

SUN CITY VISTOSO ACTIVITIES & CLUBS

Please use the *Activities Calendar, Club Schedule, and Clubs and Groups* section of the monthly *Vistoso Tipster* for days, times, fees, and contact persons of the activities, clubs, and services described below. Additional classes offered by SCVCAI are listed under "Workshops/Classes" in the *Vistoso Tipster*.

This information is also available on the Sun City Vistoso Website:

<http://www.suncity-vistoso.com>

ARTS & CRAFTS

Art – SCV Art League*

The Sun City Vistoso Art League consists of seven art groups organized under a single charter.

*The groups are:

Colored Pencil*

The newest fine art media. Subject matter and technique are as varied as other artistic media. Club members increase skills by mutual sharing of ideas. Instructors and/or videos on occasion.

Fine Arts Studio*

Work in any media with critique to assist artistic development.

Oil Painting (Merle's Paint Brush)*

"Art Made Easy" is a method of teaching oil painting to beginners as well as advanced artists. The instructor, who lives in Sun City, has many years experience in teaching senior artists.

Palette Knife & Brush Club*

A qualified instructor gives classes for residents interested in painting with oils using either a palette knife or a brush. Emphasis is on the palette knife, but brush will be taught to those who use water-soluble oils.

Printmakers*

Club has its own etching and relief printing presses. Provides free instruction to members in woodblock,

linocut, collagraph, monoprint, and etching. Some background in drawing or painting is helpful but not essential.

Sculpture*

Teaches sculpture and helps develop an understanding and appreciation of the art

Watercolor*

Fosters interest and increases skills in the art of watercolor painting. Various outside instructors, covering beginning to advanced watercolorists, teach classes.

Ceramics Club

Discover your artistic or creative ability. Learn to pour molds, fire clay, and finish your projects with interesting glazes or colorful paints. Completed items can be functional and/or decorative.

Clay Club

Promotes fun, interest, and knowledge in all aspects of clay: hand building, throwing on the wheel, decoration, and glazing.

Crafts – Show & Share

An informal group that meets in order to share craft ideas and to do many types of needlework and other crafts.

Embroidery – Swedish Embroidery Guild

Teaches the art of Swedish embroidery.

Garden Club

Men and women of the Garden Club enjoy informative lectures, tours, garden walks, and community beautification projects. Come and exchange ideas and knowledge about growing and maintaining plants in a desert environment with the experts and fellow residents.

Modelers' Club

Club members enjoy collecting, building, and operating radio controlled model airplanes, all model railroad gauges, boats, race cars, etc. Periodically there are workshops, field trips and invited speakers.

Photography – Vistoso Photo Club

Offers photographers educational and entertaining programs, competitions, workshops, and field trips. A multi-purpose Photo Lab for film and digital photography is available, complete with essential equipment.

Quilters

The Quilters are part of the Thimblelenas. Their purpose is to interest newcomers in quilting, whether by hand or machine, and to offer projects taught by experienced quilters.

Sewing Club – Thimblelenas

The Sun City Vistoso Sewing Club, known as the Thimblelenas, consists of four groups organized under a single charter. These groups are open to all members. The Sewing Room is open to all members for personal and group sewing.

Casa Amigas, sewing for the children of Casa De Los Niños.

Trauma Bears, making stuffed bears for children in crisis situations.

Seniors for Kids, sewing for children in hospitals and clinics.

Quilters, see separate listing.

Silversmithing & Lapidary Club

Dedicated to the art of silversmithing and jewelry making. Beginner silversmithing classes are given three times a year. Members may be trained in lapidary stone cutting and may make use of the lapidary equipment in the shop.

Stained Glass

Four meetings per year in Feb., May, Aug., and Nov. Instructions are given in the Craft Complex, Lapidary Room two or three times a year. Equipment is available for the use of club members.

Tapestry Rug Hooking

Rugs and wall hangings are created using wool cloth cut into strips and hooked into a backing of cloth or burlap. The wool may be new, recycled, or dyed.

Wood Carvers

Meets in the Craft Complex, Lapidary Room, for the pursuit and enjoyment of woodcarving. Beginner classes are available.

Woodworking Club

The Wood Shop, at the Craft Complex, is open to all residents. New members must undergo a safety class or 10 hours of equipment training before being allowed to use the equipment. The goal is to stimulate interest in woodworking and to aid residents in all phases of the craft.

CULTURAL & SOCIAL INTERESTS

Couples Gourmet Dinner Club

Once a month in a host couple's home, groups of four couples meet to prepare and enjoy meals based on recipes from all regions of the country and around the world.

Desert Celtic Society

Monthly club meetings and outings explore different cultural aspects of Scotland, Ireland, Wales, Cornwall, Cape Breton, and Brittany. Members need not be of Celtic birth or ancestry.

Dinner 'n' Show Club

Our motto is "sometimes just a show, sometimes dinner and a show, but always a good time." Events are limited to shows in the local area, including Tucson, Phoenix, etc. The trip cost includes show admission, bus to/from Sun City Vistoso and driver's tip. Sometimes the trip fee includes the meal.

Havurah

The group is open to all who wish to share in Jewish culture, traditional celebrations, and discussions of relevant current affairs. In addition to the monthly meetings, there are bagel brunches, monthly cultural discussion groups, a monthly Yiddish group, and holiday festivities such as Seders and Chanukah parties.

<http://home.comcast.net/~scvhavurah/>

Spanish Cultural Club

Promotes interest in the history, and culture of Spanish speaking areas. Monthly speakers and presentations. Spanish language classes offered separately.

State Clubs

A number of the states (in some cases, a group of neighboring states) have social clubs for former residents. Clubs may feature activities such as outings, dinners, and meetings.

Sun City Singers

This choral group is composed of men and women who enjoy singing all types of music including show tunes, the classics, and popular music.

There is participation in the annual Holiday Show, their own Holiday Concert, the annual Spring Concert, as well as concerts outside Sun City at churches and country clubs.

Sun City Singles

The socially active club offers an opportunity for all unmarried residents to make new friendships. Fun activities and monthly events include dinners, happy hours, breakfasts, luncheons, golf, bowling, hiking, bridge etc.

Vegetarian Club

Good-tasting, low-fat vegetarian recipes, from quick-and-easy to gourmet, are shared at group potlucks twice yearly in the spring and fall. In February or March there is a "dine-out" at a restaurant that offers ample vegetarian choices.

DANCE & EXERCISE

Aerobic Exercise

Beginning Chair Exercise

This class is designed for those who would like to start an exercise program or for those with special health considerations. It is aerobic exercise while sitting in a chair. Class includes a warm-up, stretching, 15 to 20 minutes of cardio work, and muscle toning with hand-held weights or dyna-bands.

Sunrisers

Increase strength, flexibility, endurance, and life satisfaction. Routines include stretching, light aerobics, resistance exercises with weights, and floor work. Bring hand weights and floor mats.

Sit To Be Fit (Chair Aerobics)

Class will benefit all members, especially those who have a difficult

time with conventional aerobic classes. This class will incorporate hand weights, dyna-bands and balls as resistance to increase muscle tone, strength, and endurance.

Sweat & Stretch

This class consists of a basic 10 minute warm-up to prepare for 20 minutes of low impact aerobics, followed by 30 minutes of weights, abs, and glutes. The last 30 minutes include stretches for toning, flexibility, and relaxation. Bring hand weights and floor mats.

Water Aerobics

Consists of warm-up exercises with stretching, then 20 - 30 minutes of aerobics followed by toning, cool down, and final stretching. Water shoes needed and a "noodle" recommended.

Arthritis Water Class

Sponsored by the Arthritis Foundation with instructors certified by the Arthritis Chapter in Tucson. Emphasizes range of motion and endurance with minimum stress on joints. All movements can be modified and no one is expected to overdo.

Ballroom Dance – Vistoso Villanellas Ballroom Dance Club

Organized to promote and encourage participation in dancing among the Sun City Vistoso residents. It provides an opportunity to enjoy an evening out in a festive atmosphere with others who like to dance and socialize.

Dancin' Dynamos

Classes encompass four types of dancing: Tap, Hula, Clogging and Belly Dancing. Join just one, two, or all four. All levels of ability from beginners to advanced are welcome.

Open to both guys 'n gals. Participation in the shows produced at Sun City is an individual choice.

Energetic Exercise Club

Promotes good health through exercise. Routine includes exercise for flexibility, strength, endurance, and relaxation. Refreshes the mind and body. Open to men and women.

Kactus Kickers (Couples Country Western Dance Club)

A very sociable, easy-going dance club. There are monthly dances October through April and frequent, professionally instructed dance workshops. Practice sessions are available most weeks with additional social events. Western duds are encouraged but not required.

Karate Club

Dedicated to enhancing the physical and mental well-being of seniors through martial-arts. Karate strengthens the body, improves balance and mental acuteness, promotes confidence and a positive attitude, and teaches personal self-defense. Training starts with the student's present condition and knowledge, then helps each to improve.

Square & Round Dance – Sundancers Square Dance Club

Sundancers hold weekly Plus Level square dances with a professional caller. Several dances with national square dance callers are held in the winter months. Round dancing is also part of the club's activities including visiting cuers for special dances. Beginner and intermediate level square and round dance classes are offered each November.

SunLiners Dance Club

You do not need a partner to line dance. Line dancing is great fun, good exercise, and enhances memory, balance, and coordination. Weekly classes for beginner and advanced dancers are taught by professional instructors. Open line dance sessions are held once a month and dance parties are scheduled throughout the year.

Tai Chi

Practice Tai Chi exercises and form. Reduces risk of falling by 48%, lowers blood pressure, is good for the heart, and controls stress.

Yoga (Hatha)

Hatha Yoga classes encompass breathing, stretching, balancing, relaxing, concentration, and meditation. Classes are designed to improve flexibility, muscle strength and tone, circulation, and energy.

GAMES

BRIDGE

Duplicate Bridge

Interesting and challenging bridge for experienced players. Not an ACBL sanctioned group so Master's Points are not given. Bring your own partner. All monies paid out in prizes.

Ladies Social Bridge (Monday)

Enjoy playing bridge in a relaxed atmosphere for socializing. No prizes involved.

Ladies Wednesday Bridge Club

A compatible and experienced group playing bridge in a relaxed atmosphere. All monies paid out in prizes.

Men's Social Bridge

A compatible group of men enjoys social bridge weekly. All monies paid

out in prizes. No partners required. Four rounds of six hands.

Mixed Social Bridge (M,W,F)

Play bridge in an informal, fun, social experience. Both men and women are welcome. Either bring your partner or find one when you arrive. No prizes involved.

Partner's Bridge Club (Tuesday)

Bring your partner or call an officer and we will try to secure one for you. The usual format is a progressive four rounds of rubber-bridge with six hands per round.

Canasta

Enjoy a relaxing and fun game of Canasta. Help is available if your skills need refreshing.

Cribbage Club

A social gathering for anyone who would like to play individual and/or partner cribbage. Tournaments every 4 – 6 meetings.

Gin Rummy

Cut for partners and play for a moderate stake.

Mah Jongg Club

Congenial group meets weekly. All levels of expertise welcome. Lessons available.

Mexican Train Dominoes

Group meets bimonthly playing double 12 dominoes. Singles and couples welcome. No experience needed. Fun and relaxing.

Women's PAN (Panguingue) Club

Fascinating card game offers relaxed fun, low stakes action, flexible playing

times. Beginners welcome. Lessons available.

Pinochle

Single deck auction pinochle. Four handed games. Change partners every 4 hands. All monies are returned as prizes.

POKER

Men's Poker Club

Low stakes dealer's choice is played from a list of games approved by the membership.

Women's Poker Club

Come join our friendly, low stakes, dealer's choice games.

Scrabble Club

Beginner, intermediate and advanced players are welcome.

CONTINUING STUDIES

Astronomy

With clear, dark desert skies and first-rate observatories, Tucson is often referred to as the Astronomy Capital of the World. Guest speakers, member presentations, videos, star parties, and trips to nearby observatories help members appreciate the night sky, the workings of the universe, and our place in it. Learn to identify stars, planets, and constellations with the naked eye and where to look for deep sky objects with binoculars or telescopes.

<http://home.comcast.net/~chorneys/Astronomy/>

Bible Study – Men's

An interdenominational men's Bible study. All men are invited to join the class. Prayer requests are welcome. (Early October to end of April.)

Bible Study – Women's Precept

An interdenominational women's Bible study. All ladies are invited to join the class. Prayer requests are welcome. (Early October to end of April.)

Book Club

Members gather each month for discussion of a previously selected book (usually a paperback) with members volunteering to lead the monthly discussions.

Computers – Vistoso Computer Society

Dedicated to helping its members use their computers. It is open to all residents of the community. See the Vistoso Tipster for a list and schedule of classes and help sessions geared to PC and MAC users.

Website:

<http://home.comcast.net/~rvcompclub/>

Financial Strategies Discussion Group

Current financial markets, mutual funds, and stocks are reviewed in an informal discussion format.

Genealogy – Genealogical Society

Promotes interest in the study of genealogy and provides for the exchange of helpful information.

Great Books Club

Expand your knowledge and intellectual horizons through reading, study, and friendly discussion developed by the Great Books Foundation.

Great Decisions Discussion Group

This is part of a national group that meets to discuss foreign policy issues. Meetings are in a brown bag luncheon format. Study guides are available.

Investment Clubs

Individual clubs investing in stocks under the guidelines of the National Association of Investors Corp. The clubs offer educational, social, and financial opportunities in exchange for active participation. Clubs operate on a year-round basis. Coyote Collective Investors, and Value Investment Partners.

Women's Discussion Group

Offers a nurturing spirit of female friendship and support through spontaneous discussion of personal, national, and international issues in a sharing, confidential atmosphere.

Writers' Club

The club welcomes new and experienced writers. It sponsors workshops and presents videos and guest speakers. Each meeting has some writing and reading. Anyone who brings printed copies of his or her work and requests suggestions will find our published and prize-winning members will accommodate them.

Institute of Learning in Retirement

This member-driven Life-Long Learning program seeks to provide a broad range of educational experiences within a format that encourages various levels of participation. Topics deal with Art, History, Literature, Philosophy, Politics, Science, or whatever might interest the members. More information available at: <http://home.earthlink.net/~leibammel/index.html>

SPORTS/ATHLETICS

Biking – Vistoso Cyclists

Encourages exercise. Groups for fast and slow riders. Various distances.

Billiards

The billiard room in the Catalina Vista Center is open to all residents. The club holds a number of tournaments throughout the year and hosts an annual dinner for members. Lessons are available.

Birders

One of two bird watching outings each month to areas within a couple hours drive. Anyone with an interest in learning more about birds is welcome.

Bocce Club

Meet neighbors and enjoy friendly competition.

Bowling – The Pathfinders' League

Twenty-four teams, each with five members, bowl in this 80% unsanctioned bowling league. Beginners through advanced level bowlers are welcome.

Golf - Ladies' 9 Hole Golf League

Encourages organized golf for women. Plans weekly play day and sponsors local tournaments for members and guests.

Golf - Ladies' 18 Hole Golf Club

Promotes interest in 18 hole competition under USGA rules of golf, with local rules applying.

Golf - Men's 9 Hole Golf Club

Encourages and promotes golf for men.

Golf - Men's 18 Hole Golf Club

Encourages and promotes organized golf for men and provides each member an equal opportunity to participate in organized play.

Gun Club

Promotes safe, skillful, and responsible firearm ownership and activities. Shooting is at the Pima Pistol Range, hours flexible.

Hiking – Sun City Vistoso Hiking Club

Dedicated to promoting mountain and desert hiking and related activities in order that resident members may enjoy and experience the natural beauty of Arizona and surrounding states. Monthly activities are presented in the Vistoso Tipster and Hiking Club Newsletter. <http://vistosohikes.org/>

Horseshoes

Meeting for fun and exercise at the horseshoe courts.

Racquetball

Complete racquetball facilities are available at the Sports Complex every day during Sports Complex hours.

Table Tennis Club

Strives for increasing interest, knowledge, and skill development in table tennis.

Tennis – Vistoso Tennis Club

Men's Open – Promotes interest in tennis.

Mixed Doubles – Open to players of all levels.

Women's – An active club for players of all levels.

Volleyball – Vistoso Volleyball Club

Water Volleyball - A great way to keep cool, have fun and enjoy a friendly game with your neighbors. New players always welcome.

Wallyball – Enjoy the exercise and challenge of team play. The game is played on the racquetball court in the

Sports Complex with the wall an essential part of the game.

SERVICES & SUPPORT GROUPS

Alcoholics Anonymous

Refer to Vistoso Tipster for meeting time, place, and phone number to call.

Arthritis & Fibromyalgia Support Group

The group meets monthly for positive sharing discussions, occasional speakers, and the opportunity to meet others with similar conditions. Learn gentle stretching exercises. Hear about treatments that others are using and be informed of M.D.'s who are treating patients with empathy and the newest products. Facilitators are approved by the Arthritis Foundation.

Caregivers Support

See Vistoso Helpful Hands.

Casa Amigas

This is a group of ladies who sew clothing, quilts, and other items for the children of the Tucson, Oro Valley, and Catalina areas. The main recipients of the items made are **Casa De Los Niños** in Tucson, **Amphi School District** clothing bank, and **Catalina Resource Center** in Catalina. A chapter of ProjectLinus works within Casa Amigas and provides quilts and afghans for the children in local hospitals. The group uses clean donated fabric and yarn and receives monetary donations from many groups to help them purchase what they need to continue their work.

Community Assistance Committee

Provides medical equipment, cots, fold-up beds, equipment for visiting children, card tables, chairs, etc.

Located in Loan Room at south end of the golf cart barn. Also recycles aluminum cans for funds to buy new equipment. Times and telephone numbers are published monthly in the Vistoso Tipster.

Consumer Referral Service

Maintains listings of reputable businesses, which can provide services and products for residents; provides residents with the outlet to register satisfaction or dissatisfaction with vendors and contractors who are listed. Maintains the residents' bulletin board for listings of items for sale, rent or wanted. The consumer referral service desk is located in the Social Hall.

Call 825-3711 ext. 137.

Hours: 9-11 a.m., M-F, October – April;
9-11 a.m., M,W,F, May – September.

Emotions Anonymous (EA)

Refer to Vistoso Tipster for meeting time, place, and phone number to call.

The Gift Shop at Sun City

Hundreds of items, handmade by residents of Sun City Vistoso, are displayed and for sale at the Gift Shop, which is located in the Craft Complex. Hours are posted.

Library

Sun City's own library, run by volunteers. Fiction and non-fiction books, magazines, books-on-tape, puzzles, videos, and a reference section. There are also children's books for visiting grandchildren. Located at Vistoso Center. Open 9-12 and 1-4 Monday-Friday and 9-12 Saturday. Closed Sunday and all major holidays.

Lighten Up

Sun City's own weight loss support group. We do not advocate any

particular diet, sell food, have a connection with any national group or have a fee. We meet most Fridays for 40 minutes from October to May and report if we have gained, lost, or stayed the same since our previous weigh in. We offer encouragement and ideas on how to keep weight off. Residents trying to maintain a certain weight are also welcome.

Posse

Members of this group serve their community by spending at least three hours per month as volunteer night patrols providing security and assistance to other residents of the Sun City community. Volunteers are always needed and welcome.

Seniors For Kids: Men and Women

This is a volunteer organization dedicated to helping children. They make wooden toys and gifts, stuffed toys, blankets, bibs, and clothing to deliver to children who are in hospitals and to social service agencies to distribute for Christmas gifts. They collect and refurbish computers for children who cannot readily afford to buy one. There is also a limited amount of fundraising to support the activities.

Shuttle – Coyote Run

Coyote Run is for Oro Valley residents 62 years of age and older who are transportation dependent and/or eligible to ride under the Americans with Disabilities Act. This is a pre-registered service. Call 229-4990.

Sun City Vistoso Community Foundation

The Foundation, founded in 1998, provides an entity through which fully tax deductible gifts may be channeled to support qualified health, cultural, recreational, educational, and charitable needs of Sun City Vistoso and surrounding areas. Gifts may be made at any time by check, in stock, or by gifts-in-kind to the SCVC Foundation at 1565 E. Rancho Vistoso Blvd., Tucson, AZ 85755

Sunshine Committee

Our goal is to bring a little sunshine to those who are ill or bereaved. It is accomplished by sending cards on behalf of the community. See Vistoso Tipster for contact names.

Vistoso Helpful Hands

An all-volunteer group of dedicated residents who step in when an emergency strikes, providing caretaker relief, meals, dog walking, shopping, and doing light household chores, etc. To be part of the volunteer team, sign up at the Administration Office. There is detailed information and you can register for one of two volunteer activities: carry the pager one day a month, or be one of the volunteers on call when help is needed.

To get help 24 hours a day, dial pager number 410-9498.

After the beep, dial YOUR number and then press the # key.

Hang up. You will be called back in a short time.

Volunteer Groups

Many Sun City residents belong to local volunteer groups serving the community. Some of these groups meet in Sun City, including Casa De Los Niños, Oasis (tutoring), and SCV Women's Auxillary for the Brewster House.

TRAVEL

Day Trippers

Offers day and occasional multi-day trips in Arizona and surrounding states. Members also enjoy attending musical theatres as well as several parties each year with various themes and entertainment. Newcomers and established residents will find a relaxed and friendly venue, and an opportunity to learn about the Southwest.

RV – Sundowners RV Club

Organizes trips to various locations near and far. Trips are centered around RV camping, but other members who don't own RV's stay in nearby motels and still enjoy the camaraderie of traveling with a group of Sun City friends. Members can choose from several trips that the club organizes and offers each year to locations around the western half of the U.S. and Canada.