VOTE ELECTRONICALLY
IN THE UPCOMING BOARD OF DIRECTORS ELECTION
From the Sunflower Election Committee

The election for the Board of Directors in 2019 is underway. All homeowners are encouraged to vote electronically using your current email address. In order to receive the ballot electronically, your email address must be current with the Sunflower Community Association which is NOT the same database used to send out The Communicator. To make sure your email is current with the Sunflower Community Association, you may ask the Coordinator at the Front Desk to check your current email address or update your email if you recently changed to a new one such as switching from a yahoo.com account to a gmail.com account.

New homeowners to Sunflower since last November, 2018 definitely need to check with the Front Desk to verify that your current email address is in the Sunflower Community Association database system. If your email address is not current, or you recently received a new one, the front desk personnel can correct it. You will then be assured of receiving the electronic ballot and can vote online in the comfort of your own home in the Fall, 2019 Board of Directors election.
Call to save $25.00 off your initial pest service

- Excellent service from a local, family-owned business
- Minimum 2-year price guarantee
- Serving the Sunflower community since 1999

We take pride in our reputation as your best value in pest and weed control.

Century 22 Pest Control (520)519-0449
Lic.#5348

*This offer is valid for our regularly scheduled monthly service in Sunflower. Call us for one-time or on-call service pricing.

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Discount for Sunflower Residents

PRO TREE SERVICE

WE SPECIALIZE IN ALL YOUR TREE NEEDS!

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GIVE US A CALL TODAY FOR A FREE CONSULTATION
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Attention Snowbirds and Travelers!

We give you peace of mind with AFTER PHOTOS from every visit

Just Water Heaters

Sunflower Residents

* Mention this ad for a $30.00 discount.

Frank Sayne
LICENSED PLUMBER
ROC 265773

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Water Heater 749+tax Replacement

Everything for ONE Low Price!

- 40 Gallon Gas Water Heater
- Water Heater Installation
- Supply Lines
- Water Heater Permit
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Every Tucson water heater installation (including replacements) requires a permit.

* Code upgrades may be extra.

A division of Sayne Plumbing
Client Testimonial

Judy was exceptionally responsive and efficient. Her personal touch coupled with her professional knowledge made my experience very good. The entire transaction, from initial offer to closing, went as smoothly as one could ever hope. Judy works very hard for her clients.

Dale
Tucson
Please tell the vendors you use that you saw their ad in the Sun Catcher.

Twin Peaks Pizzeria
7575 W. Twin Peaks Road
Marana, AZ 85743
twinpeakspizzeria.com

DAILY SLICE SPECIALS!
Slice & Soda—$4
2 Slices & Soda—$7.50
Slice, Soda & Salad—$7.50

15% discount for Sunflower residents!
Now serving penne pasta with homemade meatballs, homemade meat lasagna & chicken parmesan

CALL 520-744-0411
DINE-IN, CARRYOUT OR DELIVERY
$15 minimum for delivery

Twin Peaks Pizzeria
18" one-topping pizza
$14.99

Twin Peaks Pizzeria
14" one-topping pizza & six original wings
$16.99

Twin Peaks Pizzeria
12" cheese pizza
$7.49

Work with a Realtor, who exhibits honor, ethics, integrity and who gets results.

"We found that for medical reasons we must remain up north in our other home year round. We had left the Tucson home fully expecting to return for another winter. We told Mark we could not return to Tucson and he said "leave it to me". He immediately set forth to ready our home for sale. He removed all our clutter, had the home cleaned, and arranged for minor repairs and repainting. He then listed it for sale, held an open house and sold it in two days for the asking price! During this whole process, Mark kept in frequent contact with us through email and phone, updating us with progress and details. He even met us at the airport, when we flew back to sign the final papers and pick up our personal effects from the house. Mark "goes the extra mile" to help his clients!"

—Jack N.

Mark A. Neish
520-307-3813
mark.neish@azmoves.com

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- Bathroom & Kitchen Remodels & Custom Entertainment Centers
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- Driveway, Walkway & Patio Brick Paving Or Epoxy Coating
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DISCOUNT PRICES ON:

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- Tile & Backsplash Tile
- Fireplaces & Grills
- Electronics - TV/Stereo

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GRANITE SLAB SALE

8 Colors to choose from, $50 per sq. ft. installed. Free 16 gauge Stainless Steel Sink with over 60 sq. ft. of granite installed!

NEED WORK DONE & DON’T KNOW WHO TO CALL?

CALL SALLY 624-9764 or 603-5525

Email: OlympicServices@comcast.net   Visit: www.OlympicServices.com

Olympic Contractor Services, L.L.C. is not a licensed contractor our contractors are licensed.
Ask Karen

DEAR KAREN,
As I start to look into Assisted Living for my father and mother I find myself wondering how they will pay for it all. I must admit, I don’t know exactly what their savings look like, and wonder what options are available to seniors and how other people fund their newfound lifestyle.

Sincerely, Liam

DEAR LIAM,
Great question, however the answer is not so simple. Most residents and families pay for Assisted Living with income from social security and pensions coupled with the use of savings, including the proceeds from selling their home. Long-term care insurance is becoming more widely used to supplement the cost of Assisted Living as well. Some consumers convert life insurance policies to a loan, and others have family members who help pay a share of the monthly cost. It’s important to note that Medicare, other health insurance plans, and HMOs will not typically cover Assisted Living services. Additionally, there is a program such as Veterans Aid and Attendance Benefit if your parents have served. If resources are limited, it may be worth researching financial assistance programs to see what other options are available. There are many routes to take and I encourage you and your family to speak with someone at each community you visit to learn more about the payment options, and your parents’ specific care needs.

Yours Truly, Karen

DEAR KAREN,
My wife keeps nudging me to get on board with her plans to relocate us to a retirement community with various levels of care, you know, for the long haul. I told her I’ll commit if the cost isn’t through the roof. I have no idea what Assisted Living may cost us and if it’s more or less than our current independent lifestyle. One this is for certain, I surely won’t miss all the upkeep around here.

Best, Wright

DEAR WRIGHT,
Assisted Living costs can vary greatly, but are ultimately based upon the setting you choose. From the type of residence, to the amount of services you may need and which community you pick are all front runners of the financial variance. For example, at The Watermark at Continental Ranch, monthly fees start at $3,275 and include a studio apartment, 24/7 access to caregivers, access to caregivers, three meals a day, transportation, special events, and maintenance services. Many people find that their current lifestyle is more expensive than or comparable to living at a retirement community - but without the security, fun and convenience.

Yours Truly, Karen

Ask Karen any questions you may have in the realm of senior living; nothing is off-limits.
Call 520-789-6690 to schedule a personalized visit and tour.

THE WATERMARK
AT CONTINENTAL RANCH
8639 N. Silverbell Road • Tucson, AZ 85743
520-739-6690 • watermarkcommunities.com
ASSISTED LIVING • MEMORY CARE
OPEN NOW FOR TOURS BY APPOINTMENT
SUNFLOWER VILLAGE CENTER HOURS OF OPERATION

Monday – Wednesday 7:30 a.m. – 7:00 p.m.
Tuesday – Thursday - Friday -Saturday 7:30 a.m. – 9:00 p.m.
Sunday 11:00 a.m. – 5:00 p.m.

Fitness Center and Swimming Pool are accessible before and after Village Center hours of operation with Resident Proximity Card from 5:00 a.m. until Village Center opens and from Village Center closing until 11:00 p.m. daily.

SUN CATCHER ADVERTISING RATES*

OUTSIDE BACK COVER (currently not available)
The following ads must run for 3 months with NO changes
1/8 page $170.00 3 months
1/4 page $320.00 3 months
1/2 page $490.00 3 months

1 & 2 PAGES INSIDE FRONT AND BACK COVERS (currently not available)
The following ad sizes must run for 3 months with NO changes
1/8 page $140.00 3 months
1/4 page $264.00 3 months
1/2 page $404.00 3 months

<table>
<thead>
<tr>
<th>AD</th>
<th>1-Month</th>
<th>3-Months</th>
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<td>1/2 page</td>
<td>$130.00</td>
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<tr>
<td>Full Page</td>
<td>$235.00</td>
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If changes are made to an ad on the 3-Month Rate, a $15.00 change fee will be charged for each change.
This charge applies to all ads.

FLYER INSERT
$75.00 – 700 Inserts 8 1/2” x 11” must be delivered to the Village Center by the 20th of the month.

CLASSIFIED ADS
COLUMN LINE (3/12” LINE)TIMES NEW ROMAN 12PT. AVG. 40 CHARACTERS AND OR SPACES PER LINE. MEMBER RATE: $3.00 PER LINE / NON-MEMBER RATE: $7.00 PER LINE

The Sun Catcher is a monthly newsletter published for residents of the Sunflower community. Residents are encouraged to submit articles and photographs for publication. Articles should be typed using Times New Roman 12 font and submitted as a word doc or typed directly into the body of an email. Please email all articles to Lori Chase—Lori.Chase@fsresidential.com. The deadline for submission is 4:00 p.m. on the 12th day of the month prior to publication. If the 12th falls on a weekend, the deadline is 4:00 p.m. the Friday before. Please limit article to 250 words. All submissions must be accompanied by a byline. Each author is responsible for ensuring names are spelled correctly and facts (dates/times) are accurate.

The Association provides this publication for informational purposes only and neither endorses nor promotes any of the products or services advertised and assumes no responsibility or liability for the statements made in this publication.

*Advertising rates are reviewed annually and may change at any time without notice. All ads and payments must be received at the Sunflower Village Center by the 12th of the month. Email ads to Lori Chase at Lori.Chase@fsresidential.com.
BOARD CANDIDATES NEEDED
FOR THE NOVEMBER BOARD ELECTION
By Bonnie Scott

July first is the beginning of the election of the Sunflower Board of Directors for the year 2020. There will be four (4) board openings if the current board votes to approve a seven (7) member board in the June 10th Board Meeting. If they approve a five (5) member board, there will be two (2) board openings. Per Sunflower's By-laws, there needs to be "...at least the number of candidates needed to fill the open positions plus one (1)." So, five(5) candidates are needed if a seven (7) member board and three(3) candidates are needed if a five (5) member board.

Current Board members whose term will expire at the end of this year are Phyllis Bowcott, Gary Park, Peggy Lowman, and Bonnie Scott. Fred Zimmerman, April Naversen, and Terry Boren have one year left of their two year term as Board members.

The Election Committee and the Board encourage YOU to complete a Board application and become a candidate. Your Community needs YOU!! As of July 1, 2019 applications will be available on the sunflowerliving.com website, under forms and can be completed on-line and emailed to Ann.Marie@fsresidential.com, or an application can be picked up at the Village Center desk. Completed applications must be turned in at the Village Center desk by 7:00 p.m. Friday, August 2, 2019.

MANAGEMENT REPORT
By Cathy Meek

It is heating up!!! There are snakes, watch for them. I am doing site visits looking for infractions/violations. Fortunately Sunflower has so many residents that take great pride in their home and their community! Please do your part to make sure your property is looking sharp, weed free, and trees trimmed away from the sidewalks. If your home, fascia or garage needs painting, please contact management with a reasonable timeline for having such work completed.

For informational purposes

Changes are coming regarding U.S. air travel in October, 2020 which include changes to state ID/Driver's licenses. This information can be obtained online at azdot.gov - Arizona Revised Statutes, section 28-3153(D) and at the Department of Motor Vehicles.

SUNFLOWERLIVING WEBSITE
By Ann Marie Gleicher

A place for posting upcoming club and group events has now been added to the Announcements page on the Sunflowerliving website (What’s New> Announcements). Clubs and groups are encouraged to send their information to webteam@sunflowerliving.com to be posted on that page.

ELECTRONIC SUGGESTIONS
By Ann Marie Gleicher

For ideas or suggestions for Sunflower Village Center please fill out the Suggestion form and put in the locked box in the hall in the Village Center. You may also email suggestions to Ann Marie at Ann.Marie@fsresidential.com.
COMMITTEE REPORTS

ARCHITECTURAL REVIEW COMMITTEE
By James Conley

When planning to add a wall or a sidewalk to your home you need ARC approval. Redesigning your front yard, painting your house, or screening in your patio you need ARC approval. You do not need approval for any inside work. When unsure, ask. When you are submitting your application to ARC, if your work calls for it, a Model Floor Plan of your home can be of great help.

It is easy to find a Model Floor Plan. Just go to www.sunflowerliving.com. Click on living at Sunflower then on your model. Use the copy of your model to show additions or changes.

SUMMER POOL PARTY
Activities Committee Activities
By Terri Lackey

Pool Party: Save the Date:
Saturday, June 22nd from 5:30 p.m. to 8:30 p.m. Enjoy the summer evening out by the pool enjoying music by DJ Marti Rice. This is a free event. Make sure to bring unbreakable containers for your food and beverage.

WELCOMING COMMITTEE
By Liz Perry

Are you a new homeowner in Sunflower? The Welcoming Committee would love to meet you and provide you with a helpful information packet that includes maps, coupons, activity/club information, emergency contact information, etc.

Please contact either Lynn Haye at 520-572-6741 or Liz Perry at Elizann228@gmail.com, to help you get connected in your new community!

TOPICS OF SPECIAL INTEREST

FROM THE STAFF AT SUNFLOWER

Sunflower is a warm and welcoming community. We have outstanding residents who donate their time and talents to the community. If you would like to volunteer, please call front desk at 520-572-9780.

THANK YOU ONE AND ALL!
SOME UPCOMING EVENTS

BOARD MEETING: Wednesday, June 12th at 10:00 a.m.

SUNFLOWER READERS: Tuesday, June 11th at 7:00 p.m.

BINGO: Tuesday, June 11th at 6:00 p.m.

LADIES LUNCHEON: Tuesday, June 11th at North Italia, 2995 E Skyline Drive, located in La Encantada. Social time at 11:30 a.m. and lunch at 12:00 p.m. Limit 35 so please sign up by noon on Friday, June 7th.

ROMEos LUNCH: Wednesday, June 12th at Hi-Falutin at 6780 N Oracle. We will carpool at 11:20 a.m. to keep our 11:45 reservation. Please sign up by 12:00 p.m. on Tuesday, June 11th.

SCHOOL IS OUT POTLUCK: Thursday, June 13th. Social 5:30 p.m. Dinner 6:00 p.m. Ticket sales: Wednesday, May 29th 10:00 a.m. to 12:00 p.m. and Friday, May 31st 1:00 p.m. to 3:00 p.m.

TECH CLUB MEETING: Summer Hiatus

PIZZA & GAME NIGHT SOCIAL CLUB: Saturday, June 15th. Social 5:30 p.m. Members only, you can join for $5.00 until the end of the year. Tickets $10.00. Wednesday, May 29th 9:00 a.m.—12:00 p.m., Monday, June 3rd 1:00 p.m.—3:00 p.m., and Thursday, June 6th 10:00 a.m.—2:00 p.m.

OWLS: Wednesday, June 19th Sign up at the Front Desk. Leaving from the center at 4:30 p.m.

FIESTA DJ'S KARAOKE WITH LOUIS AQUINO: Tuesday, June 18th from 6:30 p.m. to 8:30 p.m. No charge. Donations accepted.

VETERANS BBQ: Saturday, July 13th. $12.00 Ticket sales: Saturday, June 22nd from 8:00 a.m.-10:00 a.m., Thursday, June 27th from 12:30 p.m.-2:30 p.m. Two seatings 11:30 a.m. and 12:30 p.m.

SUMMER POOL PARTY: Saturday, June 22nd from 5:30 p.m. to 8:30 p.m. DJ Marty Rice will be there. Free

ROMEos BREAKFAST: Tuesday, June 25th at Bisbee Breakfast Club on Ina and Old Father. We’ll carpool from the Village at 8:40 a.m. Please sign up by 12:00 p.m. on Monday, June 24th.

PICKLE WHAT: Tuesday, June 25th at 6:30 p.m. to 8:30 p.m. Learn Pickleball hands on Clinic, no equipment needed. Wear good athletic shoes and bring water.

SEE NEW POOL RULES ON PAGE 24-25

COMMUNICATOR SIGN-UP

To subscribe to the Communicator Newsletter, go to our website, www.sunflowerliving.com, and click the "Subscribe . . ." button at the upper right of the page:
Part way down the new page you will see a "Subscription Form" link - simply click on the link, fill out and submit the form. You will receive a confirmation email; please respond to it as directed.

NOTICE: Please bring exact change or close to it (or a check) when making purchases at the front desk. We have limited funds and are seeing an influx of large bills. Thank you in advance for your cooperation.
FIESTA DJ’S KARAOKE
By Louie Aquino
Tuesday, June 18th
6:30 p.m.-8:30 p.m.

Join host Louie Aquino for a night of sing-a-longs or sing karaoke to some of your favorite tunes. The fun begins at 6:30 p.m.

Louis is a volunteer non-resident bringing in his own equipment to continue this popular event for Sunflower Residents and their guests.

BINGO
By Amber Sutphin

Time: 6:00 p.m.
Tuesday, June 11th

BINGO is about to get more fun and exciting. I know, hard to imagine! Come join us for an evening of fun and laughter. Sandy and Irene will be our summer callers. We need ball rollers for the summer months. Please call 520-572-9780 if you’re interested in volunteering. Ask for Amber.

**Door open at 5:30 p.m. Games start at 6:00 p.m.**

MANY THANKS
By Ken Easton

I was the “featured artist” for April. I appreciate your many warm and positive comments regarding my artwork. I am pleased to report that, of the 12 pieces available for sale, seven were sold. An additional piece was sold on commission.

As a result, profits from all sales have been donated (as promised) to the American Cancer Society and the Marana Food Bank. These wonderful organizations received checks for $400 each!

Thanks again and see you next April on the gallery wall.

CALLING ALL PHOTOGRAPHY BUFFS!
By Christine Schaefer

It’s hard to believe that it has been a year since the framed photographs were first displayed in the Fiesta Room. So now is the time for new photographs and a new theme. This year, we are looking for your best photos of “Arizona Desert Flowers.”

This is open to all Sunflower residents so submit your photographs for consideration. Please submit your digital photos to Christine@Christine-ed.com (and make sure they are in a 4” x 6” format or 6” x 4” format with a minimum resolution of 3 MB). Photos need to be submitted by June 15th. Call Christine at 520-668-5037 with any questions.

Who: All Sunflower Residents
What: Photographs for the Fiesta Room
When: **Submit photos by June 15, 2019**

PICKLE WHAT?
What is this thing called Pickleball?
By Danielle Lardy

Why all the hype about Pickleball? If you’ve wanted to learn what Pickleball is or give it a try, come join us on June 25th for a fun, hands on clinic from 6:30 p.m. to 8:30 p.m. Everyone is welcome!

The Pickleball Club members will be there to teach you how to play this fun and addicting game. All you need is a water bottle and a good pair of athletic shoes.

Be prepared to have fun!!!

SUNFLOWER CHORALE
By Sandy Persels

A sincere note of thanks from the Sunflower Chorale: We would like to thank YOU, our Sunflower neighbors, for your faithful support of our musical endeavors throughout the year. We especially thank you for your attendance and enthusiastic response to our Spring Concert and for your generous contributions to our music fund. Without your support, there would be no Sunflower Chorale, and that would be a great loss to the community—audience members and musicians alike!

Like USMC Capt. William Jones in 1779, the Chorale is “looking for a few good men” to sing with us—and “a few good women” would be most welcome, too!

Continued on next page
Continued from previous page

No auditions are required, and you don’t need to be able to read music if, as so many in the Chorale do, you’re willing to spend the necessary time in rehearsal to learn by rote. There are lots of people to help you! We have a wonderful time together preparing programs to share with the community. If you have ever sung, dreamt of singing, or even remotely considered the idea of joining a chorale, why not try us out? We will begin rehearsals again in mid-June. For more information, please contact me, Sandy Persels, deupers@comcast.net, or our Chorale Director, Barbara Honn. We could make such beautiful music together. . . .

Where words fail, music speaks. ~ Hans Christian Andersen

ARTIST GALLERY
By Lori Chase

Our artist for the month of June is Don Walker who submitted the following:

My wife Amy was born in Hawaii, so we have made many trips to the islands to visit family. On one of our trips, we visited the Rain Forest just outside of Honolulu.

This wonderful area really was a photographer’s dream! I saw so many different kinds of trees and flowers that I had never seen before. As you will see in my display this month, I tried to capture beautiful colors of this very special place.

Thank you to Billie Barron’s art wall. We received many comments from the residents that they enjoyed viewing your art.

Coming next for the month of July is Sunflower’s Art Club. There should be a wide variety from the many talented residents in the Art Club.

2019/2020 RESIDENT DIRECTORIES COMING SOON
By Lori Chase

The new Resident Directories are scheduled to be printed and distributed in October 2019. If you want to update your phone numbers or make any other changes to your listing please fill out the form online or at the front desk no later than Wednesday, September 15, 2019.

2019 FINE ARTS AND CRAFTS FESTIVAL
By Linda Jordan

Great News! The 19th annual Fine Arts and Crafts Festival is scheduled this year for November 8th & 9th! The applications are available at the front desk and online at Sunflowerliving.com. Go to resident information, scroll down to forms and click Fine Arts and Crafts Festival for the application.

If you have any questions, you can call Linda Jordan at 572-1705.

MARANA HOST FOR LIONS CLUB
By Paula Singervalt

Contact person, Paula Singervalt 520.572.8383
Donate glasses (prescription/readers/sun) and cases along with hearing aids in drop off box that is in the hallway credenza by Fitness Room. Cell Phone for Soldiers box is in the same credenza.

Items will be cleaned and repaired and given to families in need.

CULINARY EVENTS
SATURDAY MORNING COFFEE
By Amber Sutphin

Big THANK YOU to Jan Meier and Barbara Bernardi for hosting May. Thanks for stepping up when needed. June will be hosted by Gene & Irene Wittman and Bob & Ann Garrett.

We still need volunteers for July, August, September, October, November and December. Clubs are encouraged to host a month. It only takes two people per week.

Pat Duffy will be handling Coffee Klatch volunteers in June. Please email her at pat.duffy@fsresidential.com or call her the center at 520.572.9780 to volunteer.
LADIES' LUNCH FOR JUNE  
By Inge Courtney

Please note the June Ladies' Lunch will be on Tuesday, (not Wednesday) June 11th at North Italia, 2995 E Skyline Drive, located in La Encantada.

We will order off the menu and receive separate checks. Consider having cash as it will be faster and easier for them and for us as well. Social time at 11:30 a.m. and lunch at 12:00 p.m., as usual. They can accommodate 35 so please sign up at the Village Center by noon on Friday. June 7th.

Looking forward to seeing you there!!!

BACCHUS WINE  
By Sandy Persels

Is it true that blondes have more fun? Bacchus folks are of different minds about this question. Most of our membership prefers red wine; then there are some who gravitate toward whites—but only certain whites. Many wine drinkers say they don’t like specific white wines for one reason or another—“Riesling is too sweet.” “Sauvignon Blanc lacks character and has no taste.” “Chenin Blanc is watery.” “Pinot Grigio is just a Chardonnay wannabe.” “ANYTHING BUT CHARDONNAY!”—you get the drift.

In a very unscientific attempt to figure out why red wine drinkers don’t really seem to enjoy white wines, and why white preferers are often very choosy, we did a blind tasting of “blondes.” Now, everyone knows that blondes have a reputation for capriciousness but, even so, the results of the tasting were surprising and enlightening. May’s Blind Blonde tasting probably didn’t change a lot of minds, but it was great fun!

The moral of the story: There are those who prefer white wine and those who prefer red wine, and ever the twain shall meet at Bacchus Wine. That’s only part of what makes it so special. Join us! Get your name on the mailing list by contacting Sandy Persels deupers@comcast.net, and you’ll receive advance notices of what we’ll be up to that month. Whatever the wine, we always have a great time!

ROMEO* News  
*Aka: Retired Old Men Eating Out  
By Dave Glicksman

On Wednesday, June 12th we’ll carpool from the Village Center at 11:20 a.m. to keep our 11:45 a.m. reservation at Hi-Falutin at 6780 N Oracle. Let someone know if you are not carpooling with us.

We get separate checks and all of the restaurants’ food has been pre-tasted.

So we may give Hi-Falutin the proper count to set for, sign up at the Village Center by noon, Tuesday, June 11th.

KOMEDY KORNER

They had been married forever and there had never been so much as a harsh word between them. Now she thought it was time he knew the secret she had kept for all those years. She asked him to get the box on the top shelf of her closet he didn’t know about. When he did she explained that before their wedding her mother had told her that when she thought that she and her husband were about to have an argument she should do something to take her mind off it. She told him to open the box.

When he opened it he found two rag dolls and $5,622.87. She explained that every time she was mad at him she made a doll. He thought it was wonderful that she had been upset with him only twice in all those years. Then he asked her where the money came from. She said it was the profit from selling the other dolls.

ROMEO-2 Breakfast-News  
By Dave Glicksman

On the fourth Tuesday morning of each month, the Retired Old Men Eating Out group (ROMEO) has their breakfast get together. This month we are going to BISBEE BREAKFAST CLUB at Oldfather and Ina Rd. on June 25th. We get a 9:00 a.m. reservation each month wherever we go. There are no dues and all ‘Men of Sunflower’ are invited to join us for breakfast and/or lunch. So we may give the restaurant the count to prearrange our space, please sign up at the Village Center before noon of the Monday, June 24th, the day prior to the breakfast. We’ll carpool from the Village at 8:40. If you are not carpooling, let someone know so we don’t wait and worry about you.

White wine is what you drink until someone opens the red. ~ Squire Fridell, former actor turned Sonoma County vintner
SCHOOL IS OUT POTLUCK
By Anne Schmidt

Let’s celebrate “School Is Out” with a fun potluck scheduled for June 13th. Social hour begins 5:30 p.m. and dinner at 6:00 p.m.

Ticket sales are Wednesday, May 29th 10:00 a.m. until 12:00 p.m. and again Friday, May 31st 1:00 p.m. until 3:00 p.m.

Tickets are $2.00 and a dish to share for 10-12 people or no charge if bringing a Main dish.

Don’t forget to bring your place settings and beverage of choice.

We will provide water and lemonade.

If not sold out - Please call Anne Schmidt at 572-4033 for tickets if you were unable to make the sales dates.

OWLS
By Dick Teugh

We meet on the 3rd Wednesday of the month to dine out. All Sunflower men who live alone are welcome to meet new friends and “break the routine.” Separate checks – no dues (sound familiar?). The members will welcome you!

Sign up at the front desk – or call Dick Teugh 520-579-5826.

CARDS & GAMES
LADIES BILLIARDS
By Julie Agozzino

"CHIX with STIX,” our Sunflower Ladies Billiards group, meets on Thursdays in the Billiards Room from 1:00 p.m. – 3:00 p.m. No sign up, just show up for great fun. Ladies are welcome to use the billiards room to “perfect your techniques” any time that the room is available.

MEN’S BILLIARDS
By Jim Damato

We invite all men to play. If you have not played pool before or not for a while, come on down and we will get you started. The matches are held every Tuesday and Friday starting at 1:00 p.m., but most players show up early to play a warm up game or two. If you have any questions, please contact Jim Damato 520-744-7031.

CARDS AND GAMES
By Margaret O’Connell

Come and join us on Tuesday evenings at 6:00 p.m. for some fun card games! We don’t play on Bingo Tuesday.

FUN POKER
By Tom Vana

If you wondered what all the laughs & kidding are about...it’s Fun Poker. That’s when we get together for some friendly competition & camaraderie in the library every Tuesday & Friday from 12:00 p.m. to 3:00 p.m. To play, all it takes is a basic knowledge of poker. We play casino-type games such as Hold’em, Draw, Omaha, Stud and a number of variations which are easy to learn and still are a challenge to the players. If you’d like to learn more, come early and we’ll get you started & explain each game as we play. There are no dues, house cuts or wild-card games, the stakes are small & it is possible to “earn while you learn.”

CRIBBAGE
By Rebeca Tinoco

We invite you to have some fun playing single or four-hand Cribbage on Tuesday evenings at 6:00 p.m. in the Craft Room at the Village Center.

MAH JONGG
By Anne Schmidt

We play Mah Jongg at the Village Center at 9:00 a.m. on Fridays. Not ready to make a commitment? Come watch, we will show you how it’s done.

TRIVIAL PURSUIT
By Vicki Keener

Players wanted. We will play every Sunday from 1:00 p.m. to 3:00 p.m. in the Library. We will form teams of two, three or four. The purpose is to relax, have fun, meet new neighbors and exercise your brain. Come join us, please. No dues! Questions? Call Vicki Keener at 520-244-8734 or email vakmington@gmail.com and put Trivial Pursuit in the subject line.
**SUNFLOWER 500 CARD CLUB**
By Mike Donahue

The 500 Card Club invites you to join us playing a fun game every Thursday morning. We welcome new members and look forward to meeting you.

Where: The Village Center
When: 9:00 a.m. Thursday – in the Library
Why: To enjoy a morning with a fun group (we have a 25 cent per person donation which goes toward our jackpots). We are still willing to teach anyone who would like to learn the game. Call and we will set up a time to teach. Any Questions? Call Mike at 520-572-2250.

**EUCHRE**
By Sharon Knowlton

Enjoy a fast, fun card game? Play euchre with us. We're always looking for new players. Forgot how to play or haven't played in a long time? Not to worry. "It's like riding a bike." It'll come back to you in no time. We play every Wednesday, 1:00 p.m. to 3:00 p.m. Please call Sharon Knowlton at 520-743-2367 or better yet, sign up in the notebook in the hall by the Fitness Center. Then we know how many tables to set up. Hope to see you!

**BOCCE**
By Ed Alsobrooks

On May 8th at 6:30 p.m. the Sunflower Bocce Club hosted the Sunflower Social Club’s “Learn to Play Bocce Night.” It was a huge success!!! Over 30 people showed up to learn a little about the game and play under the lights. Many of our club’s medal winners from the Senior Olympics where present to lend a hand with tips and hints. Come see us for regular play.

We are saddened that our Tucson Senior Olympics Bocce Tournament will not be held at Sunflower next January but will likely be at Sun City Oro Valley.

As the temperatures start to climb, we’ll let you know when President Marty decides it’s time for 9:00 a.m. play.

If you’re new to Sunflower or you’ve wondered about the game of bocce, come on out and see us. We play on Tuesday and Thursday. We’ll teach you the game in one session and introduce you to some fun and friendly folks from your neighborhood.

If, at any time, you have questions about bocce or the Sunflower Bocce Club contact either Marty Rice 579-6451 or Ed Alsobrooks 638-5703.

**MONDAY NIGHT BRIDGE-HOMES**
By Karen Lundstrom

Hey neighbors! Come join a fun, entertaining and mind challenging group to play bridge. I know some of you are saying, “I haven’t played for YEARS!” Don’t let that deter you. Our Monday evening group is just the group for you. Playing bridge involves strategy, using your memory and enjoying social contact. The goal of our group is to have fun.

Indeed, our Monday evening group takes a fun approach to bridge. We love learning from mistakes and enjoy learning more about this challenging, sometimes frustrating, but always fun game. We play every Monday evening at 6:30 p.m. at different Sunflower residents’ homes. If you want more information or want to find a date to visit, contact Karen Lundstrom 520-609-2589.

**BOWLING NEWS**
By Valerie Wold

We had our semi-annual pizza party at Barro’s Pizza - lots of veggie pizzas along with “molti pepperoni.” It’s always a nice gathering before our friends from up North depart. In preparation for the feast, Chuck Glen bowled a 237 with a high series of 666; Susan Beyers brought in a 170 and picked up a 3-7 split. Bonnie Scott had three good games for a high series of 527. Carol Moore did one better with a split pickup of 4-7-8-10 and her high game of 147. Nice work! A few more high games to report: Evie Burton 176, Judy Luckey 168, George Massman bowled some good games and had a high series of 544, and Gary Scott 234 and a week later had a high series of 614. More happenings this week before I dash this off to the printer…Susan Beyers got a new high score of 190. Don Preuss shot a fab 602 high series. Larry Wold shot two new personal highs 246 game/647 series and Valerie Wold captured a new game high of 208. Impressive for all!

We are anticipating that warm weather is around the corner so, if you’d like to come out of the heat and into a fun environment, we’d be happy to have you join us. Please come by Fiesta Lanes at 12:30 p.m. for a 1:00 p.m. start. Call Doreen Leikel at 520-269-0923 with any questions.
# June 2019 Activities

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LADIES 9 HOLE GOLF
By Tish Tabor

Come and play with the Desert Ladies Nine Hole Golf Group for a fun round of golf on Tuesdays, at the beautiful Quarry Pines Golf course just 10 minutes away. The goal is to have fun no matter what your skill level is while improving your game. A sign-up sheet can be found in the Activities Notebook in the Village Center located on the desk by the fitness room. Please sign up before the Monday of each week that you wish to play. If friends or family are visiting they are welcome to play with us. Add their names to the sign-up sheet when you sign up.

In the Spring and Summer we play the back 9 holes starting at 7:30 a.m. In the Winter and Fall we play the front nine starting at 2:00 p.m. Please arrive ½ hour early for a warm up or in case they let us out a little early. We look forward to seeing you there.

For more information, contact Tish Tabor 520-579-9904.

MEN’S 9 HOLE
By Dale Tabor

The men’s Nine Hole Golf Group welcomes our Sunflower Community to fun golf. We hope you will challenge yourself to the game and enjoy playing the beautiful golf course that is your neighbor “The Quarry Pines” located just 10 minutes from Sunflower.

Yes, we all want to play the game well, however we are a fun group and that’s what we feel golf is about.

So, take a couple of hours out of your busy schedule on Wednesdays and join us! Should you have family or friends in town, put their names on the sign-up sheet and they are welcome to play. The sign-up book is on the table near to the fitness center. The number of people signed up will be called into the Pines by noon Monday for the golf cart reservations.

Spring-summer we play the back nine 7:30 a.m. Fall-winter the front nine is played at 2:00 p.m. We will be looking forward to seeing you at the “T” box. If you have questions, call Dale Tabor at 520-579-9904 or Casey Mikrut 520-579-1942.

PING PONG GROUP
By Buzz Hoffmann

We would love to have new players join us for ping pong on Wednesday and Sunday afternoons. All playing levels, including beginners, are welcome for a fun time of ego-free and often times aerobic ping pong. We have known for years that working crossword puzzles and listening to Mozart are good for the brain. Ping pong (table tennis) may well be the world’s best brain sport. Our playing times may vary so check the Fitness schedule in the Sun Catcher.

SUNFLOWER MEN’S GOLF CLUB
By Don Sanderson

Our schedule of events is posted on our website, www.golfusion.com/sunflowergolfclub . For those of you who are unfamiliar with our club, we play twice a week (Monday & Thursday) at various golf courses in the area (all the way from Benson on the east to Tubac on the south to Casa Grande on the north). If you enjoy the game and are looking to make some great friends, come join us. I can be contacted at dsanderson128@gmail.com or (520) 241-7676.

PINOCHLE
By Harlan Quinn

If you like to play single deck pinochle, join us from 1:00 p.m. to 4:00 p.m. on Wednesday afternoons in the Library. There is no cost and no reservations are needed, just show up. We play partners and/or three-handed pinochle depending on the number of players present. For information call one of the contacts listed in the back of the Sun Catcher.

PICKLEBALL CLUB
By Al Polk

If you are looking for a fun social activity that will give you a good cardio workout and burn calories, check out Pickleball. The club play times are listed below and in the activities calendar.

During the warmer weather please make sure you bring plenty of water and take frequent breaks. For any beginners interested in learning the game, lessons can be arranged by calling Danielle Lardy at 520-250-0312. We have all the equipment needed so you just provide a good pair of athletic shoes and a bottle of water.

Continued on next page
We meet to play Tuesday, Thursday and Sunday evenings from 6:30 p.m. - 8:00 p.m. and Saturday morning at 7:00 a.m. for all levels of play. These are perfect times for new players to learn the game.

Monday, Tuesday, Thursday and Friday mornings from 7:00 a.m. to 10:00 a.m. are reserved for advanced play.

The above hours are club scheduled play times. The courts are open everyday with the available times listed on the gates of court # 3.

We encourage everyone to join or come out and watch us play to become familiar with the game.

**SUNFLOWER TENNIS CLUB**  
By Binki Thalman

The weather is warming up, the snowbirds are leaving, and there’s plenty of room on the courts, so please join us if you can! We welcome all residents who would like to play. If you haven’t played in a while and your skills are a bit rusty, you are encouraged to come out for informal round robin play at 7:30 a.m. If you prefer a more serious game, then join us for scheduled doubles.

We’d like to welcome two new members to the Club: Ted Keyes and Hope Busto-Keyes.

On the small (or not so small?) screen, the French Open continues until June 9th, and Wimbledon begins on July 1st and ends on the 14th.

Here’s the Sunflower schedule for June:
Mixed Doubles: 7:30 a.m. Monday, Wednesday, Friday, and Saturday.
Ladies Doubles: 7:30 a.m. Tuesday and Thursday.
Sunflower Scheduled Doubles—times will be in your sign up email.

To sign up for Scheduled Doubles, or tennis questions in general, please contact Rich Maust (kstransplants@comcast.net).

**ACTIVITES & CLUBS**

**SUNFLOWER ART / COLORING BOOK CLUB**  
By Barbara Strempek, Billie Barron and Barbara McCauley

The Sunflower Art Club and Coloring Book Club meets Saturdays 9:30 a.m. to 11:30 a.m.

If you need more information, please call Barbara 520-572-1906, Billie 520-812-7754 or Barbara McCauley 520-572-4310.

Come and join your friends for some creative endeavors and conversation.

**LINE DANCE**  
**BEGINNING AND INTERMEDIATE**  
By Karen Barta

Line Dance is on 2nd, 3rd, 4th Fridays. **Beginning class** from 10:00 a.m. to 11:00 a.m., **Intermediate class** will be from 11:00 a.m. to 12:00 p.m. This class will be a little faster pace with some dancing experience needed. We will learn new dances from beginner to intermediate. Line dancing is not difficult and anyone can do it. The steps are easy and it's a great exercise for both the mind and body. Anyone is welcome to join in one or the other class but please be advised that I can't slow down and give extra attention in the advanced class. Hope to see you there. Any questions please call Karen Barta at 586-292-6177.

**FITNESS CLUB**  
By Carol Wordekemper

Attendance in the Fitness classes for the first quarter of 2019 are as follows: The Fitness club offered 146 classes with 2148 participants. The Fitness Club offers a valuable service to the Sunflower Community and we have 110 members.

We also want to thank everyone who has purchased Mister Car Wash passes. Your contributions are greatly appreciated. Look for Mister Car Wash passes being sold again in the fall of 2019.

The Water Aerobics Classes with Robin continue every Monday, Wednesday and Friday at 9:00 a.m.

Stretch and Tone with Margo every Tuesday and Thursday at 9:30 a.m. Participants need to bring own bands, ball, and weights.
SUNFLOWER GENEALOGY SOCIETY
By Arnold Mabile

We snowbirds will soon fly or have flown to cooler climes for the summer. Meanwhile, our sun-loving friends will remain here to soldier on and conduct the business of the Society. The next general meeting will start at 2:00 p.m. on June 18th in the Fiesta Room. Attendees will watch a DVD titled "Following the Evidence" by Sonny Morton. A "round-table" discussion of the DVD and any new finds or "take-a-ways" will follow.

The Monday afternoon Genealogy Guides program ended on Memorial Day. It will not resume until Labor Day. But, the June 18th meeting provides an opportunity for members with specific genealogy research issues to arrange for private mentoring sessions. (If you are lucky, this may lead to use or a demonstration of an amazing computer tool our Webmaster, Buzz Brooks, has set up for genealogy research).

Once again, may I remind readers that the Society has openings for a number of new members.

The membership fee is a huge bargain at just $15 annually which covers both husband and wife. Come as a guest at the June 18th meeting for a complete explanation of the benefits of SGS membership.

SUNFLOWER PHOTO CLUB AND WORKSHOP
By Manny Abeles

Greetings Photographers and welcome to the Sunflower Photography Club. It’s getting warm and seeing those cactus flowers makes us want to get out cameras and capture the beauty!

Our club is an excellent opportunity to help you refine your camera techniques and meet fellow photo enthusiasts doing the same. If you have a camera or even a smartphone cam, we’d love to see you at our next meeting. The photo club offers so much, including field trips, showing off your vacation shots, and learning new photo methods.

Meetings take place on the second Monday of each month, at 10:00 a.m., in the Sunflower Village Center “Fiesta Room.” Membership is open to all Sunflower residents at any skill level with any and all photo/camera gear.

Our theme for June is “Cactus Flowers.” Members participate by bringing their 3-best “recent” photos on a thumb drive to share at the meeting. We publish the best-voted winning photo in a subsequent Sun Catcher issue. Even if you don’t have photos to share, please join us and enjoy the fun!

You can come to one of our meetings or email Manny (below) for additional information. See you then!

Next meeting - Monday, June 10.
For more information, contact Manny:
mannyct1@yahoo.com or (520) 591-3344

Each month, we identify a theme and have an informal fun competition. The previous month’s theme was “Night Photography.”. Congratulations to Karen Doser and Manny Abeles for their submissions!

QUILT CLUB
By Pat Blazick-Peterson

The Sunflower quilter's are ready for summer with social quilting, Christmas in July, and working on new crafts for the November Craft Fair. Summer is very fluid with social activities. Enjoy Ladies!

During the summer, the Quilter’s Board is working to get the schedule of classes and teachers finalized, specifics for the challenges firmed up, new ideas for the craft fair, and getting our business documents digitized.

Once again, thank you to all the generous residents that donated to the April Panties and Sock Drive. The following was donated: 276 pairs of girl socks, 34 pairs of boy socks, 58 girl’s underwear, 68 boy’s underwear and $90 in donations.

Happy sewing and quilting! See you in the craft room Thursday and Friday at 9:00 a.m. – 12:00 p.m.
SUNFLOWER SOCIAL CLUB
By Frances Gauthier

If you’re looking for something to do on Saturday, June 15th, why not come to our June event. We will start with Social Time at 5:30 p.m. followed by Pizza and an evening of games with prizes. The price is $10 and ticket sales will be on Monday June 3rd from 1:00 p.m. to 3:00 p.m. and on Thursday, June 6th from 10:00 a.m. to 2:00 p.m.

This is for Members Only but you can join for $5 and that will take you through the end of the year. We hope you will join us.

SUNBIRD CAMPERS/RV CLUB
By Joe Yearous

The first day of “summer” will be Saturday, June 21st this year. At the time of the writing of this article, summer does not seem that far off, we have had several days over 100 degrees here in Marana. However, we have had a beautiful spring bloom of wild flowers and the trees have been outstanding. Summer heat will undoubtedly bring high wild fire occurrence because of vulnerable, heavy undergrowth. Campers, hikers, and travelers need to be extra vigilant of the potential of fires. Lightning strikes and other acts of nature we cannot control, but the threat of smokers, especially smokers that are driving, needs to be on everyone’s mind. Everyone should be thinking fire safety!

Many members of the club have already headed north to cooler climates for the summer or just already out traveling and visiting family and friends. As usual, we are now in our summer schedule of no business meetings until September 6th. Our impromptu summer monthly gatherings during happy hour at one of the local restaurants will start this month. Be sure to check your computer for e-mail notification of date, where, and what time the event will be occurring.

Have a great summer and be safe wherever you may be or go!

"Be as one with all creation, in beauty, in harmony, and in peace, and may you walk your own road with a cool body." R. Carlos Nakai, Native American Flutist

SUNFLOWER READER’S CLUB
By Anita Howard

Some of you will be around for the summer and will need a cool place to connect with others. The Summer Reader’s Club meets on the second Tuesday of the month. For June, that is the 11th at 7:00 p.m. in the Village Center. Below is a list of the summer books. Even if you don’t read the book, come join us for a friendly conversation.

June: Slaughterhouse-Five, by Kurt Vonnegut
July: Lost and Wanted, by Nell Freudenberger
August: The Old Drift, by Namwali Serpeli
September: Where the Crawdads Sing, by Delia Owens

SUNFLOWER TECHNOLOGY CLUB
By Rick Bailey

Have a happy and safe summer. To those who are staying...stay cool and think of the computer lab as your oasis for fun: movies, email, and education. You can watch and relax with some of the great jazz performers using this NPR link: https://www.npr.org/series/10208861/npr-s-jazz-profiles Share your comments, and keep a list of places and things you found “fun” online to share with our members.

For those tech club members who are traveling for the summer, we have a road challenge: Check out this link : https://nypost.com/2018/05/26/why-gps-will-never-make-the-road-atlas-obsolete/ Let us know what travel app is your go-to buddy, and share your findings come October.

Oh! The places you’ll go, and the people you’ll meet…. be ready, come fall to meet up in the Fiesta room to share your adventures. Be safe over the summer!

SUNFLOWER TRAVEL CLUB
By Frances Gauthier

The winners from the drawing for a free membership for our 2019-20 season are Sue Cobble, Helga Kreth, Joyce Pollachioli, and Almut Scott.

The March 24-27, 2020 San Diego Trip has been finalized and goes on sale on July 17th from 1:00 p.m. to 3:00 p.m. Cost: Single occupancy room $640 and two person occupancy room $900. Deposit of $250 per room required for down payment.

Continued on next page.
Included in the price will be bus transportation, three nights lodging at the Crowne Plaza Hotel w/breakfast, three evening meals, Hop-on/Hop off Trolley on day two, a San Diego Harbor Cruise, and a guided tour at the Birch Aquarium at Scripps on day three. Lunches are on your own. Final Payment due February 19th. Snowbirds may book the tour after July 17th with a deposit check by contacting Tim Murphy @ 520-797-4954 – e-mail tim.murphy1@comcast.net or Suzanne Short @ 619-549-3300 – e-mail sshort46@comcast.net. $5 pp Membership also required.

We will be having a Mystery Trip in November and the comedy musical “La Cage aux Folles” at the Arizona Broadway Theatre in Peoria in February, dates and details to follow at a later date. We are also working on other day trips and we will let you know more when plans are finalized.

The Overnight and Day Trip Cancellation policies have been updated and approved by the Sunflower HOA Board. They are posted in the club Bulletin Board and it is recommended that Members review the updated policies before reserving trips.

**SUNFLOWER COMMUNITY VETERANS CLUB**

By Richard Long

Veteran’s heirs can receive benefits from the Veterans Administration upon passing of the veteran. However, the time to start the process to receive those benefits is NOW. Because there are very specific requirements and processes, it’s especially important to have things in order BEFORE death occurs. For example, only a surviving spouse or other next of kin can apply for benefits. It takes a DD Form 214 to initiate the process. Do you know where yours is? If not, find one, make copies, and tell your family where it can be found. One place to look is the county registrar’s office at the time of separation from service. From the VA’s perspective, common law marriages are not recognized unless they are recorded at the county court house. Therefore, that spouse may not be the next of kin and the veteran’s children would need to start the process. They’ll have the form 214.

Sunflower Veterans that were on Honor Flight #27 will be presenting the program for our June 5th meeting at 9:30 in the Fiesta Room. If you’re considering submitting your name for a future flight, be sure to come talk to these fellow club members. It is a powerful experience.

Plans are underway for our Summer BBQ Fundraiser. It will be on July 13th and we will be repeating the BBQ Pork and BBQ Beef menu. Ticket sales begin June 22nd from 8:00 a.m.–10:00 a.m., Thursday, June 27th from 12:30 p.m.—2:30 p.m. and Monday, July 1st from 8:30 a.m. –10:30 a.m. There is two seatings again this year. 11:30 a.m. and 12:30mp.m. and we will sell the tickets accordingly.

**HEALTH & SAFETY**

**AL-ANON MEETING, Silverbell Serenity**

Group meets Wednesday at 3:00 p.m. at Lord of Grace 7250 N. Cortaro Road in the Fellowship Hall. For more information call Diane at 572-6977

**SUNFLOWER NEIGHBORS**

Sunflower Neighbors is a group of volunteers who donate time, transportation, and understanding to other Sunflower residents. We provide free rides to doctors, dentists, and other medical appointments to those who are unable to drive but donations are always welcome.

Our phone number is 331-5520; leave a message with any special needs (wheelchair, etc.) We need at least 4 days notice to locate available volunteers. In an emergency call 911 or a taxi service.

If you are available to volunteer, contact Betty Piotrowski at 744-1776.

**MEDICAL EQUIPMENT NEEDED!**

Sunflower Neighbors is organizing a list of medical equipment, such as wheel chairs, walkers, canes, scooters, etc that are available for temporary use. If you need any of these or are willing to lend them to others, please contact Betty at 331-5520 or bpiotr@comcast.net

Continued from previous page.
**PARKINSON’S SUPPORT GROUP**

The Parkinson’s Support Group meets at 10:30 a.m. on the 4th Tuesday of every month at the Village Center.

We share ideas and experiences, arrange for some physical therapy sessions or speakers, socialize and find other ways to support each other.

**STRENGTH TRAINING**  
By Marlene Spencer

Tufts University research shows that a program of strength training not only improved bone density, but also reduced falls and improved arthritis symptoms. Balance, coordination, flexibility and endurance are also improved. This program is based on that research and instructors must be certified.

This low impact program is appropriate for both sedentary and active people. Hand weights and ankle weights are required 1 to 2 pounds for women or 2 to 3 pounds for men.

Strength Training - 10:30 a.m. to 11:30 p.m. on Tuesdays and Thursdays. There is no fee. If you have any questions, please call Marlene at 572-2554.

**FITNESS INSTRUCTOR**

Kris Harris is available by appointment only to provide complimentary instruction and advice on proper use of the equipment in the Fitness Center. Kris is available to residents who wish to have one-on-one training. Kris can be contacted at 520-971-9355.

**ALZHEIMER’S SUPPORT GROUP**

For information on The Alzheimer's Association Caregivers Support Group please call 520-322-6601.

Support groups provide a forum to share feelings, concerns, information and serve as a way of supporting and encouraging each other.

**BREAST CANCER SURVIVOR GROUP**  
By Jan Keogh

There is a wonderful sisterhood of Breast Cancer Survivors here at Sunflower. Whether you are newly diagnosed, currently in treatment or are a long time survivor, we will welcome you.

We have been meeting for 11 years. We share our fears, joys, sorrows and triumphs. This group has been here for each other and we support each other in any way we can. We meet in the privacy of our homes and have also been known to go out to lunch and have some fun.

For more information about meetings or to ask questions contact Betty Piotrowski 744-1776. Please come and join us.

**COMMUNITY NEWS**

**ENJOY YOUR POOL**  
**DAY OR NIGHT**


**POOL & SPA RULES**

Adherence to pool rules is monitored by staff, residents, and video surveillance. If an infraction to the rules is witnessed by a resident, note the time, and report it to the front desk staff as soon as possible for verification by video camera surveillance. The proximity card owner or a registered adult guest, 21 years of age or older, is required to stay at all times with any guests under 18 years of age at the pool.

Any exceptions to the rules regarding Proximity Card and guest punch card usage must be directed to the Community Manager and approved by the Board President.

**VILLAGE CENTER OPENED:**

Only valid proximity card owners and their guests (when the proximity card owner uses a guest punch card to register their guest(s) at the Village Center desk) may use the swimming pool and spa. All proximity card owners are required to process their cards inside of the Village Center at one of the card readers and again at the pool gate prior to entering the pool area.

There is a limit of 5 guests per residence per use. Excess of 5 guests will not be allowed. Any person who enables another to enter the pool area through the perimeter gate is in violation of this rule and shall be asked by a staff member to leave the pool.

**VILLAGE CENTER CLOSED / UNMONITORED HOURS:**

Access to the pool area is by proximity card only. All valid proximity card owners may use the pool area and must adhere to all pool rules.

The proximity card owner retains overall responsibility. Unmonitored hours may change at the discretion of the Community Manager. Please check in the front section of the Sun Catcher or the Village Center for unmonitored times.

2. Children under 18 years of age are permitted in the pool area provided the proximity card owner, or an adult guest age 21 years or older, is supervising at all times. Children under 42” tall at the chin, children using a flotation device such as swim arm bands, life preserver swim suits or unable to swim must be accompanied in the pool by an adult supervising the child.

3. Everyone is required to shower prior to entering the pool or spa. These showers remove body lotions and perspiration that leave residue on pool edges and cause difficulty with the pool filter, often times causing the pool to be closed for repairs. Showering after using the pool is recommended to remove residual chemicals and minerals.

4. Residents and guests must wear proper attire when entering the Village Center to go to the pool area. Men must have on a shirt along with shorts, pants, or short type swimsuit. Bikini brief swimsuits must be covered up. Women must have a cover up over swimsuit. Appropriate swim attire must be worn in the pool.

5. Resident adult lap swimmers and walkers have priority in the lap lanes.

6. The following activities are prohibited in the pool/spa and surrounding area:
a. Running, horseplay, dunking, fighting, excessive splashing, mischievous behavior, water pistols, throwing objects (balls, etc.) diving, or jumping into the pool.

b. Loud and offensive language in the pool area. Members and guests must conduct themselves with decorum appropriate for the Sunflower Community at all times.

c. Loud emanation from acoustic equipment (e.g., radios, tape, and CD players, "boom-boxes", and other devices), in the pool area is considered offensive with the exception for water aerobics classes.

d. Food or non alcoholic beverages may be consumed at the pool in areas provided with tables and chairs but is not allowed in the pool or spas at any time. All litter is to be placed in the proper receptacles or taken home.

e. Glass containers, alcoholic beverages, and chewing gum.

f. Use of large, inflatable or flotation devices, including automobile inner tubes, air mattresses, surfboards, or floating chairs. Small kick-boards, masks, snorkels, fins, noodles, or water shoes are permitted only in the pool.

g. Sitting on lane ropes, ramps, and stair rails in the pool.

h. Any person entering the pool or spa with an infection or communicable disease, sores, or wounds.

i. Use of the pool by children not yet toilet trained or in diapers.

j. Entering the pool with ordinary clothing that has been modified, i.e. “cut-offs.”

7. The entire pool and spa area is a smoke-free zone.

8. Spa users must be at least 18 years old. Children are not allowed in the spa for reasons of health, safety, liability, and State Law.

9. Animals are not allowed in the swimming pool area unless otherwise permitted under a State or Federal law.

10. The Pool will be closed to card owners and their guests not registered for water aerobic classes when these classes are being conducted.

11. Times may be set by the Community Manager when necessary to close the pool for repairs or maintenance.
TRIM ARIZONA TREES BEFORE THE MONSOONS ARRIVE

The Tucson Arizona area will soon see Monsoon Storms. These storms can arrive quickly and can hit hard. One of the things that happen year after year is trees that have not been properly trimmed end up going down in the storms. If trees are close to a home, they can end up crashing into the roof and home causing damage. Or if by a pool they can end up going down and into the pool. Also a concern is a top heavy tree falls near a power line it can take the power line down with it. But even if there is no damage to a home, an untrimmed tree may go down and a beloved tree can be lost.

In order to alleviate losing trees, and/or branches and limbs to storm damage, it is recommend that homeowners have their trees trimmed so they are not top heavy and therefore less prone to going down in a monsoon. Obviously even a good and proper trimming is not a guarantee that you will not lose any trees, but having them trimmed will greatly decrease the chance of loss.

Trimming trees properly is important. It is important not to simply cut all the lower branches and leave the top to become very top heavy. Trees that have been trimmed in this manner are at the most risk in the monsoons.

PET RESPONSIBILITIES
By Front Desk Personnel

Pets make a wonderful addition to any family but remember part of being a pet owner is making sure your pet is not a nuisance to others.

Pet Owner Basics

§ If your pet is barking, bring it inside so it doesn’t disturb the neighbors.

§ Pick up after your pet. If you take your pet for a walk bring several baggies so you can pick up the feces. Yes, it is gross and yes, you have to do it. One bag may not be enough. Also remember to clean your yard of feces weekly so the smell does not spread from your yard.

§ When your dog is not in an enclosed area, remember to keep your pet on a leash. Arizona State Statues requires that dogs be leashed when in public parks and school, but the county laws and city laws are generally more restrictive, but vary from place to place. Become familiar with the leash laws in your area.

Neighboring a Dog or other Pet

§ If your neighbor’s dog is barking, KINDLY contact the neighbor to let them know of the problem. They may not be home to be aware of the problem. Remember the old saying about catching more flies with honey than vinegar. Pounding on someone’s door and yelling obscenities is not likely to help the situation and will only cause the dog to bark more.
SPECIAL INTEREST CLUBS AND THEIR CONTACTS

“500” CARD PLAYERS
Mike Donahue 520-572-2250

ACTIVITIES COMMITTEE
Karen Barta 586-292-6177

ART CLUB
Barbara Strempek 520-572-1906
Billie Barron 520-812-7754

BACCHUS WINE
Sandy Persels 520-572-1936

BASKET WEAVING WIZARDS
Karen Donahue 520-572-2250

BILLIARDS
Jim Damato 520-744-7031
Don Clark 520-579-2323
Terry Boren 205-410-9263

BOCCE
Marty Rice 520-579-6451

BOWLING
Doreen Leikel 520-269-0923

BRIDGE: DUPLICATE
Tom Silverness 520-572-2365

BRIDGE: LADIES
Norma Rutherford 208-297-0180

BRIDGE: MIXED
Betty Stegmiller 520-572-3808

CANASTA / HAND & FOOT
Margaret O’Connell 520-572-1106

CASINO TRIPS
Margaret O’Connell 520-572-1106

CRAFTS
Jeanne Collins 520-307-0383

CRIBBAGE
Bruce Farrell 520-744-1776

DINE OUT
Ann Henson 520-744-2495

EUCHRE
Sharon Knowlton 520-743-2367

FITNESS CLUB
Sue Uden 928-916-0059

FUN POKER
Tom Vana 520-744-2616

GENEALOGY
Sue Cerro 248-804-3069

HIKING
Melba Cope 520-744-5095

LINE DANCE
Karen Barta 586-292-6177

MARANA FOOD BANK LIAISON
Hulette Wyckoff 520-579-7171
Armand LaPotin 520-780-4547

GOLF - Men
Don Sanderson 520-241-7676
Gary Scott 520-572-9174

MAH JONGG
Anne Schmidt 520-572-4033

NEEDLEWORKERS
Judy Jackson 520-360-2646

NINE HOLE GOLF - Men
Dale Tabor 520-579-9904

NINE HOLE GOLF-Ladies
Tish Tabor 520-579-9904

PARKINSON’S SUPPORT GROUP
Armand LaPotin 520-780-4547
Val Goldner 520-572-9580

PHOTO WORKSHOP
Manny Abeles 520-591-3344

PING PONG
Buzz Hoffmann 520-572-4258

PICKLEBALL
Danielle Lardy 520-250-0312
Steve Burrows 520-419-5597

PINOCHLE
Jim Damato 520-744-7031
Harlan Quinn 520-572-0355

POTLUCK CLUB
Lucy Howlin 540-850-7451
Susan Sifers 540-538-6502

QUILTING
Pat Blazick-Peterson 651-261-9862

READERS CLUB
Anita Howard 520-404-1350

ROMEO
Dave Glicksman 520-579-2741

SHEEPSHEAD
Larry Melin 520-572-3604

STRENGTH AND BALANCE
Marlene Spencer 520-572-2554

SUNBIRD CAMPERS
Joe Yearous 520-744-9030

SUNFLOWER SOCIAL CLUB
Julie Hains 520-241-0086

TECHNOLOGY CLUB
Richard Bailey 520-329-8600

TENNIS
Rich Maust 520-834-3175
Beth Van Blaricom 425-241-1161

LADIES TENNIS
Beth Van Blaricom 425-241-1161

TRAVEL CLUB
Nancy Hrigora 810-923-4117

VETERANS
Tom Shambo 603-0563
Carol Taylor 989-0961

VINTAGE GARDENERS
Sharon Nelson 812-7357
Anne Schmidt 520-572-4033

WELCOME COMMITTEE
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Liz Perry 215-805-1774

YOGA
Barbara Strempek 572-1906

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WANT TO RENT FURNISHED HOME February through April 2020. Betty 612-669-2413

7 Cleaning Tips

Don't let a musty house spoil your enjoyment. Here are seven tips for giving the summer the welcome it deserves.

1. The best refrigerator cleaner is a combination of salt and soda water. The bubbling action of the soda water combines with the abrasive texture of the salt to make a great cleaner.

2. The best way to get rid of lime buildup around the faucet is to lay paper towels over the fixture, soak it with vinegar and let it set for an hour. The deposits will soften and become easier to remove.

3. Clean screens with a scrap of carpeting. It makes a powerful brush that removes all the dirt.

4. Clean windows with a rag and soapy water, and then dry them with another rag. You can also go to an auto-parts store and buy a windshield squeegee, which cleans very well.

5. If drapes are looking drab, take them out of the window, remove the hooks and run them through the air-fluff cycle in the dryer along with a wet towel (to draw off the dust) for 15 minutes. Hang them back in the windows immediately.

6. Clean the blades of a ceiling fan by covering them with a coat of furniture polish. Wipe off the excess and lightly buff.

7. Sometimes comforters, blankets and pillows don't need to be cleaned, but they do need to be aired out after a long winter in your closed-up home. Take them outside and hang them on a clothesline for a day.
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