

SUN VIEWS

ISSUE #263 • OCTOBER 2023 • A PUBLICATION OF THE RECREATION CENTERS OF SUN CITY, INC.



Town Hall Meetings, Elections & More

The next few months look to be a busy time in Sun City AZ with many important deadlines, meetings, milestones and opportunities for RCSC Members to get involved and be part of the process.

2023 RCSC Board of Directors Elections

Candidate Packets remain available at the Lakeview Corporate Office, and completed packets must be returned by noon on Friday, October 6, 2023. For more information, contact the Board Office at 623-561-4620. Once the verification process is complete, the candidates will be announced via RCSC News Email Alerts and posted on the RCSC website. Candidate videos will be available mid-October and two Candidate Forums are scheduled (see below). Online elections via the RCSC Web Portal will start on Monday, November 6 through 4pm on Election Day (Tuesday, December 12). Members unable to vote electronically can vote in-person from 8am to 4pm in Lakeview Social Hall #2 on this day.

RCSC Web Portal Update

As of press time, RCSC intends to launch the new Web Portal in mid-October. This upgrade will allow users to take advantage of enhanced capabilities that will be available in the future.

Existing Web Portal Users will be required to reactivate their accounts on the new Portal and a unique email address must be on file with Cardholder Services for each Portal user (shared email addresses will not be supported on the new Portal). Additional information will be released via RCSC Email Alerts as the date nears.

RCSC Annual Meeting

The Annual RCSC Membership Meeting will be held on Wednesday, November 29, 2023 at 6pm in the Sundial Auditorium. Members wishing to submit items for inclusion on the agenda *(continued on Page 5)*

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

Email addresses
remain confidential

INDEX

News Events	Page 01-03
Board News	Page 02
Golf Bowling	Page 04
Club Directory	Page 06-07
Club Articles Events	Page 05-09
Community News Events	Page 10
Fitness Monitored Activities	Page 11
Events	Page 12

Town Hall Meetings

**** NOTE: Revised Dates ****

Facilitated by Long Range Planning Committee



**** Committee Updates ****

**Strategic Alternatives • Long Range Planning
Budget & Finance**

These are "member-to-member" meetings to gather your feedback.

There are several opportunities scheduled for you to come share your thoughts & input. Hear what others think.
Attend One! Attend Them All! Your Choice!

Wednesday, November 8 • 7-9pm @ Fairway
Monday, November 13 • 10am-12pm @ Sundial
Tuesday, November 14 • 6-8pm @ Mountain View
Monday, November 20 • 1-3pm @ Sundial

Get Involved; Participate in the Process

Line of Sight Alignment



VOTE

2023

RCSC Board of Directors Election

Candidate Forums

Monday, October 23, 2023 • 2 to 4pm
- AND -
Wednesday, October 25, 2023 • 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 **

Connect with Sun City AZ





2023 RCSC Board of Directors

Phone: 623-561-4620

email: boardoffice@suncityaz.org

Kat Fimmel, President

email: kfimmel@suncityaz.org

Karen McAdam, Vice President

email: kmcadam@suncityaz.org

John Fast, Treasurer

email: jfast@suncityaz.org

Jean Totten, Secretary

email: jtotten@suncityaz.org

Steve Collins, Director

email: scollins@suncityaz.org

Jeff Darbut, Director

email: jdarbut@suncityaz.org

Denny Nichols, Director

email: dnichols@suncityaz.org

John Nowakowski, Director

email: jnowakowski@suncityaz.org

Jim Rough, Director

email: jrough@suncityaz.org

A Message from Board President Kat Fimmel

We Need Your Help

We have the opportunity of a lifetime to shape our community and to chart a course that will prepare us for the future. The key to meeting the challenges ahead that we face is the willingness of our members to be informed on issues and to become active participants in the process of self-governance. As the keepers of our community, our members should be willing to ask difficult questions, be willing to hear and accept answers and to participate together to create solutions that are in the best interests of the corporation, the community, and its members. If we are to sustain our community for another 60 years, change is inevitable and necessary.

We are fortunate in that our community is populated by an amazing array of intelligent members who possess a wide variety of talents and skills and a willingness to share their life experiences in invaluable ways. There seems to be some concern among our members that generational change will impact our level of volunteerism. While some of our new owners are still working and probably will be for a while, this is not a new phenomenon. Past generations of Sun City home buyers continued to work and found time to volunteer and to take more than a passing interest in what was going on in the community. Changes in the workforce today will likely result in the need for greater flexibility in all aspects of living here. One thing we can be sure of is that the members of Sun City will rise to the challenge and continue to make this community a great place to live.

Let's be clear, every community, including our own Sun City, has issues that need to be addressed. Self-governance requires

constant vigilance, which is why we broke with tradition and had two committees, the Strategic Alternatives Committee (SAC) and the Budget and Finance Committee (B&F), working throughout the summer. We offer a note of thanks to all of the committee members for the strenuous efforts they put forth over the summer on these projects.

The SAC members are working on the Mountain View project and are identifying and designing a solution for it. The process has proven more complex than anticipated, and as a result, their timeframe has been pushed forward.

In another departure from tradition, B&F has opened the process for developing our annual budget. They have been meeting every other Wednesday throughout the summer. Members are encouraged to attend the meetings as well as contact any member of the committee.

We anticipate that the 2024 budget will be presented in late October 2023. In addition to preparation of the budget B&F will also be revising the budget format to make the information easier to comprehend.

Are you wondering how you can learn more about the working of the RCSC or looking for a place to make a difference? Do you have an hour or two available per month? Do you have a skill or passion that is being neglected? Please consider volunteering on one of our existing committees; for example, Bowling, Properties, Golf, Election, or Insurance, to name a few. While these might not be your cup of tea, there is also talk of resurrecting at least two former committees, Communication and Legal Affairs. And who knows? You might just end up running for the board!

We need your help. Opportunity is all around us. Will you answer the call?



Kat Fimmel
2023 RCSC Board President

This Month @ The Board

RCSC Board of Directors Meetings

Member/Board Exchange
Board of Directors Meeting

Monday, October 9, 2023 @ 6pm
Thursday, October 26, 2023 @ 9am

Sundial Auditorium
Sundial Auditorium

Committee Meetings:

Long Range Planning Committee
Bowling Committee
Strategic Alternatives Committee (SAC)

Tuesday, October 3, 2023 @ 8:30am
Thursday, October 5, 2023 @ 9am
Friday, October 6, 2023 @ 2pm **
** Meets weekly - October 13, October 20

Lakeview Board Room
Lakeview Board Room
Grand Sonoran Room

Sun City AZ in Focus Committee
Lawn Bowling Committee
Club Organization Committee (COC)
Technology Committee
Budget & Finance Committee
Long Range Planning Committee
Golf Advisory Committee
Elections Committee

Monday, October 9, 2023 @ 4pm
Tuesday, October 10, 2023 @ 1pm
Wednesday, October 11, 2023 @ 10am
Wednesday, October 11, 2023 @ 4pm
Monday, October 16, 2023 @ 1pm
Tuesday, October 17, 2023 @ 8:30am
Thursday, October 19, 2023 @ 8:30am
Wednesday, October 25, 2023 @ 1pm

Lakeview Board Room
Lakeview Board Room
Lakeview Board Room
Lakeview Board Room
Lakeview Board Room
Lakeview Board Room
Lakeview Social Hall #2
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, October 12, 2023 at 11:00am in the Lakeview Board Room.



2023 Fall Sun Bowl Sunday Concerts

Free for RCSC Members/Cardholders/Escorted Guests

** RCSC Member/Privilege Card with Photo required for entry **

Located on 107th just south of Peoria Avenue



Bring your Lawn Chair or Blanket • Food Trucks Arrive 1-1/2 hours before show
 Rain Location @ Sundial | 103rd & Boswell • Relocation Information Message: 623-972-6014



ReBoot The Band
 September 24, 2023
 6:30pm

We'll kick off the Fall Sun Bowl concert series with a little bit of country as

we bring Reboot The Band to the stage – certain to have the audience hootin' and the dance floor scootin' with stompin' good tunes as we get "Sunday Fun" back on the calendar. Yee-haw!



60's Forever
 October 1, 2023
 6pm

Put your hands together as we welcome back Arizona's #1 60's Tribute Band to Sun

City! From The Animals and The Beatles to Van Morrison and Wilson Pickett, you're in for an evening that's Born to be Wild until it's time for Wipe Out. We promise - you'll know all the words to all the songs!



The 8-Tracks
 October 8, 2023
 6pm

Let's rock 'n roll the night away as we travel back in time through the 1950s, 60s and 70s singing and swinging

to the songs you loved as performed by this always a good time local favorite band. Be ready for an evening of non-stop fun, fun, fun!



The Hamptons
 October 15, 2023
 6pm

Get ready to welcome back The Hamptons – voted Arizona's #1 live band. Smooth moves and great rhythms guarantee a performance that is certain to please everyone. This is a show you won't want to miss!



Johnny K & Kompany
 October 22, 2023
 6pm

Hey, hey, hey! Nobody puts on a show quite like Johnny

K! You're in for an evening of rockin' good times and super harmonies with plenty of great hits from the 1950s to 1960s. Keep on dancin' and romancin' all night long!



Doo Wah Riders
 October 29
 6pm

Add a bit of fiddle to the fun when The Doo-Wah Riders bring their unique

brand of country-cajun croonin' good time to the Sun Bowl that will keep your toes tappin' and your fingers snappin'! Ooh-la-la and mi o mio, get ready for some fun on the bayou!

Veterans Day Tribute with the Ahwatukee Foothills Concert Band and Youth Chorus Members
 November 5, 2023 at 4pm

Join us in paying tribute to our servicemen and women who fought for our freedom with an exciting performance by the Ahwatukee Foothills Concert Band and the Youth Chorus Members. NOTE: Early Show Time and No Food Trucks at this event.

Thank you for your service!



God bless America!



Great Entertainment Right Here in Sun City AZ then...and now!

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.

Thoughts from a Pro -

GOLF - The Game That's Fun for All!

One of the best things about golf is that because it is an individual sport players of varying abilities can play together, and everyone can enjoy the game! That's if you follow a few simple suggestions:

1. Encourage newer players to modify the game! Allow them to use a tee on all shots if it helps them make contact or get the ball in the air, if needed suggest they tee off from the 100, or 150-yard marker on par 4's and 5's so the hole isn't so long, have them keep score only if they are comfortable.
2. Don't teach others or offer suggestions about the mechanics of the swing on the golf course even if they are having trouble. Instead of coaching, be a cheerleader.... encourage those having problems by saying things like, just relax and breathe, nice and easy, you got this!
3. Everyone should be aware of playing "ready golf" meaning preparing ahead, being ready to hit, limiting practice swings to 1 and moving along so that you keep up with the group ahead of you. Leaving the green quickly and marking the scorecard once you get to the next tee box. This applies to players of all abilities.
4. Know golf etiquette since it affects those you play with. If you are an experienced player modeling etiquette for the newer players is key. Things such as being quiet when others are hitting, knowing the order of play or where to drive or park the cart, watching the line of others putts or marking your ball on the green are just a few of the things that are important to learn.

Lastly if playing for fun with a group of friends or family of varying abilities you may want to try a scramble format instead of stroke play. It's a good way to let everyone hit but takes the pressure off by allowing bad shots to be picked up and easily forgotten! Either way, fun is the name of the game!

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

Revised - 2023 Overseed Schedule
Course will be Closed including Pro & Snack Shops

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

- 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

NOTICE TO GOLFERS
RE: Fivesomes Starting on September 1

Starting September 1, all RCSC Courses (Regulation & Executive) will offer Fivesomes in an effort to increase capacity during high demand times. This is also necessary to be able to include the executive courses in the small group rotation. Both of these changes are based upon recommendations made through the Golf Advisory Committee. These changes will be closely monitored and may be revised at a later date.

RCSC Bowling Centers

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

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

Billiards at Lakeview Lanes, too!

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

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

Now is the time to sign-up to join a Fall Bowling League!
** Get details online at www.suncityaz.org **

Same great food now at two Sun City AZ locations!

Stop by & check out our Daily Specials

<p>Breakfast Special 2 Eggs, Bacon or Sausage, Hash Browns & Toast M-Sat 7-11a; Sun 7a-noon</p>	<p>Walleye 'n Chips 9 Oz. Walleye, Coleslaw & Potato Wednesday & Friday</p>	<p>Fish 'n Chips 9 Oz. Cod, Coleslaw & Potato Wednesday & Friday</p>
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George's Lakeview Cafe
Inside Lakeview Lanes
Phone: 623-876-3057

George's Cafe at Bell Center
Inside Bell Lanes
Phone: 623-518-4525

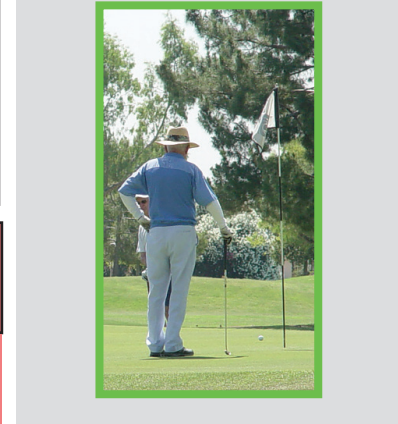
Hours: Mon-Sat 7am-8pm; Sun 7am-6pm

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



- 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/
- 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. Meetings resume Thursday, October 26, 2023 at 1pm in Talisman Hall.



Following the hottest summer on record in the Phoenix area, Sun City Players kicked off the fall club season with a "cool", but zany one act play, "The Game Show," written and directed by our own Phyllis Ambrose, at our general membership meeting on September 18, 2023. Entertainment, education and camaraderie are focal points of our meetings on

the third Monday of each month at Mountain View Recreation Center during September through May.

Our 2023-24 theater production season opens with "RIPCORD," which will play the weekends of October 27-29 and November 3-5, 2023. Our second and final show this season will be "The Cemetery Club" during the weekends of March 15-17 and March 22-24, 2024.

Season tickets for all three shows, as well as more information about our club, are available online at www.suncityplayers.org. Our Club welcomes all those who enjoy acting, singing, dancing and working behind the scenes in addition to those looking to take up a new hobby or skill. Perhaps you might enjoy just watching from the audience. Why not come join the fun and become an active participant in Sun City Players Community Theater Company? There's always room for new talent.

Get your Tickets

We will be at Fairway Center

10600 W Peoria Ave Sun City AZ 85351

Monday - Thursday

The weeks of October 23rd and 30th

10AM to Noon

Or, get tickets online at www.suncityplayers.org



SAVE THE DATE

SATURDAY, OCTOBER 14th

NOON - 3:00 PM

Sun City POSSE

50th Anniversary Fall Jubilee!

*** CELEBRATING 50 YEARS ***

"Thank you, SUN CITY, for 50 Years of Support!"

10861 W. Sunland Dr | Free Parking Lot Party Event!

- *Live Music *S C POMS Performance
- *COMPLIMENTARY Hot Dogs and Ice Cream
- *MCSO & SCFMD on display (if available)
- *Pumpkin Painting, Corn Maze, and More! *

Thank you to our Sponsors:

& **The Nixon Group** & **First Integrity Title** &

& **Kathleen Holtz/NFM Lending** &

& **Bill Romley/State Farm Insurance** &

623-972-2555 | [Facebook.com/suncityposse](https://www.facebook.com/suncityposse)

www.suncityposse.org

Royal Autumn Ball

~ Sun City Senior Prom ~ Semi-Formal Attire Suggested ~

Friday, November 10, 2023

6 to 9pm; Door 5:30

Sundial Auditorium

Dance to AZ Sound Experience

Couples, Singles ~ Everyone Welcome ~ Punch available or BYOB

Photo Opportunities ~ Bring your smartphone or camera

King & Queen Coronation at 7pm

Entry upon arrival; Must enter to win

Free for RCSC Members/Cardholders & their escorted guests

Tickets must be reserved in advance at the Sundial Events & Entertainment Office

September 11 thru November 8 (Limit 500)

Town Halls, Elections & More

(continued from Page 1)

must submit written materials to the Corporate Office (in-person or via email) in compliance with the following submission dates:

- Friday 10/13 - Motions to Change the Articles of Incorporation
- Friday 11/3 - Motions to Revise to Corporate Bylaws or Board Policies
- Friday 11/10 - Any Other Motions requiring a membership vote
- Monday 11/20 - Completed Proxy Forms Due – Procedures & Form available online at www.suncityaz.org/forms/

SAC/LRP/Budget Town Halls

Four town hall meetings have been scheduled for this fall (see flyer on front page) where Members will be briefed on current matters from the Strategic Alternatives, Long Range Planning and Budget & Finance Committees. These meetings are another means by which the Board is allowing members to feel empowered in the process as we continue to plan for the future and provides additional opportunities to gather community input.

Club Directory

Art and Craft Clubs

Artists by the Lake: LV M-F 9a-4p; Classes & Open Painting
402-304-2908 Mem Mtg 12p 1st Tu LV SH 1-3p
Artistic Stained Glass: BC M-Sa 8a-3p; M-Th 5-8p
623-974-4765
Artistic Weavers & Fiber Artists: OM M-F 9a-12p
oakmontawfa@gmail.com Mem Mtg 4th Monday 1-3p
Calligraphy: SD Th & F 9a-11p; Classes M-T, Th-F 1-3p
520-709-9745 Member Meeting Th 10/19, 9-10a
Camera Guild: GR M-F 9a-12p; Member Mtgs: 1st Sat 9:30-11a
cameraguildsuncity.com & 3rd W 1:30-3:30p GR Sonoran Rm

Carvers: LV Tu, Th, Sa 8a-12p LV Rm 213
847-287-1005 Gourd Art, Model Construction, Wood Carving
scarversaz@gmail.com https://suncityaz.org/recreation/clubs/sun-city-carvers/
Ceramics & Porcelain: FW M-F 9a-3p; Sa 9a-1p
623-972-5818; 217-710-9023 Mem Mtg 1st Mon 9a

Ceramics: BC M-F 9a-3p, W 5-8p; Sa 9a-12p
480-221-8953 Mem Mtg 2nd F 9a
China Painting: OM M-F 9a-3p
714-684-4286; FMI sccpc1@gmail.com Mem Mtg F 10/20, 10a-12p; Luncheon 12-3p
Clay Club: GR M-Th 8:30a-8:30p; F-Su 8:30a-4:30p
623-933-0899
Clay Corner: MC M-Sa 7:30a-9p; Su 8a-6p
623-273-6917 Mem Mtg 2nd W 8-11a MC Aud
ClayCornerMarinette.org Yard Art/Lunch 3rd W 8a-9p

Crafts: BC M Th 9a-7p; Tu F 9a-3p; W 9a-8:30p
623-974-3497 Mem Mtg 2nd Th 9:3011a BC SH1
Quality Control meets 1st M 1p BC MPR

Crafts: SD Needle Craft M/Th 9a-1p;
503-884-5332 Heritage Albums 1st/3rd M 2-6p;
sundiacraftclub@gmail.com Card Making Tu 1-8pm; Scrapbooking F 9a-8p
Open Crafts W 9a-6p, Sat 9a-12p;
Diamond Dots Sa 8a-12p
Xmas Club Last Th 2-6pm; Mem Mtg M 10/17, 9a

Handweavers & Spinners: SD M 9a-12p; T/F 9a-12p & 1-3p; W/Th 9a-3p
schandweaversandspinnners@gmail.com Mem Mtg 1st M 1p SD EH
Welcome Back Party M 10/23, 11:30a SD EH

Jewelry, Stained Glass & More: GR M-Sa 8a-12p; T-Th 8a-4p
262-993-4873; 623-322-4595 Mem Mtg 1st T, 10a
Knitters: FW F 8:30a-12:30p FW AZ Rms 3 & 4
602-469-2505 White Elephant F 10/20 10a-12p
Lapidary: BC M/T, Th-Sa 8a-3p; M 5-8p, W 8a-12p, 5-8:30a
775-351-8721 Mem Mtg 2nd Tu, 9a BC Team Rm
Leathercraft: LV M W F 8a-2p
480-276-7583; larryroom@cox.net Walk-ins welcome; Classes offered to club members

Metal: BC M-Sa 8a-4p; Mem Mtg 2nd M 9a BC MPR
623-974-8206 Mini-Golf & Pizza Party Sa 10/28 9a-1p Bell
bellmetalclub@gmail.com Potluck 3rd Su 5:30-7:30p BC MPR
Palo Verde Artist: SD Su-Sa 8a-8p
262-323-1188 Mem Mtg & Demo 3rd M 12p SD EH
president@paloverdeartists.com Portraits/Live Model Th 1-3p \$3 model fee
Mem Reception/Gallery Change F 10/6, 4-5:30p

Quilters on Grand M-F 8a-4p; Sat 8a-12p
970-261-1798 Mem Mtg 2nd F 9:30a

Sew-n-Sew: LV M-Sa 9:30a-6p Open Sewing
www.sewnsew.info - Check webpage Mem Mtg/Potluck/Show & Tell 1st Th, 10am
for exact dates of classes
Silvercraft: BC M-Sa 8a-3:30p
623-933-8442 Mem Mtg F 10/13, 9-11a
SilverStones: SD M-F 8a-3p; Sa 8a-12p
317-508-5959 Mem Mtg M 10/2, 9a
Sterling & Stones: FW M-F 9a-3p
612-987-9366 - Annual Dues \$15 Mem Mtg 2nd M 11a-2p, FW AZ #2

Stitchers: BC M/W 12-8p; T/Th/F 9a-3p
612-834-4579 Mem Mtg 2nd Tu, 10a
2019bellstitchers@gmail.com
Woodworking: BC M-W 8a-8p; Th-F 8a-4p; Sa-Su 8a-12p
623-974-6058 Mtg 4th Tu, 8am in Club Room
Woodworking: FW M-F 8a-4p; Sa 8a-12p
623-9724385 Mem Mtg 2nd Th, 12p FW 133
Woodworking: LV M-F 8a-4p; Sa 8a-2p
623-933-2355 Mem Mtg 1st Tu, 9a

Card and Game Clubs

500: FW Mon 6-9:30p FW AZ Rm 3-4
815-909-6422 Robin
Bunco Broncos: FW 2nd & 4th M 12-3:30p FW AZ Rm 3-4
623-293-1019
Canasta: OM F 10a-3p OM Aud
480-886-9750 Doors open 9:30a; Dues \$5/Yr + \$1/week to play
Cribbage: LV Tu 1-4p; W 6-8:30p; F 6-8:30p LV SH3
480-221-8953
Euchre: FW Tu 6:15-9:30p FW AZ 2-4; Doors open 5:15p
623-693-2881; 623-533-5705 Th 1-4p LV SH #3; Doors open 12.15p
Hand & Foot Club: LV W 6-9:30p LV SH 1-2;
623-680-8276; 972-838-7512 Arrive 5:15-5:50p, Play begins at 6p

Mah Jongg: MC Tu 11:30a-4p SD WH (National* & Chinese)
206-841-6665 - Karen Th 5:30-9p MC SH (N); Su 11:30a-4p MC SH (N)
970-231-3368 - Katie * Must know National & have current league card

Monday Night Pinochle: OM M 5:45-9:30p OM Aud
440-478-2530 Kim/623-217-8584 Beverly
Pinochle: OM Tu 11:30a-4p, Sa 11:30a-4p OM Aud
623-876-1895 Tommie
209-524-7358 Cheryl
Table Games: LV Every M 6-9p Play; Open 5p LV SH #3
623-734-5007

Contract Bridge Clubs

Wednesday Afternoon: OM W 12:30-4:30p OM Aud
623-249-9169 Please arrive by 12:15pm
Thursday Afternoon: OM Th 12:30-4:30p OM Aud
360-509-5379 Please arrive by 12:15pm
Friday Afternoon: FW F 12:30-4:30p FW AZ Rm2
208-351-3806 Please arrive by 12:15pm

Duplicate Bridge Clubs

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

Dance Clubs

Bell Tea: BC Dances Resume on October 4
480-370-3223 W Lesson 1:30p; Dance 2-4p BC SH 1&2
www.suncityaz.org/recreation/clubs/ No club joining fees in 2023;
bell-tea-dance-club/ Mem \$5; Non-Mem/Guests \$8 includes Lesson
Classic Rock Dance Club: BC 1st, 3rd Sa; Doors 5:30p; Dance 6:30-9:30p
623-628-4401 BC SH 1-2; Members \$3/Guests \$6
Sa 10/21 Classic Attitude Band Mem \$7/Guest \$10
Country Dance Club: SD 1st/3rd Sa Open 5:30p, Dance 6-9:30p SD Aud
480-431-8278; 623-972-5127 + Special Dance W 10/18; No Dance 10/21

Friday Night Social Dance: SD F 7-9:30p SD Aud; Lesson 6:15p
623-810-8214 \$5/members; \$10/guests; No jeans, shorts, etc.
www.suncityaz.org/recreation/clubs/fric
Line Dance: SD Tu & Th: 10a-1p; SD Aud
623-972-5127; 231-557-6555 Relocated to FW Th 10/26
suncitylinedanceclub.facebook.com Dance/Party Tu 10/17, 8a-3p SD Aud
Rockin' Thru The Years: SD 2nd, 4th & 5th Sa: 6:30-10p; SD Aud
602-695-0209; 360-434-0156 Halloween Party Sa 10/28
Squares: BC Light Dance Tu 6:30-9:30p BC SH 1-2
623-694-7194

jr3me@yahoo.com
Sun City Poms: MC M 8-11:30a MC Aud; Tu 3-5p MC Aud
602-392-4242 Th 7:30a-12:30p MC Aud
EMAIL scpomps@yahoo.com for more info including classes, schedules
Tip-Top Dancers: MC M 8-10a MC SH, 1-3p MC Aud;
716-445-7383 Tu 8-11a MC SH; W 8a-12p, 4-7p MC SH
tiptopdance@gmail.com Th 8-11a MC SH, 3-4 MC Aud
FMI on Classes, etc. visit: tiptopdancers F 8-11:20a MC SH; Su 10/8 Open House 12-3p
Mem Mtg Th 10/26, 1p MC Aud

Educational Clubs

Apple Macintosh: SD M-Th 8:30-10:30a
623-933-5300 Next Mem Mtg Sat 11/11, 8:30a SD WH
Visit sunmacsclub.com for updates
Computer Club: FW M-F 8a-4p; Sat 8:30a-12p
623-933-8953
www.azccsc.com
Life Long Learning: FW Registration Tu 10/10, 10a-1p, FW AZ 1-2
sczilifelong@gmail.com Field Trips Scheduled for & More
Text to 602-330-6371
Spanish Club: FW Classes start w/o 10/16 M Tu W 8a-5p FW 129
SunCitySpanishClub@gmail.com Class Registration Th 10/5, 5-7p FW Room 129

Fitness Clubs

Aerobics: BC M W F 6:30-11a BC SH 1&2
623-826-2323 Karen
602-578-1067 Judy
Aqua Fitness Club: SD Fall Session ends F 11/10
aquafitnesssuncity.com Try it Before You Buy It 10/30-11/3
619-818-4380 Terry Next Reg: Sa 11/4 SD; Doors 8a, Mtg 8:30a
Winter Session starts M 11/27, ends F 12/22

Dance for Fitness: SD Tu 9-10a BC SH 1&2; W 9-10a SD Aud;
503-580-4636 or 253-820-5453 F 9-10a MV Aud; Relocate F 10/27 to SD Aud
FUNtastic Fitness: MC Pilates M, F 1-2MC SH
260-413-3862 Aerobics Tu, Th 1-2p MC SH
allykatrose@live.com Strength Training Tu, Th 2:10-3p MC SH
Handi-Capables: SD T/Th 12p, 1p SD Warm Water Pool
602-369-3819 Mem Mtg 1st M 12p FW AZ 1&2
handicapablesaz@gmail.com
Hatha YOGA: SD Yoga Room Mat & Chair Classes - Mon-Sat
Email: HathaYogaClub@gmail.com SD Yoga Room
FMI visit www.hathayogaclub.org For Class Schedules & Membership Info
for class schedules & membership info visit www.hathayogaclub.org

Ladies Exercise: OM Tu & F 8-9a OM Aud
928-890-9152 Mem Mtg/Potluck F 10/27, 9-11a OM Patio
So Grand Exercise: FW M W F 7-9a FW AZ 1&2
623-972-6046 or 602-938-0707
Stretch 'n Slim: BC M-Sa 6:45, 8, 9a; Su 8, 9a BC Aerobics Rm
402-578-6948
Tai Chi: BC, LV, FW Tue 6p Qi Gong LV SH#2; Th 9:30a Bal & Basics,
http://sctaichi.wix.com/sc-tai-chi-club Th 10:45a Beg TC, 12p Adv Beg TC BC SH#2,
1:15p Int TC BC SH#1, 2:30p Adv TC BC SH#2
Open House F 10/27, 10:30a-12:30p SD EH

Zumba Club: SD M W 11:30a-12:30p Gold BC SH;
628-583-2065 Tu 6-9a Chair/Gold BC SH; Tu 6:30-7:30p SD WH;
Visit https://suncityaz.org/recreation/clubs/ Th 6:30-7:30p MC Aud; F 9:30-10:30 MC Aud;
zumba-fitness-club/ for specific class info F 11:30a-12p Chair BC SH; F 12-12:30p Gold BC SH
Sa 8:30-9:30a MC Aud Zumba Fitness

Hobby Clubs

Birding Club of Sun City: FW Mem Mtg W 10/11, 10a FW AZ 1-2
locascio2000@hotmail.com
Text to 602-616-7459
Duffeland Dog Park: Talisman
602-339-8271; cletisagy@gmail.com
Garden: GR Office M W F 9a-12p
623-875-5921 Greenhouse M-Su per facility hours
Mem Mtg 1st Tu 8:30a SD ED
Fall Potluck Sa 10/21, 6-9p LV SH 1-2
Mem Mtg Tu 10/10, 10a FW Rm 133
FMI visit suncitymodelrailroadclub.com

Model Railroad: FW 480-634-0106
Model Railroad Museum: FW T, W, Th 9a-12p; Sat 9a-1:30p
480-634-0106
Rockhounds: SD 2nd Th 6p FW AZ 1-3
scrockmuseum@gmail.com
Mineral Museum: SD W 9a-12p; Sa 9a-1p
623-428-6442

RV Club: SD Mtg/Potluck 4th Tu 4p SD Aud
silvercreekbranch1@hotmail.com 1st W, 3rd Tu 5-9p Games at BC MP Bldg
Caravan Mtg 4th F 9-11:30a SD WH
Stamp Club: MC Mtg/Auction 1st M, 7-9p MC SH
602-329-8905
Vintage Vehicles: GR Mem Mtg 3rd Tu 1pm LV Social Hall
602-609-0973 Shop Operations M-Sa 8a-4p
https://www.vintagevehiclesofsuncity.com/ Car Show F 10/13, 10a-12p SD SW Slot
Potluck & Social Last Tu 5-9p in Shop

Performing Arts Clubs

Sun Cities Community Orchestra: FW W 8:30a-12p FW Music Room
623-582-9964
Choraliers: MV 3rd M, 7pm MV Aud - Note New Location
Partnered with the Sun City Players
Concert Band: FW Rehearsals Tu 9-11am FW Music Room
602-625-5211 Fall Concert Sa 10/21, 2pm SD Aud

Handbell Ringers: FW F 8:30a-11:30a FW Music Rm
602-882-9952
debbie12az@Gmail.com
Piano: SD 3rd F 9:30-11a SD Aud
623-444-4483

Sun City Players Community Theater: MV Clubhouse Workshop W 9:30-11:30a
suncityplayerscommunitytheater.org Gen Mem Mtg/Entertainment 3rd M 7p
623-226-8151 or email: SCPCT.generalof Fall Production F-Su 10/27-29, Th-Su 11/2-5

Rhythm Ramblers: FW Rehearsal Tu 1-5p FW Music Room
602-717-7246 Dance 1st Tue 2:30-4:30p
Ukulele: FW Music Room Th 3-4:30p FW Music Rm
Trudy 480-276-3780 (Oct-April) Mentorship 1st/3rd Th 1:30-2:30p FW Music Rm
Sharon 920-410-6932 (May-Sept) Orientation Sessions-10/5 & 10/12, 1:30p Free
Acoustic Jam (Special Interest Group) On Break; Jam Returns in November
FMIC mlkostecki@gmail.com 1st/3rd W 1-2:15p Sing & 2:30-3:30p Workshop
Women's Chorus: FW Th 8:30-11a FW Music Rm
602-625-6126

Political Clubs

Democratic: FW 1st Th 6p FW AZ 1-2
suncitydems.com M 9am Starbucks-107th & Bell;
602-529-5778 3rd Tu 4-6p Copper Penny - 107th & Peoria
Th 10/5 General Membership Meeting, FW

Republican: SD 3rd Tu 6p SD EH
suncitygopclub@gmail.com Doors open 6pm; Meeting 6:30p
713-557-5800

Social Clubs

Best Friends Dog Club: FW Meet & Greet W 10/18, 4-7p FW AZ 3-4
602-639-1370 General Meeting Tu 10/24, 1p FW AZ 1-2
bfdcsuncity@gmail.com

Fairway Readers: FW 2nd F 1-2:30p FW AZ #1
623-231-5714 Books can be reserved in advance
maureenopper@gmail.com at FW Library w/ MCLD Card
Hospitality Club: MC Sat 11a-5p Friendship Corner - Cards/Games
623-974-5615
Illinois Club: FW Social Mtg 4th Th 6:30pm FW AZ #3
775-722-1169 Welcome Back Potluck Th 10/26, 5p OM Aud/Pat
List of activities at https://suncityaz.org/recreation/clubs/illinois-club/
LGBT of Sun City: OM Aud Meet 2nd Th only in Oct 6pm OM Aud
lgbtclubofsuncity@gmail.com No Meeting on W 10/15
Men's: SD M-Sa 7a-4p; Poker M 4-9p
623-977-5116 Bingo Th SD Aud - Doors open 4p; Play at 6:15p
Open House Sat 10/14, 11a-3p
3rd W 4-6p BC MPR

Michigan Friends in Sun City michiganzarizonaclub@gmail.com 3rd W 4-6p BC MPR
Call or text 623-910-1522 to RSVP for Euc Last Monday 3-5p Euchere/Cards BC MPR
New England: LV Sa 10/14, 5p LV SH 1
623-215-3637; 802-233-3721
NextGen: SD M 10/16 New Member Open House 6:30p SD
FMI go to: www.NextGenSC.org Sun City's active social club open to all
or email NewMembers@NextGenSC.org RCSC Members/Cardholders
Singles Social Club: FW 1st F Potluck 6-9p FW AZ 3-4
602-769-3634 3rd F Game Night 6-9p FW AZ 3-4
https://suncityaz.org/recreation/clubs/singles-social-club-of-sun-city/
Sun City Frat Club No Games/Potluck in October
FMI donnalynn1107@aol.com Sa 10/28 SC Country Club Halloween Party
623-628-4401 with Dave & Soundwave; 5-9pm
Costumes encouraged!

Wisconsin Club: SB Save the Date! Next Picnic 3/14/2024
920-265-8433 or 608-852-4227 To volunteer, call Linda 715-308-9964
or email mcintyre.linda47@gmail.com
Women's Social: LV M-Su 9:30a-4:30p
623-826-8900; 509-994-2027 W 6-8p - Game Instruction for Mah Jongg,
Poker, Hand & Foot, Bridge
Bunco 1st, 3rd Fri 5:30-8p, \$3 at door

Sport Clubs

Basketball: MC Pick Up Games in Villanueva
206-459-3242; 604-313-3190 Community Center M&W 3:30-5p Oct - April
charlespeterson@comcast.net
Billiards: Bell Billiards Room Tu 11a-4p; W 8a-1p; F 11a-4p; Sa 12-5p
315-806-0067
Billiards: LV Billiards Room 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
Open Play: Every Su 1p, T/Th 9a, F 5p
Daytime Tournaments: Every M-W, F 9a
Playoff: Sa 10/21, 10a
Two Person Tournament: Th 10/26, 1p
Halloween Party M 10/30 2-9:30p
Dart Club: BC M T W 5:30-8:30p, Th 6-8p, Sa 1-3p
623-203-9715

Bocce: SD M W F 8:45-11:15a
623-693-2881
Check the Club House Bulletin Board or online at https://suncityaz.org/recreation/clubs/bocce-club/ for complete schedule
Lawn Bowls: BC M W F 8:45-11:15a
780-566-8568
Lawn Bowls: FW & MV Tu Th Sa 8:30-11a MV Club Bowling
360-303-9722 W F Su 8:30a-1p FW League Bowling
Halloween Party, Th 10/27, 9a-1p MV
Mondays 12-5p

Lawn Bowls: LV (Sun City Club) Tu Th Sa 7-9:30a
734-673-8908
Lawn Bowls: LV Tu Th Sa 7-9:30a
623-974-3214
Lawn Bowls: OM M W F 8:45-11:30a; Su 1:45-3:15p
623-792-5202

Mini-Golf: LV Golf W 10/11 9a LV; W 10/25 9a BC
815-791-6991; 602-999-7011 Mem Mtg Tu 10/10 9a LV SH 1

Pickleball: MC, MV Daily Drop-in MC 8-11a; MV 8-11a;
scpickleball002@gmail.com Modified T Th Sa 11a-1p MC;
Contact Club for Times, Other Activities Round Robin M-Sa 1-3p MC; Clinics M-F at MC**
** Check calendar for levels/times
Ladders: Women M 11a-1p; Men Th 11a-1p
Member Mtg M 10/23, 4-6p MC Aud

Racquetball: BC M W F 10:30a-1p; Tu 11a-1p, 5:30-7:30p;
pjred44@mail.com Th 11a-1p
Shuffleboard Bell: BC M Tu F 1-3:15p
612-471-7045
Shuffleboard Outdoor: LV M W F 1-4p LV

Shuffleboard Sundial: BC Th 5:30-9p BC Cts
408-427-2056
Softball (Senior): Sun Bowl League Play T Th F Sa 7a-5p
517-526-4873; 509-264-3088 AL Draft M 10/16, 11:30a-1:30p Talisman
Website: suncitysb.org
Sportsmen: GR Archery M-W Sa 9-11a, Tu 6-8p
Dan 319-431-3563 Mem Mtg 3rd Th 8-9a GR Sonoran Room
Sun City Yacht Club: LV Su, Tu 12-3p Viewpoint Lake
360-566-7076/206-802-8622
Suncity Club-Masters: BC M-F 7-9a BC Lap Pool
406-546-9776 M/W 2:30-4p Yoga for Swim Club BC Aerobics Rm
Gen Mem Mtg W 10/25, 10:30a-12p LV SH #1
Potluck/Mini-Golf F 10/27 4:30-6:30p Bell

Swim Lessons: 480-467-8966 W 8:30-10a LV
Table Tennis: BC M 9a-3p; T 9a-12p; W F 9a-4p; Sa 10a-12p
602-291-5369; 847-421-5211
Tennis: BC Club Member Social Tennis Sa 10/28 1-2:30p BC
608-792-1957; melvindhaus@gmail.com
https://suncitytennisclub.wixsite.com/suncityt

Volleyball Closed for Summer
206-459-3242
charlespeterson@comcast.net
Walleyball: BC Wed 10a-1p; 4-8p
Curt 612-223-9368 or Lori 405-570-1520
Water Volleyball Club of SC: OM Su M W F 11a-3p
480-297-6783; VWCofSC@gmail.com
Whisperball of Sun City: BC M W F 8:30-9:45am, 1:30-3:30p; Tu 1:30-3:30p
623-216-9466 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!

- October
- 1 Club Membership Roster due
 - 5 SunViews submissions due for November
 - 10 Guest Attendance Register & guest fees due
 - 10 Monthly Attendance Spreadsheet due
 - 19 Publicity Workshop, 10am-12pm @ Bell Team Room
 - 20 Publicity Workshop, 10am-12pm @ Lakeview SH #3
 - 20 Publicity Workshop, 2-4pm @ Fairway Room #133
 - 23 Publicity Workshop, 2-4pm @ Sundial East Hall

- November
- 5 SunViews submissions due for December
 - 10 Guest Attendance Register & guest fees due
 - 10 Monthly Attendance Spreadsheet due

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

Club Publicity Workshops Coming in October • Notice Sent to Club Presidents (Dates Listed to the Right)
What can we do to help you get the word out about your club? Club Directory, Annual Articles, RCSC Webpages, Club Flyers, Social Media & More!

Sun City Rockhound Club

This year marks the Sun City Rockhound Club's Diamond Anniversary and will be celebrating the past, present, and future on Thursday, October 12 at 6pm, at the Fairway Recreation Center

Sixty years ago, three Sun City residents (Claude Cherry, Carl Bell and Clark Hall) got together around the pool at Oakmont and discussed if there might be interest in forming a rockhounding club. What they lacked in experience, they made up for with enthusiasm. On October 14, 1963, the Sun City Rockhound Club was formed and in November took their first field trip to Wickenburg. They soon discovered that Arizona is a great state for rockhounding.

In January 1972, the Rock Dust newsletter was started to keep members informed, and the first Rockhound Show took place.

The Sun City Mineral Museum opened in October of 1990. Lots of hard work by dedicated members made this dream a reality. The museum is now ranked as one of the top 10 mineral museums in Arizona. A highlight of the museum is the fluorescent room where 130 specimens are on display. Utilizing both short and long wave UV lighting, the rocks and minerals take on vibrant colors. The museum is a must see if you have not gone!

If you're curious about rocks and minerals, love the outdoors, enjoy socializing with others who have similar interests, this is the club for you! Guests are welcome to visit the monthly meeting held on the second Thursday at 6pm Fairway Recreation Center in Arizona Rooms 1-2, October through May. In addition to monthly meeting with world-class speakers, who offer expert insights into local/global geology and updates on the Mars rover missions, other activities include organized field trips where members pack a lunch, grab their tools and spend the day in search of the perfect specimens. A monthly show & tell lunch is held the following week where members identify and learn about the specimens they found. You are welcome to participate in any one or all club events.

Email scrockmuseum@gmail.com for more information or stop by our museum at the Sundial Recreation Center. Annual membership is \$10, and the club is open to all RCSC Members/Cardholders.



Zumba Club of Sun City

Do you want to have fun, make new friends and get a workout at the same time? Zumba is for you. Zumba is a fitness program that combines Latin and international music with dance moves. The routines led by qualified Zumba instructors combine alternating fast and slow rhythms to help improve balance, coordination and cardiovascular fitness. The one-hour sessions are fun and energetic. No experience is necessary. You do what you are comfortable doing. The key is to stay with it until you can do more and feel better.

Zumba offers three styles:

1) Chair is a low intensity workout combining cardio and flexibility modified to a seated position. 2) Zumba Fitness is a high intensity and high energy cardio workout. 3) Zumba Gold is a slightly lower intensity and energy cardio workout, and they are all fun!



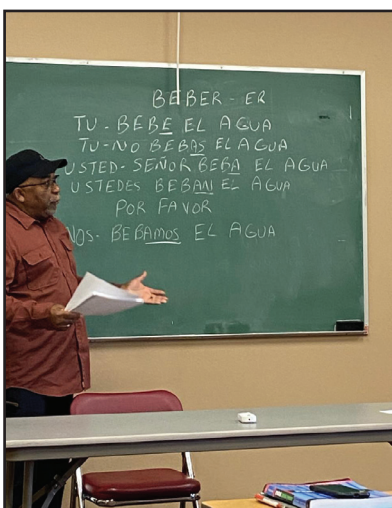
Club membership/participation is open to all RCSC cardholders. Once you join for \$10 per year, you will have access to any of the sessions for just a \$2 instructor fee.

- Mondays: Zumba Gold - 11:30 am-12:30pm in Bell Social Hall
- Tuesdays: Zumba Chair/Gold - 7:00-8:00am in Bell Social Hall
- Tuesdays: Zumba Fitness - 6:30-7:30pm in Sundial West Hall
- Wednesdays: Zumba Gold - 11:30am-12:30pm in Bell Social Hall
- Thursdays: Zumba Fitness - 6:30-7:30pm in Marinette Center
- Fridays: Zumba Fitness - 9:30-10:30am in Marinette Center
- Fridays: Zumba Chair/Gold - 11:30am-12:30pm in Bell Social Hall
- Saturdays: Zumba Fitness - 8:30-9:30am in Marinette Center

Please arrive 15 minutes prior to class time. Closed toe/heel laced tennis shoes are required.

Spanish Club

Come and join our wonderful Spanish club - EL CÍRCULO ESPAÑOL! If you're looking to immerse yourself in the vibrant Spanish-speaking world, this is the perfect place for you.



From language learning classes and dinner outings to cultural events and engaging discussions, we provide a platform for you to explore and appreciate the diverse traditions, music, art, and cuisine associated with the Spanish-speaking regions. Our club provides a welcoming and inclusive environment for all language levels, whether you're a beginner or an advanced learner. This year, we are trying out a French class, too! Don't miss out on this incredible opportunity to expand your horizons and make lifelong connections.

Our Fall Registration Fair will be held on October 5, 2023 from 5 to 7pm, at the Fairway Recreation Center, room 129. Can't make it? See our website for more information: <https://suncityaz.org/recreation/clubs/spanish-club/>

Sun City Senior Softball

Remember the old neighborhood baseball game with rags for bases, an old wooden bat and a mushy ball? In Sun City, the Sun Bowl softball field is the place to go and the field is much improved over the old neighborhood one. It is located behind the Amphitheater at 107th & Clair Drive. It might be the best you've ever played on.



Whether it's been a "few" years since you played, or something new you'd like to try, drop by and check it out. Snowbirds are welcome but there is no "drop-in" play; you must commit to a team. (Sessions run 10-16 weeks). To join, you must be a Sun City resident with a valid RCSC membership card, attend tryouts and pay the registration fee and annual dues. Full uniforms are provided. Tryouts are by appointment only. Contact Rickie at 509-264-3088 for information and practice times.

Nearly 300 men and women play daytime games in several leagues, with different levels of play. Coed is the newest league and a women's team is currently being formed. There are Fall and Spring sessions plus three summer sessions and games are played twice a week. If there is enough interest, a weekend league may be formed for those still working.

The club hosts the annual Veterans' Day Tournament featuring players from the Korean, through the Gulf and current war eras. In association with VFW and American Legion, "gently used" clothing is collected during the tournament. The annual Cleats & Clubs golf tournament is held in early Spring. The Hall of Fame Spring Banquet honors club members who have given their time and talents for the betterment of League programs.



Sun City Poms



The Sun City Poms, internationally known as ambassadors for healthy and active senior lifestyles will be celebrating their 45th anniversary 2024! Exciting plans are in the works to celebrate!

In March, "Celebrate the Poms," the first Poms stage show in years, dazzled over 800 audience members with their synchronized moves and energetic routines. The Poms have inspired others outside our community through documentaries, TV, media, magazine articles and in 2019, a Hollywood movie "POMS" starring Diane Keaton. The Poms have also been honored twice with the title 'Arizona Treasure' by former Governors Napolitano and Ducey.

If you wish to learn more about becoming a Pom, "Introduction to Poms" classes are being offered from 1:00-1:55pm (classes started September 12) at Marinette Recreation Center. Upon successful completion of the 3-month class, the weekly practices are as follows: Performers practice Mondays 8-11:30am and Thursdays 10-11:30am. Marcher's practice Thursdays 8-9am. Our business meeting is held on Thursdays from 9-10am. Please contact the club if you are interested in the classes.

Please visit our website, Suncitypoms.org for up-to-date information on our 45th anniversary celebrations, membership, upcoming performances, parades, pictures, videos, and historical information. You may contact the Sun City Poms at scpoms@yahoo.com.

New Member Open House



Monday, October 16
6:30 to 8:30pm
Sundial Auditorium

Stop by to get information on NextGen and meet some of the members. NextGen is a social club open to all RCSC cardholders. NextGen provides a great place to meet new friends and participate in a variety of social activities every month. Membership in NextGen is \$10 per year. For more info, visit our website at: NewMembers@NextGenSC.org



LIFELONG LEARNING SUN CITY AZ

Classes resume this fall!
Registration

Tuesday, October 10, 2023
10am to 1pm
Fairway Recreation Center
Arizona Rooms 1-2

Please bring RCSC Card with Photo. Cash or check only; no credit cards. View class offerings online at: www.suncityaz.org/recreation/clubs/lifelong-learning-club/

Stop by and tour our "awesome" Club Room @ Sundial Center

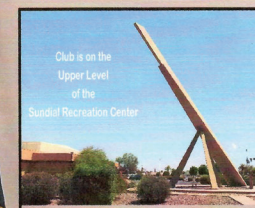
Men's Club Open House

Saturday, October 14, 2023
11am to 3pm

Give back to the community & have a good time, too!
** Bingo Volunteers needed; must be club member. **

WHY SHOULD YOU JOIN THE MEN'S CLUB?

SUNDIAL MEN'S CLUB



THE SUNDIAL MEN'S CLUB IS SUN CITY'S FUN CLUB!!!!
EVERY TYPE OF CARD GAME, MOSTLY POKER, EUCHRE AND PINOCHE

Dues \$10.00 Per Year
\$15.00 1st Year
Open Monday Thru Saturday 7am-4pm
Summer Hours Vary

75" TV
3 Regulation Pool Tables
16' Shuffleboard Table

WEEKLY CARD TOURNAMENTS FOR CASH !!!!

The Men's Club Hosts
The Thursday Night Sun City Bingo at Sundial

We Have an Annual Christmas Dinner & Dance at the Local Country Club



ANNUAL GOLF TOURNAMENT FOR MEMBERS !!!
We Have a Costco Card for Members Use!!!
How About Coffee All Day in the Club Room
623-977-5116 sundialmensclubsuncityaz.org

Farmers Market

Returns to Bell Center on October 5



Every Thursday from 9am to 1pm
"Fresh Never Tasted So Good"

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



Library Advice from

Helpful Hannah

Dear Helpful Hannah,

I recently moved to Sun City and am so impressed with the Recreation Centers and the clubs and all the amenities. Now I am looking into the lesser-known features and opportunities. Can you please tell me about some of the other services that give great value?

Signed,
Wanting to know it all

Dear Wanting,

Sun City is fortunate to have two branch libraries, one at the Bell Recreation Center and the other at the Fairway Recreation Center. Operated by the Maricopa County Library District, with support from the RCSC, these public facilities offer more than books: Speakers, electronic resources, DVDs and CDs and audiobooks. Library cards are free! It's the best bargain around!



Dear Helpful Hannah,

I heard that there is a used bookstore at the Bell Center, but I can't find it. Please help!

Signed,
Lost in Sun City

Dear Lost,

You have heard right! The used bookstore is called Books Around the Corner, and it's in the Sun City Branch Library at the Bell Center. Operated by the Friends of the Sun City Libraries, the store accepts donations and then sells them to the public. All proceeds are used for the two local branch libraries.

Volunteers sort, price, and sell donated books, magazines, CDs, DVDs, and puzzles. Open 36 hours each week (9:30am to 3:30pm Monday through Saturday), the non-profit activity is one of Sun City's Best Kept Secrets.

Maricopa County Libraries | mcl.daz.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 | 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 Sharing Favorite Water Conservation Tips

Do you make an effort to incorporate water conservation into your daily life and activities?

This month, we wanted to share some of our favorite ways to make a big impact on saving water, and invite you to join us on our Facebook page, at facebook.com/suncityarizona to share ways you have found to save water.

Some important steps we can all remember to take on a daily basis, that shows us every action we take can add up to a lot of water savings:

- Don't keep water running as you brush your teeth
- Do the same when washing dishes, or use a dishwasher
- Designate a daily drinking glass to limit washings
- Cook food in only the amount of water you need
- Be mindful of the length of showers
- Plug your bathtub before starting the water
- Don't flush tissues or garbage
- While waiting for water to turn hot, use the excess for plants
- Use a broom rather than a hose to wash walkways
- Enjoy low water use plants inside and outside
- Watch your water bill for any unusual spikes
- Always check for and fix even small leaks & drips

Join us on Facebook at facebook.com/suncityarizona, to share your favorite ideas on conserving water as we go about our daily activities. Thank you for helping protect the environment!



Every Drop Counts! Do your part to help conserve!





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

Manage Diabetes With Exercise

“Physical activity is an important component in a well-balanced management plan for Type-2 Diabetes”, states Jane Fortier, fitness specialist for Get Fit for Life. “Maintaining correct blood glucose levels is a constant concern for a diabetic. Exercise makes it easier to control those levels, thus preventing long term complications like nerve pain, kidney disease and arteriosclerosis.”

People with diabetes have too much glucose in their blood, either because their body doesn't produce enough insulin to process glucose, or because their body doesn't use insulin properly (insulin resistance). Either way, exercise can help a diabetic live a normal healthy life. Exercise puts the body's muscles to work. It doesn't matter if you are insulin resistant or don't produce enough insulin: when you exercise, your muscles use glucose to function, and blood sugar levels decrease. When it comes to blood sugar management, muscle is consistently underrated. Research has shown that after a meal, 70 to 80 percent of the glucose in that meal, goes to muscle tissue. The lower the available muscle mass, the lower the potential capacity for clearing glucose from the bloodstream.

“As we age, the body begins to lose muscle mass, a phenomenon known as Sarcopenia”, Fortier notes. “Muscle is the receptor site for much of the body's blood sugar (glucose). Muscle burns or stores glucose. Resistance Training is a form of exercise that increases muscle strength and tissue, therefore increasing the body's glucose storage capacity and metabolic rate. This form of exercise is important for a Type-2 Diabetic. A good exercise program for a diabetic would also include Aerobic activity. Aerobic exercise is continuous motion that challenges the heart and lungs. Spending 10-15 minutes on an aerobic machine, at an intensity level that keeps the heart-rate in the Cardio Zone, will burn stored glucose and help with blood sugar management, long-term. Rounding out a balanced workout, for a diabetic, would be Flexibility exercise. Stretching for flexibility reduces muscle soreness and improves how well muscles and joints work throughout the day, and during an exercise session.”

Besides managing blood sugar and insulin levels, exercise functions to slow, stop, and in some cases, even reverse the long-term effects that occur due to the progression of type 2 diabetes. Here are some of the main ways that physical activity combats insulin resistance-related complications:

- Improving Vascular Health - when exercising, muscles release a host of compounds that benefit vascular and circulatory health. More oxygen and nutrients get where they need to go, reducing the risk of diabetes-related neuropathy, vision loss, and heart issues;
- Lowering Inflammation - inflammation throughout the body is believed to be a primary cause of the progression of type 2 diabetes and its related conditions such as arthrosclerosis, cognitive decline, and joint deterioration;
- Improving Cholesterol and Blood Pressure - exercise targets blood pressure and cholesterol levels. Both are leading contributors to progressive heart disease;
- Restoring Nerve Function – research reveals that men and women significantly reduced diabetes-related pain and neuropathy in just 10 weeks of exercise. Nerve health and function improved;
- Boosting Joint Health - diabetes-related joint pain and mobility limitations are common complications of insulin resistance.

Getting started with an exercise program is often the hardest part. Knowing exactly what to do to manage diabetes can be confusing. Get Fit for Life trainers can help with this. They design programs that address needs, goals and medical issues, and teach clients how to exercise safely and effectively. To find out more about services, visit Get Fit for Life Sun City on Facebook, or call 623-696-6820.

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: Noon-8p (9/1-4/30)	Racquet/Whisper/Wallyball	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 Clubs: M/W/F 8:30a-1p, W 4-8p, Th 6-8a, M-F 1:30-3:30p	
Bingo	Minimum Age: 18	Shuffleboard	Minimum Age: 8
Sundial Center	Thursdays: Doors Open 4:30p; Bingo 6:15p \$9 all 18 games w/3 special games Everyone welcome.	Bell Lanes: Indoor	M-Sa 8a-8p; Su Noon-8p (9/1-4/30)
		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: 8*a-8p *Trial thru 9/24
Bell Lanes	M-Sa 8a-8p; 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
Dog Parks	Minimum Age: NA	Swimming Pools - Open Swim Hours	
Duffeeland	October - April: 7am-6pm	Bell Center - 18+ only	Minimum Age: 18
*Entry Token Required	Closed last Wed/month for Maintenance	Lap Pool: M-Sa: 5a-9p; Su 8a-8p; Closed for Club/Class: M-F 7-9a	
Darts	Minimum Age: 8	Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Bell Center	M-Sa 8a-8p; Su Noon-8p (9/1-4/30)	Fairway Center	Minimum Age: 16
Fitness Centers	Minimum Age: 14*	Lap Pool: M-Sa: 5a-9p; Su 8a-8p	
Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 8a-8p	Walking Pool: M-Sa: 5a-9p; Su 8a-8p	
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	Lakeview Center	Minimum Age: 4-15*/16
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p	M-Sa: 6a-7p; Su 8a-7p; Closed for Club/Class: W 8-10a (April-Oct only)	
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Children's Pool Hours - Ages 4-15 yrs: Daily 4p-Close*	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Marinette Center	Minimum Age: 4-15*/16
Oakmont Center	M-Sa: 6a-7p; Su 8a-7p	M-Sa: 6a-9p, Su: 8a-8p; Closed for Class: Tu/F 9-10a	
Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p	Children's Pool Hours - Ages 4-15 yrs Daily 1-4p*	
Horseshoe Courts	Minimum Age: 12	Mountain View Center	Minimum Age: 4-15*/16
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	M-Sa: 6a-7p; Su 8a-7p; Closed for Class M, Th 9-10a	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p*	
Jogging / Walking Track	Minimum Age: 14	Oakmont Center	Minimum Age: 16
Indoor		M-Sa: 6a-7p; Su 8a-7p	
Fairway Center	M-Sa 5a-9p; Su: 8a-8p	Closed for Club: Every Su M W F 11a-3p; T Th 5:30-7:45p	
Sundial Center	M-Sa only: 6a-8a - Closed in Aug	Closed for Class: M-Tu, Th-F 9-10a Starts 9/18 w/ Swim Lanes closed	
Outdoor	Minimum Age: 8	Sundial Center - 18+ only	Minimum Age: 18
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p	Large Pool: M-Sa: 6a-9p; Su: 8a-8p;	
Sun Bowl	Dawn to Dusk	Closed for Class: M-Th 8-10a	
Library (602) 652-3000	Call to confirm hours	Warm Water Pool: M-Sa: 6a-9p; Su 8a-8p	
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p	Closed for Class: M-Th 10a-12p, 4:30-6:30p	
FOTL Bookstore at Bell	M-Sa 9:30a-3:30p	Closed for Club: T, Th 12-2p	
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
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p - Closed for repair	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 October @ 11:30am **

October Group Demo Schedule: Wednesdays @ 11:30am

10/4 @ Bell w/ Dick; 10/11 @ Marinette w/ Dick; 10/18 @ Fairway w/ Jane

Space is limited; advanced sign-up at front/welcome desk at each specific center is required.

Member Fitness & Massage Services

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



Fitness Training
623-696-6820

Personal Training Sessions
are available at all
RCSC Fitness Centers

Massage Services

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



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



2024 Sundial Winter Ticketed Concerts

Season Passes on Sale Monday, Oct 9 to Friday, Nov 10
for RCSC Members/Cardholders ONLY

• All Twelve Shows for \$288 (\$24/Show; no fees) •

Individual Ticket Sales Start Monday, Nov 13 - \$25* to \$30** for RCSC Members/Cardholders
Member Guests/Non-Cardholders = \$30* to \$35** (depending upon performing artist)

MOTOWN MANIA!
The Golden Hits of The Temptations & The Superstars of Motown
Starring Pete Peterkin's Sold Gold Soul



"Motown Mania's Solid Gold Soul takes audiences on a 'soul-rific' Journey back in time."
- Las Vegas Review



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KALUMBA

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CARL DIXON
SINGS THE GUESS WHO

Featuring FORMER MEMBERS OF THE GUESS WHO



ROCK REVISITED
WHEN ROCK RULED THE AIRWAYS

BEATLES - BANGLES - JOURNEY
FLOTSKY - STYX - RED SPIDERBAND
AND MANY MORE

SUPREME DIVA
THE DIANA ROSS TRIBUTE SHOW



TENORS OF ROCK



ONE OF THESE NIGHTS
THE ULTIMATE TRIBUTE TO AMERICA'S FAVORITE BAND, THE EAGLES



NEON CIRCUS
Brooks & Dunn Tribute



BEE GEES GOLD
40 YEARS OF THE "FEVER"



For more info call 623-561-4680 or visit: <https://suncityaz.org/recreation/concerts/>