



**2019 Association
ANNUAL MEMBERSHIP MEETING**
The annual membership meeting will be
preceded by a Governing Board regular meeting.

9 a.m. Thursday, June 27, 2019
Palm Ridge Recreation Center Summit A/B
13800 W. Deer Valley Drive, Sun City West, AZ 85375

In accordance with ARS 33-1804 and Association Bylaws:
Agenda may be found at suncitywest.com, 48 hours prior to the meeting.

Recreation Centers of Sun City West
Arizona's Premier Active Adult Community

Phone: 623-544-6115
Email: gboffice@suncitywest.com

Notice: Association's Annual Meeting is June 27

Per state law, the Association must provide notice by mail or hand delivery of its Annual Membership Meeting. As the Rec Center News is hand delivered to every household in Sun City West, this serves as notice that the Annual Meeting will be held 9 a.m. Thursday, June 27, in Palm Ridge Summit Hall A.

Attendance is not mandatory, but residents are encouraged to attend. An agenda will be posted at least 48 hours before the meeting at gb.suncitywest.com.

Pool Party dives into classic sound with Come Back Buddy

Bring your suits and do the twist in the pool as the Rec Centers brings back the Pool Party featuring Come Back Buddy from 7 to 9 p.m. Friday, June 14, in the R.H. Johnson Pool. Gates open at 6:30 p.m.

Tickets are \$12 per person and are on sale at the R.H. Johnson Box Office, 19803 N. R.H. Johnson Blvd. or online at suncitywest.com.

Concessions will be available for purchase.

Come Back Buddy is a four-piece rock 'n' roll band, including a tenor sax player, inspired by the legendary



Come Back Buddy will perform at the June 14 Pool Party.

Buddy Holly and the Crickets. The trio's repertoire includes the music of many artists from the '50s, including Elvis Pres-

ley, Chuck Berry, Johnny Cash, Roy Orbison, Ricky Nelson, and of course, Buddy Holly.

Rec Centers calls together religious leaders

Residents! Do you attend services at a Sun City West church or house of worship? Would you like to see your church better connected within the community?

We need your help! Rec Centers' officials are hosting a gathering for Sun City West spiritual leaders from 1 to 3 p.m. Tuesday, June 11, in the Rec Centers' Governing

Board Conference Room, 19803 R.H. Johnson Blvd. We seek parishioners' assistance

Continued on Page 7

July 4 concert features patriotic tunes

The Recreation Centers of Sun City West is proud to welcome Forever Young Orchestra for a Fourth of July concert at Palm Ridge Rec Center. The show will be at 1 p.m. Thursday, July 4, and doors open at 12:30 p.m.

Tickets are free and available to Sun City West residents only (two tickets per rec card). Tickets are available at the R.H.



The Forever Young Orchestra will perform a host of patriotic music on Thursday, July 4, at Palm Ridge Rec Center. Tickets are free and available at the R.H. Johnson Box Office

Continued on Page 7

Rec Centers to develop CC&R department

The Recreation Centers of Sun City West will develop a CC&R department to begin operations July 1.

The move comes following a meeting between PORA officials and RCSCW officials in which PORA expressed an interest to take over all CC&R enforcement or do none of it. Because PORA is not a mandatory-membership

organization, it does not have standing to fine on CC&R violations. The Rec Centers has that authority.

The Rec Centers delivered a notice to PORA officials on April 29 notifying them of the plan to end the current contract on June 30, which coincides with the fiscal year.

Continued on Page 4

Summer Series returns with cool acts

Spring is here but summer is around the corner and what better way to get out of the heat than to catch some cool acts during the 2019 Summer Series.

The Summer Series returns to Palm Ridge Rec Center, 13800 W. Deer

Valley Road, with three fun, musical cabaret-style shows. Individual event tickets are \$10 per show/person and are currently on sale.

There also will be two shows per act at 3 and 7 p.m. Doors open at 2:30 and 6:30 p.m.

Non-alcoholic drinks will be available for purchase.

**TUESDAY JUNE 4
Robbie Howard**

Robbie Howard is a Las Vegas entertainer generously endowed with a rare



Robbie Howard

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News & Events

SUN CITY
WEST

Sizzling Summer Series features a variety of music

Beat the heat with great musical entertainment as the Rec Centers brings back the Sizzling Summer Series.

The six-show series will feature performances from June through August in the Lecture Hall, 19803 N. R.H. Johnson Blvd., and Stardust Theatre, 14401 R.H. Johnson Blvd. Show times are 1 or 3 p.m. Doors open at 12:30 p.m. for 1 p.m. shows and 2:30 for 3 p.m. performances.

General admission tickets for each show is \$5 per person and are on sale at suncitywest.com or the R.H. Johnson Box Office.

1 P.M. TUESDAY, JUNE 11

Cactus Clarinets

Lecture Hall

The Cactus Clarinets are a part of the larger, well-known West Valley Winds Ensemble. This all-clarinet ensemble performs in smaller, more casual venues and provides a unique sound demonstrating the beauty and versatility of instruments in the clarinet family. The group is under the direction of Clark Chaffee and includes musicians from diverse professions and experience. All share a common bond; the desire to perform and share great music for listeners of all ages.

1 & 3 P.M. TUESDAY, JUNE 25

Country Crossing

Lecture Hall

Country Crossing was formed more than a year ago with a debut at the "So You Think You Have Talent" program at the Kuentz Recreation Center Courtyard. Since that time, they have shared their talents at the Lecture Hall, area nursing homes, club events and local libraries. Country Crossing is a fitting name for the group as they perform contemporary and traditional country tunes, as well as folk, gospel



Cactus Clarinets

and bluegrass genres. All members of the trio are Sun City West residents. Frank Menolascino is featured on guitar, Darlene Kehler plays bass and Steve Kehler plays the meanest mandolin and harmonica in the Valley, along with providing vocals. Country Crossing will have you tapping your toes, laughing in the aisles, and singing along to old time favorites!



Dan McCorison

3 P.M. TUESDAY JULY 16

Dan McCorison

Stardust Theater

Dan McCorison originally cut his teeth in the thriving Western music scene in Denver. Shortly after completing

college, he and couple of friends formed his first band, Dusty Drapes and the Dusters. The group opened for the likes of Merle Haggard, Willie Nelson, Flatt and Scruggs and Linda Ronstadt. Dan's trail eventually led him to Nashville, where he lived for 20 years, writing and recording with some of the finest writers and musicians in country music. He has played throughout the United States, as well as in Japan, Australia and Europe. Dan's original song, "Montana Moon," was nominated for Song of the Year by the Academy of Western Artists in 2017.

3 P.M. TUESDAY, JULY 30

With a Little Help from My Friends

Stardust Theater

With a Little Help from My Friends is a three-member group that performs a long repertoire of Beatles favorites with an emphasis on the band's legendary harmonies. The group features three seasoned musicians, Ellie Chaffee, Linda Marman and Tim



Sentimental Journey

Polizzi. All are Sun City West residents. With a Little Help from My Friends is a West Valley favorite, having performed at several venues throughout the last few years. Join your friends and neighbors for a trip down Beatles memory lane with songs from "Meet the Beatles," "Rubber Soul," "Sgt. Pepper's Lonely Hearts Club Band" and "Abby Road."

3 P.M. TUESDAY, AUG. 13

Sentimental Journey

Stardust Theater

Sentimental Journey, a three-woman vocal trio, will grace the Stardust stage with a list of hits from the '40s through the '80s and beyond. The trio includes Karen Ellinwood, Deborah Lynn and Joyce Bowlby. Sentimental Journey was originally formed by Karen in California. When she moved to Sun City West, she reformed the group with Joyce, a long-time member of the Sonoran Sounds and Westernaires.

Deborah will serve as a guest singer for the concert – her background lends a country



John Gamber

western dynamic to the group. Beat the heat and enjoys the sounds of Sentimental Journey.

3 P.M. TUESDAY, AUG. 27

John Gamber

Stardust Theater

Crooner John Gamber is a favorite and familiar face and voice, having performed throughout the Valley for many years. He began his career the evening his wife dragged him kicking and screaming to a dinner theater audition (where she also performed) – and the rest is history! Upon moving to Sun City West, John was recruited to perform at the Skye restaurant in Peoria where he opened for The Drifters, The Tokens, Jay and the Americans and many others. John shares that his taste in music is eclectic – he sings across many genres – but that his personal favorites are "any songs by Roy Orbison!" John is donating his time for this concert and a portion of the proceeds will be donated to the SCW Community Fund.



Country Crossing



With a Little Help from My Friends



News & Events

SUN CITY WEST

Fall Fest returns with classic sounds

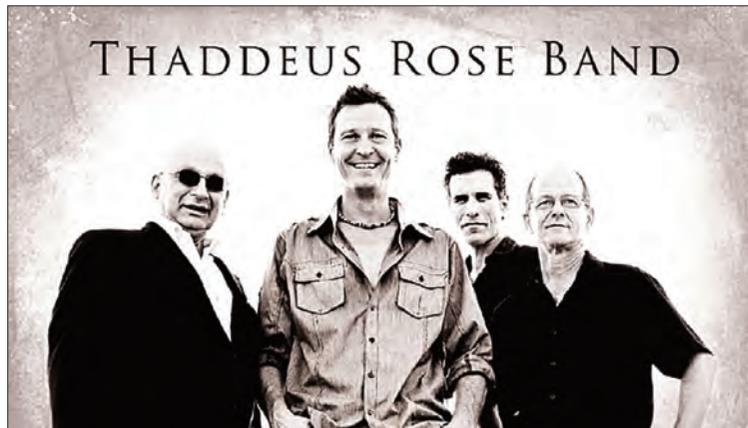
Enjoy the fresh autumn-evening air with a trio of musical acts to keep you warm at the 2019 Fall Fest Oct. 25-27 at Beardsley Park, 12755 W. Beardsley Road.

The three-night showcase will open with Thaddeus Rose (Friday, Oct. 25), followed by The Pettybreakers (Saturday, Oct. 26), with KansAZ closing out the festivities (Sunday, Oct. 27).

All shows start at 7 p.m. with gates opening at 5 p.m. Ticket packages for all three nights are \$40 per person or \$15 per show. Tickets are on sale at the R.H. Johnson Box Office, 19803 N. R.H. Johnson Blvd., or online at suncitywest.com.

FRIDAY, OCT. 25
Thaddeus Rose
for the Haunted Harvest
at Beardsley Park

We are changing our annual Halloween Dance by adding it to



our Fall Fest and haunting the park! We are bringing back The Thaddeus Rose Band by popular demand.

Thaddeus Rose Band is a band with very intuitive and genuinely connect with their audience/fans. Their sound is state of the art and on point. Thaddeus' graceful yet funky hip-hop moves across the stage serve as the proverbial

frosting on the cake. Thaddeus Rose Band is a variety band offering the best dance rock hits of all times. Their remakes of iconic cover tunes are flawless and originate from some of the greatest musicians of our time.

We will still have our costume contest and Thaddeus Rose will be the final judge in our final round of the contest. This will just be an all-around contest with no categories.

SATURDAY, OCT. 26
The PettyBreakers

The PettyBreakers is the nation's premier "Tom Petty and the Heartbreakers" tribute act.

Based out of Southern California, this band accurately recreates the sights, sounds and concert experience of a Tom Petty concert. All the classics, like "American Girl," "Break Down," and "Free Fallin,'" are perfectly reproduced. Playing to packed houses all over the U.S., the band is comprised of excellent musicians who have performed and recorded with international artists. The Petty-Breakers honor the music of this legendary American icon.

SUNDAY, OCT. 27
KansAZ

KansAZ is a group hailing from Arizona, dedicated to faith-

ful performance of the works of the American progressive rock band - Kansas - who produced nine gold records, one platinum and four multi-platinum albums, and two of the most played classic rock singles of all time: "Dust in The Wind" and "Carry On My Wayward Son."

KansAZ comes from veterans of local or regional acts and have vast collective musical experiences. They are varied in age, culture, and background but united in their devotion to create a great live experience worthy of one of the greatest progressive and classic rock bands of all time.



Caption call phones available for hearing impaired

As a community service, the Rec Centers is making our hearing-impaired residents aware of an opportunity a couple of our residents brought to our attention.

Under provisions of the Americans with Disability Act, the federal government established a fund to give qualified individuals access to captioned telephone service at no cost. The captioning service is funded through surcharges on all telephone bills.

There are a variety of caption call phones out there designed to help people with hearing loss stay connected to loved ones, business contacts, etc.

For information, visit captioncall.com or call 1-877-557-2227.

Please note, the Rec Centers does not endorse any particular company or service, but is providing this as a community service about a little known benefit that could help some of our residents.

Beardsley card rooms will close for construction

Starting June 17, card rooms 1 through 4 at Beardsley Recreation Center will be closed for renovations. Closure is expected to last until Sept. 1, with the expected reopening being on Monday, Sept. 2. Depending on how well construction goes, there's a possibility that the rooms are opened earlier than expected.

SCW TICKET SALES



EVENT	EVENT TICKET SALES	EVENT DATE
4th of July Show— Forever Young Orchestra @ Palm Ridge 1pm FREE SCW Residents only—2 tickets/rec card	Tickets Available NOW Box Office ONLY Must show Rec Card	Thursday, July 4, 2019
Pool Party - Come Back Buddy @ RHJ Pool 7pm—9pm \$12/person	Tickets available NOW at the Box office or online	Friday, June 14, 2019
Sizzling Summer Series @RHJ Lecture Hall & Stardust Theatre \$5/person *ALL SHOWS ARE GENERAL ADMISSION	Tickets Available NOW Box Office ONLY Must show Rec Card	June 11 - Cactus Clarinets @ RHJ Lecture Hall June 25 - Country Crossing @ RHJ Lecture Hall July 16 - Dan MCCorison @ Stardust July 30 - Beatles Tribute @ Stardust August 13 - Sentimental Journey @ Stardust August 27 - John Gamber @ Stardust
Summer Series PRICE CHANGE WE WILL BE DOING CABARET @ Palm Ridge 3pm or 7pm shows \$10 Individual	Individual Sales Available NOW at the Box office or online	Tuesday, June 4 —Robbie Howard Tuesday, July 2— Kate Shuman and the Dream Band Tuesday, August 6—The Dryheat Band
Fall Fest @ Beardsley Park Gates Open at 5pm and concert at 7pm \$40 for Package (3 shows) \$15 for Individual shows	Tickets Available NOW as package or individual at the Box Office or online	Friday, October 25 - Thaddeus Rose Haunted Harvest Saturday, October 26 - The PettyBreakers Sunday, October 27 - KansAZ

Please refer to page 17 for 2020 Top Hat and Cruise Ship Subscriptions Tickets

For online Ticket Sales: www.suncitywest.com

Questions : 623-544-6093



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June Swoon is here – but that’s a good thing

June Swoon. Those of us who are of “an age,” and are sports fans think June Swoon is a baseball phrase; something that every team hears when they go on a losing streak in June. You would be right, but for me it started with the San Francisco Giants back in June 1971 (I am a Giants fan). We pay attention to the June Swoon because it's a month of bad baseball after expectations were heightened. It doesn't really exist at all and can happen anytime - it's like the "things happen in threes" canard - but our brains see a pattern.

Like the June Swoon, expectations crashing down is harder to deal with than expectations being low to begin with. When a team stinks in April, we just

assume they stink. Same in May. But when they get our hopes up and then stink in June, it's crushing. We think the team is a nice blind date, but then halfway through the dinner, they start describing how they follow the Grateful Dead on tour every summer. Last year's July got worse for my Giants, and was like the same blind date's revelation of her tattoo of her first husband. The Giants last year finished the season 40 games behind rival Los Angeles Dodgers.

The Giants are “mostly” terrible right now, but hopefully they won't be for long. That's all I can hope for. This is a June Swoon, alright. Even if it doesn't exist, we're living through it right now. Stop it, Giants!

Every year since my wife, Barbara, and I moved here, it seems like our community goes into our season with a bang. It starts in September and grows dramatically in October, with lots of activity, lots of people in the pools and clubs. For the next

several months everyone is at full speed, only to quickly dip into a kind of “June Swoon” normally associated with the departure of our seasonal residents.

Normally, summer means lots of room at the pool, clubs, library and on our streets. There is a let down from the hurry-up attitude of winter, but there is also time to take a breath and view our community in a more leisurely manner. It is also a time when clubs change leadership, and the Rec Center Board changes leadership and begins planning for next year.

So, the summer quiet is a normal yearly event here, not a “swoon” at all, and something that helps us as a community take the needed time to clean, adjust and prepare for fall.

I enjoy the summer. The heat is the downside, but we've learned to live here and enjoy the benefits. Wherever you are this summer, enjoy the time! I'm looking forward to fall and another great season for Sun City West!

Rec Centers to take over CC&R enforcement

From Page 1

Waiting longer to end the contract would have resulted in the agreement being renewed for another budget cycle.

As part of that agreement,

the Rec Centers has been paying PORA about \$60,000 a year and providing membership data updates to PORA to handle complaints about items such as weed growth, fence heights, etc. The Rec Centers handled

age-restriction violations and legal issues arising from repeated lack of compliance.

The Rec Centers also is broadening its relationship with the Organization of HOAs in Sun City West, as that group handles CC&R enforcement on HOA-member properties.



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Membership as of May 1, 2019: 28,683
(includes Owners, Associates, Landlords, Investors and Tenants)

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Sun City West is a senior community for individuals 55 and older.

Printed by Independent Newspapers.
Advertising information: 623-972-6101.

MEETINGS & WORKSHOPS

The next Governing Board Workshop is at **9 a.m. Friday, June 14**, in the Lecture Hall at R.H. Johnson. The **Governing Board Annual Meeting** is **9 a.m. Thursday, June 27**, in the **Summit Hall A at Palm Ridge**. The public is invited to both sessions.

The schedule is subject to change. Call 623-544-6115 for meetings and Governing Board information. To sign up for the e-newsletter and Association information be sure to visit suncitywest.com.



News & Events



NOTICE: SMALL DOG PARK USERS

This park will be closed starting **Monday, April 22nd** and will remain closed through **June 2019**.

Renovation of the current facility will be done and an expansion area will be created.



Items include: New walkways, fencing, lighting, canopies as well as other repairs and improvements.

The park behind the tennis courts will remain open during this closure and is available to all dogs.

Thanks for your cooperation!

Recreation Centers tours set for June

Join us for tours of our Rec Centers in June. Learn where the clubs are located plus see the pools, exercise rooms and the golf courses. All tours start at 9 a.m.

June 10 – Beardsley, meet in front of the Arts/Crafts Building off 128th Avenue. Tour lasts approximately one hour. We also visit the Metal Club, which adds 45 minutes to the tour.

June 11 - Palm Ridge, meet in front of the Pool Building. Tour lasts approximately one hour.

June 12 – Kuentz, meet in front of Stardust The-

atre. Tour lasts approximately one hour.

June 13 – R.H. Johnson, meet in front of the Social Hall. Tour lasts approximately two-and-a-half hours.

June 14 - Tour seven golf courses, meet in front of the Grandview Pro Shop on Meeker Boulevard. Tour lasts approximately two hours.

For questions, call Phil Dauterive at 623-544-6193.



Phil Dauterive

Just putting around

By Phil Dauterive

Every Wednesday morning, the Lady Putters of Sun City West gather on the Grandview practice putting green and just putt around. The practice green is set up with 18 holes, and the ladies get a chance to show their putting skills. Talking with club president Anne Beckwell, there are two important rules:

Rule 1: Everybody dresses in all white! No exceptions!

Rule 2: Everybody have fun!

They keep score, everyone has a handicap, and you can win some cash and prizes. You don't have to be a



golfer to come out and join these ladies. Just remember the rules, wear white and have fun.

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Summer Series - Robbie Howard 3 pm & 7 pm	5 Summer Puzzle Begins, 9:30 am Library	6 Properties Committee, 9 am Movie - "The Post," 7 pm Stardust Theatre	7 Rec Center News Deadline	8
9	10 Tour Beardsley, 9 am CANCELED: GM Ops Meeting, 1:30 pm	11 Tour Palm Ridge 9 am Sizzling Summer Series - Cactus Clarinets, 1 pm Lecture Hall CANCELED: Charter Clubs Committee Meeting, 9 am	12 Tour Kuentz, 9 am	13 Tour RH Johnson, 9 am Golf Committee 1:30 pm Movie - "My Sister's Keeper," 7 pm Stardust Theatre	14 Tour 7 Golf Courses, 9 am, Grandview Golf Course GB Workshop, 9 am Lecture Hall Pool Party - Come Back Buddy, 7 pm RH Johnson Pool	15
16	17	18 Budget & Finance Committee, 9 am	19 Story Time, 10 am Library	20 Movie - "The Devil Wears Prada," 7 pm Stardust Theatre	21	22
23	24 CANCELED: GM Ops Meeting 1:30 pm	25 Sizzling Summer Series - Country Crossing 1 & 3 pm, Lecture Hall	26 Story Time, 10 am Library	27 GB Annual Meeting 9 am, Palm Ridge Summit Hall Movie - "Little Big Man," 7 pm, Stardust Theatre	28	29
30						



March 2019 Financials



OPERATING REVENUES	March Actual	March Budget	YTD Actual	YTD Budget	YTD PY
Membership	1,224,243	1,216,319	10,427,155	10,521,359	10,225,494
Recreation	12,434	11,809	114,897	94,280	83,589
Golf Fees	1,228,580	1,212,269	5,760,594	6,107,715	5,912,232
Bowling	72,016	77,875	537,723	505,347	515,697
Special Events	96,767	63,832	269,101	147,698	158,265
Ancillary Revenue	114,712	118,841	627,440	599,172	614,149
Merchandise Sales	56,371	53,050	211,095	193,936	187,682
Food and Beverage	38,009	42,717	214,721	209,866	203,623
Interest Income - Operating	135	833	414	7,500	7,071
Other Income	975	367	10,810	3,300	(109)
TOTAL OPERATING REVENUE	2,844,242	2,797,911	18,173,949	18,390,172	17,907,691
OPERATING EXPENSES					
Wages And Benefits	1,169,268	1,199,065	10,455,571	10,247,308	10,035,545
Utilities	165,228	201,293	1,827,806	1,997,700	1,934,215
Repair and Maintenance	77,603	88,033	1,136,862	1,122,424	1,112,485
Landscape Maintenance	40,639	86,736	1,039,527	1,019,545	955,377
Supplies and Services	49,250	55,821	482,970	460,979	474,188
Equipment	10,189	37,425	189,488	415,147	300,229
Taxes and Insurance	45,987	44,272	459,028	430,962	438,248
Interest & Financial Expense	54,387	46,388	293,198	278,779	259,733
Operating Expenses	40,103	33,099	280,325	349,381	197,549
Legal and Professional	15,671	14,476	169,834	200,027	149,645
Employee Related Expenses	10,496	16,804	218,369	219,638	128,889
TOTAL OPERATING EXPENSE	1,678,822	1,823,412	16,552,979	16,741,890	15,986,104
OPERATING CASH INFLOW/(OUTFLOW)	1,165,420	974,500	1,620,970	1,648,282	1,921,587
CAPITAL RELATED					
Investment Income-Reserves	71,283	47,500	396,498	401,250	324,589
Unrealized Gain (Loss) Investments	232,849	14,583	365,027	131,250	334,077
Club Funded Capital	0	11,250	414,189	101,250	0
Asset Preservation Fee	406,000	483,000	2,824,500	2,971,500	3,051,000
Gain/(Loss) on Asset Disposal	90,806	0	(286,845)	0	(2,045)
Depreciation Expense	(314,782)	(294,592)	(2,785,296)	(2,651,331)	(2,572,978)
TOTAL CAPITAL RELATED	486,156	261,741	928,073	953,919	1,134,642
REVENUES OVER / (UNDER) EXPENSES	1,651,576	1,236,241	2,549,043	2,602,201	3,056,230
Capital Project Expenditures	108,219	430,461	5,574,397	4,681,960	4,897,956

Complete financial statements are posted monthly on info.suncitywest.com

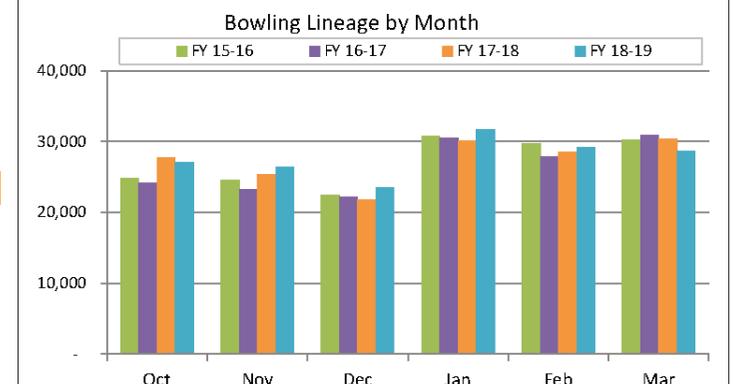
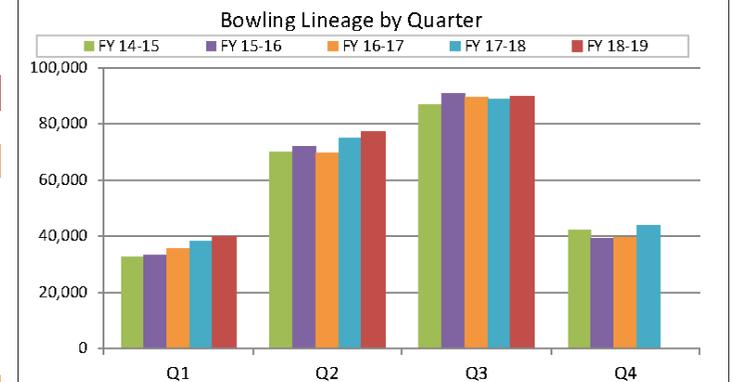
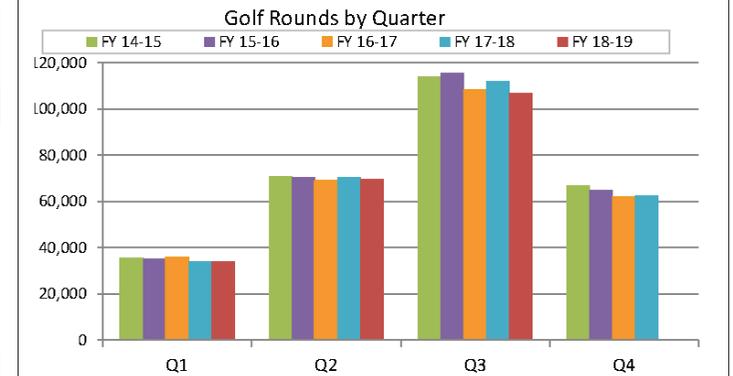
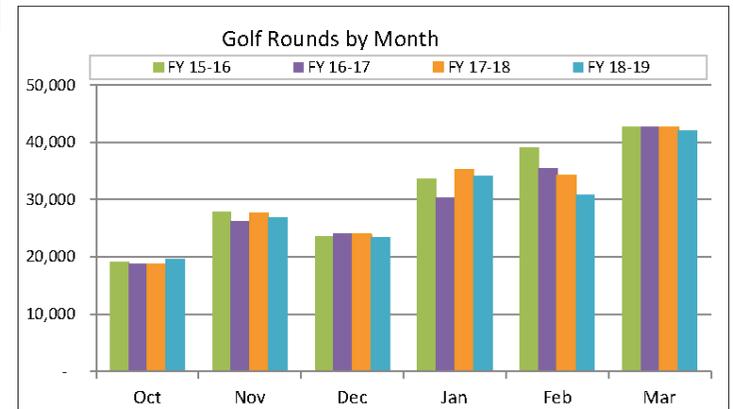
Fiscal Year 2018-19 Capital Projects \$100K or Higher - as of 3/31/19		
Project/Equipment	Budget	Total
General/Administration		
HVAC Equipment - All facilities**	287,589	204,431
Phone System Replacement	260,000	227,062
Signage - Master Plan**	123,439	122,792
Golf Maintenance Networking	120,000	-
Key/Access Control System**	110,506	-
Document Mgmt / Imaging**	100,000	-
Recreation		
Tennis Facility Master Plan-RH Johnson**	1,084,706	921,140
Facility Enhancement, Final Phase-RH Johnson**	445,862	390,491
ARC Paint Booth - Club Funded	318,239	317,649
Small Dog Park Upgrade**	170,115	9,316
Ramada Replacement - Beardsley	150,000	-
Lighting Replacement - Beardsley	133,000	98,910
Parapet Walls - Palm Ridge	108,000	98,757
Golf		
Maintenance Equipment - All Courses	978,390	943,201
Bunker Project - Stardust	211,150	199,808
Golf Operations Office Remodel**	242,517	228,547
Pump Station - Desert Trails	200,000	180,434
Golf Maintenance Office Remodel	155,000	9,130
Entrance Signs - Golf Courses**	131,848	126,116

** Includes Carryover Budget and/or savings allocated by GM

Wanna learn more about our finances and what goes on behind the scenes at the Rec Centers?
Sign up for TORCH!

For more information
 ☎ 623-544-6115
 🌐 www.suncitywest.com

Fall Session
 Every Thursday from
 Oct. 10 to Nov. 21
 \$20 fee to cover expenses





Mission Moments

SUN CITY
WEST

Governing Board recognizes SCW organizations, employees



Left photo, director-elect Bob Carneiro, former commander of the SCW Posse, recognized the organization under the leadership of current Cmdr. Myron Finegold, for providing excellent service in safeguarding the Sun City West community. Center, Bill Warren delivered an inspiring eulogy for a Sun City West resident who recently passed away. Director Sue Fitzsimons also congratulated Mr. Warren on his active, engaging and helpful role as a monitor at the Sports Pavilion. Right, Secretary/Chartered Clubs chair member George Kuchtyak recognized, from left to right: John Underhill, Bob Janis and Danny Gayhart, as Monitors of the Month along with Tony Palozzi and Warren Burdine (who were not able to attend the meeting). The group was instrumental in saving an individual's life at the Automotive/Restoration Club.

Religious leaders invited to brainstorming roundtable on June 11

From Page 1

in reaching those leaders. Please share this article with those who you feel need to be part of this dialogue!

You're probably wondering why the Rec Centers are getting involved with the churches. The answer is quite simple actually – Sun City West is aging and changing. Change on the part of residents requires change on the part of those organizations that serve them. The Rec Centers want to ensure that the most important element of this community – our people – remain connected and engaged. An involved citizenry benefits everyone and every

organization, including the Rec Centers!

We constantly address the impact of changing demographics, in the music and entertainment tastes of our residents, the clubs they enjoy, and the working status of many newcomers. We have adjusted to continue meeting the needs of our residents - the current Space Utilization project is a prime example. Golf trends and volunteer opportunities are another. Younger generations participate in all these activities, but they participate differently, and we must change to accommodate them or risk losing relevance.

The churches are no different. Over the last several years, we have been ap-

proached by church leaders and parishioners worried about their numbers dropping. How do they connect and communicate with a new generation? We've also been involved with organizations struggling to reach out to our most elderly population, many of whom find that church is the last activity they enjoy before becoming disconnected completely from the community.

We don't want any of our residents to become invisible. We want to assist them in being active and involved. We have an ever-expanding assortment of activities and clubs. Churches have a wide variety of available and program-mable space. We both have connec-

tions with area non-profits that can assist.

Our June 11 meeting is an opportunity to start a dialogue with our churches and begin brainstorming ways to help each other, but more importantly, to help our residents.

So residents – let your religious leaders know about this partnership opportunity. Pastors, preachers and rabbis, mark the date on your calendars! To ensure we have space availability, please RSVP by Wednesday, June 5, by calling Dick at 623-544-6120. We will have a light agenda, but the Rec Centers hopes to primarily act as a facilitator and let our area religious leaders brainstorm and share ideas.

Trio of acts feature hot tunes for Summer Series

From Page 1

quality - he is immensely and undeniably entertaining – and the perfect way to kick off the Summer Series. Robbie Howard, along with musical director, Pat Marlin, will perform their show "A Shower of Las Vegas Stars." His masterful ability brings an eclectic repertoire aimed squarely at Baby Boomers. While dishing up loads of clean comedy, Robbie will deliver spot on impressions of such legends as The Beatles, Neil Diamond, Barry Manilow and many others.

TUESDAY, JULY 2

Kate and the Dream Band

We are a recently formed band of highly experienced and professional musicians, performing a repertoire of music with broad appeal. We play a wide variety of music including pop, jazz, country, and

blues. Our music is ideal for listening venues as well as dance, and perform many Patsy Cline songs starting with:

Kate Schuman, rhythm guitar and vocals, award-winning vocalist and songwriter, portrayed Patsy Cline in the stage musical, "Always ... Patsy Cline." Bernie Bear, bass player, represented Arizona



Kate and the Dream Band



DryHeat

twice at the legendary International Blues Challenge in Memphis.

Tom Boyer, lead guitar, featured performer for 17 years at the Chet Atkins Appreciation Society convention in Nashville. Larry Regen, harmonica, longtime instructor at the annual gathering of the Society for the Preservation and Advancement of the Harmonica.

TUESDAY, AUG. 6

The Dryheat Band

DryHeat is a band from the Northwest Valley that performs a variety of music from western, country, folk, bluegrass and gospel. Band members are: Tony Miller, Dave Brinkman, Carol Blackburn and Mike Blackburn. They style their performances to the audience, using humor, interaction, and audience participation.

Forever Young Orchestra performs patriotic medley

From Page 1

Johnson Box Office, 19803 N. R.H. Johnson Blvd.

Forever Young Orchestra will play a medley of patriotic music for the 4th of July show.

The Forever Young Big Band is a rare assembly of outstanding talent with a lifetime of excellence - some with advanced degrees in music and some with national recording experience and a history of headlining lounges like Caesar's Palace in Las Vegas. The Forever Young Big Band has been a favorite at public events, private parties and charity fund raisers - entertaining audiences of all ages with a repertoire that people love.



Community News



New law bans hand-held cell phone use while driving

Attention: Gov. Doug Ducey signed into law HB-2318, which bans handheld cell phones from being used while behind the wheel of a vehicle. The new law takes effect immediately but fines for the new law don't start until January of 2021.

With HB-2318 now signed into law, we would like to take this time to remind Sun City West residents and Rec Centers employees to please drive safely and to always pay attention to what's happening on the road.

Lapidary Club uses kiln to fire molded metal clay pieces

When the Lapidary Club made space for a kiln in its R.H. Johnson Club Room some members were unsure how to best put it to use.

So, it sat in the back virtually ignored.

That is until a group of eight to 10 ladies learned a new process of fusing metal clay and another metal, such as silver or bronze, to create artistic, hand-crafted sculptures and jewelry. The clay cooks off in the kiln leaving the artisan with their finished work of art.

The club brought in an instructor from Tucson who gave a presentation on how to work safely with the kiln, and interest in metal clay began to grow. More club members now plan to work with metal clay.

"It's a unique process where you fuse metal clay with



The Lapidary Club obtained a kiln, left photo, and recently have put it to use fusing metal clay with copper, bronze and silver to create real works of art. At right, a club member set out some pieces to dry before placing them into the kiln.

bronze, copper or silver to create anything," said Lapidary Club president Don Wright. "It really allows you to let your imagination and creativity run wild to craft real works of art."

Wright said the process takes approximately two days from creation to after the piece cools from being fired in the kiln.

Lapidary is the art of cutting, forming and polishing gem-

stones and precious materials. Club members use modern cutting, shaping and polishing equipment to create their "works of art" as jewelry, such as bolas, belt buckles, pendants, earrings, bookends, clocks or other pieces.

Members also wrap their "works of art" in Sterling Silver and other wire for jewelry. The club also has dichroic

glass equipment and faceting equipment used to facet man-made or natural gems.

The Lapidary Club provides beginner and advanced classes. Visit them in the R.H. Johnson Rec Center for a tour and to get more information on how to join the club. It's fun, easy, and very rewarding. Visit their website at lapidary.scwclubs.com.



OHOA members enjoyed the annual Sharing in the Park event at Beardsley Park.



OHOA members gather for annual event

OHOA held its annual Sharing in the Park event for our Sun City West HOA Board members on April 11 in Beardsley Park.

Brad Kramer from American Family Insurance and Amanda Shaw from Associated Asset Management presented information on HOA insurance needs and HOA management styles, respectively. HOA Board members also had the opportunity to share their specific questions, concerns, and expertise on a variety of HOA issues.

The OHOA Office will be closed through Mon-



day, Sept. 30, 2019. However, we will return phone calls and emails we receive during the summer break. Call us at 623-214-6006 or email us at achoscw@aol.com.

The OHOA office will reopen Tuesday, Oct. 1.

Community Fund thanks trio of clubs

The Community Fund of Sun City West pays for bills when your bank accounts are about to reach zero. If you are short on funds and need help with a rent or mortgage payment, call the CFSCW at 623-546-1122. The fund assists with medical and prescription co-pays, too.

The CFSCW wishes to thank the Zymurgy, Women's and Boomer's clubs for the proceeds that were raised from the rock and roll "Live TuZday" fundraiser, which was held on April 16 with the band, Roustabout. The music spanned Sun City West's many generations, allowing us all to "get our groove on."

The money this trio of clubs raised and donated to CFSCW goes toward helping clients with phone and utility bills, too. If you require help paying bills and have lived in Sun City West for a year or more, don't wait until you get a cut-off notice to call the fund. Zoom to the phone now and call: 623-546-1122. Leave your name, telephone number, and a short message. A volunteer will return your call.



ENEWS

Sign up for the Rec Centers' enews at suncitywest.com

Once you sign up, you will receive an email confirming you want to opt in.

Be sure to complete that final step to start receiving your enews every Wednesday!



PORA Property Owners & Residents Association
 13815 W Camino Del Sol, Sun City West, AZ 85375
 PORA Hours: Monday - Friday, 9 am - 3 pm
 Phone: 623-584-4288 Website:
 www.porascw.org

It's good to sit back once and a while and reevaluate your purpose. That was the feeling of the PORA board as we started our new board year. We knew that we were doing a good job; getting things accomplished for our members and the residents of Sun City West. But we asked ourselves, "Could we do more?"

In late January we held an organizational retreat with the purpose of reviewing and redefining our mission and vision. But we didn't stop there. As many of you who have been involved in other organizations, and businesses in your prior life, mission and vision statements quite often contain a lot of words, and the final version ends up on a shelf somewhere, collecting dust. We vowed not to let that happen. After defining our new mission and vision we set out to define the short-term goals and strategies that were needed to start making our mission and vision a reality. We then asked our staff and volunteers to review these strategies and tell us how they would go about implementing these goals---with completion dates. Bottom line: We are not only defining the "What" and the "Why" of our new mission and vision, but the "How" that we will be using to set the direction on how to get there.

If you are already a PORA member, "Thank You," and if you are not, then won't you join us in our efforts to assure that Sun City West continues to be the BEST retirement community in Arizona and in the U.S.!

Larry Woods

President PORA Board of Directors

PORA Membership Application

Your PORA Membership is essential to keep Sun City West a self-governed community.

Name (s) _____

Address _____

Phone _____

Email _____

Membership Fees:

Household: \$20 Annually

Per Person: \$10 Annually

Owner

Renter

Payment Information:

Cash Check Credit Card

Card # _____

Exp Date: _____ CSV Code _____

Make check payable to PORA or call us with your credit card information. 623-584-4288

The PORA Mission

***TO ADVOCATE FOR A STRONG
SUPPORTIVE
COMMUNITY***

The PORA Vision

***TO BE AN EFFECTIVE VOICE FOR
SUN CITY WEST***



Phone Numbers

**SUN CITY
WEST**

MAIN TELEPHONE NUMBER: 623-544-6120 (All numbers have 623 area code unless otherwise noted)	544-6147 Men's Club: 544-6150 Metal Club: 584-0150 Model Railroad: 544-6148 Rip 'N' Sew: 546-4050 Silvercraft: 584-8153	BEARDSLEY REC CENTER: 544-6524 12755 Beardsley Road at Stardust Boulevard Pool/Fitness/Mini Golf: 544-6525 Bridge Club: 544-6529 Clay Club: 544-6530 Copper Cookers: 544-6532 Horseshoe: 215-5807 Photography: 544-6520 Porcelain Painters: 544-6521	Softball: 544-6157, 544-6158 Weavers: 544-6515 Women's Social: 546-4236 Woodworking: 546-4722	GRANDVIEW: 544-6013 Crooked Putter: 544-6090 PEBBLEBROOK: 544-6010 STARDUST: 544-6012 TRAIL RIDGE: 544-6015 Course Conditions: 544-6175 Golf Operations: 544-6037
RH JOHNSON REC CENTER: 544-6120 19803 R.H. Johnson Blvd. Fitness Center: 544-6107 Swimming Pool: 544-6106 Tennis Reservations: 544-6151 Mini Golf, Table Tennis, Wii, Arcade, Racquetball, Bocce: 544-6108 Auto Restoration: 518-3226 Broadcast: 602-538-1031 Ceramics: 546-0975 Lapidary: 584-8952 Lawn Bowls: 584-0617 or	VILLAGE STORE: 623-544-6135 (located at R.H. Johnson Rec Center) RH JOHNSON LIBRARY: 544-6130 Data Resource Center: 544-6644 SPORTS PAVILION (Bowling): 544-6140 Memo's Bistro: 544-6116	KUENTZ REC CENTER: 544-6561 14401 R.H. Johnson Blvd. Swimming Pool/Fitness: 544-6561	PALM RIDGE REC CENTER: 544-6580 13800 W. Deer Valley Drive Swimming Pool/Fitness: 544-6581 Computers West: 214-1546 Stained Glass: 544-6586	ADMINISTRATION General Manager: 544-6110 Human Resources: 544-6104 Member Services: 544-6100 Rec Center News: 544-6519 Website: 544-6479 Recreation Manager: 544-6114 Tours & Scheduling: 544-6129 Box Office: 544-6093
		GOLF OPERATIONS: Tee Time Reservations: scw.totalegolf.com DEER VALLEY: 544-6016 DESERT TRAILS: 544-6017 ECHO MESA: 544-6014		



Club Contacts

**SUN CITY
WEST**

ARTS & CRAFTS <ul style="list-style-type: none"> • Art - Sun West, Nancy Hewes: 623-910-7900 • Artistic Hand Lettering, Cards & Mixed Media (formerly Calligraphy West), Lyn Vergauwen: 623-255-2330 • Basketeers, Carol McGatha: 602-361-1548; Laura O'Neill: 440-532-3819 • Beaders, Karen Osmond: 623-606-0840 • Ceramics West, Janette Gricol: 623-584-1465 • Clay Club, Joseph Fernandez: 715-209-0092 • Copper Enameling and Glass Arts, Patti Burselon: 818-605-5565 • Creative Silk Flowers, Beverly Owens: 623-546-6779 • Creative Stitchers, Carolyn Murphy: 623-214-7182 • Decorative Art, Kathy Capps: 623-546-5924 • Encore Needle & Craft, Melanie Parker: 623-584-0773 • Johnson Lapidary, Don Wright: 509-675-7755 • Leather Carvers, Kyle Betz: 480-341-2057 • Mac-Cro-Knit, Sharon Moore: 816-529-7339 • Metal Club, Rod Flack: 623-584-0150 • Palo Verde Patchers, Kathy Tiede: 218-790-4688 • Photography West, Michael Biondo: 314-443-3910 • Porcelain Painters, Patricia Dowling: 480-392-3342 • Rip 'n' Sew, Sue DeLuca: 623-546-1438; Ronnie 	Williams: 623-777-1161 <ul style="list-style-type: none"> • Scrapbooking, Paper-crafts & More, Kathy Greene: 623-556-5713 • Stained Glass Crafters, Claudia Burr: 480-371-7409 • Toy-Ki Silvercraft, John Schalk: 708-707-3712 • Weavers West Guild, Bonnie Benson: 715-307-7868; Terri Reeves: 928-899-3907 • Woodworking, Peggy Sainato: 928-717-0026 • Zymurgy, William Houck: 602-694-5425 CARDS & GAMES <ul style="list-style-type: none"> • Bridge-Kiva West Duplicate, Adell Hansen: 623-544-0818 • Bridge-One Partner, Eugene Mitofsky: 623-505-7206 • Bridge-Tuesday Contract, William Lafave: 623-533-6440 • Bunco, Jim Dacier: 623-777-0326 • Canasta West, Arlene Rozmus: 623-546-3803 • Club 52 Card Club, Rudy Velasquez: 847-778-6196 • Cribbage, Arlin Bates: 605-939-5757; Ron Wilson: 623-214-4887 • Euchre Card Club, Marguerite Miller: 623-328-7381 • Five-Hundred Card, Claudia Gayhart: 602-421-6384 • Mah Jongg, Sharon Phelps: 612-799-5474 • Men's Club, David Klatt: 602-793-3720 • Pan Card Club, Jane Fallen: 623-332-6560 • Pinochle, Lou Bonar: 847-404-9835 	<ul style="list-style-type: none"> • Saturday Night Gamesters, Rosemary Dougherty: 623-760-8479 • Sheepshead, Jim Krause: 623-584-6359 DANCE <ul style="list-style-type: none"> • Country Western, John Hobold: 314-825-1946 • Hillcrest Dance & Social, John Ashton: 303-618-5243 • Latin & Ballroom Dance, Carol DeAmbra: 623-975-6248 • Line Dancers, Martha Williams: 623-556-9093 • Rock 'n' Roll Dance, Pamela Spears: 480-259-7281 • Westerners Square Dance, Paul J. Van Rooy: 608-669-0595 HEALTH & FITNESS <ul style="list-style-type: none"> • Arthritis Club, Sharron Nelson: 623-972-4735 • Energetic Exercise, Gloria Schroeder: 623-986-9392 • Fitness Club, Vicki Crites: 303-660-9066 • Handi-Capables, Mary Wolfgeher: 253-223-4354 • Water Fitness, Nancy Patten: 414-916-9174 • Yoga, Jack Leary: 602-399-7947 HOBBIES & TRAVEL <ul style="list-style-type: none"> • Agriculture, Hazel Swailes: 623-546-4625 • Automotive Restoration, Tom Jones: 503-887-3430 • Broadcast, Mark Johnson: 623-476-2697 • Coin & Stamp, Donald King Sr: 623-249-5460 • Computers West, Patrick Kenevan: 612-396- 	7067 <ul style="list-style-type: none"> • Desert Garden Club, Ray Kamka: 623-546-7128 • Investment Club, Bill Shalter: 815-326-5270 • Model Railroad, Bob Rose: 623-826-3448 • Recreational Vehicle, Nadene Forsyth: 602-689-4184 • Rockhounds West, Robert Provan: 207-505-1542 MUSIC & PERFORMANCE <ul style="list-style-type: none"> • Dancing Arts, Paulette Halle: 623-546-2617 (Pilates & Zumba) • Karaoke, Mike Lindner: 503-519-8352 • Music Club of Sun City West, Tony Miller: 623-556-9720 • Rhythm Tappers, Jan Capperault: 503-367-4986 • Stardust Theatre Council, Aletha Dellamo: 623-363-6612 • Theatre West, Judy Ross: 623-584-8698 • Westernaires Chorus, Joel Anderson: 623-556-2688 SOCIAL <ul style="list-style-type: none"> • Boomers, Lisa Vines: 702-278-0955 • Canine Companions, Marty Broaddus: 720-326-3234 • Club Español, Lee Howard: 541-815-8025 • Friends of the Library, Larry Woods: 623-556-8949 • LGBT Club, Gus Pennock: 213-393-0960 • Singles Club, Chuck Huss: 360-969-6308 • Sunshine Animal Club, 	Robert Stebbins: 623-544-2356 <ul style="list-style-type: none"> • Women's Social Club, Marlene Sullivan: 623-584-8893 SPORTS - GOLF <ul style="list-style-type: none"> • Deer Valley Men, Stephen Weber: 623-755-1875 • Deer Valley Women, Margie Zener: 360-202-2480 • Desert Trails Men, Wayne Hendrickson: 623-518-4203 • Desert Trails Women, Rayma Karr: 573-659-0803; Elaine Keller, 623-556-0689 • Echo Mesa Men, Richard Franke: 602-910-1656 • Echo Mesa Women, Sally Hamil: 623-584-6297 • Golf Council SCW, Karen Hunter: 623-544-6986 • Grandview Men, Steven Nebel: 623-777-1303 • Grandview Women, Gail Brischke, 623-374-2052 • Lady Putters SCW, Anne Becknell, 623-388-3096 • Men's Niners, Howard Allnut: 623-214-0583 • Men's Putting, Mike Scheuermann: 937-215-6579 • Pebblebrook Men, Mark Gingrich: 425-501-7061 • Pebblebrook Women, Cindy Seibel: 623-398-7751 • Pebblebrook Ladies Niners, Debra Palen: 319-899-4613 • Stardust Men, Burton Murray: 850-405-7864 • Stardust Ladies, Catherine Thayer: 775-220-2365; Shirley Benjamin: 503-924- 	9973 <ul style="list-style-type: none"> • Trail Ridge Men, Joe Fleming: 623-322-9691 • Trail Ridge Women, Judy Zilinski: 623-277-5003 SPORTS <ul style="list-style-type: none"> • Bocce, Lynn "Bud" Winkler: 623-271-9759 • Bowlers Association, Dan Matthews: 602-332-7366 • Cyclists, Lori Schroeder: 217-577-3228; • Horseshoe Club, Bob Plueger: 563-357-3698 • Johnson Lawn Bowls, David Parker: 208-640-4436 • Men's Billiards, Tom Corse, 406-883-5464 • Mini-Golfers, Jane Rasch: 623-313-8488 • Mis-Cues Ladies Billiards, Judy Malm: 623-556-1528 • Pickleball, Gary Saelens: 563-357-1509 • Racquetball/Handball/Whisperball, Jan Warren: 623-810-5511 • Shuffleboard, Ron Smith: 623-221-3519 • Softball: Carol Bowden: 623-337-5131 • Sportsman's, Michael Fleming: 414-702-9389 • Tennis Club, Ron Wambach: 414-559-0815 - Tennis, Mal Jacobson: 623-544-1145 - Platform Tennis, Butch Lynd: 618-581-0729 - Table Tennis, Jack Hagel: 623-537-7311 - Volleyball, Mike Kosanda: 701-739-3795 <p><i>Chartered Clubs leadership is subject to change. The list will be updated as necessary. Call 544-6031.</i></p>
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All States Clubs

**SUN CITY
WEST**



Left photo, members of the Idaho State Club are ready to serve chicken and the "fixins" at the annual farewell picnic at Beardsley Park. Center, committee co-chairs are, from left to right: Sherry and Wade Mickelson and Sandy Dale. Missing from the photo is Bill Dale. The Mickelson's are full time residents of Sun City West, but hail from Pocatello. The Dale's are from the far eastern area of Idaho, known as Minnesota. Right photo, Gen Olds, the matriarch of the Idaho State Club, enjoys the annual farewell picnic at Beardsley Park. Ms. Olds comes from Buhl, Idaho, and now lives permanently in Sun City West. She looks forward to the fall, when the snowbirds return and monthly activities resume.

IDAHO

The Idaho State Club is a friendly active group of people from around the West Valley area. Anyone with any affiliation with the state of Idaho is welcome to join the group. Have you ever eaten a potato? Then you qualify to join the club! Annual membership is \$5 per person. There is usually at least one group activity per month from November through April, plus a monthly breakfast, on the first Saturday of the month at 8:30 a.m. at the Golden Corral on Grand Avenue and Litchfield Road in Surprise. The cost is \$8.49 per person plus tax and gratuity. No reservations are required for the all-you-can-eat buffet. Join us and meet new friends when the club resumes activities with breakfast, Oct. 3. Contact Joyce at 623-523-4407 for more information on membership.

Annual events usually include: a welcome-back social in the Kuentz Courtyard, a golf tournament, several picnics, attending a play or concert, a day at the horse races, a crab feed and a holiday sit-down dinner.

The Idaho State Club meets on the first Saturday of the month for a no-host breakfast at The Golden Corral in Surprise and enjoys additional social events at least once a month, November through April.

IOWA

Join the Iowa Club of the West Valley for lunch at 11 a.m. every second Monday of each month all summer at the Golden Corral at Grand Avenue and Litchfield Road at a cost of \$11 per person. Next lunch is Monday, June 10, no reservations required. Lunch meetings feature Iowa quizzes, stories, introduc-

tions and guest speakers. Club membership is open all year at \$10 per person to anyone with an interest in or an affinity for Iowa. Call Doug at 623-218-6532 for membership information.

KANSAS

Kansas Club welcomes anyone in the Valley who has an affiliation with Kansas. Membership is only \$5 per person per year. Our next event will be a breakfast at Tivoli Gardens, 12535 W. Bell Road, at 9 a.m. June 27. All Kansans welcome. Full menu is available. In order to have enough seating, please RSVP to Sue McVay at 620-532-1565 by June 25.

MINNESOTA

Most all the snowbirds have now departed to cooler parts of our country, but there are many hearty Minnesotans who will tough it out and to those we say fantastic! The Minnesota Club Board of Directors will continue to plan events for next fall and winter. The Welcome Back Breakfast is all set for Friday, Nov. 8, at the Elk's Club in Sun



Pennsylvania Club president Darlene Riffle, along with new members Evelyn Kantor and Elaine Platt, await the bus to Rustler's Roost on April 6. For club information, send an email to darlene811@cox.net.

City. Mark your calendar now, we will be off to a fast start after it cools off here. If you have any thoughts or suggestions for events or programs call Gil at 623-544-7387. Ideas are always welcome as well as volunteers to help in many ways.

OHIO

Ohio Club members and guests will continue to enjoy a variety of activities during the summer months. The monthly breakfast will be at 8:30 a.m., Monday, June 3, at Tivoli Gar-

dens, 12555 W. Bell Road, Surprise. There are individual checks and orders, and reservations are not needed. The June happy hour is scheduled for 3 p.m. Wednesday, June 19, at Hurricane Grill and Wings, 11340 W. Bell Road, Surprise. A luncheon is also planned for later in the month. Please call 623-584-5410 for more information.

PENNSYLVANIA

Although we said a temporary goodbye to our Pennsylvania friends for the summer, we look forward to seeing them again in the fall. We had a good time with all the activities this past season and continue to anticipate the opening of a new season in early fall.

The Pennsylvania Club is a social club, and we host nine social events per year. We like our members to offer suggestions on activities, entertainment and even other venues of opportunity. Members will begin receiving further newsletters in late August or early September. All events for the months of September through December have been scheduled.



Ohio Club members elected officers for the coming year at their annual meeting. The officers are Joan May, treasurer; Vivian Kiraly, secretary; Bea Stanczak, president; and Barbara Hine, vice president.

We wish everyone a safe summer. Please contact darlene811@cox.net for general information, suggestions or questions.

WASHINGTON STATE

As we wave goodbye to so many members of our club, we normally wait until fall to start our activities again. This year, however, we will have some get-togethers - opportunities to enjoy each other. Watch your emails and check the website at washstclub-scw.com.

How about a no-host breakfast at Betty's Rooste, 14418 West Meeker Blvd Suite 100, Sun City West? We have heard great reviews about this restaurant from other state clubs. Let's aim for 8:15 a.m. on Saturday, June 8. Call Janet at 206-999-8379 or email janetis26@aol.com with questions or to reserve a spot (or just show up!).

Please keep in touch with us!

WISCONSIN

The weather is getting much warmer so most of the snowbirds have left and now the firebirds are left to enjoy the less busy roads in the area.

Please note: The Wisconsin monthly breakfast that is held at Tivoli Gardens in Surprise will stop for the season (May-August) and again start up in September on the second Tuesday of the month at 9:00a.m.

The Wisconsin Club Board members have a two-page list of various events and trips. If any Wisconsin member wants to participate or run an event can contact them. The Wisconsin website is Wiclubscw.wordpress.com or contact our President, Bob at 623 241 2104.

We welcome any new Wisconsin to the area to join our great club. Call the membership chairwoman Pat at 623 546 0853.

Have a great, safe summer.

Submit All States Club news by the first day of each month (for the next month's Rec Center News) to: michael.melissa@suncitywest.com.

All submissions for July are due by June 1.

If you do not have a computer, please drop off your submission in the Membership Office. If you have questions regarding club submissions, call Michael Melissa at 623-544-6519.



R.H. Johnson Library

SUN CITY
WEST



Bring your grandchildren down to the Library for Summer Story Time on Wednesdays, June 19 through July 31.

SUMMER STORY TIME

You are invited to bring your young grandchildren and their families to Summer Story Time in the library at 10 a.m. on Wednesdays, June 19 through July 31. All you need is your rec card and your family may enter the library with you. Different stories are read each week. A kid-friendly craft project follows with all materials supplied. Children not only get to keep their completed craft but also take home some fun library souvenirs such as bookmarks and stickers.



The Summer Community Puzzle will open at 9:30 a.m. Wednesday, June 5.

SUMMER COMMUNITY PUZZLE

Ravensburger's 18,000-piece "Magical Bookcase" is this summer's community puzzle. It is a highly detailed and colorful puzzle designed by Colin Thompson. Look closely and you will find wacky objects, scenes, and even houses.

The fun begins at 9:30 a.m. on Wednesday, June 5, at the R.H. Johnson Library and continues during normal library hours (9 a.m. to 4 p.m., Tuesday through Saturday) until the puzzle is completed. You may participate for as much or as little time as you wish.

SUMMER READING CLUB

Summertime is the perfect time to pick up a good book.

Now a summer tradition much like the community puzzle, the 2019 Summer Reading Club runs from Wednesday, May 29 through Saturday, Sept. 7. You read for fun and prizes, and you select what you wish to read. All R.H. Johnson Library print books, eBooks, CD audiobooks, and digital audiobooks qualify. Drawings will be held at the end of the club for the prizes displayed near the main door. In addition, those who participate a minimum of eight weeks will receive a coupon for one free \$1 book at the Friends of the Library Book Sale Nov. 16. For more information and to register, stop in the library.

VIRTUAL REALITY

The Virtual Reality program will continue through the summer. Due to popular demand, many additional sessions have been added. Call 623-544-6644 to register.

VOLUNTEERS NEEDED

The R.H. Johnson Library is a private library for members of the Recreation Centers of



Summer Reading Club prizes are showcased in the Library.

Library hours are 9 a.m. to 4 p.m. Tuesday through Saturday.

Your own valid Rec Card is required to enter the building and to use the Data Resource Center. Your own photo Rec Card is required to check out library materials.

The Library has two exterior return boxes at the horseshoe drive - one for books and one for media. To prevent damage, please take the time to rubber band your materials before depositing.



Jane Kauzlaric
Library Director

Sun City West and, as such, does not receive money from any governmental agency. Our library would not be possible without the dedicated work of approximately 150 volunteers who contribute 22,000 hours each year. We are always in need of helping hands, both on the service floor and behind the scenes. For example, workers are needed to assist with the Virtual Reality sessions, to help people with smartphones and other mobile devices, and to aid at the Friends of the Library book sales. To learn more about volunteering at the library, stop in and request an application.



Stardust Movies

JUNE 6

"The Post"



Oscar winners Steven Spielberg, Meryl Streep, and Tom Hanks team up for the first time in this thrilling film based on a true story. Determined to uphold the nation's civil liberties, Katharine Graham (Streep), publisher of The Washington Post, and hard-nosed editor Ben Bradlee (Hanks) join forces to expose a decades-long cover-up. But the two must risk their careers – and their freedom – to bring truth to light in this powerful film with a celebrated cast. (C) (2017) (1hr 56m) (PG-13 For Some Language).

JUNE 13

"My Sister's Keeper"



Abigail Breslin stars as Anna, a 13-year-old girl who was conceived by IVF in order to be a genetic match for her older sister, Kate, who has battled leukemia since childhood. Despite being a normal, healthy child, Anna has undergone countless surgeries, transfusions and injections for the sake of her sister's health. Now, when she must forgo the opportunity to go to a prestigious hockey camp in order to donate a kidney to her sister who has gone into renal failure, Anna decides that enough is enough and sues her parents (Cameron Diaz and Jason Patric) for medical emancipation. (C) (2009) (1H 49M) (PG-13).

JUNE 20

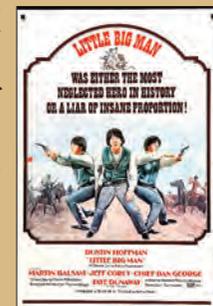
"The Devil Wears Prada"



Based on the best-selling novel, this sinfully funny movie stars Oscar winners Meryl Streep and Anne Hathaway. As assistant to fashion magazine editor Miranda Priestly (Streep), young Andy Sachs (Hathaway) has landed a "job to die for" - a job that might, in fact, be the death of her! (C) (2006) (1H 49M) (PG-13).

JUNE 27

"Little Big Man"



In this sweeping epic that swings from high comedy to drama, Oscar-winner Dustin Hoffman gives a "virtuoso performance" as the 121-year-old sole survivor of Custer's Last Stand. Narrating his colorful life story, he tells about everything from his adoption by Cheyenne Indians to his marriages and his friendship with Wild Bill Hickok. His tall tales indicate he just may be one of the biggest liars who roamed the West. Co-starring Faye Dunaway, Chief Dan George, Martin Balsam and Richard Mulligan. (C) (1970) (2H 19M) (PG-13).

STARDUST THEATRE

Kuentz R.C. (Johnson Blvd. at Stardust Blvd.)

Friends of the Library movies are open to Sun City West residents and their invited guests.

\$2/person donation - (Doors open at 6 p.m.)

Program starts at 7 p.m. or when all seats filled.

Please, no saving seats

(Hearing assisted devices are now available for your use)

Please no food or drink in the theater

scwaz.com/category/movies



Village Store

SUN CITY
WEST

There are many reflections with the Village Store

Reflection is a word that has multiple meanings. In my case, I would like to reflect on my time as Village Store supervisor.

I started in April 2005 and have seen and made many changes in the last 14 years. The inventory, tagging and sales reports were all done by hand. In 2006, we created updated Excel sales reports to



Katie Van Leuven
Village Store
Supervisor

give additional information to club treasurers.

The next update was entering inventory in the computer, which enabled easier access to existing and expiring inventory. This system was used until the launch of our POS system on July 16, 2015.

Traxia, our POS system, requires all inventory be entered in the computer and a bar-coded tag applied to the item. Once in the system, the item is placed on the sales floor. The process of entering takes a bit longer than the old system but allows us to garner information at the touch of a finger.

Because of our two-tiered consignment (club and member), it took a while to find an



View of Village Store showing the new floor and spectacular items for sale.

acceptable POS software. Traxia provides more information than I could ever use.

Instead of tallying information from various sales reports I can request sales or inventory by club, seller, category, price range, item number just to name a few. We can provide our sellers with pertinent information regarding their consignment, returns and sales. One thing to remember is once a seller number is used in a club, that number cannot be reused, ever. The information for that number remains in the system forever.

Last summer's change to

the new floor has been wonderful. The new vinyl tile is easy to care for and looks nice. We have had many compliments and great comments from our customers.

My last reflection is our sellers and my coworkers. I have known many of the folks for all 14 years. Seeing the sellers get a bit grayer and not moving as fast makes me realize how much I have changed. When I arrived, I was one of the younger employees, seemed to be many years from retirement. The new residents are much younger and interested in many different things.

We have many employees that could be my grandchildren! It is so refreshing to see the enthusiasm and knowledge these young people have. I look forward to them teaching this old dog a few new tricks.

It is wonderful to have a job that allows me to grow older, be challenged by new technology and make so many good friends. I'm not ready to say goodbye just yet.

VACATION MAILBOXES

There has been a change in the selling of the vacation mailboxes. The boxes will now exclusively be sold at the

Metal Club. The cost is \$230 including sales tax. The installation fee is \$40. If you will be gone for longer than 30 days, it is a great way to deal with the mail. The Post Office will only hold mail for 30 days. The Metal club is open Monday to Friday 8 a.m. to 4 p.m. and Saturday and Sunday noon to 4 p.m.

REFLECTIVE HOUSE NUMBER SIGNS

The reflective house number signs are available through the Village Store. They are on a post, which is planted in the ground near your house. These signs cost \$49 plus sales tax and installation of \$10, if desired. The sign is premade and when ordered, the house numbers are affixed. If you would like to order one, please stop by the Village Store.

VILLAGE STORE SUMMER HOURS

June – 9 a.m. to 4 p.m. Monday through Friday, closed Saturday.

July – 9 a.m. to 1 p.m. Monday through Friday, closed Saturday.

August – Closed

September – 9 a.m. to 4 p.m. Monday through Friday, closed Saturday.

We will reopen on Sept. 3, 2019, after the August closure.

Sun West Art Club supports student artists

For the last 14 years the Sun West Art Club has adopted the Nadaburg School District's art program, sponsoring an annual poster contest for all the elementary grades in this Wittmann District.

Ron Fernandez, chairman of the Poster Program, has been instrumental in continuing this valuable effort to get youngsters involved in the arts, and he has worked closely with the schools to encourage student participation in the poster contest. This year's theme for the contest was "Future Vocations for the Students of Nadaburg."

At the May 8 club general meeting, a special

exhibit of the children's winning projects was displayed, followed by an awards ceremony. Winners were grouped by grade level – first through third, fourth through sixth, and seventh through eighth. Mr. Fernandez presented each of the proud young artists with a ribbon, a monetary award, and a first, second, third or honorable mention certificate in each grade category.

Andrea Anderson the teacher coordinator for the contest, Principal Curtis McCandlish, several parents of the award-winning students and many Sun West Art Club members attended the ceremony to honor the young artists. Refreshments followed the presentations.



Nadaburg student winners of Poster Contest are joined by teacher Andrea Anderson.

Get Connected!

suncitywest.com

- official Association website
- primarily static info: commonly used links; hours of operation; amenities; children's hours; etc.

scwclubs.com

- clubs website with links to all 110+ chartered clubs
- maintained by clubs with help from a Tech Advisory Group

scwlibrary.com

- links to online catalog and digital library
- iPad, Kindle & Nook instructions
- Friends of the Library movie schedule

Other Social Media:

- suncitywest.com (sign up for enews!)
- facebook.com/suncitywest
- instagram.com/suncitywest_az



Golf/Sports

SUN CITY
WEST

As temperatures soar be prepared on the golf course

By RCSCW Golf Committee

Triple digits are here! It is that time of year again – here is what you need to know to be prepared.

Whether it is the temperature or your score, you would like for them both to be lower. Here are some tips to help beat the heat.

Constantly hydrate even when you are not thirsty. If you are thirsty, dehydration is setting in. You need more water than normal when in a hot, dry climate. Normal water consumption is half of your body weight in ounces. For example, if your weight is 200 pounds, you will need to drink 100 ounces of water. If you are not going to the restroom, you are not drinking enough. Alcohol dehydrates, limit consumption in the heat.

Electrolytes are chemicals that conduct electricity when mixed with water. They regulate nerve and muscle function, hydrate the body, balance blood acidity and pressure, and help rebuild damaged tissue. Electrolytes in the body include sodium, potassium, calcium, bicarbonate, magnesium, chloride and phosphate ions. Muscles need calcium, sodium and potassium to contract. The heart, muscle and nerves use electrolytes to carry electrical impulses to other cells. A balance of electrolytes is key. Good sources of electrolytes are sports drinks when used in moderation (they can contain high levels of sugar and consumption of too many can create an imbalance of electrolytes in the body). Some foods that restore electrolytes include coconut water, celery, watermelon, cucumber, kiwi,



bell peppers, citrus fruit, carrots, cultured dairy and pineapple.

Wear light colored, loose, breathable, sun-protective clothing and hats (wide brimmed or floppies are a good choice). Wear a cold wrap around your neck while playing. Keep bandanas or towels in a cooler of ice water to cool down your body. Make your own wrap with a small baggie of ice wrapped in a bandana and tie it loosely around your neck. Keep yourself and your cart in the shade as much as possible. Carry a supply of baggies to fill with ice in case of an emergency.

Wear sunscreen. Apply sunscreen as part of your daily routine in the morning then apply a second layer 20 minutes prior to going outside. Minimum protection should have a SPF of 30. Broad spectrum products are best containing one of the following ingredients for proper absorption: zinc oxide; titanium dioxide; avobenzone or mexoryl. Expiration dates matter. Sunscreen will lose its effectiveness if it gets too hot. Remember to cover the ears, neck and lips. Sunscreen should be reapplied every two hours or every 40-80 minutes if sweating.

Wear protective eye wear with 100 percent UVA/UVB protection. Check with your optometrist or ophthalmologist to check your sun glasses for their protective levels. Eye

wear (prescription and readers) can be clear and still have the UVA/UVB protection. Light-colored eyes are more sensitive to light due to the absence of a pigment called melanin. The more melanin present gives more protection to the retina. Dark-colored eyes contain more pigment that helps protect them.

Know signs of heat illness: Overheating is a result of exercising in temps above 90 degrees Fahrenheit. Heat stroke occurs when the body has lost too much water and can no longer cool itself. This occurs when sweat stops working to cool your body.

Heat Cramps: Cramping, pain and spasms in your abdominal muscles and legs signals that you are losing too much water and salt.

Heat exhaustion: Cool, moist, pale flushed or red skin, heavy sweating, headache, nausea/vomiting, dizziness and fatigue even with a normal body temperature. What to do: Get inside and drink half a glass of cool water every 15 minutes until you improve.

Heat Stroke: Call 911 if your temperature spikes; hot-red and dry skin; changes in consciousness; a rapid weak pulse; rapid shallow breathing. While waiting for assistance, place bags of ice in the groin or armpit area to quickly cool the body down.

Try to keep ice, cold water bottles or ice blocks in the coolers on your golf cart.

As far as your score, keep cool and remember it's just golf!

Take care, be safe, stay cool, and enjoy the hot sizzling Arizona summer!



A more meaningful statistic to measure putting ability is number of putts per green in regulation.

Aim for hitting greens in regulation to measure number of putts

Number of Putts

One of the least satisfactory statistics for expressing your putting ability is the total number of putts per round. This is because the more greens you miss, the fewer putts you will most likely have.

The number of putts per green in regulation is a more meaningful statistic. By using greens in regulation, you eliminate the effects of chipping close and one-putting.

However, for most golfers the number of putts per green in regulation is not always appropriate for a measurement of putting success. This is because handicap golfers don't hit enough greens to get useful



Pat O'Hara
Golf Operations
Manager

feedback.

Putting Statistics (for tour players)

99 percent of putts from three feet and in 69 percent of six-foot putts

54 percent of eight-foot putts

31 percent of putts between 10 and 15 feet

This information is meaningless for the average golfer as a foundation for their putting expectations. The pro game and the amateur game are too different. It is like comparing apples and oranges.

Please remember these are PGA tour results and requires a great deal of dedication and practice to achieve these percentages. So, get out there and practice! Good luck!

Respect the space – on the golf course, homeowners' property

The weather is nice, and the golf courses are inviting for a bike ride, walk/run, golf cart ride, fishing, swimming, etc. Golf Operations' goal is every-

one's safety! Everyone includes, but not limited to, the golf maintenance crews who

Continued on Page 15

Stay cool, help our courses beat the summer heat

The number of rounds of golf played in Sun City West during the summer months tend to be less than those that are played in January through April. This is entirely due to the drastic increase in temperatures and a good portion of our residents heading back to a

cooler climate. So, with less rounds being played we limit our player assistants' schedule to help with other tasks and chores rather than the normal pace of play and golf course rule enforcement.

Here are a couple thoughts on how

to enjoy your next round of summer golf:

Early morning tee times become the "prime" time to play this time of year. Golfers want to still play a round but limit their exposure to the mid-day sun. With that said, it is imperative that

each group of golfers keep up with the golfers ahead of them. This will ensure that your round of golf will not take any longer than it should. Instead of four-hour-plus rounds during peak

Continued on Page 15



Golf/Sports



Green Teamers celebrate another fun season

Left photo, four of the Green Team's "Bogey Babes" are, from left to right: Nancy Patten, Chris Dickson, Kathy Romaine, and Patti Farrell. Right photo, "Closest to the Pin" winners at the Green Team Golf Celebration were left to right: Al Gervenack, Jean Lightle, Janelle Peterson, and Don Rasmussen. The Green Team Golf Program hosted a shotgun start on Saturday, April 27, at Stardust Golf Course preceded by lunch and door prizes. There were 86 golfers that participated in the "Celebrate Green Team" event and after there were prizes, donated by Golf Operations, for men's and ladies "closest to the pin" on both front nine and back nine. Green Teamers formed new friendships and new golfing partners and are ready for another year of golf!

Ask before retrieving a golf ball on private property

From Page 14

are out before sunrise, golfers playing at dusk and other approved construction/utility crews (non-golfers). The RCSCW Golf Courses are for golf only.

Trespassing is defined as anyone on a golf course property at any time, day or night, that has not checked in at the pro shop and paid the daily green fees. Please, always remember to have your receipt from the pro shop while playing in case you are stopped or questioned. "No Trespassing" signs are located

throughout all the courses. You also must have permission to enter private property to retrieve golf balls. Golfers are responsible for damage to private property.

The courses are busy places all day. Annual golf course maintenance is under way and when a course is closed, it is especially important to obey the No Trespassing policy. Heavy equipment is used during these closures and there are a lot of workers on the courses doing a variety of tasks. Courses that are open or closed have sprinklers going off various times day or night. The courses have

many degrees of elevation changes that increases the risk of falling and tripping without proper lighting and equipment.

Please note that even though RCSCW members pay rec fees, it doesn't give them authorization to be on any of the RCSCW golf courses nor ownership of golf course property. The golf course should never be used for access to the back of a homeowner's property that is located on the golf course without prior approval.

To report trespassing, concerns or for more information, please contact us at golfops@suncitywest.com.

Keep playing conditions tip top in the summer

From Page 14

season, a summer round should be more along the lines of three to three-and-a-half hours on the regulation courses and even less for an executive.

During the summer heat, it is imperative to drive to your ball as much as possible. The cart paths are continuous on each golf course and should be utilized. Using the 90-degree cart path rule helps wear and tear on the course to optimize playing conditions while still allowing players to get to their ball. If you see tee areas, fairways, approaches to green, rutted or worn-down areas, that is a sign of too much cart path traffic in a specific area. Please use common sense when driving your cart in these areas and remember, keeping the carts 30 feet from all tees and greens only improves the condition of the golf course for the golfer behind you; as well as, for your next round.

A true golfer repairs all dam-

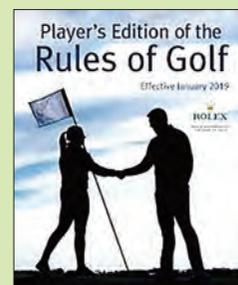
age to the golf course that he/she does during a round and as well as other players if possible. The damage to the course includes: ball marks (yours and one other), sanding divots in fairway and rough, and raking bunkers that you or your playing partner has made. Keep your ball repair tool handy and your sand bottles full as best you can.

The summer days can be warm but playing a well-conditioned golf course helps make your round more enjoyable. Todd Patty and staff do a wonderful job keeping our courses looking and playing great and we as golfers need to do our part. Remember, we have an active golf community and we need to be considerate to all that use our courses. If you see someone who is abusing or misusing one of our beautiful golf courses, please contact Golf Operations to inform or discuss. Playing golf in Sun City West is a privilege not a right!

Golf FAQ

Q: Can I move loose impediments or movable obstructions in a bunker?

A: Yes. Under rule 15.1, a player may remove loose impediments (natural objects-stones, loose grass, leaves, branches, sticks, animal waste, etc.). Under rule 15.2, a player may remove a movable obstruction (artificial objects-player equipment, flagsticks, rakes, etc.).



Holes in One



NAME	DATE	COURSE	HOLE	YARDS	CLUB
Bob Peterson	4-3-19	Desert Trails	11	115	wedge
Sue Ritter	4-4-19	Pebblebrook	8	92	8 iron
Gary Quinlan	4-4-19	Deer Valley	17	130	9 iron
Paul St. Laurent	4-7-19	Deer Valley	17	158	5 iron
David Petersen	4-8-19	Stardust	14	157	7 iron
Mariann Hunt	4-4-19	Echo Mesa	4	121	driver
Jerry Dye	4-9-19	Echo Mesa	2	90	pw
Karen Larson	4-9-19	Desert Trails	4	78	8 iron
George Jagodnik	4-9-19	Desert Trails	11	125	9 iron
Charlie Swanson	4-13-19	Trail Ridge	12	150	8 iron
Rhonda Cook	4-14-19	Grandview	8	114	9 iron
Evelyn Dunlap	4-19-19	Echo Mesa	12	150	3 wood
Richard D. Myers	4-21-19	Grandview	8	113	9 iron
David Pflieger	4-28-19	Echo Mesa	6	120	gw

Sun City West Green Team Golfing

"Golfing without Tears"

RELAXED, CASUAL GOLF

Saturdays. Play at Stardust, Echo Mesa, Desert Trails

No Membership Fee

Free Clinics

Your choice:
9 or 18 holes

Residents, Guests
Senior Residents

Green Team Social Golfing is designed for golfers of all experience levels who just want to play golf in a hassle-free, fun environment. For more information, send an e-mail to

greenteam@suncitywest.com



Bowling/Fitness

SUN CITY WEST

Best Bowler Tournament crowns two-time winner

The sixth annual Best Bowler Tournament, April 19-20, finished with Dennis Klein claiming the first-place prize with a 234-204 win over Jim Montgomery. Dennis, who notched his second victory in the annual event, averaged 238 for the tournament.

Mark your calendar for the following events: June 9 - women singles; June 30 - Men's singles; and July 14 - over 50. Our Sunday open play special continues through the month of June between the hours of 10 a.m. and 2 p.m. Resident games are \$1.75 and non-resident \$2. Remember it is always cool to bowl!



Barry Hardesty
Sports Pavilion
Manager

TIP OF THE MONTH Make a mental checklist for the approach

It's natural to get nervous while bowling especially during league and tournament competition. Unfortunately, being nervous can cause your muscles to tighten, making it difficult to bowl well. Your bowling will be better if both your muscles and mind are relaxed. Try this trick to get a grip on nerves. As you settle into your stance on the approach, concentrate on a mental checklist of all the components of your approach and delivery. This will help you focus on what you need to do to get scores rather than on the score itself. Your checklist could include the following: position your feet on

June 2019

Johnson Lanes Sports Pavilion

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Open Bowling BASCW No Tap 5:30 PM
2 Sunday Open Play Special	3 Mis-Cues League Open Bowling	4 League Open Bowling BASCW Red Pin	5 League Open Bowling	6 Coaching Program League Open Bowling	7 League Open Bowling	8 Open Bowling House Red Pin No Tap
9 Sunday Open Play Special	10 Mis-Cues League Open Bowling	11 League Open Bowling BASCW Red Pin	12 League Open Bowling	13 Coaching Program League Open Bowling	14 League Open Bowling	15 Open Bowling BASCW No Tap 5:30 PM
16 Sunday Open Play Special Happy Teachers Day	17 Mis-Cues League Open Bowling	18 League Open Bowling BASCW Red Pin	19 League Open Bowling	20 Coaching Program League Open Bowling	21 League Open Bowling	22 Open Bowling
23 Sunday Open Play Special	24 Mis-Cues League Open Bowling	25 League Open Bowling BASCW Red Pin	26 League Open Bowling	27 Coaching Program League Open Bowling	28 League Open Bowling	29 Open Bowling BASCW No Tap 5:30 PM
30 Sunday Open Play Special	E-mail your Mystery Bowler Guess to SportsPavilion@suncitywest.com					

June Mystery Bowler
Sports Pavilion
Summer Hours
Mon. - Wed 9 AM to 9 PM
Thurs. - Fri. 9 AM to 5 PM
Sat. - 9 AM to 9 PM
Sun. - 10 AM to 5 PM
(623)544-6140

the proper boards for the shot, visualize and then get into the correct stance, choose and focus on a lane target and take a deep breath, exhale and roll the ball through your target.

Tips for Seniors, from Daily Fitness

Health issues reap rewards with regular strength training

By Colleen Daily-Page

Just about everybody understands how important it is to give your muscles a good workout on a regular basis. However, for individuals who suffer from one of the following health issues, regular strength training can prove to be particularly helpful:

1. DIABETES

Strength training improves diabetes by helping you lose weight and controlling the glucose levels in your blood. This has the long-term effect of reducing heart and kidney problems later in life. Strength training and other forms of exercise use up excess glucose stores in your body, which in turn stabilizes their levels. It also prevents insulin resistance and enables your body cells to utilize glucose more efficiently.

2. MULTIPLE SCLEROSIS

Multiple sclerosis is a chronic disease that affects the central nervous system and ultimately damages the nerves or causes them to stop working entirely. Strength training can help slow down the progression of multiple sclerosis in addition to helping prevent the onset of certain conditions associated with

this disease. These conditions include osteoporosis, depression, and obesity.

3. HEART DISEASE

Fitting in just two weight training sessions into your weekly workout can help reduce the risk of heart disease. This is because strength training causes your heart to work harder which is great for cardiovascular health. In addition, muscles burn fat faster, which helps to unclog blocked arteries and lower your cholesterol levels for even greater heart health.

4. ANXIETY

Strength training is great for depression and anxiety since it helps to drive down cortisone levels associated with these conditions. Rigorous exercise such as strength training also helps the brain release chemicals such as dopamine, serotonin, adrenaline, and endorphins which help manage and improve anxiety.

5. COPD (CHRONIC OBSTRUCTIVE PULMONARY DISEASE)

Many strength training exercises have been shown

to improve COPD and help people with this condition breathe better. These include arm curls, calf raises, leg extensions, and others. These exercises cause you to exert yourself which means that you must breathe harder and take more air into your lungs.

Strength training also helps your body utilize oxygen better and reduce shortness of breath. Proper breathing during your workout routine is essential to enjoying these benefits - so you should try to ensure that you breathe in during the easier parts of the exercise and exhale for the more difficult parts.

IN CLOSING

Strength training can prove to be particularly helpful in the treatment of the health conditions mentioned above. However, if you have any concerns about your limitations or the exercises that may work best for you, it is always best to speak with your physician before diving in.

All of the Sun City West Recreation Centers have personal trainers available to help get you started on your strength training journey. Call Daily Fitness at 623-256-7901 to schedule your free consultation.

Entertainment & Events

Cruise Ship subscriptions sold out!

Individuals tickets available Oct. 8

CRUISE SHIP

Cold, winter nights might keep folks from heading out, but hot entertainment is reason enough to leave the house. Join the Recreation Centers of Sun City West for another fun season of acts with the Cruise Ship Series beginning in 2020.

All shows are at 7 p.m. with doors opening at 6:30 at Palm Ridge Recreation Center, 13800 Deer Valley Drive in Sun City West.

With shows spanning January through March, the 2020 series offers a variety of music, comedy and other talent.

Cruise Ship subscriptions are sold out. Individual tickets will be available Tuesday, Oct. 8, 2019, at the R.H. Johnson Box Office or online at suncitywest.com. Box Office hours are 8 a.m. to 3 p.m. Monday through Friday. For information, call the Box Office at 623-544-6093.

THE PING BROTHERS BAND

Friday, Jan. 10, 2020

The Ping Brothers - Frank and Doug - grew up in the hills of Kentucky on a farm near Somerset. They were influenced by bluegrass, jazz, blues, western swing, country and original music. Frank plays finger-style and rhythm guitar, bass, banjo, and mandolin. Doug plays lead and rhythm



Ping Brothers

guitar, bass, and harmonica. The Ping Brothers Band has opened for such entertainers as Asleep at the Wheel, Delbert McClinton, Waylon Jennings, and Allen Jackson. Prescott, now home to the Ping Brothers, has given them the opportunity to add even more talent to the band including, at times, a har-

monica, bass/steel guitar, and piano players.

TODD OLIVER AND FRIENDS

Friday, Jan. 24, 2020

Todd Oliver and Friends is a hit with audiences across the country. A nationally known ventriloquist and comedian, Todd Oliver and his amazing talking dog are joined onstage by a rotating cast of animal performers and ventriloquist characters (they don't like being called "dummies"). With Todd's friendly personality and clean, contemporary humor, it's a comedy act that all ages can enjoy. Todd Oliver's national television appearances include "The Late Show with David Letterman," "The Today Show," and "America's Got Talent," where he was a top four finalist. He also was se-



Todd Oliver & Friends

lected one of the world's top five ventriloquists.

THE ARIZONA TRIO

Friday, Feb. 7, 2020

The Arizona Trio's fun, family style entertainment will have audiences clapping and singing along. Their energetic stage show takes people back to the great era of Roy Rogers, Sons of the Pioneers, The Kingston Trio and The Everly Brothers. Their original songs and zestful humor are suitable for all ages. More than exceptional musicians, The Arizona Trio's charisma and unique combination of music and humor set them apart from other groups. You won't find better entertainment anywhere!

EXPERIENCE ADELE

TRIBUTE SHOW

Friday, Feb. 21, 2020

Andrea Tyler has been gracing the stage for more than 20 years! She has sung for Sir Elton John, Barry Manilow, and Michael Bolton, not to mention she has performed in the most exotic places includ-

ing Fiji and China. Andrea's tribute to Adele has taken the impersonator industry by storm and swept the most prestigious awards of their kind. BBC and radio producers in the United Kingdom have quoted her as "the closest sounding voice to Adele they've ever heard." Andrea perfectly captures Adele's quirky humor and British accent on stage while nailing the iconic sounds of the pop icon superstar. You do not want to miss this one-night-only concert!

THE BLACK MARKET TRUST

Friday, March 6, 2020

The Black Market Trust is an American traditional pop/vocal jazz group from Los Angeles who combine the sounds of the legendary American crooners and vocal groups with the fire and energy of Gypsy Jazz guitarist Django Reinhardt. Comprised of five world-class musicians who have traveled the globe recording and performing on the world's biggest stages and with music's most renowned artists, The Black Market Trust capitalize on their experience and pedigree to deliver a high-energy, crowd-pleasing performance filled with some of the best songs ever written. The live show features material from The Great



The Arizona Trio

Stop by Tours and Scheduling between 8 a.m. and 3 p.m. weekdays or call 623-544-6129 or 623-544-6032 for details or reservations.

**CARDINALS STADIUM
BEHIND-THE-SCENES TOUR
with LUNCH**

Wednesday, June 19, 2019

Discover why State Farm Stadium – home of the Arizona Cardinals - is recognized as one of the top multi-purpose sports and entertainment facilities in the country and a marvel of engineering, technology and design. You are invited to take a behind-the-scenes tour of areas rarely seen by the public. Learn about some of the unique operational features of the only stadium in North America with a roll-out natural grass field and retractable roof. The tour involves approximately one mile of walking throughout the facility along with a video presentation about the stadium's construction. Enjoy a delicious lunch at BJ's restaurant after the tour.

Cost is \$108 per person and includes: round-trip transportation; lunch at BJ's Restaurant; a tour guide; snacks and bottled water; taxes and gratuities.

**COOKING DEMONSTRATION
& LUNCH at MAGGIANO'S**

Tuesday, July 9, 2019

Upon arrival, we will enjoy appetizers while the chef performs a cooking demonstration of chicken marsala (famous Italian dish that is said to have originated from western Sicily where marsala wine is produced). While the chef prepares it, he will speak about the restaurant and some of the dishes that make Maggiano's unique. He will also offer some cooking tips and techniques along the way. After the chef completes the demonstration, your servers will bring the second course: chicken saltimbocca, chicken marsala and mushroom ravioli al forno served family style. Try all three dishes if you want. Hopefully, you'll still have room for desert. Nobody should leave Maggiano's without trying their Tiramisu.

Cost is \$92 per person and includes: round-trip transportation; cooking demo and lunch at Maggiano's Little Italy Restaurant; tour guide; bottled water; taxes and gratuities.

**JOHNNY CASH & JERRY LEE LEWIS
TRIBUTE CONCERT
with DINNER at ORGAN STOP PIZZA**

Tuesday, July 16, 2019

Join us as we head to Gilbert for a wonderful performance at the Hale Theatre! Johnny Cash and Jerry Lee Lewis are together again for a fun afternoon of rock 'n' roll. Direct from Broadway's smash hit "Million Dollar Quartet," Scott Moreau and Colte Julian co-star in this dynamic tribute to Johnny Cash and Jerry Lee Lewis, performing such hits as "Folsom Prison Blues," "Great Balls of Fire," "Man in Black," "Chantilly Lace" and many more!

After being thoroughly entertained we will head to Organ Stop Pizza for dinner. While you are visiting with friends and enjoying your meal, you can listen to the mighty Wurlitzer - the largest Wurlitzer pipe organ in the world.

Cost is \$125 per person and includes: round-trip transportation; admission to the Hale Centre Theatre; dinner at Organ Stop Pizza; tour guide, bottled water; taxes and gratuities.

**HALE CENTRE THEATRE PERFORMANCE
of "CHITTY CHITTY BANG BANG"**

with LUNCH at RIGATONY'S

Friday, Aug. 2, 2019

Meet the Potts family who restored Chitty, the magical car, from a rusted wreck into a shiny, good-as-new automobile! Little did they know about the adventures Chitty had in store for them. Join us as we take you on a fantastic musical journey with an out-of-this-world car that flies, sails the seas, and seems to have a mind of its own.

Cost is \$115 per person and includes: round-trip transportation; admission to the Hale Centre Theatre; lunch at RigaTony's Authentic Italian Restaurant; tour guide; bottled water; and taxes and gratuities.



**MEDIEVAL TIMES DINNER
& TOURNAMENT**

Wednesday, Aug. 7, 2019

Join the queen and her royal court for a dinner and tournament. Enjoy a "hands-on" four-course feast as the dynamic performance unfolds before you, and six heroic knights on horseback compete in an authentic jousting tournament to become champion. Cheer on your knight as he battles through the astounding athletic feats and thrilling swordplay that have become the hallmarks of this unique entertainment experience. Revel at the magnificent pure Spanish horses as they perform beautiful dressage that will take your breath away. A sweeping musical score and brilliant lights provide a fabulous backdrop for this spellbinding experience that blurs the boundary between fairy tale and spectacle!

Note of caution: this is a live horse show in an enclosed area. People with allergy or asthma might want to consult with physician before attending.

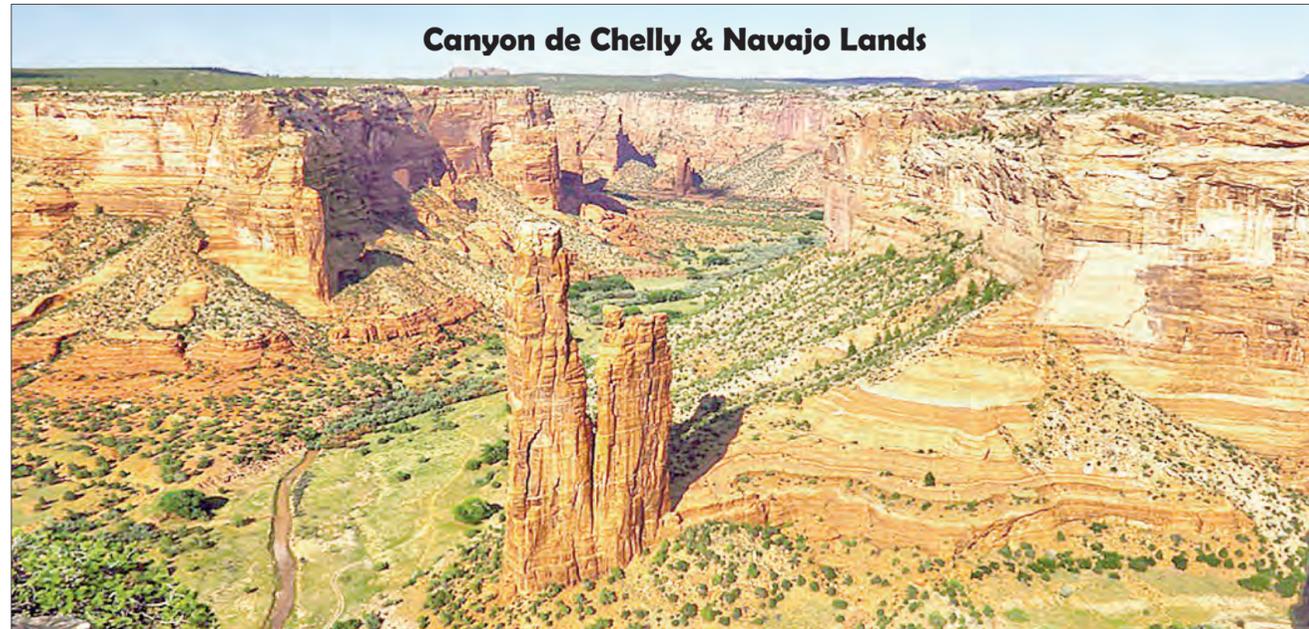
Cost is \$105 per person and includes: round-trip transportation; Medieval Times dinner and tournament show; tour guide; bottled water; taxes and gratuities.

Colorado



TRAVEL Opportunities

Canyon de Chelly & Navajo Lands



COLORADO GETAWAY

Monday-Friday, Aug. 12-16, 2019

Join us for a Rocky Mountain summer adventure! We will loop through some of the Rocky Mountains' most spectacular scenery, all while enjoying that cool mountain air. Some of the highlights you will be experiencing is the incredible Trail Ridge Road through Rocky Mountain National Park where you will be surrounded by majestic mountain peaks and alpine flowers, historical Leadville where incredible fortunes were made in first gold and then silver - you will hear stories of incredible luck and devastating misfortune, and the Georgetown Loop Railroad - one of many historic narrow gauge railroads in Colorado used to extract precious metals out of the Rocky Mountains. Our journey will take us through Loveland, Breckenridge, Leadville, Silver Plume, Golden, and Denver.

Cost is \$1,720 per person double occupancy or \$2,050 single occupancy. The tour includes: five days and four nights' hotel accommodations (one night at Embassy Suites Loveland, two nights at DoubleTree Breckenridge, one night at Hyatt Place Denver Tech); airfare on American Airlines, including baggage fees; round-trip transportation; welcome dinner in Loveland; Benson Sculpture Garden; Rocky Mountain National Park; excursion to historical Leadville, Colo.; Matchless Mine docent-led tour; Georgetown Loop Railroad - Parlor Class; Buffalo Bill Gravesite and Museum at Lookout Mountain Park; Denver City Tour with

local tour guide; Denver Botanic Garden; breakfast daily; two lunches; two dinners; baggage handling; tour guide; taxes and tour guide and driver gratuities.

**SAN FRANCISCO GIANTS VS.
ARIZONA DIAMONDBACKS**

Sunday, Aug. 18, 2019

Come see the San Francisco Giants play your Arizona Diamondbacks at Chase Field. Great seats, great fun, so come out and enjoy the sights and sounds of the game and cheer on your favorite team! All tickets located in lower level, reserved baseline. Play ball!

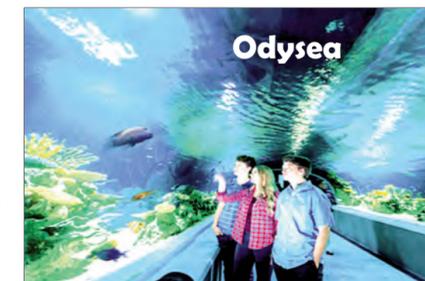
Cost is \$99 per person and includes: admission to Chase Field (lower level, reserved baseline Seating); tour guide; bottled water; driver and guide gratuities.

**LOWELL OBSERVATORY
in Flagstaff**

Monday, Sept. 9, 2019

Beat the heat and travel to Flagstaff for an "Evening with the Stars" at Lowell Observatory. Upon arriving in Flagstaff, there will be time for an early dinner on your own. Then visit the Lowell Observatory. The Observatory was discovered in 1894 by Percival Lowell and since that time, Lowell astronomers have discovered Pluto, collected the first evidence of the expanding universe, and measured the motions and properties of stars.

Cost is \$99 per person and includes: round-trip transportation; admission to "Evening with the Stars"; tour guide; and water.



ODYSEA AQUARIUM

Monday, Sept. 9, 2019

This 35-acre, multi-million dollar entertainment complex is the largest aquarium in the Southwest. Spanning 200,000 square feet, the two-level aquarium holds more than 2 million gallons of water and can accommodate up to 15,000 visitors daily. Visitors will be able to travel between the aquarium's levels along walkways encased in giant submerged acrylic tubes surrounded by thousands of sea creatures on all sides. Live exhibits are complemented by state-of-the-art media, interactive shows and entertaining presentations. You will have the opportunity to see sharks, turtles, pen-



guins, jellyfish, octopus and more. OdySea Aquarium will present some of the most fascinating marine life from around the world in beautiful replications of their natural habitats. Feel free to explore this fascinating aquarium at your own pace. Lunch (on own) at the Lighthouse Café at your leisure.

Cost is \$99 per person and includes: round-trip transportation; admission to OdySea Aquarium; tour guide; driver and guide gratuities.

**FLAGSTAFF RENDEZVOUS
with the "Wine in the Woods" Festival
at the Arboretum**

Saturday-Monday, Sept. 14-16, 2019

Head north to the cooler weather found amongst Flagstaff's towering Ponderosa Pines. Join us for a fun weekend! On our first day we will be travel to the "Wine in the Woods" festival at The Arboretum of Flagstaff. You will enjoy Arizona wines along with samplings of regional cuisine from local restaurants in their beautiful garden setting. Another highlight of this trip is an excursion up to Snowbowl where we will take their scenic chairlift ride to the top of Mount Agassiz to see the beautiful panoramic view spread out below you. We will enjoy al fresco dining (boxed lunch) at the Snowbowl Lodge. A tour of the Riordan Mansion is also included where you will hear about how the Riordan family played a central role in growing a young Flagstaff. Before heading home, we will stop at Bearizona - a wildlife park featuring a wide variety of North American animals. We will get the opportunity to view the animals up close in their natural habitat while doing a tour with a park guide.

Cost is \$585 per person double occupancy or \$770 per person single occupancy. The tour includes: round-trip transportation; two nights at Embassy Suites Flagstaff; entrance fee to the Wine in the Woods Festival (eight sampling tickets); Snowbowl Scenic Chairlift Ride; boxed lunch at Snowbowl Lodge; Riordan Mansion Tour; admission to Bearizona Wildlife Park; lunch at



Canyonlands Restaurant; two breakfasts; a tour guide; baggage handling; snacks and water; driver and guide gratuities.

**CANYON DE CHELLY
& NAVAJO LAND**

Friday-Sunday, Oct. 4-6, 2019

Gain a deeper understanding of Navajo culture as you visit their land and experience the landscapes and traditions that have shaped their ancient story. Gaze down from the rim, and you'll be struck by the continuity of human existence. For more than 2,000 years, people have called Canyon De Chelly home, and today the canyon is the site of not only mysteriously abandoned cliff dwellings and ancient ruins, but also the summer homes of Navajo farmers and shepherds. As you watch shadows and light paint an ever-changing canyon panorama, it's easy to see why the Navajo consider this place a sacred ground.

Cost is \$575 per person double occupancy or \$685 single occupancy. The tour includes: round-trip transportation; two nights, three days stay at Thunderbird Lodge, Canyon De Chelly; breakfast daily; lunch at Silver Pine Restaurant in Flagstaff; welcome dinner at Thunderbird Lodge; Canyon De Chelly's South Rim tour Window Rock and Navajo Nation Museum Tour; dinner at Diné Restaurant; visit to Hubble Trading Post, Painted Desert and Petrified Forest National Park Tour; lunch at Turquoise Room at Historic La Posada Hotel; baggage handling; tour guide; snacks and bottled water; all taxes and gratuities.

2019 ALBUQUERQUE BALLOON FIESTA

Tuesday-Friday, Oct. 8-11, 2019

This tour is always popular and sells out early! Each fall, pilots, crews and spectators from all over the world come to the Albuquerque Balloon Festival, known as the Albuquerque International Balloon Fiesta, the world's largest hot air ballooning event. For nine days during the first full week of October, hundreds of colorful balloons float above the city each morning as dawn breaks over the Sandia Mountains. It's no wonder this visual feast is said to be the world's most photographed event. The Year 2019 marks the 48th year of this spectacular fiesta, a must-see event!

Cost is \$895 per person double occupancy or \$1,230 single occupancy. Tour includes: round-trip transportation; three nights accommodation at the Embassy Suites Albuquerque; two special events at the 2019 Balloon Festival: Morning Mass Ascension and Evening Special Shape Glowdeo, Chasers' Club VIP tent with meals at each event (weather permitting); evening manager's reception at the hotel; visit to Historic Santa Fe, New Mexico; self-guided tour of the Anderson-Abruzzo Albuquerque International Balloon Museum; three breakfasts; tour guide; driver and guide gratuities; baggage handling; and snacks and water.

Entertainment & Events

Top Hat subscriptions going fast!



Fairchild Blues

From Page 21

American Songbook infused with Django's romantic and virtuosic flavor. Add some intricate vocal harmonies, a dash of Rat Pack-style comedy and it's clear to audiences why The Black Market Trust have quickly earned a reputation as one of the premier live acts performing in music today.

FAIRCHILD BLUES

Friday, March 20, 2020

The Fairchild Blues Tribute has dazzled audiences worldwide with their amazing uncanny resemblance of Belushi and Aykroyd. Along with their slick dance moves and witty back-and-forth banter with the audience, you're sure to fall in love with their incredible versions of all the popular rhythm 'n' blues tunes of yesteryear! With more than 32 years of experience in the entertainment business, Fairchild Blues Tribute can currently be seen with the Fairchild Band in Las Vegas at Mike Maloney's "Show Stoppers Live." They have entertained celebrities, the U.S. Military, major corporations and general audiences of every age and nationality all over the world.

TOP HAT

High-energy performances return with the 2020 Top Hat Series at Palm Ridge Rec Center, 13800 Deer Valley Drive in Sun City West.

Each act will offer two performances at 3 and 7 p.m. Doors open at 2:30 and 6:30 p.m. for each show.

Top Hat subscriptions are \$88. Subscriptions are on sale at the R.H. Johnson Box Office, 19803 N. R.H. Johnson Blvd., and online at suncitywest.com. For information, call 623-544-6093.

UPTOWN

Thursday, Jan. 9, 2020

Uptown is about to take you on a first-class trip through the



melodies you love, with a fresh new feel that will leave you screaming for more. Straight out of New York City, the epicenter of soul and rhythm and blues, these young men will sing and dance their way into your hearts, and out of your seats in style. With the class of young Temptations, vocals like Marvin Gaye and Stevie Wonder, and the contemporary feel of Bruno Mars.

SHASHATY

Thursday, Feb. 13, 2020

"Brighter Day," the title of ShaShaty's first album of original material in more than 10 years says it all about this multi-talented saxophonist and composer's excitement and optimism as he springboards into the next phase of his dynamic career. He started as the front man for an instrumental pop/rock band after high school



before taking up jazz studies in college. But it was his blazing start in the thriving Miami and South Beach club scene that kicked off his career. The roar ShaShaty made at clubs like The Clevelander and Tropics soon led the saxophonist to opening gigs for pop legends like REO Speedwagon, The Bee Gees, and Gloria Estefan. Expanding his horizons, ShaShaty has now become one of the creators, producers and host of "Vineyard Jazz," a music-centric travel and wine industry show taped at various wineries in California's Napa Valley and Central Coast.

JUMP, JIVE & WAIL

Thursday, Feb. 27, 2020

Jump, Jive & Wail has earned the reputation of being one of the finest jump-swing bands in the world. Formed in Las Vegas in 1998 by vocalist/trombonist Ken Levine, JJW was quickly playing some of the biggest showrooms in Las Vegas. Former member of Louis Prima, Jr.'s band, Ken had a dream of fronting his own group combining the music of such legends as Louis Prima and Louis Jordan, while adding in his own original work. Jump, Jive, & Wail has entertained crowds in New York, Los Angeles, Hong Kong, and nearly everywhere in-between. The players themselves are internationally renowned and respected musi-

cians, having expertise in just about every genre of music. What started off as a dream is quickly becoming a legend; and what used to be a few fans, now reaches thousands.



Aretha

ARETHA: THE QUEEN OF SOUL

Thursday, March 12, 2020

"All Hail the Queen!" Aretha Franklin's iconic career spanned six decades, influencing generations of aspiring musicians and vocalists. In her life, she recorded countless classics, garnered 18 Grammy awards, The Presidential Medal of Freedom, and earned the No. 1 spot as Rolling Stone Magazine's list of the Greatest Singers of All Time. The show stars the immensely talented Charity Lockhart, accompanied by spectacular vocalists and musicians as they celebrate the legendary life and music of Aretha Franklin!

EXPLORE! June-September 2019 classes

Details and register online at suncitywest.recsolutions.com

FINANCE & TECHNOLOGY



Creating Income in Retirement: Thursday, June 27, 3-5 p.m.; \$10

Using food delivery services: (DoorDash, UberEats, Grub Hub, etc), date to be determined; \$10

FOOD & FUN



Summer salads: Monday, June 24, 5-8 pm; \$45

Tapas: date to be determined

HEALTH & FITNESS

Barre: Mondays and Wednesdays, May 27-June 19, June 24-July 17, July 22-Aug. 14, Aug. 19-Sept. 11, Sept. 16-Oct. 9; 12:30-1:30 p.m.; \$60



Barre on Fridays: June 7-28, July 19-Aug. 20, Sept. 6-27; noon-1 p.m.; \$40

BFit Cardio: Tuesdays and Thursdays, May 28-June 20, June 25-July 18; July 23-Aug. 15, Aug. 20-Sept. 12, Sept. 17-Oct. 10; 6-7 p.m.; \$50

Iyengar Yoga: Tuesdays and Thursdays, May 29-June 20, June 25-July 18, July 23-Aug. 15, Sept. 3-26; 3-4:30 p.m.; \$40

Line Dancing for Beginners: Wednesdays, June 5-26, July 3-31, Aug. 7-28, Sept. 4-



25; 1:30-2:30 p.m.; \$25.

Rock and Roll Rhythms

Dance Exercise: Saturdays, June 1-29, July 6-27, Aug. 3-31, Sept. 7-28; 9-10 a.m.; \$25

TAI-CHI and/or Qigong: Tuesdays and Thursdays, May 28-June 20, Sept. 3-26, Oct. 1-17 (six classes), Nov. 5-26 (seven classes), Dec. 3-19, (six classes); \$60 for eight classes



Yoga Paddleboarding:

Tuesdays and Thursdays, 7:15-8:15 a.m., May 28, 30, June 4 and 6 or June 18, 20, 25 and 27; \$100.

Zumba in the Evening: Mondays and Wednesdays, June 17-July 10, July 13-Aug. 14, Sept. 9-Oct. 2; 5:30-6:30 p.m.; \$40

HISTORY & TRAVEL

Navajo Code Talkers: Tuesday, June 18, 1:30-3pm; \$10

NATURE & SCIENCE



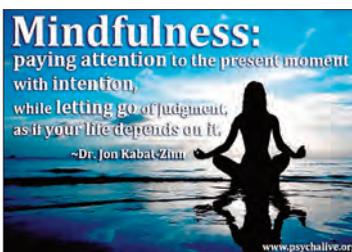
Astronomy Level II: Monday and Wednesdays, June 3, 5, 10 and 12, 3-5 p.m.; \$20

Mummies of Peru: Tuesday, May 28, 3-5 p.m.; \$10

PERSONAL DEVELOPMENT



Aromatherapy using essential oils: Thursday, June 13, 3-5pm; \$10



Mindfulness (MBSR): Mondays, 3-5:30 p.m., Sept. 16, 23, 30, Oct. 7, 14, 21, 28, - Nov. 4 and full day retreat Oct. 26; \$180

Personal safety and home and in the community: Monday, Oct. 28, 3-5 p.m.; \$10

SUMMER FREE CLASSES

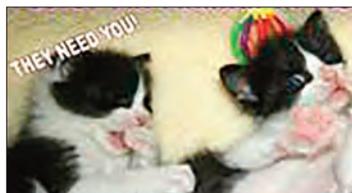
Caring for your cats and dogs: Wednesday, Sept. 11; 3-5 p.m.

Dealing with Emotional Aspects of having cancer or caring for someone with cancer: Tuesday, Sept. 17, 3-5 p.m.



Facts about High Blood Pressure: Tuesday, July 16, 3-5 p.m.

Financial Blunders to learn from: Thursday, July 25, 3-5 p.m.



Fostering a pet, what's involved: Wednesday, July 24, 3-5 p.m.



How desert critters and plants withstand the summer heat and using Maricopa County parks: Thursday, Aug. 15, 3-5 p.m.



Learning Self-Hypnosis: Thursday, July 18 or Thursday, Aug. 15, 3-5 p.m.



Personal legal matters, Estate Planning overview: Wednesday, July 17, 3-5 p.m.

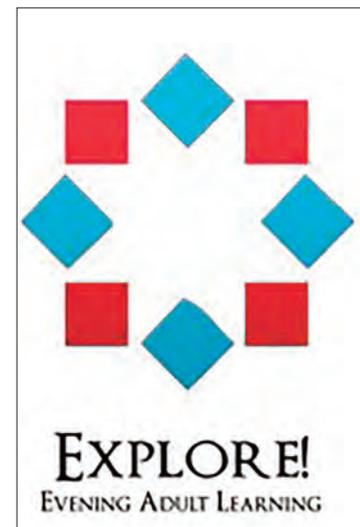


Protecting yourself against scams and frauds: Tuesday, July 23, 6-8 p.m.

Reverse Mortgages: Thursday, Sept. 26, 3-5 p.m.



Water History and Conservation: Wednesday, Aug. 7, 3-5 p.m.



EXPLORE! CLASSES REGISTRATION

ONLINE: suncitywest.recsolutions.com, if you are new to EXPLORE! sign-in and create your own account, if you are already a participant in the EXPLORE! Program, log-in and input your user name and password.

Once logged-in, you can register for a class and pay online with your credit or debit card. If you forget your user name or password, contact Tamra Stark at 623-544-6194, or tamra.stark@suncitywest.com.

IN PERSON: at the front desk of the Administrative Office, 19803 R. H. Johnson Boulevard, between 9 a.m. and 2 p.m., Monday through Friday.

TELEPHONE: Program Coordinator Tamra Stark can take your registration by telephone at 623-544-6194 or email her at tamra.stark@suncitywest.com.

Please note: Registration at the door is possible, if the class is not full.

Payment is due at the time of registration.

EXPLORE! has a no-refund policy, unless a class is cancelled.





Club Corner

SUN CITY
WEST

HOW TO SUBMIT CLUB NEWS:

The deadline for Club Corner submissions is noon the first Friday of each month for the following month's publication. **Deadline for the July Rec Center News is noon, Friday, June 7.**

Club news must be submitted every month. Please email your news to michael.melissa@suncitywest.com. Please, in the subject line, show your club name and the month. Submissions must be 200 words or less.

ART

Have you always wanted to try your hand at art or resume an old hobby? Here's your perfect opportunity. Find out how the Sun West Art Club can enrich your life. Our club provides excellent and professional teachers and although it offers a really limited list of classes in the warm months, full details about all classes can be found on our website: art.scwclubs.com. Open Art times every week allow members to paint together in a studio environment. You can join the club and register online for classes and workshops or by visiting our Kuentz art studios. For instructors, dates, times and fees see the website. Our friendly club includes art enthusiasts from the basic novice to the true professional. We all work together and have fun learning, sharing ideas and creating art of all kinds. Join us!

BASKETEERS

The Basketeers Club gathers at the Kuentz Rec Center from 8:30 a.m. to 4 p.m. in Room 4 on Monday and Thursday and in Room 3 on Tuesday. Learn the art of basket weaving by taking the new member classes. We have a library of basketry books for inspiration, including southwest, pine needle, hen baskets, and Nantucket baskets. Come join our enthusiastic and fun club!

If interested and want more information, stop by the club or contact Carol McGatha at 602-361-1548. Visit our website at basketeers.scwclubs.com.

BEADERS

Come visit and join us; the people are welcoming and its fun. It's a great way to get started making jewelry, to learn something new and to enjoy creating and conversing. Club members make beautifully handcrafted jewelry and other items utilizing stringing, stitching, polymer clay, kumihimo, micro-macrame, bead embroidery, wire wrapping, Viking knit and other techniques. As a club member, you can take free classes and sell items (made at the club) at the Sun City West Arts and Craft Fairs and in the Village Store. Donations of beads and beading supplies are appreciated. The club uses many of the donated materials for community service projects; if you have beads to donate, please contact Beth Doring at 760-844-2705.

The club meets weekly on Monday evenings 6 to 9 p.m. and Wednesday 10 a.m. to 4 p.m. at Beardsley Recreation

Center in the Sagebrush Room. For questions or more information about the club, contact Karen at 623-606-0840. We look forward to seeing you.

BOOMERS

Do you want to meet new people who like to have fun? Join the Boomers Club. All members of Sun City West are eligible. Singles and couples are all welcome and there is always more to do than you can imagine! In addition to all the regular social events, (happy hours, parties, mingles, BBQs, etc.) the Boomers offer board and card games. Although the pace slows down in the summer, there are also groups that may gather for billiards, bowling, trail rides, bike riding, Acoustic Jam Sessions (every Wednesday at 6 p.m. in the Kuentz Courtyard) and water volleyball at Palm Ridge (every Sunday at 5 p.m. and Tuesdays at 7 p.m.). A group of Boomers holds a Lakeside Happy Hour dinner once a month, and any member can sign up to join them. More information on the website. Check the calendar to see what else may be available. Find out what this fantastic club can offer you. Our membership fee is \$15 a year, and this fun-filled social club might be just what you are looking for. For more information check our website at scwboomersclub.com. Join online and start getting our "This Week With the Boomers" email. Discover what you are missing!

BOWLING

Sun City West residents who stay for the summer and are members of the Bowlers Association of Sun City West are in for a real treat this June! Not only do we have the regularly scheduled Red Pin events each week at 1 p.m. Tuesdays at Johnson Lanes, but there are three no tap events scheduled for that month. The first no tap event is scheduled for Saturday, June 1, the second no-tap will take place June 15 with the third no-tap on June 29. All no-tap events begin at 5:30 p.m. at Johnson Lanes and are open to all BASCW members and guests. Be sure to sign-up by noon the Wednesday before the event to guarantee your lane assignment. Sign-up books are available at the sign-up desk at Johnson Lanes.

Remember, each Tuesday until July 23, BASCW will have its annual Summer Red Pin event. These events, that take place at 1 p.m. at Johnson Lanes, allow participants to earn quarters depending on their performance. For example, a member can earn a quarter if a split is the result of the first ball. Red Pin strikes result in a payment of two quarters. The amount of the payout is not limited since quarter payments are made as long as it is earned. This spring and summertime event is very popular with our members and contains no complicated signup process. Members can sign up early for preferential lane assignments or show up at the time of the event and bowl. Entry fee is \$11 paid at the time of the event. Come join in on the fun!

In order to participate in these activities on a regular basis, you must be a resident of Sun City West and a BASCW member. BASCW membership dues for 2019 are \$10. If you have not already renewed your membership or joined BASCW as a regular new member, remember to do so before bowling either of these events. Membership envelopes are available at the league sign-up desk at Johnson Lanes. For more information regarding sign-ups, special events and BASCW membership, contact us at our website, bascw.scwclubs.com.



The Broadcast Club annual picnic was Thursday, March 28, at the R.H. Johnson Great Lawn. About 25 members came to enjoy the day and to celebrate another great season.



BRIDGE - KIVA WEST DUPLICATE

The KIVA West Duplicate Bridge Club offers stratified games at 12:30 p.m. on Mondays, Wednesdays (includes B Section), Thursdays, Fridays, and Saturdays, and at 6:15 p.m. on Tuesdays at the Beardsley Recreation Center. Registration for each game closes 15 minutes before start time. Monday and Thursday games include separate section for non-life masters. Games are sanctioned by the American Contract Bridge League, are supervised by certified directors, and ACBL members are eligible to earn masterpoints.

Contact Jenny Larson at 763-712-0384, to find a Class A partner and Gail Mattson at 612-280-2935, to find a Class B partner. For general information, visit kivabridgeclub.com/home or contact president Adell Hansen or club manager Nancy Smith at kivabridgeclub@gmail.com.

BRIDGE - TUESDAY CONTRACT

The purpose of the Tuesday Contract Bridge Club is to have fun while playing social, mixed partners, contract or party Bridge. All player levels are welcome and you do not need to come with a partner! Play consists of four rounds of six hands each, rotating to a different partner each round. The game is played at the Beardsley Center Card Rooms 1, 2 and 3

on Tuesdays. Signup begins at 11:15 a.m., and play begins approximately at 11:30. Cost is \$3 per year plus 50 cents per session with a rec card. Rec card holders may play as a guest two times for \$1 per session before membership is required. For more information, please contact Bill Lafave at 623-533-6440 or visit the web site at tuesdaybridge.scwclubs.com/.

BROADCAST

Would you like to have your organization or event publicized by the Sun City West Broadcast Club? To find out if your organization or organization or event qualifies to be announced over the air email the Broadcast Club at SunCityWestRadio@gmail.com to find out if your organization or event quali

Joel Piasowski started his new blues show 7 p.m. Mondays. Joel hosts "JP's Blues Room" featuring the best in blues music from the '50s to now. From the Delta Blues to Chicago Blues and everywhere in between, JP will get your toes tapping. Tune in and listen to one of the great American institutions that influenced R&B, soul, jazz, country and of course rock and roll. Joel also provides a wealth of informational tidbits about the artists and the songs and remember.

The Sun City West Broadcast Club operates the KSCW-LP 103.1 FM radio station and the suncitywestradio.com internet radio site. If you are a resident of Sun City West with a valid rec card, you may join our club and learn the facets on

how a radio station operates. There are many parts in operating the stations and we will provide training in the areas that may be of interest to you.

COMPUTERS WEST

Computers West at the Palm Ridge Recreation Center (623-214-1546), is the parent organization of two user groups: MacsWest and the PC Group. Summer hours of Room A are 10 a.m. to 2 p.m. weekdays. Both PC and Mac computers are available for club members' use. Visit the club's website at computerswest.org. The next general meeting is at 1 p.m. Sept. 11 in Summit Hall A at Palm Ridge.

We need your old cell phones for "Cell Phones for Soldiers!" Collection boxes are at Computers West and around Sun City West. Each phone donated provides a phone calling card for one of our military members overseas. Please continue to save them over the summer and tell your family and friends.

PC Group: The next PC Group meeting is 1 p.m. Tuesday, Sept. 11, following the Computers West meeting in Summit A. Classes and presentations will resume in the fall. Flight Sim is featured at 9:30 a.m. Wednesdays, and Linux is offered at 8 a.m. Fridays. Help group is Wednesdays and Fridays from 7:30-10:30 a.m. The club also offers one-on-one Android and Tablet help. Come early to sign up. Watch for classes and walk-ins at pccsw.org.

MacsWest meets 1 p.m. Fridays (Grab Bag, Questions-and-Answers) in the Palo Verde Room for the summer. Wednesdays is the Senior Help Group from 10 to 11:30 a.m. in Room C to get help with your Apple devices. Check our website at macswest.org.

CREATIVE STITCHERS

As we look ahead to the long hot summer, it is time to do something new and different. Consider joining Creative Stitchers and learn a new craft.

One of our members, Norma Back, will be teaching Hardanger on a one-to-one basis. This is beautiful needlework that you will remember having seen on a doily in your grandmother's home.

JoAnn Holscher has volunteered to teach another needle art technique - Black Work - which is also not familiar to many stitchers today. Many types of stitching get forgotten because they "drop off the radar." Be a part of the revival.



Bob Gasner, chairman of the PC Group division of Computers West, attended the Newcomers reception at the R.H. Johnson Social Hall. Computers West offers both PC and Apple Help for members. For information, visit computerswest.org or 623-214-1546.

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Club Corner



DANCING ARTS

Mallory Ames is your Dancing Arts certified Zumba instructor. She will dance you into shape with her aerobic routines consisting of Salsa, Samba and Merengue. Our dance studio's floor was built for high-impact dancing, and with mirrors, you can see all angles of the movements. Classes are on Tuesday and Thursday from 7:50 to 8:50 a.m. and 5:30 to 6:30 p.m. She also teaches on Sunday from 9 to 10 a.m. starting May 5. Classes are held in the dance studio of the Palm Ridge Rec Center. Bring your valid rec card, comfy shoes and a happy smile. First class is free. For further details, visit our website at dancingarts.scwclubs.com or call 623-546-2617.

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Try something new. If you are interested in learning either of these techniques, stop by Craft Room 5 at Kuentz Recreation Center on Monday mornings at 8 a.m. We have open stitching from 8 until 11:30 a.m. followed by a brown bag lunch. When classes are scheduled, they will begin at 12:30 p.m.

If you have questions or would like more information, please call Carolyn at 623-214-7182.

DECORATIVE ART

Kuentz Room 3 is a little quieter with many of our snowbird members gone until next fall, however the painting continues through the summer.

Anne Cline starts the month with two weeks of rock painting. Artist can really use their imaginations and creativity to paint many different designs in this class. Classes are June 5 and 12.

June 19 and 26, Joan Vosen shows us how to paint a lovely Christmas Charger plate, which members can use at our 2019 Christmas Brunch.

There will be cool projects in a cool room all summer long starting at 11:30 a.m. Wednesdays with setup at 11.

For information, call Kathy 546-5924.

DEER VALLEY WOMEN'S GOLF

Come join the Deer Valley Women's Golf Club. We play every Tuesday at the beautiful Deer Valley Golf Course, 13975 W. Deer Valley Drive. Each week we play a fun game and have a few tournaments every year. We welcome golfers of all abilities. Visit our informative website at dvwomensgolf.scwclubs.com.

The club played a "fun day" April 23. A full field teed off with a shotgun start at 7:30 a.m. Prize hole winners were closest to the pin on No. 2 by Marla Duffield and No. 17 by Teresa Pirkel. Most accurate drives were scored by Lorraine Snider on No. 8 and by Teresa Pirkel on No. 13. The group played a four-woman-team step-aside scramble. Win-

ners included: Flight 1 - Pepper Trautman, Kathy Coon, Marie Smalldon, and Ruth Smalldon; Flight 2 - Loretta Hruska, Nancy Hanna, Joyce Ulbricht, and Nancy Whitaker; Flight 3 - Marla Duffield, Leslie Coshun, Mary Findling, and Kathy Siegfried; Flight 4 - Sue Smith, Judy Gray, Marie Krause, and Mary Ann Broesch. A delicious lunch and prize awards topped off the festivities. Congratulations to all the winners!

Low gross score shot in April (not previously qualified) for the Ace competition was Karolyn Cramer with 77. Low net score of 62 was recorded by Shary Evans for the Aces competition.

DESERT GARDEN

The Desert Garden Club wishes to say "thank you" to all who have purchased plants at the First Friday of the Month Greenhouse Sale and at the Sun City West Craft Fair. A huge "thank you" to the "Greenhouse Crew" who have worked hard to make the sales successful. Beardsley Greenhouse Sales will resume the first Friday in September. Have a happy summer.

ENCORE NEEDLE & CRAFT

Come to the most giving and versatile Social Club in Sun City West. We are



A celebration luncheon was held for Irene Ellwein on her 100th birthday. A few of her Encore friends presented her with flowers, cards and good wishes.

E.N.C.O.R.E - Encouraging, Neighbors in Charity & Originality in Rewarding and Enjoyable activities. We meet in Room 4 at Kuentz Recreation Center and we are open from 7:30 to 11 a.m. every Friday. Charity items include hats, scarves, afghans, slippers, chemo caps dementia blankets, baby items and others. Members may also sell their items in the Village Store and the Sun City West Craft Fairs. We donate to Salvation Army, American Cancer Society, Choice Pregnancy Center, Hospice of the Valley, veteran's associations and Choice Rehabilitation Center. Many of us knit and crochet, although, some of our members weave/use looms, quilt, needle point, cross stitch, plastic canvas, tatting and sew. Check out our display window, Room 4. We welcome those who want to learn crafts as well as the experts. Come with problems you may have with your needles, hooks and patterns. We gratefully accept donations of yarn and fabric for our charities and Club projects. For more information about the club or donations please call Melanie at 623-584-0773.

ENERGETIC EXERCISE

Many of our friends have gone "home." We realize that's where the kids and grandkids are, and you miss them while in Sun City West. Two different situations!

Please be sure to pick up an exercise DVD while there. They are only \$5 and you can kick along with us here. Those of us who stay here for the summer will go on with classes. We'll miss you all. Be sure to return in the fall and catch up.

Those of you who are still on the fence, remember you can watch or go along with us three times before you commit. We have mats and sticks to lend while you consider joining. If you have questions or suggestions, please call Gloria at 623-986-9392.

EUCHRE CARD CLUB

Do you like to play cards? The Euchre Card Club meets every Thursday evening at the Beardsley Rec Center in the Sagebrush Room. Everyone should sign in by 5:30 p.m. so play can start at 5:45 pm. Come join this fun club, where we change partners after every round of 10 hands, so it's an opportunity to meet lots of nice folks. If you don't know how to play Euchre, come and learn. We will be happy to have you join us, whether you are already an experienced Euchre player or a beginner. Dues are only \$5 per year and you can play twice as a guest before deciding to join us. For more information, contact club president Marguerite Miller at 623-328-7381.

FITNESS

The Fitness Club offers classes. Cost is \$5 for a yearly membership. Class tickets are available for purchase.

Jazzercise Lo Dance Mixx: R.H. Johnson Social Hall from 9:15 to 10:15 a.m. Monday, Wednesday and Friday with Susan Shewmake

Zumba: Palm Ridge Activity Center from 8 to 8:45 a.m. Monday, Wednesday and Friday with Sherry Possner.

Sculpt 45: Palm Ridge Activity Center from 9:15 to 10 a.m. Monday, Wednesday and Friday with Lisa Friedman.

H2O Fitzi with Mitzi: Palm Ridge Pool from 9:15 to 10:15 a.m. Monday, Wednesday and Friday; Saturday from 8:30 to 9:30, first Saturday in January though last Saturday in April, with Mitzi Cerecedes.

Deep Water: January through mid-April and mid-October through December at Beardsley Pool 7 to 7:55 a.m.; mid-April through mid-October at R.H. Johnson Pool from 7:45 to 8:45 a.m. Monday, Wednesday and Friday with Sherry Johnson Traver.

Water Aerobics and Fitness: January through mid-April and November through December at Palm Ridge Pool from 8:45 to 9:45 a.m. Tuesday and Thursday with Bill Benson. There are no classes mid-April through October.

For information, call Vicki Crites at 303-660-9066 or visit fitness.scwclubs.com.

HANDI-CAPABLES

During the summer months, the club continues to meet at Beardsley pool every Monday, Wednesday and Saturday from 9 to 10 a.m. Water walking along with friendly conversation provide a healthy escape from the heat and a comfortable way to improve overall fitness and mobility. Adaptive equipment is available, and members can choose to receive physical therapy which is included in the \$25 yearly fee. With a valid rec card, you can join a club that will add more enjoyment and vitality to your life in Sun City West. To arrange a visit or for more information, contact Mary at marywolfgeher5@aol.com or 253-223-4354.

HILLCREST DANCE & SOCIAL CLUB

Hillcrest Dance Club is excited to announce that it will provide live entertainment for the summer months through mid-July. You won't want to miss the chance to enjoy Saturday night social dancing. Samba (June) and Waltz (July) dance lessons (optional) are included in your admission price and begin at 6:15 p.m. Price is \$4 for members and \$6 for guests. Bring your own beverage and snacks. Social dancing will start at 7 p.m. and end at 9:30 p.m. The schedule for summer is:

- June 1 - Michael Carollo
- June 8 - Manuel Dorantes
- June 15 - Michael Carollo
- June 22 - Danny Kealey Orchestra (six-piece)
- June 29 - The Breeze, with free pizza
- July 6 - Manuel Dorantes
- July 13 - Michael Carollo

The Hillcrest Dance Club will be close July 20 and 27, plus all of August.

For additional information call 623-302-0249 or visit our website at hillcrest.scwclubs.com.

INVESTMENT

We are members who provide investors education to assist each other in making informed investment decisions.



Elaine Reed, former president of the Hillcrest Dance Club, and her husband Don, are decked out in their patriotic attire and ready to boogie at the July 6 Independence Day theme dance.

Club members make their own financial decisions, using their own financial resources. Provide a forum for guest speakers and club members with a variety of topics each week, 6:30 to 8 p.m. each Monday.

The annual membership fee is \$10 with a one-time fee of \$20 for supplies. A broadband wireless is available for the use of guest speakers and members. We provide free meals twice a season, stock contest with cash prizes, and valuable door prizes every week from October to May. Las Vegas trip in May and November to The MoneyShow at special rates. We meet at the Lecture Hall in the main complex 19803 R.H. Johnson Blvd., September to the end of May.

Summer meetings start June 3 at Palm Ridge Rec Center and continue through September.

For information, call Bill Stater at 815-336-7577 or John Sralik 623-455-3605.

KARAOKE

The Karaoke Club meets Fridays in the Ocotillo Room at Beardsley Park. Sun City West residents and their invited guests are encouraged to join the fun. Guests will be included with members in the drawing of singing slots for the evening, beginning at 5:50 p.m. The singing starts at 6.

Annual membership is \$10 and open to rec card holders. Members pay \$2 to sing, guests \$3, or come and listen for free. You don't have to sing to be a member. For more club information visit the club's website: karaoke.scwclubs.com; or call club president Mike at 503-519-8352 or email him at mplindner62@gmail.com. For membership see the website or email: corakaraoke@gmail.com.

Upcoming special events include: June 21, the club will have chili, hot dogs and chips. Sign up for reservations and get details at the club on Friday nights. The Karaoke Club will go "dark" during July while the room is being renovated. Watch the news for the grand re-opening in August.

This is not your average Karaoke Club. Many of our members entertain on stages all around the West Valley. So make new friends and keep cool this summer at the Karaoke Kabaret!



Club Corner

SUN CITY
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Top photo, Karaoke Club members and guests enjoyed listening to all the entertainment in the Ocotillo Room at Beardsley Park. Bottom left, Michael Tiller gets the Karaoke Club audience fired up with his rendition of, "I've Got the World on a String." Who needs Michael Bubl ? Right photo, Bob Latzo entertained the members and guests of the Karaoke Club on a recent Friday night. Mr. Latzo, a long-time member and singer of the club, recently added the melodica to his repertoire. He introduced the instrument during the musical interlude in his song.

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LADY PUTTERS

Lady Putters meet every Wednesday at the 18-hole putting green at Grandview Golf Course. We play at 7:45 a.m. with check-in time from 7 to 7:30 a.m. All ladies with current rec cards may join our club. Come be our guest and enjoy this social/putting fun experience! Please call Anne Becknell 623-388-3096 or visit our Webb site at ladyputters.scwclubs.com.

LAWN BOWLING

Activities throughout the year with the Johnson Lawn Bowls Club include social bowling, local tournaments and potluck dinners. Social bowling seven days a week and more competitive bowling in tournaments. Weekly bowling hours are 7:45 a.m. Monday through Saturday. Free lessons and free use of equipment. The club is located inside the walking path at the R.H. Johnson Complex, 19803 N. R.H. Johnson Blvd. Lesson plan is flexible and can be scheduled at the clubhouse. For information, call 977-4623 or visit thjlawnbowls.com.

LEATHER CARVERS

The heat is here but it's cool inside! The Leather Club is a great place to spend those hot days, as well as learn a new skill. The club has a complete library of patterns and inspiration and new member classes are periodically being organized. Stop by for coffee and look around. The Leather Carvers meet at the Kuentz Center from 8 a.m. to noon Monday through Friday and sometimes in the afternoons if there are at least two members present as required by the rec center. We offer many opportunities to create projects, such as handbags, wallets, phone

cases, guitar straps, and much more. Members create everything from the simplest belts to the most detailed saddles. Club tools, supplies and equipment are available for use. Current members offer years of experience and are always happy and available to exchange ideas, answer questions and assist with projects.

The club also has a variety of items and kits for sale to members. All that is required is your imagination! Active club members receive discounts at some local stores by showing their current membership card. Hand-crafted leather items make wonderful gifts for family and friends. Some members sell their items in the Village Store and in the club room. You can also have something custom made if you like. The Leather Carvers take part in the fall and Spring Craft Fair



Sun City West resident John Murphy, Johnson Lawn Bowls Club member and lead instructor/coach, has just qualified as the newest certified National Lawn Bowls Umpire by Bowls USA. This brings the total number to nine of certified umpires for the South-Central Division, which covers Arizona, Utah, Arkansas, New Mexico and Texas. Certification as an umpire requires a rigorous written test challenging the umpire applicant to correctly judge a series of lawn bowls occurrences, common and uncommon, in need of a correct final disposition. Following a high standard of correctness on the written test, an umpire applicant is given both an oral and skills test. The final part of this test for John Murphy was given on April 3 in Sun City by Dee McSparran, head umpire for the South-Central Division and Secretary for Bowls USA.

at R.H. Johnson and members are always working on projects for those events. Come take a look, you'll be glad you did. All Sun City West residents with a valid rec card are welcome to become members so please check out our web site at scwleathercarversclub.weebly.com or call 623-271-6001 for more information.

LGBT

We are a social club dedicated to the needs of the lesbian, gay, bisexual and transgender residents and their friends and allies in Sun City West. Our group is open to any rec card holder. We pride ourselves as being community, open to meeting new people, and facilitate and encourage inclusiveness and networking. Best of all, a place where everyone is welcome.

We meet each second Monday at 5:30 p.m., and fourth Sunday at 2 p.m. at our club house space within the Men's Club. Activities may include hanging out, potlucks, movies, guest presentations, community activities, and our favorite monthly breakfast. In addition, we participate in social outings such as restaurant tours, group visits to local festivals, museum exhibits, and much more. We maintain a fun packed schedule.

The Peoria Library will have a lecture on LGBTQ history in Arizona on Thursday, June 6. And on Friday, June 21, we are set for a trip to the ballpark as the Diamondbacks take on the San Francisco Giants at the AZ Diamondbacks Pride Night. Game starts at 6:40 p.m. These events and more are listed in our website.

For additional club information visit scwlgbt.scwclubs.com

Our group keeps growing and so our social activities, with events and programs frequently added to our site. Join us.

LINE DANCERS

The Line Dancers Club continues year-round with a variety of teaching classes being offered from the Beginners through the Easy Intermediate levels and two straight dancing classes. The Beginners class is a four-week program beginning on June 5 and meeting from 1:30 to 2:30 p.m. each Wednesday in June at the Social Hall. The cost is \$20 for the four weeks, plus a \$5 club membership fee (cash/checks). You can arrive around 1:10 p.m. June 5 to register or visit linedancers.scwclubs.com and go to "Membership," and click on the Begin-



Leather Carver club member and vice president Kyle Betz is proud to display some of the bags he has made at the club. Kyle has been a member and leather worker for approximately five years and enjoys all aspects of the craft. He has made and sold many projects but favors saddle bags, cowboy cuffs and satchels.

ners registration form. Please bring your rec card with you to your first class. Also on Wednesday, we have a straight dancing class at 12:20, Beginners Plus at 2:40, Upper Beginners at 3:45 and Easy Intermediate at 4:50. Some classes also meet on Thursdays and Saturdays. Please call or email for the complete schedule at 623-556-9093 or martha@759@aol.com.

MAC-CRO-KNIT

Just so you know our club is open for business year-round. We have special activities all summer long. Come on into the Mac-Cro-Knit Club to learn to knit and crochet or just to update your skills and pick up new ideas. Our project window at Kuentz is updated monthly to show off some of our members skills. Visit our website at knit.scwclubs.com to see some of our latest projects. We are constantly sharing our skills, ideas and projects. We do this all, while enjoying each other's company. First timers, come by our meeting to learn what is going on!

If you are interested in joining, please come by the Mac-Cro-Knit Club at Kuentz Recreation Center in Room 3 where we meet all year each Thursday from 8 to 11 a.m. New members are always welcome. Annual dues are \$5.

We appreciate all yarn donations for our many charity projects. For more information on the club or yarn donations, please contact Sharon at 816-529-7339.

MAH JONGG

To all of you who are leaving us for the summer, have safe trips to your destination and enjoy the summer. See you in the fall.

The Mah Jongg Club is opened to Sun City West residents with a current rec card. Dues are \$10 year.

The club meets every Tuesday and Thursday during the year, from 11 a.m. to 3:30 p.m. in the Sagebrush Room at the Beardsley Rec Center. You do not have to play both days. Sign-in and social time is between 11 and 11:30 and games start at 11:30. On the first Thursday of February, April, September, October and November we have a short business meeting with members supplying treats. We also have treats on the other months except July and August. If you are interested in Mah Jongg and would like to see what it is all about, come as a guest. It is not the game that is on your computer. Call Phyllis Hibben (623-398-7771 between 10 a.m. and 10 p.m.) if you would like to visit us. We are here all year.

If you already know how to play, bring

your Mah card and visit us on Tuesday. It is a great day to visit since we tend to be a smaller group and it's a great way to meet the other ladies.

We teach Mah Jongg in the fall and spring. If interested, please contact: Patricia Martin at 360-490-0182 or Barbara McCart at 801-703-7135

For more information, please call Sharon Phelps at 612-799-5474 or Phyllis Hibben at 623-398-7771.

MEN'S CLUB

Men looking for a cool place to spend their leisure time in a friendly environment, are invited to the Men's Club. Members engage in social card games between 7:30 a.m. to 4:45 p.m. Monday through Saturday.

Poker: Most poker games are played including Texas Hold'em. Betting ranges, from nickel-dime to \$1.

Poker Tournaments: Texas Hold'em, every Monday and Friday. Buy in is \$25. Seven Card Stud, on Wednesdays. Buy in \$20. All tournaments start at 12:30 p.m.

Bridge: There are daily Bridge tables were four members agree on a time and a day of the week to play contract or Chicago Bridge.

Bridge Tournaments: Progressive Bridge tournaments every Tuesday morning at 8:30 a.m.

Gin Rummy and other games: Gin is played on a daily basis, set up a table with other members.

Daily card fee suspension in the month of June.

The monthly birthday celebration will be at 2 p.m. Friday June 28. Cake will be served to celebrate members' birthdays in June.

Come to the club, check it out, take a brochure to peruse at home. Dues - new membership is \$15, renewal is \$10. Late charges after January will apply. For information, call 623-544-6150.

MEN'S NINERS GOLF CLUB

The SCW Men's Niners Golf Club was formed to fill a need of golf for residents who cannot play 18 holes of golf because of health reasons or time constraints, or just another fun day of golf.

The club is sponsored by the Sun City West Golf Council with support from Golf Operations and has been formally recognized by the Arizona Golf Associa-

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Club Corner

SUN CITY WEST



Above, the Metal Club work to assemble mailboxes for delivery. Bottom left, Steve Davis adjusts the press machine to bend mailbox parts. Bottom right, mailboxes ready for transport to the powder-coating facility.



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tion. All members establish a nine-hole USGA handicap. The annual fee is \$25.

The playing schedule provides for competitive golf outings each Thursday at Stardust Golf Course with tee times starting at noon during the winter months. The club rotates monthly between the two executive courses that are open during the summer months with tee times starting at 8:30 a.m. The club has its own monitor.

Anyone desiring additional information should contact Howard Allnutt at 214-0583.

METAL

Did you ever wonder where your mailbox was made? Vacation/security mailboxes that you see throughout Sun City West, Corte Bella, Sun City and Sun City Grand were produced at the Sun City West Metal Club. Every spring and fall, Club members volunteer their time to produce 108 mailboxes each season as inventory for upcoming sales and installations for the year. Mailboxes start with sheet metal patterns for each part of the mailbox. Club members cut and form pieces with various equipment in the Metal Shop to create the proper shape for each part. Only the mailbox top piece is prepared by an outside vendor. This process takes several weeks to complete. Club members work in teams to assemble the mailboxes into their final shape. Twenty-nine club members recently participated in this spring mailbox assembly process on April 4. The mailboxes are then transported to a nearby facility to be powder coated for a durable finish and returned to the shop. If you're interested in purchasing a mailbox (installation also

available), stop by the Metal Club for more information. So, the next time you open your mailbox, be sure to think of the Metal Club!

If you're interested in learning more about a wide variety of metal-related equipment, or making metal artwork, stop by the club at 13849 W. Camino Del Sol for a tour and to meet club members. No prior experience is required; several classes are available. The club is open from 8 a.m. to 4 p.m. Monday through Friday; and noon to 4 p.m. on weekends. Call the club with questions at 623-584-0150 or visit scwmetalclub.com for more information.

MINI GOLF

Come out and join in the fun with the Sun City West Golf Club. We will play at the Beardsley Rec Center, 12755 W. Beardsley Road, starting June 6 for the summer. Sign up is 7:50 with play beginning at 8 a.m., before it gets too hot.

If you have any questions, please call 623-313-8488 or 860-608-1267.

MODEL RAILROAD

The club's operating schedules are as follows:

HO/N Scale - 9 a.m. to noon Mondays, Wednesdays, Thursdays and Fridays, and 7 to 9 p.m. Tuesday at the club room at R.H. Johnson Rec Center. These layouts are open and free to all visitors.

G-Scale (Garden Railroad at Beardsley Park) - The Garden Railroad has suspended operations for the summer starting June 1. However, there is still plenty to see, including buildings, scenery, track, etc. Operations will resume Sept. 1. The G-Scale excitement is now also focusing on our phase 2 extension with tracks extending toward 128th avenue. In support of this expansion we

are conducting a major fund-raising campaign (signature walkway bricks, your name on specific building/scenery features, and special parties). If you would like to help us in this expansion please pick up a brochure detailing the fund-raising program at the Beardsley Park, the R.H. Johnson club room or call 480-518-3402.

New club members are welcome in all scales - N, HO, and G. All you need is a current rec card and \$30 for the first year's dues. Annual renewal is \$20.

For information please call 623-544-6148 or 480-518-3402 (G-Scale) or stop in at the R.H. Johnson club room.

PALO VERDE PATCHERS

Summer is almost upon us again and if you are looking for a cool place to socialize with a great group of women and learn about quilting along the way we welcome you to check us out! The Palo Verde Patchers provides many special interest groups including Art Quilters, Handwork, Miniatures, Longarm/Midarm, Featherweight Machines, In Stitches, Unfinished Objects, Honor Quilts for Veterans, Shelter Quilts and Bags for the New Life Center abuse survivors. You are sure to find something that will pique your interest.

In additions to group activities many classes are offered each month to teach techniques in a comfortable and friendly environment. Upcoming June classes include Stitch & Flip Placemats, Wickedly Easy Quilt Class for Beginners, and a Mexican Star Quilt. Our demo day on the fourth Tuesday will be Mitered Corners.

PVP meet for announcements on the first, third and fourth Tuesday of the month at 10 a.m. in Rooms 4 and 5 of the Kuentz Center. Come early to socialize and sign up for classes. The general meeting is held at 12:30 p.m. on the second Tuesday of the month at the R.H. Johnson Lecture Hall. This meeting generally features a special speaker. For information, visit patchers.scwclubs.com or call president Kathy Tiede at 218-790-4688.

PHOTOGRAPHY WEST

Photography West at the Beardsley Recreation Center is a club for Sun City West residents who enjoy photography. Photo/Video/Digital labs (623-544-6520) summer hours is noon to 3 p.m. Monday,



Pictured above, left to right, are Arlin Bates, Jerry Metcalf, Jhon Barney, Larry Garcia and Jerry Solheim.

Pitchers shine in state tournament

At the Arizona Horseshoe Pitchers Association annual state tournament held in Phoenix April 6-7, five members of the Horseshoe Club of Sun City West participated and three of them walked away with championship titles in two division categories.

In the singles matches on Saturday, club vice president Jerry Solheim, pitching in Class B, earned second place, narrowly missing the top spot. In Class C Elders action, Sun City West's Jerry Metcalf successfully defended his two-year title by winning his third consecutive state title (2017-2019). Jerry's Sun City West teammate, Jhon Barney, finished in second place.

In Sunday's doubles matches, Sun City West's Jerry Solheim and Jhon Barney, competing together as the Skyhawks, fought their way through five games, 4-and-a-half hours of tough competition, 90-plus degree heat and a tie-breaking playoff to capture the Class B championship.

You can see these great pitchers and several others compete every weekday morning from 9 to 11 a.m. at the Beardsley Rec Center courts in Sun City West. We invite you to stop in and "pitch a few shoes." You just might enjoy this fun sport!

For further information about the Horseshoe Club, contact Bill Hart at hart45@charter.net or 715-218-3342.

Wednesday, and Thursday. You may mount and matt pictures, sign up for classes, get information and pay dues. You can also convert 8mm and 16mm silent, sound, or Hi 8 movies to DVD, make movies, transfer slides and VHS to DVD, work with Elements, and transfer records or cassettes to CDs. You will want to learn to use our Still Life and Portrait Studio. Summer is a good time to use equipment when it is not too busy. For information, visit photographyscw.org.

Photography West meets at 10 a.m. Fridays at the Stardust at Kuentz with a special program each week. Friday programs resume on Sept. 20. Photography is displayed at the Library. Pictures and cards are available for purchase at the Village.

Photography West is dedicated to helping its members become better photographers through instructional programs, workshops, and mentoring

opportunities. There are two Print and Projected Images competitions each year for beginner, advanced, and master. Check website for travel opportunities, classes, user groups, competition dates, social events, and general information. We need monitors to keep our club open. Bring a friend and monitor together!

PINOCHLE

The Pinochle Club plays "Single Deck Pinochle" at 11:15 a.m. every Monday at the Beardsley Recreation Center, in the Sagebrush Room. It's a fun game with good fellowship, and good entertainment this is a casual environment that provides friendly competition. Come early, with or without a partner. Meet new friends and enjoy some little snacks to nibble on while engaging with other players.

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The Men's Club had a spaghetti lunch for the members on April 20. The servers shown are, from left to right: Yogi Pavetto, Tony Lingenfelter, and Bill Ottinger.



Several Palo Verde Patchers members attended our annual Emmanuel Pines Quilt Camp in April. Showing off the Quilters Aprons they made at camp are left to right: Gayle DeBoom, Linda Gagnon, Jean Deering, Donna Mohr, Ellen Cromwell-Cerle, Diane Hanrahan, Carla Bonifasi, Ceil Wiegand, Kathe Zeman, Pat, Brenchly, Janine Morrell, Susan Ward, and Darlene Phillips. Camp is so much fun.



Club Corner

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Annual dues are \$5 and \$1 per session for prize money. On the last Wednesday of each month, there is a single deck tournament in the Saguaro Room. Sign up at 11:15 a.m. on the Monday before the tournament. The entrance fee is \$2 for prize money.

Double Deck Pinochle is played every Saturday night at 5:15 p.m. with the Saturday Gamesters at the Beardsley Recreational Center.

RHYTHM TAPPERS

If you're looking for a gentle but highly effective way to strengthen your core, flatten your belly, and increase your overall well-being, Rhythm Tappers Belly Dance Fitness is for you! Instructor Joy Smith uses her 30 years of teaching and performing experience in this non-performance class to gently and tastefully exercise muscles you didn't know you had in a relaxed environment where everyone is having fun. New students may take a "tryout" class on any Monday or Wednesday evening from 6 to 7 p.m. in the Dance Room at Palm Ridge. Please arrive 15 minutes early.

Other Rhythm Tappers classes have just started and new members are welcome. We offer Beginning Tap at 9 a.m., Morning Tap at 10, Jazz at 11, Jazzy Poms at noon, Advanced Tap at 1, Precision Tap (experience required) at 2 p.m., and now Belly Dance Fitness at 6. These classes also meet Mondays and Wednesdays with instructors, and Fridays with TAs in the Palm Ridge Dance Room. If you're not interested in performing, don't worry - you're always welcome to take our classes simply for the joy of dance while leaving the performing to others.

For more information, call Jan at 503-367-4986, Linda at 402-880-8998 or visit our website at tappers.scwclubs.com.

RIP 'N' SEW

Although it may seem hot, summer is still just around the corner! Rip 'n' Sew members are encouraged to volunteer for monitor duty and/or come in to sew while it is hot outside and cool inside.

Check the calendar for classes that are being taught (sign up is required) this summer. We are fortunate to have so many different opportunities as members to learn new techniques, short cuts, and be able to expand our horizons with classes available to members. Class fees are minimal and a bargain value. You must have a receipt to attend a class or demo.

The club also has opportunities to see a demo for techniques, projects and more. The cost for members to see a demo is \$3. Past demos have included "magic binding," "free motion for quilters," "in the hoop mug rugs," and much more. Most times members leave demoes inspired to try new things or learn a technique that makes something easier in future projects.

Stop by and see our window display. The club room is located adjacent to the Village Store at the R.H. Johnson Recreation Center.

ROCK 'N' ROLL DANCE

Our dance floor sizzles on Saturdays with Classic Rewind Rock 'n' Roll Dances and Rock 'n' Rhythms Dance Exercise all year round! Come join us and experience the heart of rock 'n' roll in Sun City West!

Rock 'n' Roll Dances: Singles and

couples, let's dance! Join DJ, Kort Kurdi, for our Classic Rewind Dances on Saturday, June 1; Saturday, June 15; and Saturday, June 29 at Palm Ridge Rec Center. A lesson is at 6 p.m. and the dance is from 6:30 to 9 p.m. Kort plays the hottest dance music from the '60s, '70s and '80s, from Rock to Motown, including a few current favorites and requests - all from the original artists! Cups and ice are provided. Feel free to bring whatever snacks and beverages you like! Cost is \$6 for members, and \$8 for guests.

Dance Exercise: Join Kort on the dance floor every Saturday morning at 9 in the R.H. Johnson Social Hall as he leads us in his one-of-a-kind dance exercise program called "Rock 'n' Rhythms." This fun, energizing class uses basic, easy dance steps and rhythms designed for everybody and every body! With Kort's unique style of showing and calling the steps, you'll be dancing to the beat in no time! Cost is \$5 for members and \$6 for guests.

Annual membership is \$5.

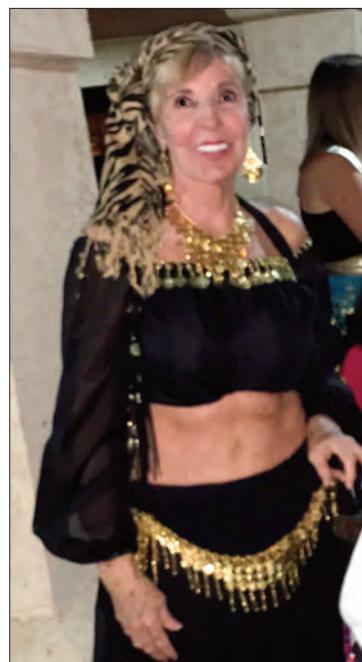
Call 480-259-7281 or visit rocknroll.scwclubs.com for more information and updates.

ROCKHOUNDS

The Rockhounds Club is a group dedicated to learning about the geology of Arizona through the education of its members by guest speakers at the monthly meetings. The club takes a monthly field trip to collect rock and mineral samples. There is also a monthly campfire cookout to share their finds and enjoy the camaraderie of other members.

SATURDAY NIGHT GAMESTERS

On Saturday night, starting at 5:30 p.m. (4:30 p.m. for poker) until 8:45 p.m., Gamester's at Beardsley Recreational Center has various games, such as, Double Pinochle (you must be there by 5:15 p.m.), Pan, Mah Jongg, Mexican Train and others or bring your own tile, card or board game with your friends and start something new. The dues are only \$5 (you can come as a guest to check it out) and we have potlucks from time to time. You can bring snacks and drinks for your own groups, that's permissible, as well, anytime. We're in the Ocotillo/Saguaro Rooms. Rosemary



Instructor Joy Smith will teach Belly Dance Fitness from 6 to 7 p.m. Mondays or Wednesdays.



The Rockhound Club held its annual picnic on April 8 at Beardsley Park. After a business meeting and potluck dinner the group held an auction of items related to rock hunting. Auctioneer Gene Dahlstrom exhibits items to be auctioned. Rockhounds members enjoy a potluck.



Dougherty is the president and her number is 623-760-8479.

SCRAPBOOKING, PAPER CRAFTS, & MORE

While the temperature may climb higher and higher, we enjoy a cool escape in our club room four times a week where we can have fun, learn and share ideas, and make new friends! The club cabinets house a wonderful variety of tools and equipment that are especially helpful for those new to our club.

This month we have a special opportunity to learn about quilling, an art form dating back to the Renaissance but still enjoyable today. Quilling uses narrow strips of paper that are curled, shaped, and glued into beautiful designs. It is a craft that one can enjoy with simple patterns and later develop into very intricate designs. An added bonus is the needed supplies to get started are quite inexpensive. The quilling class will be 1 p.m. June 14.

We appreciate our community and have club activities during the year to benefit the community. One such activity is providing hand-crafted favors to our local Meals on Wheels for distribution to local homebound participants. This month club members will be assembling favors at 6:30 p.m. June 12 and 11 a.m. June 27.

On June 22, we will have a 12-hour CROP starting at 9 a.m. in the Sagebrush Room at Beardsley. While a CROP is traditionally a scrapbooking event, we include other paper-crafting activities as well. It is always a fun-packed day for our club.

Visitors are welcome to visit us in the Agave Room at Beardsley from 6 to 9 p.m. Wednesday evenings, 10:30 a.m. to 3 p.m. Thursdays, 12:30 to 4 p.m. Friday afternoons, and Saturday afternoons 1:30 to 5:30 p.m. We will be happy to show you around and answer questions. For further information, please contact Kathy Greene, our club president, at 623-512-3504. We look forward to meeting you.

SILVERCRAFT WEST

What do the following words have in common: annealing; malleability; flux; solder; pickling; tripoli; and shank? They are all part of the vocabulary of a silver-crafter. You'll learn the meanings of these words and many more when you join the Sun City West Silver Club. We are open and ready for new members so stop by and check us out. We offer beginning classes in jewelry construction and casting classes using silver, brass and copper.

Our shop is located at the R.H. Johnson Recreation Center, Building G2. Hours are Monday through Friday, 8 a.m.

to 3:30 p.m. and Saturday mornings. Our phone number is 623-584-8153. Visit our website at silvercraft.scwclubs.com for more information and for photos of our members at work.

SINGLES

Here are the upcoming June events for the Singles Club:

June 7 - 5-7 p.m. Friday, house party. Bring snacks to share and BYOB. Address at general meeting. Limit 20. For information, call 773-491-1041.

June 12 - Wednesday general meeting. Arrive 12:45 p.m. Palm Ridge Rec Center. Sign up for June activities. For information, call Chuck at 360-969-6308. Refreshments will be served.

June 25 - 5:45 p.m. Tuesday game night at Beardsley Rec Center Chicory Room. Bring snacks to share and BYOB. The hostess is Mary. Guests are welcome and is great way to get acquainted. For information, call Chuck at 360-969-6308.

SOFTBALL

Sun City West and Sun City residents: Sign up for exciting senior slow-pitch 12-inch softball any time. You will be in one of three fun leagues - Central, between the more recreational National or the more advanced American. Games are twice per week, no weekends, alternating between beautiful Sun City West and Sun City fields "all year." The spring session began in January with new teams that played until mid-April. Now, the first of three sessions of summer ball go into September.

There are 34-38 teams, fewer in summer, plus special games listed below. Teams usually have 11 players, including four outfielders and rover, but no rover in American League. Cost is only \$25 per year (\$100 the first year) and includes

uniform. Open practices, tournaments and four special games below are on other days. For information, contact Ken Skinner at 623-546-8983 or azsrsoftball.com.

70s Softball League: Club members born in 1950 or earlier are eligible to play in one of two divisions based on skills. Games alternate between Sun City West and Sun City on Saturday mornings. For information, contact Rich McAndrews at 406-370-9342.

Women's Softball: The "Hot Flashes" play in Sun City West on most Saturdays from November to March. Catch these gals! Call our president Carol Bowden at 623-337-5131.

Coed League: This is about fun, not competition. We are always looking for more women of any skill level. Make new friends. For information, contact Rick Bialock at 360-509-3625.

Green Team: Newcomers are evaluated then assigned. For information, contact John Kachorsky at 661-313-4091.

SPANISH

Language development continues throughout the summer months. Sun City West Spanish Club offers five summer classes at beginning, intermediate and advanced levels. Three classes meet from 9 to 11 a.m. at Beardsley Rec Center's Chicory Room. Two other classes are reading and conversing in Spanish in the afternoons. The Spanish Club promotes varied opportunities to learn the language and culture of Spanish-speaking countries with a book club, fiestas, movie nights, cooking classes, travel opportunities, and Mexican Train board games. Registration for fall classes that begin in October is available on the web. For

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We enjoy classes that give us new ideas to try. Judi Amoroso recently enjoyed a "One Card Wonder" class where participants learned they could make 10 cards featuring just one 12-by-12 inch piece of cardstock.



Club Corner

SUN CITY WEST



Hikers from the Sportsman's Club trekked through the Phoenix Sonoran Preserve.

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start about 1:45 p.m.

more information visit spanish.scwclubs.com.

SPORTSMAN'S

The Sportsman's web address is sportsman.scwclubs.com.

Sportsman's Club members will stay active this summer by making adjustments to avoid the extreme heat:

The fishermen have been going early, as usual.

The hikers have been hiking early every Thursday morning on trails that are close to Sun City West.

The target shooters have been going to the Wickenburg Range twice a month earlier than usual.

The Big Wheel/Easy Riders have made trips into the high country.

This club offers Sun City West men and women a multitude of outdoor Arizona activities. These include Big Wheels (off road vehicles), Easy Riders, Fishing, GEOcaching, Hiking, Horseback Riding, White Water Rafting, Target Shooting, and Travel ("Adventures with Marilyn"). Information about these activities is available on the Web Site, under "Activities."

Come participate in activities designed to make you feel more connected to Sun City West and Arizona as you learn about area history, geology, geography, flora, and fauna. These activities are also a way to help maintain your body and brain's health.

This summer one can join the club via the web site under "membership" for \$5 annually.

One can also join the membership at the next general meeting, Sept 16, at the R.H. Johnson Social Hall. The meeting starts at 1 p.m. and the guest speaker will



Four Spanish Club members traveled to Oaxaca, Mexico, for a two-week immersion program. The group took four intensive hours of Spanish lessons five days a week. They studied vocabulary, grammar, and engaged in conversations in Spanish. They were also introduced to local customs and cuisine. The school offered cooking and dance classes. There were three field trips to surrounding cities, villages, and historic ruins. Nights were filled with music and parades through the streets. From left to right, Rondi Chapman, Eleine Greene, Dianne Heisner and Jacque Mazour visited a local craft store in the mountains and tried their hand at painting beautiful hand carved animals. Missing from the picture is Austin McGeary.

Bruce is an officer at the Sun City Elks Lodge, and both are active in their Rambling Suns RV Group.

One of Wanda's first activities here was to join the Stained Glass Crafters. She started working in the medium in 1977 and has always enjoyed it. She is also a highly experienced fund raiser. When she found out we needed to contribute \$5,000 per year for 10 years to repay the Rec Center for our forthcoming expansion, she volunteered to head fund raising.

Wanda has zig-zagged across the country, but the couple, along with their two cats, are now happily settled in our lovely community.

TENNIS

Anyone noticed anything different in Sun City West? Where are all the cars? Where are all the people? Speaking of which, it seemed the right time for the Tennis Club to hold their annual Wind Down affair, lots of tennis and platform tennis, followed by lots of grilled hamburgers and side dishes, not to mention beverages and socializing. There were 80 members who had a great time, despite the pretty hot weather, and now look forward to a Wind Up in the fall.

The platform group will muster in June from 7 to 8:30 a.m. Mondays through Saturdays. The Wednesday afternoon play has dispensed for the summer. Everyone is encouraged to join in their fun and friendly but talented play.

The Tuesday, Thursday and Saturday drop-in play at Memo's courts begins at 8 a.m., and some get there even earlier to warm up. The Monday and Wednesday evening play are still at 6:30 p.m. as long as there are enough people to make up a game.

A touch of elegance has been added to our tennis complex with the addition of the five metal sculptures created and donated by member Joe James - thank you from all of us, Joe. Also, be sure to remember our many generous sponsors, PGA TOUR Superstore, Memo's Bistro, Lunde's Peoria Volkswagen, Toyota of Surprise, West USA Realty, Coulter Nissan, and many more. Complete listing is at the end of the online membership roster.

No monthly meetings until September, so have a safe and healthy summer, but we'll still see you on the courts!

WATER FITNESS

We know that water exercise puts less stress on the body while providing many great benefits, and it's fun! We offer three different water exercise routines, lasting approximately 50 minutes, comprised of a warm-up/stretching section, cardio/aerobic workout, and a cool-down/balance section. The three routines are set to recorded music with spoken instruction and are alternated. Work out at your own pace. The exercises are self-directed and performed independently. Many exercises can be modified to meet specific individual needs.

We are happy to be able to offer three pool options and schedules throughout the year. Options are:

R.H. Johnson Outdoor Pool - 9 to 10 a.m. Monday through Friday, all year; Beardsley Indoor Pool - 9 to 10 a.m. Tuesday, Thursday and Friday, all year; and Palm Ridge Indoor Pool - 8 to 9 a.m. Monday, Wednesday and Friday, November through February.

Members can attend sessions at any of these pools on the days and times indicated. We invite you to try the exercise sessions five times before deciding to



The Sun City West Tennis Club recently held its annual "Wind Down" for club members at the newly renovated Memo's Bistro Tennis Complex. Members enjoyed a fun-filled afternoon of tennis, platform tennis, friendship, and a fabulous cookout and potluck! All Sun City West residents are invited to join the club and participate in events such as these, along with other competitive, social, and charitable events.

join. Membership is \$10 per year. Outside of pool time, club members meet quarterly for a general membership meeting and luncheon party. There are also special social events scheduled throughout the year. All Sun City West residents who are rec card holders are welcome.

Visit the Water Fitness Club's website waterfitness.scwclubs.com for additional information.

If you have questions, please contact Nancy Patten (president) at 414-916-9174.

WEAVERS WEST

Weaver's West welcomes all new and experienced weavers and spinners to visit our studios in Kuentz Center, Studios 1 and 2. Beginner, Intermediate and Advanced classes are held periodically throughout the year. Sign up at the monitor's desk in Studio 1. Classes fill up fast, but you are encouraged to place

your name on the waitlist as openings frequently occur after classes have filled.

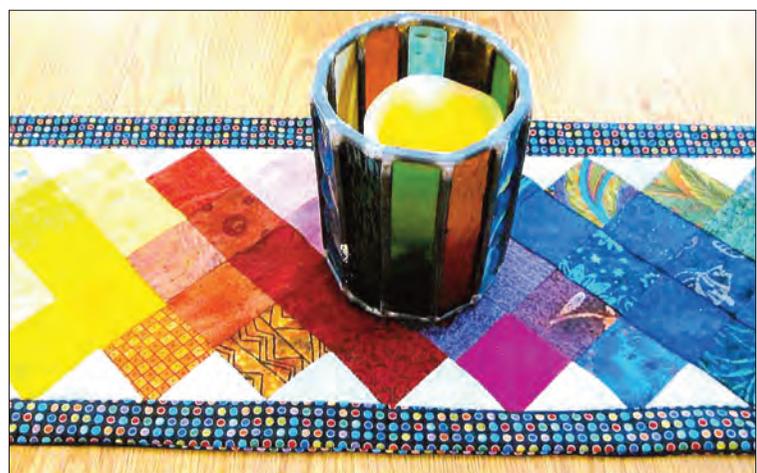
Weavers enjoy a wide-ranging library including current and past periodicals, instructional DVDs and books on a variety of weaving types. In addition, many types of looms and other equipment are available for members to use in the studios. A mentor program is available if you have not woven in a while and need a bit of help to get started. No need to purchase expensive equipment!

There are several summer weaving learning experiences available this year. If you are interested, stop by the studios (hours may vary during the summer). Contact Weaver's West at 623-544-6515 or weaverswest@outlook.com. Find us at weavers.scwclubs.com. Weaver's items can be purchased at the Village Store at the R.H. Johnson Center.

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Wanda Kather, Stained Glass Crafter Artist of the Month, works on her latest project - "Knots." Wanda also created this Stained Glass candle holder on a mini quilt.





Club Corner

SUN CITY WEST

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WESTERNAIRES

The Westernaires have announced its December concerts: 7 p.m. Dec. 6, 7 and 9; 2 p.m. Dec. 8. Both shows will be in the Stardust Theatre at Kuentz Rec Center. Director will be Sylvia Collins.

YOGA

It's easy to practice Yoga in Sun City West! If you do, you will gain flexibility, strength, balance, and confidence. The Yoga Club offers 25 classes at three recreation campuses with a variety of classes for beginners to intermediate/advanced levels. Five chair classes are of those who find it difficult to get up and down on a mat. Twenty classes on the mat offer a variety of Yoga levels and styles, three of which focus specifically on core exercises (Pilates), one class emphasizing healthy stretching, and two classes for stretch and roll. On Fridays, we offer Qigong and Yoga Nidra (guided relaxation), and on Thursdays, we offer



Students participate in one of five weekly chair Yoga classes in a side stretch pose. Check the Yoga Club's website at www.scwyoga.com for schedules, fees, videos, and class descriptions.

a class specifically for those new to yoga. There are classes in the morning, afternoon, in the evening, and on Saturday. Sun City West residents may try two classes before joining the club, but they must pay the instructor fee. Class fees

vary from free to \$4 depending upon the accreditation of the instructor. Annual dues for the Yoga Club are \$10 per year. For class descriptions, instructor bios, full schedule, and fees, please check our website at scwyoga.com.



ZYMURGY

Donating to a great cause, the Women's Club, Boomers Club and Zymurgy Club recently raised \$3,320 for the Community Fund of Sun City West! A big thank you to all three clubs for their contribution.



Pictured, from left to right: Bob Bass; Mark King, Community Fund of Sun City West; Shelley Giles, Women's Club president; Lisa Vines, Boomers Club president; Bill Houck, Zymurgy Club president; Jody Yeomans, Live Tuzday host; JR Reese and Barb King, Community Fund of Sun City West. Tony Miller and Kenny Jordahl entertain at AmuzBooz.

Address Canvassing for the 2020 Census



Make your next job Count!

Smart and energetic people are needed for the first step in the 2020 Census – Address Canvassing. We need your help!



2020census.gov/jobs

Positions including;

- clerks
- recruiting assistants
- office operations supervisors
- census field supervisors
- census takers

The positions will be located nationwide and offer flexible work hours, including daytime, evenings and weekends.

ADDRESS CANVASSING

- House address canvassing conducted in selected areas through files and aerial imagery.
- Lister will do work using Census issued laptops or tablets.
- Follow maps on the device, insure addresses match the map the Census has.
- Add, delete or correct addresses
- Screen resident for proper addresses
- Day Time Work (no listing at night)
- Follow procedures to conduct accurate work while maintaining acceptable production rates.
- Maintain/submit records of hours worked, miles driven, and expenses incurred in the performance of duties.
- Meet/talk with supervisor, review procedures, report issues or concerns, and receive instructions.



Shape your future START HERE >



A handful of competition medalists from the Photography West Print Competition came together recently, from left to right: Jaime Gunyuz, Nancy Feddermann, Mike Biondo, Doug Pumphrey, Kelly Asmussen.

Photography West names competition winners

The following are the results of the March 29 Photography West Print Competition. There were 130 entries in three classes: Beginner, Advanced and Master. Some categories have Beginner and Advanced combined. Additional club information can be found at www.photographywscw.org.

ROTATING SUBJECT/ CELEBRATIONS

Class B: Kelly Asmussen, first place

Class A: Emily Schwoerke, second place; Gordon Berezay, third place

Class M: Jan Keane, first place; Sharon Poch, second place; Rondy Voorhees, third place

CREATIVE EXPRESSION

Class A: Emily Schwoerke - 1st place; Mike Biondo - 2nd place; Doug Pumphrey - 3rd place

Class M: Ken Kvam, first place and Honorable Mention; Lance Janaskie, second place; Donna Morell, third place; Sharon Poch, Honorable Mention

SPECIAL/REPETITION

Class A: Doug Pumphrey, first place; Nancy Feddermann, second and third place; Mike Biondo, Honorable Mention

Master: Ella Schreiber, first place; Mark McKinney, second place; Barbara Freedman, third place

Best in Class B: Kelly Asmussen
Best in Class A: Nancy Feddermann

Best in Class M: Ken Kvam

OPEN

Class B: Kelly Asmussen, first and third place; Steve Waggoner, second place; Doug Culliton, Honorable Mention

Class A: Nancy Feddermann, first place; Doug Pumphrey, second place; Emily Schwoerke, third place; Greg Swinney, Honorable Mention

Master: Harald Johnsen, first place and honorable mention; Jane Colvig, second place; Mark McKinney, third; Don Robinson and Eileen Arps, Honorable Mention

MONOCHROMATIC

Class A: Doug Pumphrey, first place; Jamie Gunyuz, second place and Honorable Mention; Nancy Feddermann, third place and Honorable Mention

Class M: Rondy Voorhees, first place; Lance Janaskie, second place; Donna Morell, third place; Eileen Arps, Honorable Mention