

The Sun Catcher

February 2026

Volume 29 Issue 2

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Sunflowerliving.com



2025-2026 Board of Directors

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COMMITTEES

**ARCHITECTURAL
ELECTIONS
FINANCE
LANDSCAPE
POLICY
PRESERVATION of
RESERVE ASSET (PRAC)
SOLAR TASK FORCE
WEBSITE
WELCOME**

A MESSAGE FROM TIM LARDY 2026 BOD PRESIDENT

Thank you to all for taking part in the Survey.

There were 468 ballots submitted, which is about 48% of the community.

This survey provided valuable information for the Board to decide which projects the community would like the Board to pursue, if any. Please remember that CIF funds cannot be used to pay for operating costs.

The results are as follows:

~ Addition of Solar to the Village Center	227
~ Do not spend any CIF Funding	153
~ Construction of a separate Fitness Center	97
~ Remove Putting Green and implement “Smartscape”	93
~ Addition of a Dog Park	88

The full survey results, including the write-in comments, are available at the front desk for those that would like to see them.

The next step in this process is for the Board to decide if we should pursue any of these projects.

If the Board decides to pursue a project, **Town Hall Meetings** will be set up to provide the detailed information of costs (implementation, maintenance, and reserve requirements), as well as schedule.

A community vote would then be held to gain approval for the project.

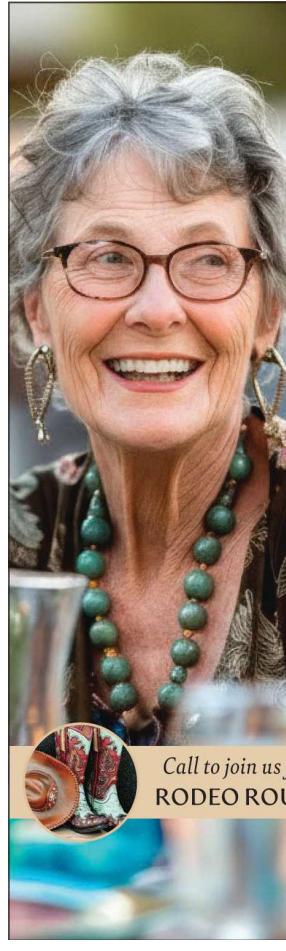
No funding will be allocated or spent without community approval via an official vote.

I have initiated conversations with CRCA to determine if there are areas of cooperation that would be beneficial to both HOA's.

While I do not expect anything major to come out of this, I do expect, and will be working towards, a cooperative relationship.

More to come on this.





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CIRCLE**





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Client Testimonial

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Janet
Tucson

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E03242301

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All figures are EPA estimates and for comparison purposes only. For additional details visit EPA.gov.

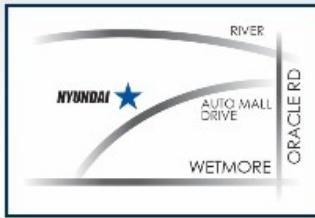
For every Hyundai sold we donate to Hyundai Hope On Wheels to fight childhood cancer.

\$500,000 in 2025 was provided locally to The University of Arizona Steel Children's Research Center.



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ARCHITECTURAL REVIEW COMMITTEE

We are kindly asking everyone: please be a 'good neighbor' by keeping your property free of weeds and debris, especially as growth increases with the spring & summer months coming up. We also ask our pet owners to be kind and pick up any 'dog poop' when walking your dog. (This is also a City of Marana Ordinance & you can be fined if reported for not doing it.)

We would like to take a moment to remind our Sunflower residents to please fill out an **ARC Application** before making any changes to your home that are visible from the street as follows:

"No exterior alteration, addition, or renovation to any Dwelling Unit, no modifications to the interior of covered patios or porches, and no landscaping, walls or fences will be allowed on any Lot, without application to, and written approval by, the Architectural Review Committee. Each Owner is responsible for removing or otherwise correcting, at its expense, non-complying and/or unapproved improvements. In the event of a resale, property shall be brought into conformance with Sunflower Design Guidelines"

Thanks to all for keeping Sunflower a place we can all be proud to live in!

ARC's next two meetings:
February 3rd & 17th @ 9:00 a.m.—Craft Room

FINANCE COMMITTEE REPORT

By Bonnie Scott

The Finance Committee welcomes two new members: **Chuck Boehme** and **Terri Lackey**. We appreciate their volunteering for the committee and look forward to working with them. Both Terri and Chuck have great financial backgrounds.

Chuck and his wife Janet moved into Sunflower from Spokane, Washington in August of 2023. They have a motor home and drive to Spokane for short periods in the summer. They enjoy bicycling and are volunteers at the Tucson Chapter of the Red Cross which they also did for a Chapter in Spokane. Chuck has a Bachelor of Arts Degree in Marketing and a BA and Masters in Business Education. He taught Basic, Intermediate, and Cost Accounting at the Community College Level as well as Basic Accounting at the High School level.

Terri and her husband Billy moved into Sunflower in June of 2016. They both enjoy playing pickleball, and Terri served 5 years as an officer for the Pickleball Club. She served as secretary for the past Activities Committee and is currently a member of the Gatherings Club. She and Billy are new grandparents. Terri has a Bachelor of Science Degree in Education with a Major in Business. She taught High School Business for 27 years and worked in banking for three years. She also has taken a financial class in Macro and Microeconomics.

Our next meeting will be held on Tuesday, February 17th @ 1:30 p.m. in the Conference Room.

LANDSCAPE COMMITTEE INITIATIVES

By Charlie Barlow

The Tree and Shrub Replacements for 2025 have been completed. Each member of the Committee presented their recommendations for a greater variety in trees and shrubs. The budget for the program fiscal year 2026 is \$15,000. We are mapping out the suggested plants to be presented at the February meeting to submit for the RFP. It is intended to finalize the plan by March's meeting.

Ongoing discussions involve three issues:

- ~ Irrigation system replacement in the main wash
- ~ Gravel replenishment
- ~ The March tree planting

The BOD has approved funding of the irrigation system work and is awaiting the completion of the RFP Process. The estimates for the gravel work have yet to be received as well. It has been discussed that best practices suggest doing the irrigation system first, then gravel work, and finally tree planting.

Some concerns have been raised by residents concerning the condition of old and newly-planted trees, that some of these look as though they have died. **AAA Landscape**, our contracted service provider, has inspected these trees and by scraping a bit of the bark away, one can see the periderm showing green, indicating a living specimen. Leaf browning may be caused by transplanting shock or simply the change of weather conditions. The irrigation system will be inspected to ensure proper watering.

Next Meeting: Wednesday, February 4th @ 10:00 a.m. in the Conference Room.

POLICY COMMITTEE

By Robin Sterner

The new ad hoc **Policy Committee** has met 4 times now and is off to a productive start. Most of this volunteer work involves correcting typos, formatting, and changing or deleting words to clarify. Our recommendations are submitted to the Board for their review and final decision.

Just an FYI...through the policy review process, we have discovered the word "decorum" appearing in **Charter Club Policy 7.02. Decorum**?" I thought it meant good manners. We all think we know what this word means, right? So, I took a deep dive into a word search and found it included much more, such as appropriate language and dress for the situation. In defining the word decorum, the words that appeared the most were regarding personal behavior. Words such as polite, respectful, and controlled behavior in public settings.

Our next meetings:
Friday, February 13th and Friday, March 13th @ 9:00 a.m. in Conference Room.

PRAC~PRESERVATION OF RESERVE ASSETS

By Kevin Kirkey

As a relatively new member of **PRAC**, I feel like I stepped onto a moving train. I quickly found out that, at its core, the committee exists to safeguard Sunflower's reserve assets—those funds and physical resources set aside to ensure our community can replace and maintain major components without financial strain. When I walked into my first meeting, I realized that reserve planning is both analytical and philosophical. It wasn't just crunching numbers—it's helping shape the future of the Sunflower Community.

Being part of the **Preservation of Reserve Asset Committee** means that I am helping ensure:

- ~ The community remains attractive and well-maintained
- ~ Property values stay strong over time
- ~ Current and future residents have a stable, well-planned environment

It's stewardship in the truest sense—protecting what exists today while planning for what the community will need tomorrow. I am looking forward to learning more about our reserve study, evaluating assets, and working to keep Sunflower financially healthy while improving the quality of life for every resident. As a new member, I am privileged to be trusted with something meaningful.

I'm not just attending meetings; I'm shaping the long-term resilience of the place we all call home.

So far, my PRAC experience has taught me that good communities don't happen by accident—they're built, maintained, and preserved by people willing to invest their time and thought into them. Community residents are always welcome to attend monthly **PRAC** meetings. I hope to see you at one in the future.

[Come visit our February 5th meeting in the Fiesta Room @ 1:00 p.m.](#)

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WELCOME COMMITTEE

By Lynn Haye

Please join me in welcoming our newest Sunflower residents:

Mark & Stephanie Brotherton moved here from Washington. Mark owned an auto repair shop and Stephanie worked in a cancer clinic. Both are retired now.

Next, we welcome **Mary Ann Johnson**, who is currently moving from Colorado where she lived for almost 50 years. She is excited to be here. Her interests include horticulture, hiking, sewing, glass and mosaics and raising her two pets, **Skippy & Lucy**.

Lastly, we welcome **Sue Mosdell & Angelo Dejoia**, who moved from Continental Ranch. Angelo is a retired pipe fitter and Sue a part time nurse. They enjoy walking their dog **Buddy**, vintage cars, and are anxious to enjoy all that Sunflower has to offer.

If you are new to Sunflower, we have a **Welcome Packet** with your name on it.

If you would like us to stop by just to drop off a packet, let **Lynn** know @ h1035@aol.com.

[Our next meeting: Friday, February 20th @ 10:00 a.m. in the Conference Room.](#)

We'd love to see you there!

FREE TAX RETURNS FROM AARP

Many Sunflower residents have enjoyed the free income tax services offered each year by **Arizona Tax-Aide** at the Wheeler Library.

Although Wheeler is closed for renovations, [Tax-Aide Services continue at Nanini Library on Mondays from 11:00 a.m. to 2:00 p.m., starting February 2nd through April 6th.](#)

Nanini is located behind the Motor Vehicle Office @ Ina and Shannon.

Details are on a yellow poster on the Village Center Bulletin Board (down the Fitness hallway).

Please ask staff at the front desk to provide you with one of these information sheets to ensure that you bring with you all the items listed on the poster.

We look forward to serving you!



By Larry Schierer

Hello Suncatchers!

And there we are with that rainy, cold patch behind us and just warm clear skies ahead. Can you believe New Year's 2026 is already behind us with lots of good times to look forward to?

On February 19th, 2026, our very own incredible **Rusted Spurs** will return in concert to help us support our homeless and disabled veterans in the Marana/Tucson area. There will be two seatings: the first @ 3:30 p.m. and the second @ 6:00 p.m.

Ticket sales dates are as follows at the Village Center:

Tuesday, February 3rd from 9:00 a.m. to 12:00 Noon

Wednesday, February 4th from 12:00 Noon to 2:30 p.m.

Monday, February 9th from 9:00 a.m. to 12:00 Noon

Tuesday, February 10th from 3:00 to 6:00 p.m.

~or~ you may purchase your tickets online by going to:

<https://www.sunflowerliving.com/upcoming-events>

~or~ by scanning the QR code at the bottom of this page.

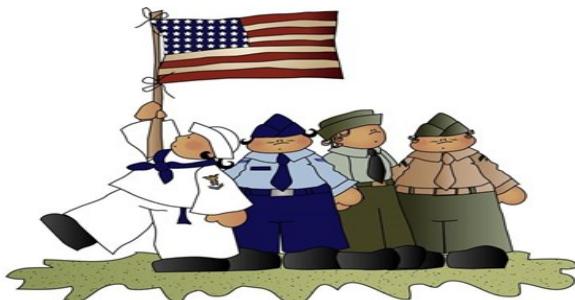
More events to look forward to later on around

April: Music Under the Stars, April 11th and our Spring Barbeque also in April. Dates to be announced, so stay tuned.

As many have heard, we are now **501c3** and accepting IRA tax-free donations. We have the proper paperwork to give to you for filing your taxes. All other donations will also be tax free. **Dick Teugh** is open for embroidery business—both for club members and non-club members. You can find him in the Fiesta Room just after the membership meeting. Our next meeting is on February 4th @ 10:00 a.m. in the Fiesta Room.



Happy and Healthy 2026 to all.



GARY HAYDEN: A LIFE OF SERVICE, LEADERSHIP AND LASTING IMPACT

Airman First Class

Gary Hayden served in both the Nebraska Air National Guard and the Air Force Reserve, beginning a journey of service that helped shape his distinguished civilian career. In 1958, while living in Lincoln, Nebraska, **Gary** had recently completed college and was working summers for the railroad when he received his draft notice. Like many young men of his era, he chose to enlist in the branch of service that best aligned with his goals, joining the Nebraska Air National Guard that same year.



Gary completed Basic Training at Lackland Air Force Base in San Antonio, Texas. His training experience was notably shaped by a unique class cohort composed largely of college graduates or near-graduates. Recognizing this, their drill instructor took a measured and respectful approach that left a lasting impression. For summer duty, **Gary** served at Alpena, Michigan, working in communications where his responsibilities included maintaining telephone systems and teletype operations. He later transferred to the Air Base in Ottumwa, Iowa.

After his military service, **Gary** pursued a career in education, earning his Ph.D. in Special Education. His professional path took him to leadership roles in Iowa and Minnesota, including two superintendent positions, and lead of an area-education agency. He guided school districts with integrity and compassion.

One moment in his career remains especially memorable. While walking a school hallway, **Gary** encountered a young student leaving class in distress, declaring she was quitting school due to conflict with an administrator. **Gary** listened, calmed her, and encouraged her to return to class. Years later, at graduation, she sought him out to thank him for his guidance, testament to the quiet impact of steady leadership.

Reflecting on his journey, **Gary** credits the military with providing discipline, direction, and career opportunities. He continues to recommend service as a meaningful path for young people seeking purpose and growth.

**THANK YOU, GARY
FOR YOUR CONTINUED SERVICE**

FEBRUARY POTLUCK CANCELED

By Susan Sifers

We are so sorry to inform you that we have been unable to obtain volunteers to host this event for February, as well as every month during 2026.

Sadly, we will not be able to hold this event without monthly volunteers to host it.

Please be aware that anyone who would like to volunteer will be mentored by our regular **Potluck Committee Members** about exactly what is required; and indeed, not much is needed in order to host. You would only need to think of a theme for the event and the club will help provide the decorations for that theme.

Please contact **Susan Sifers** @ 540-538-6502 or susan@sifers.org if you would like to be a host for any one of our upcoming months in 2026.

We need you to "step up" and volunteer or we will have no choice but to cancel any future Potluck events @ Sunflower.

We don't want to see that happen!

FEBRUARY SOCIAL CLUB

By Frances Gauthier



February is the month for **Rodeo Days in Tucson**. Keeping with that theme, we will be having a Pulled Pork Dinner on February 21st. The menu is Pulled Pork Sandwiches, Baked Beans, Coleslaw and Dessert. Our entertainment for the night is cowboy singer, **Bill Ganz**.

Tickets are \$10 per person; and if not already paid, your 2026 membership dues of \$5 will be required when you purchase your ticket.

We have made some changes as follows: Dinner will now be served at 5:30 p.m. We will no longer be selling tickets the night of our dinners for the following month. Tickets will have to be purchased on one of our sales dates, and there is a limit of four tickets per buyer.

P.S... The February 21st Dinner is now sold out; but if you would like to be put on a waiting list, call **Fran** @ 510-572-2167.

On March 21st, our menu will be Beef Stew, Salad, Soda Bread and Dessert. We will have singers for the entertainment with some Irish songs included. Tickets sales for that event will be on Monday, February 23rd from 10:30 a.m. to 12:00 Noon.



BACCHUS WINE

BACCHUS WINE
By Barbara & Kevin Webb

Save the Date!!

February 25th from 4:30 to 6:30 p.m.,
will be the monthly
BACCHUS WINE gathering.

Following a great turnout for the January event, **Bacchus Wine** will be doing a Valentine-themed event for you and your sweetheart to end the 'month of romance.'

Hosts **Gary and Marilyn Engel** invite all residents of Sunflower to join this fun activity where we learn about featured wines, taste many varieties, and enjoy some great finger-food pairings.

Last month's ICE WINE was a huge hit, as well as the drawing for a premium bottle of wine valued at nearly \$100, graciously sponsored by **Roger Daggett**.

Come join us Feb 25th for your chance to win.

e-Vites are sent electronically to everyone on our group list, so if you have never attended and would like to be a part of this FREE event, simply email us @bacchuswinesunflower@gmail.com or call/text **Kevin Webb** @ 520-240-9710.

Invites are limited to the first 60 people that RSVP.

SUNFLOWER MISSION STATEMENT, CORE VALUES & VISION

MISSION STATEMENT:

The Mission of Sunflower, an active adult community of 967 homes, is to be good stewards of common property & funds, and to offer residents a variety of opportunities to enrich their physical, cultural & social well being.

CORE VALUES:

- Maintain the beautiful physical appearance of the community
 - * Support a harmonious community
 - * Respect differences of all in the community
- Nurture an environment that allows the enrichment of the lives of all in the community
 - * Ensure the financial integrity of the association
- Recognize & address changing needs of community

VISION: To be a community meeting needs of current/future residents.

THE FOODIES & FUN CLUB

By Kathryn Martin

***PLEASE SEE ROGER DAGGETT'S DISPATCH
AD INSERT-PAGE IN THIS SUNCATCHER TO
GET MORE INFORMATION ON UPCOMING
EVENTS FROM THE FOODIE CLUB***

MARDI GRAS/VALENTINE'S DAY GALA



Please join us on Saturday, February 14th in the Fiesta Room @ 6:00 p.m. for a Mardi Gras/ Valentine's Day Gala.

We will have music, dancing, great Cajun & Creole appetizers, and fun! The appetizers will include Cajun Shrimp Cocktail, Mini-Muffaletta Sandwiches, Red Beans & Rice Cups, Vegetable & Fruit Trays, King Cake & Chocolate-Dipped Strawberries! YUM!

BYOB or have punch.

For our musical entertainment, we will be pleased to hear from **Joe Bourne**. Joe has been enjoyed by audiences throughout the USA & Europe. He has won many awards and he has shared the stage with Natalie Cole, Ray Charles & Dionne Warwick. To hear Joe's music, check out <http://www.joebourne.com/mp3.html>.

The doors will open @ 5:30 p.m., and a photo booth will be set up in the Library. You can dress up (masks are fun) or dress down, and just enjoy the music & dance the evening away!

Tickets cost \$25.00 per person and will be on sale:

Saturday, January 31st from 8:30 to 10:00 a.m. ~ and ~
Monday, February 2nd from 10:00 to 11:00 a.m.

If you are not a member of the Club, membership dues are \$5.00/per person, and will be renewed in October of 2026.

BARRIO BREAD SALES



Barrio Bread, Don Guerra, will be here Wednesday, February 18th @ 4:00 p.m. in the Craft Room.



GATHERINGS CLUB

By Jan Gerson

Arizona Opera Company Ensemble Performance:

For those with tickets, a reminder that doors open @ 1:30 p.m., and the performance will start promptly @ 2:00 p.m. on February 3rd in the Fiesta Room.

The show will be followed by a Q-and-A. Please contact **Pat Haber** @ pathaber@gmail.com for further information.

Please watch for news of a **March Casino Excursion** sponsored by the **Gatherings Club** in the upcoming Sun Catcher and weekly Communicator.

MINNESOTA EVENT TICKET SALES COMING SOON!

By Michele Saylor



Swim on in or boat on over to the Sunflower Village Center lobby on: Tuesday, February 10th from 9:00 to 11:00 a.m. or Thursday, February 12th from 4:00 to 6:00 p.m. to reel in your tickets for the Minnesota Event.

Tickets will be \$15.00 per person and a delicious shore lunch will be provided!

The MN EVENT will be held in the Fiesta Room on Saturday, February 28th, 2026 and it promptly starts @ 1:00 p.m.

This year's party theme celebrates "**The Land of 10,000 Lakes!**" In that spirit, we will gather for a "SUPERIOR" lunch with your choice of a Culver's widely-acclaimed Fried Walleye Sandwich or Grilled Chicken Sandwich. You will make your sandwich selection when you purchase your ticket.

The **MN Event Committee** will provide delicious sides, desserts and a beverage to go along with your sandwich. We have other fun activities planned for our time together and as always, raffle prizes!

The MN Event is for Sunflower residents who have ties to or who grew up in MN. This is a "GREAT LAKES" opportunity to connect with others, have some laughs, and enjoy a delicious lunch. Such a deal!

We hope you can make it, no fish tales here, we'd hate for you to be "the one that got away!"

COMMUNITY SOCIAL GATHERINGS

ATTENTION SUNFLOWER MEN

By Dennis Abrams aided by Dick Teugh

ROMEOs Lunch & Breakfast plus **OWLS** Dinner groups are restaurant clubs for Sunflower Men (only). **OWLS - (Old Widowers' Light Supper)** is a similar men's dinner club for Sunflower men, widowed or who live alone, who would enjoy a night out with the boys, always using the Glicksman Formula – no dues, individual checks & sign up at front desk to carpool to the restaurant *at least a day in advance*.

ROMEOs Breakfast – *Wednesday, February 25th*, will go to **Cracker Barrel**, carpooling @ 7:45 a.m.

ROMEOs Lunch – *Wednesday, February 11th*, will go to **Trident**, carpooling @ 11:45 a.m.

OWLS Dinner - *Wednesday, February 18th*, will go to **BJ's**, carpooling @ 4:30 p.m.

COFFEE KLATCH

*Every Saturday morning from
7:30 to 8:30 a.m. in the Fiesta Room*

Everyone is welcome to enjoy a great time meeting with neighbors & a 'Cup of Joe.'

We provide coffee, but appreciate a **\$1.00 donation** to help defray costs.

Did you Know?

The world's most expensive coffee is **Kopi Luwak**, which comes from feces of the Asian Palm Civet.

This is why we drink the cheap stuff!

If you want to know the answer, come to coffee.



Second Friday & Fourth Tuesday February Game Nights

Happy New Year!

*Friday, February 13th & Tuesday, February 24th, 2026
Fiesta Room 6:00 to 8:30 p.m.*

Are you looking for a fun way to escape the evening blues? Join us for Game Nights. Bring your own game to share or play one from our "game library". Be sure to bring a beverage and maybe a snack.

*A special thank you to our newest hosts:
Jim Norton & Bob Wilson*



**Tuesday, February 17th from
5:30 to 7:30 p.m. in the Fiesta Room**



Join us for a fun-filled evening of music!

We have several super-star singers who enjoy entertaining the audience. However, we always look forward to new aspiring entertainers. *Could that be you?*

If so, please send your song request to **Michele @** michelebennett@me.com by February 11th. You can request to sing your favorite song or two, or suggest a group song. Bring your beverage of choice and snack if you like!

Thank you to **Tim and Kaye** from **Walter's Team Realty** for the new karaoke machine.

CORNHOLE

By Kevin Kirkey



Friday Night Cornhole:
The Weekly Tradition That
Brings Our Community Together

Every Friday, as the sun drops low in the Arizona sky, something special happens in Sunflower. **Friday Night Cornhole** becomes the heartbeat of the community. What started as a simple backyard game has evolved into a weekly ritual that blends friendly competition, laughter, and a sense of belonging that people look forward to all week long.

Cornhole nights aren't just about tossing beanbags at a board. They're about connection - neighbors who don't always cross paths suddenly become teammates, rivals, and cheerleaders. People come together with no agenda except to enjoy the evening. Whether you're a seasoned player or someone who still calls it "bags," you'll fit right in. *We play every Friday in February from 4:00 to 6:00 p.m. on the Bocce Court sidewalks.*

If you ever find yourself free on a Friday evening, wander toward the sound of laughter and the thump of beanbags hitting wood. You might discover a new favorite tradition.

GNO ~ GIRLS NIGHT OUT

By Lynn Haye

Hey all you gals in Sunflower (Married, Widowed or Single) -- come join us for an afternoon or sometimes evening out!

In February, we are going to **Tohono Chul** for lunch and to look around. *The date is Wednesday, February 18th.*

Then for March, we are going on a bus to look at all the murals around Tucson. This date is Saturday, March 28th and the cost is \$35 for a three-hour tour. Please let me know if you want to go to either or both. The money for the murals needs to be to me by March 18th.

Any questions, contact **Lynn @** h1035@aol.com or 847-401-6343.

ROSIE'S SUNFLOWER BINGO

By Tim Walter

Over 100 players and we call it a “packed house!” We had one in January and expect the same in February.



The library was full, and they enjoyed the same sound and video as the Fiesta Room! After a rough start, **Barbara Brown** stepped in and saved the day, and the new video update system for the calls. It allows you to catch up if you missed a number, and the feedback was mainly positive.

As usual, the **Rosie Special** stole the spotlight this month, reaching a second-place record of \$363.00! It ended up getting split three ways, but \$121.00 each wasn't bad! Winners through the night generously donated \$165.00 back to the Sunflower Veteran's Club. Thank you: **Jack & Carol Bartelson, Lois Sulser, Diane Swanson, Debora Fletcher, Judy Damato, Adrienne Farrell and Patty Newberry!**

A heartfelt thank you goes out to **Dolores Johnson** for a perfect call in January. Special appreciation is extended to **Carol Abrahamson, Shannon Meely, Lee Head and Kaye Walter** for their invaluable contributions in counting and managing the finances.



Looking ahead to February, we will be squeaking with rubber duckies. Let's light it up for **I-22!** Bring along your Valentine and some snacks to share, as we dive into a night of fun, laughter, and thrilling bingo games.

Mark your calendars for February 10th and head to the Fiesta Room where the games will kick off @ 6:00 p.m.

Don't miss out on the chance to be a part of this fantastic bingo experience – see you there!

GAMES

BILLIARDS

General Play: Monday-Saturday except for Club times
Men's: *Tuesdays and Fridays — 1:00 to 4:00 p.m.*

Chix with Stix (Ladies):

Mondays and Thursdays — 1:00 to 4:00 p.m.

No experience necessary
We'll Rack 'em and You Hit 'em.

LADIES 9-HOLE GOLF

By Leslyn Sisco

Come join us for a fun, non-competitive 9 holes of golf at **Quarry Pines**. *We play every Tuesday @ 2:00 p.m.* Please arrive 1:30 p.m. Please call or text **Leslyn Sisco** @ 970-946-5998 no later than 10:00 a.m. the Monday before to confirm your play

MENS 9-HOLE GOLF

By Jim Murphy

Join us for nine holes of golf at **Quarry Pines** Golf Course. *Winter play is every Wednesday starting @ 2:00 p.m.* Come join us for a fun time! Contact **Jim Murphy** @ jmurphmail@gmail.com for further information.

SUNFLOWER MENS GOLF CLUB

By Gary Scott

With all the snowbirds back, we are now in the middle of our **Net Championship Play**. The results of the outcome of who won will be published in next month's Sun Catcher article. Once we finish with Net Championship, we will then start the **Club Championship**. This is Match Play determined by players' handicaps.

For those unfamiliar with our club, *we play twice a week (Monday and Thursday)* at various courses in the area (all the way from Benson to the east to Tubac to the south and Casa Grande to the north). If you enjoy the game and are looking to make some great friends, come join us.

You can contact **Doug Culpepper** @ bikerlab@mac.com or 412-720-6248 or myself @ gbscott70@comcast.net or 520-406-0123.

You may also visit our schedule of events on our website: www.sunflower.golfclub.net.

POP TENNIS

By Chris Schatte

Beginning Monday, February 2nd, Pop Tennis will play @ 1:00 p.m. on Mondays and Thursdays.

We welcome everyone to join us

SUPERSTITIOUS??! Don't be...

On **FRIDAY THE 13th** (of February) because we will be holding a clinic for anyone who wants to give pop tennis a try.

We'll work with you one-on-one, use the ball machine to practice strokes and play a game if you so desire.

We supply the paddles and balls -- you supply the interest and the energy. It's low-key, fun with no experience necessary.

So, if you're ready to start the New Year doing something new, start this **FRIDAY THE 13th!** For more information, contact **Chris Schatte** @ 231-715-6490 or **Gary Engel** @ 623-221-8813.

SUNFLOWER TENNIS CLUB

By Dennis Page

Congratulations to the Sunflower participants in the Senior Olympics Tennis Mixed Doubles, January 8th, 2026.

Silver Medalists: **Tim Walter & Peggy Hartsook / Steve Hunt & Alice Howard**

Bronze Medalists: **Ed O'Hare & Susan O'Hare / Mario Pekas & Hope Bustos-Keyes**

We are sure our men's teams would also have been successful had the matches not been canceled due to the rain!

Reminders: For TENNIS players, weekly play Monday through Saturday) starts @ 8:30 a.m.

For current tennis information:

Charlie Barlow: 360-870-6517 or email him @amitayus60@gmail.com
or Susan Page: susancpage@comcast.net.

PICKLEBALL CLUB

By Leah Freeland

It's been fun having the Snowbirds and some new faces playing this Winter. Dress warm and come out and play!

A reminder of current member hours:

Monday, Tuesday, Thursday & Friday 9:00 to 11:00 a.m.

- COMPETITIVE PLAY

Tuesday & Thursday 3:00 to 5:00 p.m. - SOCIAL PLAY

Wednesday & Saturday 9:00 to 11:00 a.m. & Sunday 3:00 to 5:00 p.m. - OPEN TO ALL MEMBERS

Please reach out to any board member if you are interested in purchasing a shirt, tank-top or hat, as there are some extras available at this time.

For beginners interested in learning the game, free lessons can be arranged by calling or texting **Karla Holmes @ 208-724-4864.**

YOGA CLUB

By Leslie Parr

We have FREE YOGA CLASSES on Monday, Wednesday & Friday from 7:45 to 8:45 a.m.-Fiesta Rm

It is gentle Yoga for Seniors. Yoga Club members enjoy a relaxing hour at the beginning of the day. All welcome. Please bring your mat and a stretch band to each class.

Questions, call **Leslie Parr @ 520-603-8785.**



By Julie Frickel

The **Bocce Senior Olympics** was held in January at Sun City Oro Valley. There were 12 men's teams, 10 women's teams and 12 co-ed teams from areas around Tucson. Winners and pictures will be posted on the Sunflower website **Bocce Club** page and United For Sunflower Facebook page.

Our yearly membership meeting will be Wednesday, February 18th from 5:00 to 7:00 p.m. This is a bocce-member-only meeting. This year we will have a Chili Cookoff! Details and sign-up information will be sent out via email. The membership meeting includes election of officers. If you are interested, or wish to nominate someone, contact **Marcia Ceciliot**.

A club tournament is being planned for the end of February and first part of March. This year, we will have co-ed, men's and women's over 3 weekends. Stay tuned for information and dates to be emailed.

If you are interested in trying bocce, show up early on Tuesday or Thursday and an officer can help get you started. Or, call one of the officers to schedule some personalized instruction (#s in the back of the Sun Catcher). You will get 3 free days to play and see if you want to continue. After that, dues are only \$10 per year.

BOWLING INFORMATION & NEWS

By Bonnie Scott

Welcome back **Joyce Barrowman**.

If you want to make new Sunflower Community friends and enjoy some fun exercise for 2 hours, then come bowling with us on Friday afternoons. Its Open bowling so no teams, no competition and if you cannot make a Friday, no problem, and no cost. We bowl all year. The cost is \$13 for three (3) lines of bowling, which includes funds toward the annual January Bowling Banquet. We have someone tracking games and averages which come into play at the banquet. Prizes include most-improved bowler for men and women.

Bowlers recognized for outstanding bowling:

Bob Sergisson - 216 & 201 games & 574 series; 202 & 204 games

Gary Scott - 185 & 215 games & 567 series

Don Preuss - 210

Faythe Mattern - YTD 178 high game & 456 YTD series

Mary Rio - 470 YTD high series

Dolores Johnson - 190 game & 2026 YTD high game 199

Andrea Primuth - 185 YTD new high game & 466 YTD high series

Janet Sergisson - 158 new high game

Please show up @ 12:10 for practice starting @ 12:20 and a 12:30 p.m. start. We bowl at the **PINZ Fiesta Lanes** - 501 W. River Road. When you arrive, come to Lanes 1-6 and someone will collect your \$13. Refer any questions to **Terri Shevlin @ 609-471-4347.**

CONTACT US—E-MAIL DIRECTORY

Lisa Sak, Sunflower Community Manager: LSak@associatedasset.com

Monica Martinez, Sunflower Community Assistant Manager: MLMartinez@associatedasset.com

Communicator Submissions/Visual Lobby Display: Please keep notice for upcoming events happening within two weeks to 75 characters or less, and submit Wednesday by 5:00 p.m.

or Communicator to: LSak@associatedasset.com.

Sunflower Living Website: webteam@sunflowerliving.com Email directly to: submittosunflower@gmail.com

FRONT DESK PERSONNEL

Nickie Kaplan, Resident Services Coordinator:

NKaplan@associatedasset.com

Kassidy Kirchgatter, Resident Services Coordinator:

Kassidy.kirchgatter@associatedasset.com

Rosie Young, Resident Services Coordinator:

RMYoung@associatedasset.com

SUNFLOWER VILLAGE CENTER HOURS & HOLIDAY CLOSINGS

THE VILLAGE CENTER WILL BE OPEN EVERY DAY DURING THE MONTH OF FEBRUARY.

The Sunflower Village Center OPEN HOURS* are:
Monday thru Saturday from 7:30 a.m. to 7:00 p.m.

Sunday 11:00 a.m. to 4:00 p.m.

Events and activities can still be scheduled until 9:00 p.m., but they must be scheduled in advance so that staff can be scheduled for those events.

~ All current activities will remain at their regularly-scheduled time ~

If you have any questions, please call the Front Desk or the Management Team.

COMMUNICATOR

To subscribe to the **Communicator** Newsletter, go to our website, www.Sunflowerliving.com, and scroll down to click the "Subscribe to Our Residents Newsletter" link.

Part way down the new page, you will see a "Subscribe Here" link - click on it, fill out and submit the form. You will receive a confirmation email; please respond to it as directed.

SUNFLOWERLIVING.COM

Anyone may access information about our Sunflower Community by going to: Sunflowerliving.com. Sunflower residents may view categories such as Governing Documents, Clubs, Committees, Forms, and other information pertinent to our community.

However, in order to view recorded **BOD Meeting Minutes**, **Financial Reports**, **Directories**, **Homeowner to Homeowner Referrals** and other "*protected pages*," you must enter the password *which is only available to Sunflower residents*. Please visit the Village Center front desk so you can receive the new password.

HOMEOWNER-TO-HOMEOWNER REFERRALS

If you are well-pleased with a business you've dealt with and would like to add them to our list, please send an email with the following information: Name of the Company, Type of Business, Phone Number, Owner or Contact, and any pertinent information about your experience to: NKaplan@associatedasset.com.

ADVERTISING IN THE SUN CATCHER

If you are looking to advertise your business in **Sunflower's Sun Catcher** newsletter, via classified ad, or multiple-sized colored advertisement, or have any questions about fees and space available, please email **Rosie** @ RMYoung@associatedasset.com, or just visit the front desk at the Village Center and any one of the ladies can give you a pricing sheet for advertising.

SUNFLOWERLIVING WEBSITE

A place for posting upcoming club and group events has now been added to the Announcements page on the Sunflowerliving.com website (What's New> Announcements). Clubs and groups are encouraged to send their information to: webteam@sunflowerliving.com to be posted on that page. **Please do not send PDF files.**

The Association provides this publication for Informational Purposes Only

Sunflower does not guarantee or promote any of the products or services advertised herein and assumes no responsibility for the statements made in this publication. Information regarding advertising rates, deadlines, and policy information may be obtained by contacting the

Village Center Front Desk @ Phone: (520) 572-9780 • Fax: (520) 572-8724

Published monthly by Staff & Volunteers of Sunflower Community Association, Inc.

FEBRUARY 2026 ACTIVITY CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
1 1 Mah Jongg	2 9 Dominoes 10 Craft Club 10 Foodie Fr Tix 10 Social Club Mtg 11:30 Fun Poker 12 Baskets 12:30 Mexican Train 3:30 Chorale	3 9 ARC 12:30 VETS Ticks 1 Euchre 1 Ladies Bridge 2 Opera Event	4 9 Mah Jongg 10 LANDSCAPE 10 VETS Mtg 11 VETS BOD Mtg 11 VETS Ticks 1 Mah Jongg 2 1 Pinochle	5 9 Quilters 9 500 Cards Game 1 PRAC 1 Mixed Bridge 1 Canasta 2 Neigh Connections 6 Cribbage	6 9 Quilters 11:30 Poker 1 Mah Jongg 2	7 7:30 Coffee Klatch 9 Art Club
8 1 Mah Jongg 2 Tech Help	9 9 VETS Ticks 9 Dominoes 10 Craft Club 11:30 Fun Poker 12 Baskets 12:30 Mexican Train 12:30 Vint Gard Mtg 3:30 Chorale	10 9 MN Ticks 10 Gathering Cl Mtg 10 Day Book Club 11 Trivia Night Tick 1 Euchre 1 Ladies Bridge 3 VETS Ticks 6 BINGO	11 9 Mah Jongg 10 Tech Club Mtg 10 Wellness Group 11:45 ROMEOs 1 Mah Jongg 2 1 Pinochle	12 9 Quilters 9 500 Cards Game 1 Mixed Bridge 1 Canasta 4 MN Party Ticks	13 9 Quilters 9 POLICY 11:30 Fun Poker 1 Mah Jongg 2 6 Game Night	14  7:30 Coffee Klatch 9 Art Club 6 Foodie Friends Mardi Gras
15 1 Mah Jongg	16  9 Dominoes 10 Craft Club 11:30 Fun Poker 12 Baskets 12:30 Mexican Train 3:30 Chorale	17 9 ARC 1 Euchre 1 Ladies Bridge 1:30 FINANCE 5:30 Karaoke	18  9 Mah Jongg 9 Trivia Night Ticks 10 Photo Club Mtg 1 Mah Jongg 2 1 Pinochle 4 Barrio Bread Sales 4:30 OWLS	19 9 Quilters 9 500 Cards Game 1 Mixed Bridge 1 Canasta 3:30 Rusted Spurs 6 Rusted Spurs 6 Cribbage	20 9 Quilters 10 WELCOME 11:30 Fun Poker	21 7:30 Coffee Klatch 9 Art Club 5:30 February Social Club
22 1 Mah Jongg 2 Tech Help	23 9 Dominoes 10 Craft Club 10:30 Soc Club Ticks 11:30 Fun Poker 12 Baskets 12:30 Mexican Train 3:30 Chorale 4 Neigh Connections	24 10:30 PWC Mtg 1 Euchre 1 Ladies Bridge 2 Genealogy Mtg 6 Game Night 7 SF Readers	25 7:45 ROMEOs 9 Mah Jongg 10 BOD MTG 1 Mah Jongg 2 1 Pinochle 4:30 Fun Poker	26 9 Quilters / 10 Mtg 9 500 Cards Game 1 Mixed Bridge 1 Canasta 6 Cribbage	27 9 Quilters 11:30 Fun Poker	28 7:30 Coffee Klatch 9 Art Club 1 Minnesota Party
	<u>COMMITTEE MEETINGS</u> 2/03 ARC 2/04 LANDSCAPE 2/05 PRAC 2/13 POLICY	<u>THIS MONTH</u> 2/17 ARC 2/17 FINANCE 2/20 WELCOME 2/25 BOD				

WEEKLY FITNESS ACTIVITIES

Access to Fitness Room 5:00 a.m. to 11:00 p.m. with Proximity Card Monday through Sunday

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 Pickleball	Men's Golf 7:45 Yoga 8:30 Tennis 9 Pickleball 9 Water Aerobics 9:30 Line Dance 1pm Chix w/Stix 1pm POP Tennis	8:30 Tennis 9 Pickleball 9 Stretch/Tone 10:10 Chr Yoga/Pilates 11:30 Wts/Balance 1pm Bocce 1pm Men's Billiards 2pm Ladies' 9-Hole Golf 3pm Pickleball	7:45 Yoga 8:30 Tennis 9 Pickleball 9 Water Aerobics 1pm Ping Pong 1st, 2nd, 3rd Wed 2pm Men's 9-Hole Golf	Men's Golf 8:30 Tennis 9 Pickleball 9 Stretch/Tone 10:10 Chr Yoga/Pilates 11:30 Wts/Balance 1pm Bocce 1pm Chix w/Stix 1pm POP Tennis 1pm Ping Pong 4th Thurs 3pm Pickleball	7:45 Yoga 8:30 Tennis 9 Pickleball 9 Water Aerobics 10 Line Dance 12:30pm Bowling 1pm Men's Billiards 4pm Cornhole	8:30 Tennis 9 Pickleball 11 Ping Pong *Hiking Info- See Article For Details

TOPICS OF INTEREST

ARTIST GALLERY

By Nickie Kaplan

Connie Fricks and her mom, **Lu Kreuthmeir** will be our artists for February, displaying a selection of **Diamond Paintings and Ornaments**. After receiving some diamond painting kits at Christmas a few years ago, they learned the new craft and have been 'hooked' ever since. Both ladies enjoy creating this art work, & have been creative, often using accent beads. They find diamond painting a great way to relieve stress and create beautiful wall art that they display in their homes - and give for gifts. This is a great hobby if you are homebound and can't get out to do other things. Painting groupings include: seasonal, landscapes, flowers, birds and butterflies, as well as inspirational.

We would like to extend a sincere thanks to **Carolyn LaPotin** for her incredible **Fabric Landscape Art**. This was truly a new artistic medium for us all and we appreciate her dedication in creating such lovely, unforgettable artwork.

Our March artist will be **Pamela Gabaldon**, showing her fabulous oil paintings. So far, 2026 has brought us some terrific artists and we expect this trend to continue all year. Thank you..

THE PING PONG GROUP

By Buzz Hoffmann

Ping Pong has come a long way since it was first played in England by upper, middle-class Victorians on dining room tables. Rackets were lids from empty cigar boxes, balls were champagne corks, and a line of books served as the net. We use modern equipment and love to have new players join us for this great sport, one of the best for the brain. All playing levels, including beginners, are welcome for a fun time of ego-free and often aerobic ping pong.

We play on the 1st, 2nd & 3rd Wednesdays and 4th Thursdays @ 1:00 p.m. in the Fiesta Room, and also on Saturdays @ 11:00 a.m.

SUNFLOWER PHOTOGRAPHY CLUB

By Vince Senski

The **Sunflower Photography Club** is a supportive community where we can share our joy of photography, learn from each other, and grow together. Whether you're using a smartphone camera or more complex equipment, or if you're experienced or just starting out, there's a place for you in our club! Please email **Vince Senski** with any questions: viceduluth@gmail.com.

Our next meeting is on Wednesday, February 18th @ 10:00 a.m. in the Fiesta Room.

We'd love for you to join us!

SUNFLOWER HIKING GROUP

By Hope Collins

In general, the **Sunflower Hiking Group** will have hikes on Tuesdays and Fridays, from mid-October through mid-April. The hikes for each month will be listed in the Sun Catcher; the upcoming week's reminders will be posted to the weekly Communicator. The group is open to all Sunflower community residents and their guests who are fit for hiking.

Essential details and updates about hikes are sent via Google Group emails. If you plan to hike with us this season, it is recommended that you be added to the group. To do that, send an email to **Hope Collins @ hopecollins65@gmail.com**. If you have questions about the group, or have an interest in leading future hikes, please contact **Bobby Bran @ 520-729-8082**.

FEBRUARY 2026 HIKES:

- Tue, Feb. 3 – Foothills Loop w/Mountain View Spur (Kartchner Caverns SP), 4.0 miles, E+
- Fri, Feb. 6 – Turquoise Trail, 3.0 miles, E
- Tue, Feb. 10 – Rillito Ridge Ramble, 5.6 miles, M- OR Robles Trail, 4.9 miles, E
- Fri, Feb. 13 – Wasson Peak via Sendero Esperanza, 8.0 miles, D- OR Black Rock (Sweetwater Preserve), 4.3 miles, E-
- Tue, Feb. 17 – Hutch's Pool w/ Sabino Tram, 8.0 miles, M+
- Fri, Feb. 20 – Rock Wren Loop, 4.3 miles, E-
- Tue, Feb. 24 – Barnum/Leopold and Lizard, 4.0 miles, M
- Fri, Feb. 27 – Recoil and Bactrian Peaks via Mosaic Trail, 4.0 miles, E+

**Most hikes meet between 7:00 and 7:45a.m. at the Village Center- Check Google Group emails for specifics*

DAYTIME BOOK CLUB

By Alice Hafner



If enough interest has been shown, the **Daytime Book Club** will continue to meet on the 2nd Tuesday of each month.

Our next meeting is scheduled for Tuesday, February 10th @ 10:00 a.m. in the Library.

Any interested reader is welcome to attend and no dues are required. Just bring an interest in reading and books.

CARD GAMES

LADIES BRIDGE

By Brooke Murphy

Ladies Bridge is played on Tuesdays from 1:00 to 4:00 p.m. in the Library. We are a relaxed group and play to enjoy the game and each other. Call **Brooke** @ 708-846-7555 or email: bmurphmail@gmail.com.

MIXED BRIDGE

By Mary Lynn Mercer

We have a very fun, easy-going bridge group on Thursday afternoons from 1:00 to 4:00 p.m. in the Library. Call **Mary Lynn** to sign up to play @ 614-323-2463 or marylmercerc@hotmail.com.

CANASTA

Thursdays starting @ 1:00 p.m. in the Craft Room.

We play two versions: **Hand & Foot and Samba**. So join us to see familiar faces & meet new friends.

CRIBBAGE

We invite you to have some fun playing single or four-hand **Cribbage** on Thursdays @ 6:00 p.m. in the Craft Room. (Except on Potluck nights)

MEXICAN TRAIN DOMINOES

By Pat Cooke

Are you a new resident at Sunflower? Do you want to learn how to play Mexican Train Dominoes?

We will be happy to teach you.

Join us on Mondays in the Fiesta Room.
We meet twice: @ 9:00 a.m. ~and~ @ 12:30 p.m.

EUCHRE

Would you like to play Euchre?

We meet every Tuesday afternoon
from 1:00 to 3:00 p.m. in the Craft Room.

Call **Vicky** @ 520-907-3510 for details.
We'd love to have you join us!

SUNFLOWER 500 CARD CLUB

By Bob Bender

The **500 Card Club** welcomes old and new members and we look forward to having you join us @ 9:00 a.m. Thursdays in the Library for a morning with a fun group (we have a 25 cent/pp 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. Call **Bob Bender** @ 717-804-6425.

MAH JONGG

By Anne Schmidt

We will play [Mah Jongg @ 9:00 a.m. in the Library](#)
[& Mah Jongg 2 @ 1:00 p.m. in the Craft Room](#)
[every Wednesday](#).

Not ready to make a commitment?

All are welcome, beginner to advanced players!

SUNDAY MAH JONGG

By Lynn Neitzke

[We began playing Mah Jongg again on Sundays from 1:00 to 3:30 p.m. in the Library](#).

Contact **Lynn** @ 520-268-7784 with questions.

PINOCHLE

By Harlan Quinn

If you like to play single-deck **Pinochle**, join us from 1:00 to 4:00 p.m. on Wednesdays 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.

FUN POKER

By Jim Conley

[We play Poker in the Library on Mondays from 11:30 a.m. to 3:00 p.m.](#)
[and on Fridays from 11:30 a.m. to 3:00 p.m.](#)

We also play on the 4th Wednesdays of the month @ 4:30 p.m. in the Library.

Everyone is welcome and all you need is a basic knowledge of poker. There's lots of kibitzing & teasing mixed in with some poker. We play traditional games (Hold'em, Draw, Omaha, etc.) & some variations, which add to the fun. New players often bring games they play elsewhere. The stakes are small and there are no dues, house cuts, or wild-card games.

Please join us at the Village Center on any day and we will get you started.

SUNFLOWER READERS

By Marcia Olson

[The Sunflower Readers will be meeting Tuesday, February 24th @ 7:00 p.m. in the Library](#).

This month's book discussion will be about "**Hill of Secrets**", an historical-fiction novel by **Galina Vromen**.

Set in 1943, it centers around the lives of the families of the scientists of the Manhattan Project. Does secrecy save or destroy these families? The human element of the Manhattan Project is rarely discussed and should make for some interesting dialogue at our gathering.

We'd love for you to join us.

ACTIVITIES AND CLUBS

ART CLUB

By Billie Barron

This is an open invitation to all Sunflower residents who desire to create/color something that stirs the imagination. No experience necessary. Work at your own pace with your own choice of medium. The only request: Bring a plastic-protective covering for the table.

We meet in the Craft Room each Saturday from 9:00 a.m. to 12:00 Noon.

CRAFT CLUB

By Kathy Hummel

With only about 6 weeks left of Old Man Winter, our creative crafters are working on welcoming Spring. They will be fashioning cute chickens, ducks and fluffy bunnies out of Styrofoam hearts. Now that is creative! With the return of Spring, Mother Nature brings back some of our migrating birds and what better way to greet them than with a colorful birdhouse. Finally, a one-of-a-kind bracelet will be created to decorate the wrists of our crafters.

Please Note: *The Craft Club* is looking for Sunflower Community donations of Mosaic Tiles (ceramic and glass) and Tools for one of their spring craft projects. If you have supplies that you would like to donate to the *Craft Club*, please email [Michele Saylor @ gmdftpanel@gmail.com](mailto:Michele.Saylor@gmdftpanel@gmail.com) and Michele will be glad to pick them up from you.

The Sunflower Craft Club meets every Monday from 10:00 to 11:30 a.m. from October to April. Contact *Chris Polk* @ 520-820-5227 for details.

DANCE & ENTERTAINMENT CLUB

By Karen Barta

Classes are offered year-round, twice a week:

Monday: *Beginners Class 9:30 to 10:00 a.m.* to go over individual steps used in most dances.

10:00 to 11:00 a.m. Beginners Learn & Dance

Friday: A little more advanced, but everyone is welcome. 10:00 to 11:00 a.m. Then **11:00 a.m. to Noon** -

A bit more advanced. To attend, you pay **\$5 to the Dance Club** for entire year. The fee goes to the Club for our Parties, Dances for the Community, & whatever else we decide to do. *Not sure? Just come try us out.*

WEIGHTS, STRENGTH AND BALANCE STRENGTH TRAINING

By Marlene Spencer, Certified Instructor

Tufts University research shows that a program of strength training not only improved bone density, but also reduced falls & improved arthritis symptoms. Balance, coordination, flexibility & endurance are also improved. This program is based on that research. This low-impact program is appropriate for sedentary & active people.

Classes: Tuesdays & Thursdays @ 11:30 a.m.

Please bring your own weights/ankle weights:

1# to 2#-women/2# to 3#-men/**No Punch Card Needed**

FITNESS CLUB

By Billie Barron

Water Aerobics: *Monday, Wednesday, and Friday,*

9:00-10:00 a.m. Three different CD workouts are currently in use, offering a well-balanced workout, focusing on core, upper body, balance & joints. Noodles and water weights may be used.

Stretch and Tone: *Tuesday and Thursday, 9:00-10:00 a.m.* This is a full-body workout (seated or standing) concentrating on building strength, flexibility, balance & diminishing risk of falling. Participants will need tubing with handles, resistance bank, hand weights & a 10" ball. Most items can be purchased online or at Walmart.

Chair Yoga/Pilates: *Tuesdays and Thursdays, 10:10-11:10 a.m.* (follows Stretch & Tone) Low impact movements, stretching, relaxation, breathing & flexibility.

Fitness Club membership cards are required.

Inquire at the front desk. Checks Only.

Violet Boren is a certified instructor conducting these classes, with the exception of Water Aerobics.

GENEALOGY SOCIETY

By Paulette Weiser

This month's **SGS** meeting topic will be "A New Paradigm for Managing Roadblocks" presented by **Suzanne Brayer** on *Tuesday, February 24th @ 2:00 p.m. in the Fiesta Room and via Zoom.* The presentation will offer you strategies, methods, sources and case studies, which will show you new ways to look at your research.

Suzanne Brayer holds degrees from Arizona State University and is an avid researcher of her own family. Ancestors range from Mayflower passengers to Revolutionary War patriots with some German ancestors and a few criminals in the mix. She worked in collaboration with her father on the research. Suzanne has held several positions in genealogical organizations in Arizona and has taught for 30 years.

As in January, we encourage you to bring your laptop with you or utilize those of other members at the meeting to do some genealogical sleuthing after the presentation in the Fiesta Room or at home. We will have mentors available to assist you if you run into roadblocks. Anyone working at home would still be able to obtain assistance from the Fiesta Room via the audio Zoom connection.

It is a great time to join **SGS** and be able to hear presentations, then put those strategies immediately to work after the formal program. An annual membership remains at the low, bargain price of \$15, and is well worth that small expense.

Try SGS on February 24th and see if membership will help you in your family history search.

SUNFLOWER QUILTERS

By Carolyn LaPotin

On Friday, February 13th @ 9:00 a.m., *Sunflower's Quilters* will once again have our **Club Auction**. Members should let the Fundraising Committee know if they have quilting supplies to donate. All proceeds go to the club to support our many events. We are delighted that **Tom Howlin** has once again agreed to be our auctioneer.

In 2026, Quilters will share challenges, classes, quilting together and so much more. All residents of Sunflower are welcome to become members and join our weekly meetings in the Craft Room.

[We meet Thursdays and Fridays from 9:00 to 11:30 a.m.](#)

We hope to see you soon!



TECHNOLOGY CLUB

By Katta Mapes

[February 11th @ 10:00 a.m. - Member Meeting in the Fiesta Room](#)

TECH TALK: Sing Along with SMULE

Join us for an engaging Tech Talk featuring **Larry Jones**, the creative mind behind the beloved singing app, **SMULE!** Dive into the exciting world of this innovative platform, where music lovers can unleash their vocal talents and collaborate with others to create harmonious masterpieces. Larry will showcase the app's unique features that make it easy and fun to sing your favorite songs, whether solo or alongside fellow music enthusiasts. For a taste of his musical creations, be sure to check out his work @ Smule.com/ luvharmonies.

TECH HELP for Club Members:

The Tech Help Sessions will be held this month on [February 8th and February 22nd in the Craft Room.](#) Both sessions are from 2:00 to 3:00 p.m.



VINTAGE GARDENERS CLUB

By Marie Van Huis

The *Vintage Gardeners Club* returns to the Fiesta Room on [Monday, February 9th @ 1:00 p.m.](#) with a special presentation by Master Gardener, **Susan Adams**. Her talk, **"Heatproofing the Garden,"** will offer practical, research-based strategies for helping your plants survive—and even thrive—during our intense Sonoran Desert summers. She'll share techniques for protecting vulnerable plants and introduce hardy varieties that stand up beautifully to extreme heat.

A Critical Meeting for Our Club's Future, this February gathering is especially important. We are actively seeking **three members** to step into the open leadership roles of president, vice president, and secretary. Our treasurer and membership chair will continue their service, but we cannot move forward without filling these key positions. The *Vintage Gardeners Club* plays a meaningful role in the Sunflower community, and your participation—whether by volunteering or encouraging a friend—will help ensure our club continues to grow and flourish.

More Upcoming Events:

- ~ **Officers Election & "Nature in Our Neighborhood" Presentation** – Monday, March 9th @ 1:00 p.m., Fiesta Room. Sign up for our guided tour of the Tucson Botanical Garden—\$15 per person.
- ~ **Explore Twenty Unique Gardens** Sunday, April 13th @ the Tucson Botanical Gardens, followed by a member lunch.
- ~ **Curious About the Club?** Drop by any meeting to learn more or to join. Half-year dues are now just \$5.

For more information, see our webpage @ sunflower-vtgardeners.com or email sftvgardens@gmail.com.

SUNFLOWER HEALTH & SUPPORT

By Diane Gray, RN

Our meeting on January 5th was well received! Discussions were held about our community feeling safe in their homes, updating emergency management info and the possibility of starting up a Tai Ji Quan Class, "Moving for Better Balance," keep us from falling, please! There were a couple of suggestions made by the group:
1) Connecting with NW Fire Dept about a group rate Knox Box? Is the CERTS program still available? and
2) Tai Ji Quan "Introduction Class" by Instructor **Sarah Grossman**.

Sarah will be at our next meeting on [Wednesday February 11th from 10:00 a.m. to 12:00 Noon.](#)

Our agenda will be **Health & Wellness** from 10:00 to 11:00 a.m. and **Introduction to Tai Ji Quan** from 11:00 a.m. to 12:00 Noon. (Moving for Better Balance)

All are welcome to attend and see the benefits from **Tai Ji Quan Class**. This class is specifically designed to prevent falls and improve balance! Our class is casual and open. Please bring ideas to fit our community's needs! For more info: www.tjqmbb.org.

HEALTH & SAFETY



PRIMAVERA

By Patrick Steliga

Gregg worked for about 25 years in hospitality at the Grand Canyon before re-routing his life to Tucson. He stayed at **Primavera's Men's Shelter**, expecting to be there a short

time. Yet, he was soon hired by **Primavera** as a residential team lead at the shelter and now enjoys cooking in his own apartment, which he is also renting from **Primavera**. "I think about what **Primavera** has done for me every day, so now I'm paying it forward every day," he said.

Winter items needed: all sizes of men's & women's new underwear; hygiene items (soap, body wash, disposable razors, shampoo, dental items, tampons etc.); gloves & winter hats & women's sweatpants (sizes S-L). **Used clothing is not a priority at this time.** The donation box is located just outside of the main doors of the Village Center.

Thanks for all of your donations.

CANCER SURVIVOR GROUP

By Jan Keogh

The **Sunflower Women's Breast Cancer Group** extends an invitation to women in Sunflower who are currently being treated or who were formerly treated for any type of cancer to come join us. While our treatments may be different, our feelings and emotions are the same. Our support group has been meeting for 20 years, and we are a wonderful sisterhood of cancer survivors.

We meet the second Wednesday of each month in our homes from 2:00 to 4:00 p.m.

Please call **Jan Keogh** @ 520-579-1018 to learn our next meeting place.

PARTNERS W/CHALLENGES SUPPORT GROUP

We now welcome **ALL** Sunflower resident caregivers, as well as their Mates who may be confronting different neurological challenges. We maintain a confidential and casual atmosphere where we can share experiences on, or have questions about, such matters as: sources providing respite care, prescriptions, exercise regimens, therapies, and anything else participants want to bring up.

We meet 4th Tuesday of every month in the Craft Room @ the Village Center from 10:30 to 11:30 a.m.

NEIGHBORHOOD CONNECTIONS

By Katta Mapes

Be a part of Sunflower **Neighborhood Connections**-(formerly known as Block Watch). Contact **Marcia Olson** @ 520-888-6932 to join the planning committee and/or to sign up to be a Neighborhood Connector (formerly known as Block Captain) for all or part of your block. You can also ask a neighbor to be a Co-Connector and do this together.

The SAFETY Networking message for this month is:
Add this number to your contact list for the Marana Police Department non-emergency calls: **520-682-4032**. **Of course, always call 9-1-1 for emergencies.**

The SOCIAL Networking message for this month is:
Carpool to a TMC for seniors class or event – be sure to register before you go. Here is the link to the calendar:

<https://accountf2197fd5.blob.core.windows.net/payload/documents/TMC%20for%20Seniors%20Event%20Calendar%20-%20Jan-Feb%202026.PDF>

SUNFLOWER NEIGHBORS

By Katta Mapes

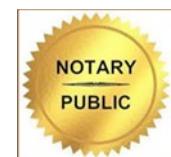
Sunflower Neighbors is a group of volunteers who donate time and transportation to other Sunflower residents. Rides are provided to doctors, dentists, and other medical appointments. This service is intended to be a resource of last resort for those who are unable to drive or are having a procedure where driving oneself would be unsafe.

To request a ride, send a message to this email address: Katta.Mapes@gmail.com. In the subject line write "ride". We need a seven-day notice to arrange for an available driver.

In your email, write the details with your appointment including the day, time and approximate length, the location of your appointment, plus your name, address and phone number.

NOTARY SERVICES

Yes, we have Notaries available for your needs in Sunflower.
This is a free service.



Monica Martinez, our Community Assistant Manager, is available at the Village Center (520-572-9780) to notarize your documents from Monday through Friday. (Exception: BOD Meeting - 4th Wednesdays)

You may also contact **Roger Daggett** @ 520- 241-1032 for these services.

ALL SERVICES BY APPOINTMENT ONLY
Please call, as an appointment is always required.

Thank you for your cooperation.

SUNFLOWER VILLAGE CENTER HOURS OF OPERATION

Monday through Saturday from 7:30 a.m. to 7:00 p.m. SUNDAY from 11:00 a.m. to 4:00 p.m.
We will remain open for evening events as they are scheduled in advance.

Pool & Fitness Proximity access is available from 5:00 a.m. to 11:00 p.m.

For access, you MUST enter Village Center with your Proximity Card WHEN OPEN.

If Village Center is closed, please use the after-hours front entrance gate.

SPECIAL INTEREST CLUBS AND THEIR CONTACTS

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Billie Barron 520-334-7508

BACCHUS WINE

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Karen Donahue 520-572-2250

BILLIARDS-LADIES

“CHICKS WITH STIX”

Phyllis Bowcott 520-237-6573

BILLIARDS-MEN’S

Joe Malone 520-572-4697

BOCCE

Julie Fricke 406-461-0718

Kevin Uden 928-231-2488

Marcia Ceciliot 916-316-0123

BOWLING

Terri Shevlin 609-471-4347

BRIDGE: LADIES

Brooke Murphy 708-846-7555

BRIDGE: MIXED

Mary Lynn Mercer 614-323-2463

CANASTA

Barbara Bernardi 781-521-6225

CANCER SURVIVORS

Jan Keogh 520-579-1018

CHORALE

Sue Horsfall 520-425-0586

CORNHOLE

Kevin Kirkey 520-833-2236

CRAFT CLUB

Chris Polk 520-336-6011

CRIBBAGE

Kirk Andrews 401-419-5570

DAYTIME BOOK CLUB

Alice Hafner 520-403-6194

DOMINOES

Pat Cooke 520-616-8082

EUCHRE

Vicky Beard 520-907-3510

FITNESS CLUB

Billie Barron 520-334-7508

FOODIE FRIENDS

Kathryn Martin 940-783-1037

FUN POKER

Jim Conley 520-308-9798

GAME NIGHTS

GATHERINGS CLUB

Jan Gerston, Sec 979-571-3640

GENEALOGY

Paulette Weiser 419-308-0237

GOLF - MEN

Doug Culpepper 412-720-6248

Gary Scott 520-406-0123

HIKING CLUB

Hope Collins 815-540-3666

Bobby Bran 520-729-8082

KARAOKE

Ron Gagne 520-400-7042

LINE DANCE/ENTERTAINMENT

Karen Barta 586-292-6177

MAH JONGG

Anne Schmidt 520-572-4033

Lynn Neitzke 520-268-7784

NEIGHBORHOOD CONNECTIONS

Marcia Olson 520-850-9566

rodandmarcia@yahoo.com

NINE-HOLE GOLF - MENS

Jim “Murph” Murphy 708-846-7556

NINE-HOLE GOLF - LADIES'

Leslyn Sisco 970-946-5998

PARTNERS WITH CHALLENGES SUPPORT GROUP (PWC)

PATRIOT'S PANTRY

Dann Cooke 520-404-4178

PHOTOGRAPHY CLUB

Vince Senski viceduluth@gmail.com

PICKLEBALL

Rick Lybarger 509-690-1991

Terri Shevlin 609-471-4347

PING PONG

Buzz Hoffmann 520-404-3065

PINOCHLE

Harlan Quinn 520-225-7375

POP TENNIS

Chris Schatte 231-715-6490

Gary Engel 623-221-8813

POTLUCK CLUB

Susan Sifers 540-538-6502

PRIMAVERA FOUNDATION

Patrick Steliga 262-422-8791

QUILTERS CLUB

Carolyn La Potin 520-780-4937

ROMEOs/OWLS

Dick Teugh 520-579-5826

Dennis Abrams 970-231-3459

SOCIAL CLUB

Bette Sumner 520-572-2094

STRENGTH AND BALANCE

Marlene Spencer 520-572-2554

SUNFLOWER NEIGHBORS

VOLUNTEER TRANSPORTATION

Seven days in advance please

Katta Mapes Katta.Mapes@gmail.com

SUNFLOWER READERS

Jann Swanson 520-579-7578

TECHNOLOGY CLUB

Katta Mapes 520-304-4812 (talk/text)

Katta.Mapes@gmail.com

TENNIS CLUB

Charlie Barlow 360-870-6517

Susan Page 520-742-1373

VETERANS

Sharon Bender 717-818-5505

Larry Schierer 520-975-1164

VINTAGE GARDENERS

Lois Croly 520-369-1524

Marie Van Huis 520-572-0045

WELCOME COMMITTEE

Lynn Haye 847-401-6343

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Leslie Parr 520-603-8785

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- Keep anything that can burn at least 3 feet from all heat sources including, fireplaces, space heaters or candles.**
- Have your furnace inspected each year.**

Source: usfa.fema.gov

www.nwfdaz.gov

OXF

A Few Valentines' Day Facts You May Not Know

Does Valentine's Day have pagan origins? There was a mid-February fertility festival in ancient Rome called **Lupercalia**, which some believe was a forerunner to Valentine's Day. This feast of debauchery involved a ritual where an order of Roman priests ran naked through the streets, "gently slapping" women with the blood-soaked hides of sacrificed animals (yes, really), which they believed promoted fertility.

Where does the name Valentine come from? The holiday is aptly named after Saint Valentine, but who exactly was he? Valentine is likely based on a combination of 'two Valentines' who were executed on February 14th in different years by a 3rd Century Roman Emperor. The Catholic Church might have established St. Valentine's Day to honor these two martyrs. Legend says that one of these men, **Saint Valentine of Terni**, had officiated weddings for Roman soldiers in secret, going against the emperor's wishes, making him seen to some as a proponent of love.

So, what part does **Cupid** (or **Eros**) play on Valentine's Day? **Cupid**—that winged baby boy often seen on Valentine's Day cards and paraphernalia—is another symbol of this love-filled holiday, and it's easy to understand why. In Roman mythology, **Cupid** was the son of Venus, Goddess of Love and Beauty. He was known for shooting golden arrows at both Gods and humans, causing them to fall instantly in love with one another. In Greek lore, **Cupid** is known as **Eros** & was said to be a handsome immortal who played with the emotions of Gods and men, using golden arrows to incite love. While it's unclear exactly *when* **Cupid** or **Eros** was brought into the Valentine's Day story, it's certainly clear *why*. It wasn't until the Hellenistic Period that he began to be portrayed as the mischievous, child he would become on Valentine's Day cards.

Moving into more modern times, Americans probably began exchanging hand-made valentines in the early 1700s. By the middle of the 18th Century, it was common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes. In the 1840s, **Esther A. Howland** began selling the first mass-produced valentines in America. Known as the "Mother of the Valentine," she made elaborate creations with real lace, ribbons and colorful pictures. By 1900, printed cards began to replace written letters, as printing technology improved; and ready-made cards became an easy way to express emotions in a time when direct expression of one's feelings was discouraged. Cheaper postage rates also contributed to this increase.

Today, according to Hallmark, an estimated 145 million Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year — after Christmas.

Happy Valentine's Day to One & All!



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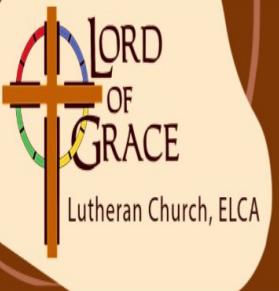
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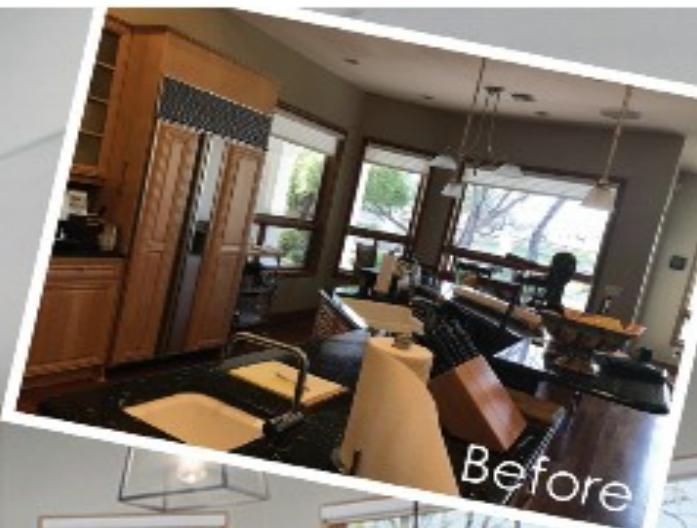


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