:45, 8, 9a; Su 8, 9a BC Aeorbics Rm
Tai Chi: BC, LV, FW http://sctaichi.wix.com/sc-tai-chi-club email: suncitytaiichi@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 F 5/19, 11a-2:30p SD EH
Zumba Club: SD 623-583-2065 Visit https://suncityaz.org/recreation/clubs/zumba-fitness-club/ for specific class info	M W 11:30a-12:30p Gold BC SH; Tu 6-9a Chair/Gold BC SH; Tu 6:30-7:30p SD WH; Th 6:30-7:30p MC Aud; F 9:30-10:30 MC Aud; F 11:30a-12p Chair BCSH; F 12-12:30p Gold BCSH Sa 8:30-9:30a MC Aud Zumba Fitness

Club Directory

Hobby Clubs

Birding Club of Sun City: FW locascio2000@hotmail.com Text to 602-616-7459	Closed for summer May have outings over summer; email for info Relocated to FW Th 5/25
Duffeelnd Dog Park: Talisman 623-810-0208	
Garden: GR 623-875-5921 or 763-443-1426	Office MWF 9a-12p; Greenhouse M-Su 9a-2p Mem Mtg 1st Tu 8:30a SD Aud
Model Railroad: FW 480-634-0106	Mem Mtg Tu 5/9, 10a FW Rm 133 FMI visit suncitymodelrailroadclub.com
Model Railroad Museum: FW 480-634-0106	W 9a-12p; Sa 9a-1p
Rockhounds: SD srockmuseum@gmail.com	2nd Th 6p FW AZ 1-3 End of Season Dinner Th 5/11, 5-9p FW AZ 1-2
Mineral Museum: SD 623-428-6442	Sa 10a-1p
RV Club: SD silvercreekran1@hotmail.com	Annual Pancake Breakfast F 5/5, 8a-3p Sundial Patio No other meetings; Closed for Summer
Stamp Club: MC 602-329-8905	Mtg/Auction 1st M, 7-9p MC SH
Vintage Vehicles: GR 602-609-0973 https://www.vintagevehiclesofsuncity.com/	No Member Meetings over Summer Shop Operations M-Sa 8a-4p Potluck Last Tu 5-9p, GR Sonoran Rm

Performing Arts Clubs

Sun Cities Community Orchestra: FW 623-582-9964	W 8:30a-12p FW Music Room
Choraliers: MV Partnered with the Sun City Players Community Theater (see below)	3rd M, 7pm MV Aud - Note New Location
Concert Band: FW 602-625-5211	Closed for Summer
Handbell Ringers: FW 602-882-9952 debbie12az@gmail.com	Closed for Summer
Piano: SD 623-444-4483	4th M 2-4p SD Aud
Sun City Players Community Theater: MV suncityplayerscommunitytheater.org	Clubhouse Workshop W 9:30-11:30a Gen Mem Mtg/Entertainment 3rd M 7p Choraliers 3rd M, 7pm MV Aud
Rhythm Ramblers: FW 602-717-7246	Rehearsal Tu 1-5p FW Music Room Dances return in October
Ukulele: FW 480-276-3780 (Oct-April) 920-410-6932 (May-Sept)	Th 3-4:30p FW Music Rm
Women's Chorus: FW 602-625-6126	Closed for Summer Rehearsals resume 9/7

Political Clubs

Democratic: FW 602-529-5778	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
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Republican: SD suncitygopclub@gmail.com	3rd Tu 6p SD EH
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Social Clubs

Best Friends Dog Club: FW 602-639-1370 bfdcsuncity@gmail.com	Closed for Summer
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Fairway Readers: FW 623-231-5714 maureenopper@gmail.com	2nd F 1-2:30p FW AZ #1 Books can be reserved in advance at FW Library w/ MCLD Card
Hospitality Club: MC 623-341-1226	Sat 11a-5p Friendship Corner - Cards/Games
Illinois Club: FW 775-722-1169	Social Mtg 4th Th 6:30pm FW AZ #3
List of activities at https://suncityaz.org/recreation/clubs/illinois-club/	
LGBT of Sun City: OM Aud lgbtclubofsuncity@gmail.com	Meet 2nd Th & 4th W 6pm OM Aud Entertainment Venue Sat 3/27, 5-10p BC SC
Men's: SD 623-977-5116	M-Sa 7a-4p; Poker M 4-9p Bingo Th SD Aud - Doors open 4p; Play at 6:15p Last Bingo Night 5/25; Resumes 9/7
Michigan Friends in Sun City michigan2arizonaclub@gmail.com	Closed for Summer
Call or text 623-910-1522 to RSVP for Euchere/Cards on last Monday	Last Monday 2:30-5p Cards BC MPR
New England: LV 623-215-3637; 802-233-3721	Sa 5/13, 5p LV SH 1
NextGen: SD 623-878-0104	1st & 3rd M 6:30-9p SD Aud /E&W Halls Wine Sharing 2nd F 6-8p OM Aud/Patio
Visit www.NextGenSC.org for more info or email NewMembers@NextGenSC.org	
Singles Social Club: FW 602-769-3634 https://suncityaz.org/recreation/clubs/	1st F Potluck, 3rd F Game Night 6-9p FW AZ 3-4 Breakfast Sa 8:30a, Brothers Rest 8466 W Peoria
Sun City Frat Club fmiwhyputt@gmail.com or 702-296-4653	2nd W 10:30a-1:30p LV SH 1-2 4th Th 4:30-8p LV SH 1-2
donnalmn1107@aol.com or 623-628-4401	
Wisconsin Club: SB 920-265-8433 or 608-852-4227	Save the Date! Next Picnic 3/14/2024 To volunteer, call Linda 715-308-9964
Women's Social: LV 623-826-8900; 509-994-2027	M-Su 9:30a-4:30p W 6-8p - Game Instruction for Mah Jongg, Poker, Hand & Foot, Bridge Bunco 1st, 3rd Fri 5:30-8p, \$3 at door

Basketball: MC 206-459-3242; 604-313-3190 charlespeterson@comcast.net	Tu 11a-4p; W 8a-1p; F 11a-4p; Sa 12-5p
Billiards: Bell Billiards Room 315-806-0067	
Billiards: LV Billiards Room 623-296-4869; 602-319-0783	M-Tu, Th 8a-12p; W 9a-1p 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
Bocce: SD 623-693-2881	Open Play: Th 5/4-18, 8a-12p; Su 5/7-14 1-5p Open Play: Tu 5/23-30, Th 5/4-25 7:30a-12p Daytime Tournaments: M-W, F 5/1-19, 8a-12p; Tournament Playoffs Sat 5/20, 8a-12p
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	M T W 5:30-8:30p, Th 6-8p, Sa 1-3p
Lawn Bowls: BC 780-566-8568	M W F 7:30a-1p & 7-9:30p
Lawn Bowls: FW & MV 360-303-9722	
Lawn Bowls: LV (Sun City Club) 734-673-8908	Closed for Summer
Lawn Bowls: LV 623-974-3214	Tu Th Sa 7:30-10:30a
Lawn Bowls: OM 623-792-5202	Closed for Summer
Mini-Golf: LV 815-791-6991; 602-999-7011	Golf W 5/10 8a BC; W 5/24 8a SD Mem Mtg Tu 5/9 9a LV SH #1

Pickleball: MC, MV scpickleball002@gmail.com	Daily Drop-in MC 8-11a; MV 7-11a Round Robin W 11a MC; Social Play M 2p & Sat 1p MC Social Round Robin M 2pm, Sa 1pm
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Shuffleboard Bell: BC 612-471-7045	M Tu F 1-3:15p
Shuffleboard Outdoor: LV	M W F 1-4p LV Last play F 5/19
Shuffleboard Sundial: BC 408-427-2056	Th 5:30-9p BC Cts
Softball (Senior): Sun Bowl 517-526-4873; 509-264-3088 www.azsrsoftball.com	League Play T Th F Sa 7a-5p
Sportsmen: GR Dan 319-431-3563	Archery M-W Sa 9-11a, Tu 6-8p Mem Mtg 3rd Th 8-9a 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 406-546-9776	M-F 7-9a BC Lap Pool M/W 2:30-4p Yoga for Swim Club BC Aerobics Rm
Swim Lessons: 480-467-8966	W 8:30-10a LV
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 https://suncitytennisclub.wixsite.com/suncitytu	
Volleyball: 206-459-3242 charlespeterson@comcast.net	Closed for Summer
Water Volleyball Club of SC: OM 480-297-6783; WVCofSC@gmail.com	Su M W F 11a-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
W = Wednesday	GR = Grand Center
Th = Thursday	LV = Lakeview Center
F = Friday	MC = Marinette Center
Sa = Saturday	MV = Mountain View Center
Su = Sunday	OM = Oakmont Center
a = A.M. & p = P.M.	SD = Sundial Center
Area codes 623 unless noted.	SB = Sun Bowl

Important Dates for Clubs to Remember!

May	
5	SunViews submissions due for June
10	Guest Attendance Register & guest fees due
10	Monthly Attendance Spreadsheet due
15	IRS Form 990-N or IRS 990-EZ & AZ Form 99 due
16	RCSC Chartered Club Inventory due (<i>For clubs with more than \$1,000 in total inventory</i>)

June	
5	SunViews submissions due for July
10	Guest Attendance Register & guest fees due
10	Monthly Attendance Spreadsheet due

July	
5	SunViews submissions due for August
10	Guest Attendance Register & guest fees due
10	Monthly Attendance Spreadsheet due

Chartered Clubs Office
623-561-

Thoughts from a Pro -

Limit Your Thinking During Play

There is so much information out there regarding the golf swing. We are bombarded with "helpful" advice from golf commentators, online videos and/or articles, not to mention advice from our playing companions! All this information tends to put our brains on overload, which is not ideal especially when we are playing the game. Trying to play golf while overthinking about the "how-to" ultimately can lead to stress, frustration, poor shots and can take the fun out of playing!

Playing golf should be just that...play. In other words, when on the course play the "game" of golf, don't play "golf swing". This means limiting thinking on the course to strategy, alignment, club selection, scoring, etiquette and rules. Isn't that enough?

If you are having trouble with the swing, address those issues during practice, not during play. Nothing can be changed or fixed in the middle of a round of golf anyway! If you are having trouble during the round try to make it better by using clubs that are more forgiving, shorter and with more loft. Try to relax and don't force anything. The more we relax, the more the club can do the work.

Remember playing should be fun! Instead of overloading your brain with a lot of mechanical thoughts while on the course KEEP IT SIMPLE. It will be much easier, work a whole lot better and be much more fun!

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

2023 AERIFICATION/VERTICUTTING DATES

Golf Course will be Closed including Pro/Snack Shops

Thu-Fri	April 20,21	North (Front Nine Closes through Overseeding)
Mon-Tue	April 24, 25	Quail
Thu-Fri	April 27, 28	South
Mon-Tue	May 1, 2	Lakes East
Thu-Fri	May 4, 5	Riverview
Mon-Tue	May 8, 9	Willowcreek

Fairways Aerification

Mon	May 15	North (Back 9)
Thu	May 18	Quail
Mon-Tue	May 22, 23	South
Thu-Fri	May 25, 26	Lakes East
Thu-Fri	June 1, 2	Lakes West
Mon-Tue	June 5, 6	Riverview
Thu-Fri	June 8, 9	Willowcreek
Mon-Tue	June 12, 13	Willowbrook

Greens Aerification

Thu, Fri	June 15, 16	North (Back 9)
Mon, Tue	June 19, 20	Quail
Wed, Thu, Fri	June 21-23	South
Wed, Thu, Fri	June 28-30	Lakes East
Wed, Thu, Fri	July 5-7	Lakes West
Wed, Thu, Fri	July 12-14	Riverview
Mon, Tue	July 17-18	Willowbrook
Wed, Thu, Fri	July 19-21	Willowcreek

2023 OVERSEED SCHEDULE

Golf Course will be Closed including Pro/Snack Shops

Course	Overseed	Opens	Off Cart Path
Lakes West	Sept 25	Oct 14	Nov 3
Quail Run	Sept 25	Oct 14	Nov 3
Willowbrook	Sept 25	Oct 14	Nov 3
North	Sept 25	Oct 14	Limited Restrictions
Lakes East	Oct 16	Nov 4	Limited Restrictions
Riverview	Oct 16	Nov 4	Nov 24
Willowcreek	Oct 16	Nov 4	Nov 24
South	Oct 16	Nov 4	Nov 24

As of 2-14-2023

* North and Lakes East non overseeded fairways, cart restrictions limited only to around tees and green complexes

* If temperatures are too high for Sept 25 start first wave will be pushed back one week, resulting in one week overlap of course closures

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!

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: mikewegnrgolf@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



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/


May 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. Next meeting is Thursday, May 25, 2023 at 1pm in Talisman Hall.





Sun City Library News
mclidaz.org/suncity
 602-652-3000

May Events at Sun City Library



<p>Advanced Registration Required</p> <p>Club Kanopy: A Bitter Legacy Sun City Library May 16 1-2:15pm</p> <p>Touring the Grand Canyon Sun City Library May 2 10-11:30am</p>	<p>Digital Library Help Sun City Library May 10 & 24 10-11am, 15 minute slots</p> <p>Sonoran Gypsies Trio Music Fairway Library May 5 1:30-2:30pm</p>
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Summer Reading Program

June 1 - August 1

Register for the summer reading program at maricopacountyreads.org. Read 1000 minutes by the end of the program to earn free prizes!



Maricopa County Libraries | mclidaz.org | 602-652-3000

- Sun City Library Hours: Mon 9am-7pm; Tues - Sat 9am-5pm
- Fairway Library Hours: Mon - Sat 9am-5pm

Books Around The Corner | 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

Find us on Facebook!

Join our email list @ mclidaz.org/news/subscribe

Water Conservation Saving Water for the Future is Not A Game

Let's keep it simple this month and do a quick word search puzzle. Remember to continue to fix your leaks and save water everyway you can. Future generations are counting on us!

G R O U N D W A T E R R G A L L O N
 M E T E R I L I F A N E R R S I R O
 A S W W E A U A E M E T R U A I E U
 R I S E E T U R A F P A O I Q I W T
 N E T L E C A C W N O W W R U V E F
 O E O L E T A I A D N E A I I E S A
 I N R T O N E T A A S T T I F S N L
 T I M R E O N P A E E S E R E U O L
 U A W D T I V E F H T A R I R R I P
 L R A E H T I S F R R W M O R F T I
 L D T H G A R E O E I T A V M A A O
 O M E S U G O R N W V O I R A C V R
 P R R R O I N P U O E I N E E E R E
 E O U E R R M A R H R L R S R W E O
 H T E T D R E A A S O E S E T A S O
 E S E A E I N R R R R T F R S T N O
 R E O W G A T I R R N R M I I E O O
 A P R E C I P I T A T I O N N R C O

Word List:

AERATOR	AQUIFER	CONSERVATION	DROUGHT
ENVIRONMENT	FAUCET	GALLON	GROUNDWATER
IRRIGATION	METER	NEPONSETRIVER	OUTFALL
POLLUTION	PRECIPITATION	RESERVOIR	RUNOFF
SEPTIC	SEWER	SHOWERHEAD	STORMDRAIN
STORMWATER	STREAM	SURFACEWATER	TOILET
WASTEWATER	WATERMAIN	WATERSHED	WELL



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.

Tips from Get Fit for Life

Understanding Metabolic Training

“Metabolic Training, (also known as High Intensity Interval Training) is a workout tool that reaps big benefits in a short amount of time,” states Jane Fortier, senior fitness specialist for Get Fit for Life. “Not everyone who tries metabolic training is going to realize the benefits they expect. This form of training needs to be done with intensity. If intensity is missing in the workout, the results will be less stellar. It makes sense that someone working with a metabolic training program has achieved a respectable level of fitness prior. Muscle strength and cardio endurance are essential for Metabolic Training. This type of exercise is effective in burning fat, is time-efficient, and fits into a busy schedule. Metabolic training really shines when an individual is working at peak intensity.”

The science behind metabolic training is important to understand. When you do intense exercise, you are pushing your body past its comfort zone, and doing more than it knows how to cope with. This creates micro trauma within the cell – trauma that then has to be repaired. Your body has to go through an extensive repair process to get back to how it was before that bout of intense exercise came along. It's this process that burns significant energy. You can also think of it, as replacing the oxygen debt that is created with high intensity exertion bouts. When exercising intensely, you are robbing your body of oxygen that it needs.

As exercise progresses, you have a harder and harder time getting sufficient oxygen to the muscle cells, as efficiently as they would like. You essentially build up a debt. By the time the workout is over, you have a large debt of oxygen. This debt of oxygen has to be paid back. The process of paying it back – getting the oxygen level back to normal -utilizes great amounts of internal energy and contributes to your post-exercise calorie burn.

This whole process is known as EPOC (Excessive Post-Exercise Oxygen Consumption). EPOC, essentially refers to the level of damage that is done to the body during a high intensity workout session, and the amount of energy that has to be expended by the body, in order to return to a state of homeostasis.

Various studies indicate that metabolic training has the capacity to accelerate your total calorie burn, even though exertion intervals last only a few minutes in performance. In the world of fat loss, this is good news.

Metabolic training also assists in maintaining higher levels of human growth hormone and testosterone - primary hormones for strength development, muscle maintenance, energy levels, overall well-being, and staying lean. Both of these hormones keep fat-gain at bay, while upping the rate of protein synthesis to create new lean muscle mass.

Metabolic Training is a great component to add, to an already established comprehensive exercise program. It lends variety, pushes an individual to greater heights, and can be adapted to individual limitations or restrictions. Adaptations are certainly recommended for someone over 50. Since agility is needed with metabolic training, active seniors need to be able to get down on the floor, maintain balance and core stability, perform squats, lunges, push-ups and other exercises involving knee, hip and shoulder joints, and have previously established a good level of aerobic capacity.

Get Fit for Life personal trainers can introduce the concept of metabolic training to seasoned exercisers who would like to add variety to their workouts. Trainers are excellent at designing comprehensive exercise programs for individuals who are new to the exercise arena, or need basic guidance in using the gym correctly. To find out more about personal training services in Sun City, call Get Fit for Life or visit Get Fit for Life Sun City on Facebook.

MONITORED ACTIVITIES

Basketball	Minimum Age: 8	Pickleball	Minimum Age: 8
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Billiard Tables	Minimum Age: 14	Mountain View: Outdoor	M-Sa: 6a-7p; Su: 8a-7p
Bell Lanes	M-Sa: 8a-8p; Su: 12-7p (5/1-8/31)	Racquetball/Whisperball	Minimum Age: 8
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Bell Center Courts A & B	M-Sa: 6a-9p; Su: 8a-8p; Closed for Club/Class: M-F 1:30-3:30pm
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	Shuffleboard	Minimum Age: 8
Bingo	Minimum Age: 18	Bell Lanes: Indoor	M-Sa 8a-8p; Su 12-7p (5/1-8/31)
Sundial Center	Thursdays: Doors Open 4:30p; Bingo 6:15p \$9 all 18 games w/3 special games Everyone welcome.	Lakeview: Outdoor	M-Sa: 6a-7p; Su 8a-7p
Boating/ Fishing	Minimum Age: 6/NA	Spas	Minimum Age: 16/18*
Lakeview Center	Closed for Viewpoint Lake Renovation	Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p
Bocce Courts	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
Bowling Lanes	Minimum Age: 4	Marinette Center	M-Sa: 6a-9p; Su: 8a-8p
Bell Lanes	M-Sa 8a-8p; Su 12-7p (5/1-8/31)	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
Dog Parks	Minimum Age: NA	Swimming Pools - Open Swim Hours	
Duffield	May - September 6am-8pm Closed last Wed/month for Maintenance	Bell Center - 18+ only	Minimum Age: 18
Darts	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-8p; Su 12-7p (5/1-8/31)	Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Fitness Centers	Minimum Age: 14*	Fairway Center	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	Lakeview Center	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	Marinette Center	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: M Th 8-9a; T F 9-10a	
Horseshoe Courts	Minimum Age: 12	Children's Pool Hours - Ages 4-15 yrs Daily 1-4p*	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Mountain View Center	Minimum Age: 4-15*/16
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	M-Sa: 6a-7p; Su 8a-7p; Closed for Class M, Th 9-10a; T F 8-10a	
Jogging / Walking Track	Minimum Age: 14	Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p*	
Indoor		Oakmont Center	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 11a-3p; Spa, Swim Lanes remain open	
Outdoor	Minimum Age: 8	Closed for Class: M-Tu, Th-F 9-10a with Swim Lanes closed	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Sundial Center - 18+ only	Minimum Age: 18
Sun Bowl	Down to Dusk	Large Pool: M-Sa: 6a-9p; Su: 8a-8p;	
Library (602) 652-3000	Call to confirm hours	Closed for Class: M Th 9-10a	
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p	Warm Water Pool: M-Sa: 6a-9p; Su 8a-8p	
FOTL Bookstore at Bell	M-Sa 9:30a-3:30p	Closed for Class: M F 10a-12p, 4:30-6:30p; T Th 10a-2p, 4:30-6:30p	
Fairway Center	M-Sa: 9a-5p	Table Tennis	Minimum Age: 8
Mini Golf	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	Tennis	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	
		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 May @ 11:30am **

5/3 @ Bell w/ Dick; 5/10 @ Marinette w/ Dick; 5/17 @ Fairway w/ Jane
Space is limited; advanced sign-up at front/welcome desk at each specific center is required.

Member Fitness & Massage Services

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



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