

The Sun Catcher

October 2025

Volume 28 Issue 10

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9401 N Sunflower Park Drive

Tucson, AZ 85743

Sunflowerliving.com



2024-2025

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Kenroppsf@gmail.com

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dennie.sfboard@gmail.com

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patrick.sfboard@gmail.com

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tim.lardysf@gmail.com

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Director-Stefan Joswick
stefan.sfboard@gmail.com

Director-Kathy Mitchell
katsfboard@gmail.com

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COMMITTEES

ARCHITECTURAL
ELECTIONS

FINANCE

LANDSCAPE

POLICY

PRESERVATION of
RESERVE ASSET (PRAC)

SOLAR TASK FORCE

WEBSITE

WELCOME

**PLEASE JOIN US ON
SATURDAY, OCTOBER 11th, 2025
FROM 5:30 P.M. TO 8:30 P.M.**

We will be entertained by the **Beatle Brothers Band** with songs that cover a wide range of highly-popular Beatles hits. There will be some good dancing music and a place to 'kick up your heels' out on the back patio.

The **Sunflower Community Veterans Club** is proud to supply tasty foods: Hamburger or Cheeseburger, chips and a drink for only \$10. An extra Burger is \$5. All proceeds go to support **Disabled and Homeless Vets** in the local area.

The Fitness Club will be selling ice cream bars for \$2.00 each.

Please bring correct change.

***So come out, bring your lawn chair or blanket, enjoy a Combo Meal and Ice Cream, all with Music and Under the Stars!
Don't forget your dancing shoes!***



ELECTION COMMITTEE

By Bob Bender

The **Election Committee** is gearing up for the upcoming **Board of Directors Election and Annual Meeting** that is scheduled for **November 5th, 2025 from 6:00 to 8:00 p.m. in the Fiesta Room**. All residents are welcome and encouraged to attend! We need everyone to VOTE!! Please Vote Electronically if you can.

Ballots may be picked up at the Front Desk starting October 1st to November 3rd, if you need a paper ballot. Voting tables will be set up in the Village Center Lobby on October 18th, 2025 from 1:00 to 3:00 p.m. for paper ballots, as well.

The last day to electronically vote is November 3rd @ 5:00 p.m. Paper ballots need to be in the ballot box at the same time. There is a final time to drop off your ballot, on November 5th between 5:00 & 5:30 p.m. before the Annual Meeting.

**PLEASE VOTE!
EVERY LOT NEEDS TO PARTICIPATE!!
YOUR VOICE NEEDS TO BE HEARD!**

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B02282301



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ARCHITECTURAL REVIEW COMMITTEE

By Lisa Sak

The *Architectural Review Committee* would like to extend its greetings to our Sunflower residents as the Fall Season comes to Tucson. We hope it brings us relief in the form of cooler weather as we approach the “BER” months and upcoming holidays.

Just a friendly reminder to everyone in Sunflower:

If you will be decorating for Fall or Halloween this October, please remember that placing **REAL PUMPKINS** outside of your home as Autumn décor, may attract many “critters” who are always looking for food. In particular, we have seen many Javelinas within Sunflower; and they might just be tempted to eat your real pumpkins.

We don’t want to prohibit anyone from these types of Autumn decorations, we just thought we’d send out this little reminder to everyone. We hope the upcoming holidays are full of joy and festivity for everyone in our Sunflower Community.

ARC meetings are ALWAYS on the 1st & 3rd Tuesday of each month:

October 7th & 21st @ 9:00 a.m. in the Craft Room

INTRODUCING THE ‘POLICY COMMITTEE’

By Katherine Mitchell

We would like to advise our Sunflower residents of the newest Committee formed to review and possibly update several of Sunflower’s original policies to more closely align with the needs and requirements of today’s community: **THE POLICY COMMITTEE**.

We are very pleased to advise we now have several volunteers to man this very-important temporary committee and also have room for 2 more volunteers. No specific requirements are necessary in order to serve. If you are interested in volunteering, kindly contact **Katherine Mitchell @ 715-891-7868 or ktsfboard@gmail.com**.

Our first meeting will be on Tuesday, October 7th @ 11:30 a.m. in the Conference Room.

At that meeting, we will be organizing and voting on officers to begin looking at ways to improve Sunflower’s policies and needs of the community.

We sincerely hope you will join us.

Please watch for upcoming information in the November Sun Catcher.

FINANCE COMMITTEE REPORT

By Bonnie Scott

In October, the *Finance Committee* will be reviewing Sunflower’s September Financial Reports. This information covers the last month of the fiscal year’s income and expenses (October 2024-September 2025). October 1st starts the new fiscal year.

The *Finance Committee* looks forward to this review as the September financial reports provide the final information for the year and indicate how well the Community Manager and Board stayed within the 2024-2025 Budget. A Surplus is expected in this review due to less staffing, partially due to shortness in staff and being closed on Sundays and less storm damage than anticipated.

The Finance meeting to cover this information will be held on October 21st @ 1:30 p.m. in the Conference Room; and Sunflower members interested in the final figures are encouraged to attend this meeting. There may be some figures changed once the **Annual Financial Audit** is completed by the CPA firm by March of 2026. Currently, the *Finance Committee* does not foresee any major changes to the financials.

The *Finance Committee* currently has six members and has room for three more. Most of the current members have been on the committee at least three years, have a good working knowledge of Sunflower’s financials and are available to assist new members in this area.

Applications are available on the Sunflowerliving.com website and at the Village Center Front Desk. Meetings are held the 3rd Tuesday of each month @ 1:30 p.m. in the Conference Room and usually last one hour.

WELCOME COMMITTEE

By Lynn Haye

New to Sunflower?

We would be happy to meet with you either to chat a while; or if you would just like some information about things happening in Sunflower, Marana or Tucson, we can just drop the information off to you.

Please contact **Lynn @ h1035@aol.com** for further information.

Our next meeting will be held on Friday, October 10th @ 1:00 p.m. in the Conference Room.

We’d love to see you there!

LANDSCAPE COMMITTEE

By Charlie Barlow

Trees and Shrub Replacement Program: The Tree and Shrub replacements for 2025 have begun. A new survey for 2026 replacement areas along Sunflower Park Drive and Coachline will be done in October. The budget for the program fiscal year 2026 is \$15,000. Residents are invited to support this program by offering donations for additional trees. You can find information on the donation process on our website: Sunflowerliving.com, under Resident Information, Forms, Procedure and Form for Donating Trees or Plants.

Irrigation Issues in the Community: AAA

Landscaping is working to resolve leaks in the irrigation system, progressing from one area at a time to the next, as best to respond to the multitude of reports by the residents of leaks. Leaks are exacerbated by javelinas digging in the leaking areas to create their beloved mud baths. AAA will be replacing plants that did not survive the summer in the turf removal areas. There is no cost for this since the planting is under warranty.

Members of the Committee will be volunteering to paint a mural on the walls of the trash receptacle enclosures as weather conditions permit. *Thank you, Lois Croly & all!*

Granite Replenishment: An RFP response was presented by AAA for replenishing granite along the wash walkways. Due to budget restraints, funds are available for only a portion of the work, taken from both the fiscal years 2025 and 2026. The Committee will work with the Board to allocate money from the Reserve Fund to complete the project.

Next Landscape Meeting:

Monday, October 1st @ 10:00 a.m. in the Craft Room.

PRESERVATION OF RESERVE ASSETS COMM

By Tom Howlin

PRAC is BACK! Our summer hiatus has come to an end and we resume regular meetings in October. We meet the first Thursday of the month @ 1:00 p.m., usually in the Fiesta Room - although location can change. We also Zoom our meetings so you can attend and participate from anywhere in the world.

It promises to be a busy year for the HOA and PRAC. As of this writing, the Board is putting together a potential **CIF Project** which they will likely have already unveiled by the time you read this; but just in case, I won't spoil the announcement by disclosing it here. There are also some major projects which PRAC recommends in accordance with our Reserve Study that will keep us busy over the next few months. Potential changes to our CC&Rs could also impact this committee & our reserve funding, so that warrants our attention.

As always, we are seeking new members. We've been fortunate over the last year to get some quality people join up but we've also lost members, either through moving or, unfortunately, passing away. **Don Schmidt** passed during our hiatus, and so I didn't have a chance to thank him here in this format, but would like to do so now. At 92, **Don** demonstrated that you are never too old (or young) to give back to the community. Please feel free to attend a meeting to see how we operate and if it might be a good fit for you.

**Next PRAC Meeting: Thursday, October 2nd
@ 1:00 p.m. in the Fiesta Room.**

SUNFLOWER/SAFEWAY VACCINE CLINIC

By Lisa Sak, Community Manager

Back by popular demand, **Safeway's Vaccine Clinic.** ***Get your vaccination here at Sunflower --*** conveniently located in the Fiesta Room. Grab a bite while you wait: Cookies and Starbucks coffee will be served!! A 10% off Coupon for groceries at **Safeway** will be offered to everyone getting a vaccine.

**Friday, October 17th from 8:00 a.m. to 12:30 p.m.
in the Fiesta Room.**

The Vaccines available will be: Flu Block; Flu Zone 8D-High dose; RSV; Shingles; Pneumonia; TDAP; Hepatitis A; and Covid (both Pfizer and Moderna) Residents will need to bring their **insurance card or a photo/copy of it.** There will be a form to fill out at the Front Desk, or you can fill it out when you come into the clinic.

ANNUAL ASSESSMENTS

By Lisa Sak

SEMI-ANNUAL ASSESSMENT:

Assessment bills have been mailed out to all the residents within Sunflower. The assessment of **\$800.00 is due October 1st, 2025** with a courtesy period until October 27th, if you are paying by check at the Village Center; and October 30th, if you are using autopayments.

Autopayments **do not** automatically update for the assessment increase.

Please contact your bank with the current information so that you don't incur a late fee or penalty.

If you need another invoice, the ladies at the Front Desk can pull up your account and print one for your records.



By Larry Schierer

Greetings from the Sunflower Veterans Club!

Lots happening and much to report:

We honored 3 new Honorary Members this past month. Congratulations to **Billy Lucky**, **Christine Schaefer**, and **Bob Bender**.

We are hoping to see everyone at our **Fall BBO on October 4th, 2025**. There will be a choice of 2 meals: Pulled Chicken or Pulled Pork Sandwiches, or one of each, Cole Slaw, Baked beans, and chips, Lemonade, Dessert. It's still only \$18.00 per person.

The last ticket sales day:

September 29th from 1:00 to 2:30 p.m.

at the Village Center ~ or ~ visit us online @

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

Music Under the Stars on October 11th, 2025

The **Sunflower Community Veterans Club** is proud to supply tasty foods: Hamburger or Cheeseburger, chips and a drink for only \$10. An extra Burger is \$5. All proceeds go to support Disabled and Homeless Vets in the local area.

Calling all hands: The Club's BOD is searching for **Board Members-at-Large**. We need people to help out and make our events the success they are known to be. If you've been to a membership meeting and enjoyed yourself, please come to a BOD Meeting where the fun all begins.

We are also still looking for volunteers to help with the BBQ. If you can volunteer, we'd appreciate it!



GORDON BARRON: **A LIFE OF SERVICE AND ADVENTURE**

Gordon Barron, an E5 Petty Officer Second Class in the U.S. Navy, grew up in California. On September 9, 1965, he enlisted, eager to see the world. After completing basic training, he was assigned to the USS Galveston (CLG-93) for six months while awaiting Radioman training. Upon completing his training, he was sent to Naval Air Station Adak, Alaska for 12 months in ground support for tracking Russian Submarines. He was then assigned to the USS Annapolis (AGMR-1), sitting off the coast of Vietnam, allowing ground troops to communicate with their command centers, serving for 18 months.



During his time in the Navy, **Gordon** experienced many unforgettable moments, but none stood out more than crossing the equator. On his first crossing, he was considered a "Polywog," subjected to the Navy's time-honored initiation—a wild and unforgettable experience. However, by his second crossing, he earned the title of "Shellback," allowing him to take part in initiating the next group of Polywogs.

Gordon's service took him around the world, from San Diego, California, to the Aleutian Islands, then on to Africa, the Mediterranean, and Australia, ending up in Italy. With an early out in hand, he returned to Philadelphia, when the Navy shared that they had different plans for this Radioman - yep, Shore Patrol for his final 90 days. After completing his service in September 1969, he requested to be discharged in Philadelphia—far from home. With his travel pay in hand, he hitchhiked across the country back to California.

His love for travel didn't end with his Navy days. Shortly after returning home, he bought a 1965 GTO and hit the road again, visiting old Navy friends across the country. Eventually, **Gordon** found his calling in the trucking industry, spending 25 years as a manager of trucking operations, after which time he leased a truck and drove coast to coast and Canada for the last 5 years. From his Navy adventures to his lifelong love of the open road, **Gordon Barron's** life has been defined by exploration, camaraderie, and an enduring sense of adventure.



***GORDON,
THANK YOU FOR
YOUR SERVICE!***

BACCHUS WINE

By Sandy Persels



September was Mystery Month, and the **Bacchus Wine** gathering in the Fiesta Room was a nest of intrigue. Although attendees had no idea what the event would bring, many intrepid souls came anyway with appetizers and wine in hand. To give them their due, they were treading an uncharted, perilous path, but they were fearless and

ready for anything! After all, who doesn't love a good mystery? Would it involve the grapevine garrote, murder by mirth, appetizer annihilation, or something even more macabre? Something's afoot (some might call it **Wine Wickedness**), and it's seductive!

"What happened?" you may well ask. "Did everyone survive the scary scene and depart unscathed?" As they say, "YOU HAD TO BE THERE." *To be continued. . .*

If friends, food, fun and frivolity, paired with a healthy dose of useful wine information and conversation appeal to your spirit of adventure, why not join us? All Sunflower residents are welcome to participate. To get your name on the mailing list for information about upcoming events and to receive your own invitations, simply contact **Sandy Persels**~deuxpers@comcast.net ~ and it will mysteriously happen!

*A day without wine is like...
Just kidding. I have no idea.*

MUSIC NOTES FROM THE CHORALE

By Sue Horsfall

On Monday, September 8th, an eager group of seasoned alumni, about half our normal numbers, gathered for our first rehearsal in the Fiesta Room at 3:30 p.m. to run through a few of the pieces to be performed this fall and winter. Some we recognized, some we didn't, but this season looks like it will be a fun and interesting one for all.

As mentioned last month, we are looking to recruit a few more singers, especially basses and tenors; AND they do not need to live in Sunflower, although they do need to be age-qualified, i.e., at least 55 years old. We will be using the guest pass identification system to satisfy HOA insurance requirements. A special account belonging to the Chorale, is available to cover costs.

We look forward to our first performance, on

**Veterans Day,
Tuesday November 11th @ 9:30 a.m.
in the open space directly in front
of the Village Center.**

For any questions or suggestions, please contact
Sue Horsfall @ 520-425-0586.

GNO ~ GIRLS NIGHT OUT-MOSTLY DAYS

By Lynn Haye

**Ready for the 25-26 season?
Hope you all had a good summer.**

Our first outing is **Thursday, October 23rd @ 6:00 p.m.** at one of our favorites: **Gaslight in Oro Valley.** We are going to see the **'Manhattan Dolls'** doing songs from the Vietnam era. The price is \$30/pp. Food is available, as well.

Please let me know if you intend to join us;
and get your money to me by **Thursday,
October 2nd.** I will be back in town on October 1st.
You can leave your money in an envelope at my door.
*We also have rides if you need one
or don't drive at night!*

Any questions, email me @ h1035@aol.com.

This event is open to all gals in Sunflower!

In November, I am looking at a **Ghost Tour in Tucson**, accessible to everyone. *Let me know if that sounds like a good idea.*



CLUBS AND GROUPS AT SUNFLOWER

By Larry East, *Sunflowerliving Web Team*

The Sunflowerliving.com website has a page with short descriptions of most Sunflower clubs and groups.



Please check your club's or group's listing @ <https://www.sunflowerliving.com/clubs-at-sunflower>; scroll down to find your club or group or use the search window. If yours is missing, it is because the Web Team does not have any information about it. If it is there but the information is out-of-date, that is because no one ever sends us updates.

If the information is out-of-date or missing, please send the updated or new information to:

webteam@sunflowerliving.com. Check some of the other listings to see the type of information required – the format is fixed and the space is limited.

Thank you for your help.

SUNFLOWER FOODIES & FUN CLUB

By Kathryn Martin



Chef's Brian's Comfort Kitchen Chef's Table

On Wednesday, **October 15th**, Foodies Club members will be traveling to **Chef Brian's Comfort Kitchen** located at 804 S. 6th Ave. for a fun **Chef's Table**. **Chef Brian Hill has been a contestant on Top Chef and on Chefs of Beverly Hills.** We have a few seats left at noon seating but the 5 p.m. seating has sold out! The meal will be a buffet, so you can choose what you'd like or a little of all of it! The meal will include: Sauteed Jumbo Pineapple Shrimp, Chopped Seasonal Vegetables, Coconut Rice, the Big FATTY Breakfast Sammy, which contains 2 country-fried bologna slices, sauteed onions, pepper jack cheese, a fried egg and power greens on Texas toast and finally Golden Fried Chicken, Chunky Potato Salad and Low and Slow Collard Greens. The cost is \$45.00 per person and includes a selection of beverages or you can bring your own wine or beer. Tax and gratuity are included!

If you would like to attend this event, please contact **Kathryn Martin @ 940-783-1037 by **October 5, 2025.****

SUNFLOWER FOODIES & FUN CLUB

BARRIO BREAD SALES

By Kathryn Martin

Barrio Bread, Don Guerra, will be back at Sunflower to sell bread on **October 15th @ 4:00 p.m. in the Craft Room.** (New Time) So come on out and get your favorite bread!

Reminder 2 loaves per household.

Also, there are no pre-orders.

Thank you for your cooperation.



Sunflower Community Fine Arts & Crafts Festival

Fri Nov 7 & Sat Nov. 8 - 9:00-3:00

Paintings -Angels -Pumpkins -Wreaths
Towels - Paper Crafts - Jewelry - Quilts
Crochet & Knitted items — Beaded Items
Household Novelties — Diamond Dot
-Cutting Boards - Pinecone Trees
Fused Glass Earrings and Necklaces
Driftwood Wall Art Denim Shopping Bags
Baskets and lots more!

Community Bake Sale
Station Bar and Grill on the Patio
11:00-2:00

Sunflower Village Center
9401 N Sunflower Park Dr., Tucson

SUNFLOWER FOODIES & FUN CLUB

By Kathryn Martin

On November 15, 2025 @ 11:30 a.m., we will be hosting a **Magical-Midday Meal**, which is lunch followed by a magic show. Watch for upcoming Communicators and the November Sun Catcher for more information; or get on our mailing list at **Islandermom55@gmail.com.**

OCTOBER POTLUCK

By Adele Suomela

October brings cooler temperatures, Fall and Halloween, so plan on attending the **Thursday, October 9th Potluck.** ***Social starts at 5:30 p.m., with dinner at 6:00 p.m.***

The cost is \$3.00, if you bring a side dish or a salad, and free if you bring a main dish. Please bring a dish that serves 8-12 people.

Remember to bring your own plate and silverware. We'll have water and lemonade.

Sale dates are:

Friday, October 3rd from 2:00 to 4:00 p.m. ~ and ~
Tuesday, October 7th from 10:00 a.m. to Noon.

For information or questions, contact
Dianne Engstrom @ 763-742-3147.

OCTOBER SOCIAL CLUB

By Frances Gauthier

Our final ticket sales for the October 18th "Chili Dinner" will be on October 7th @ Noon.
if not sold out.

Please check the Communicator for updated info.

We will be serving chili, cornbread, salad and cupcakes.

Our entertainment will be **"Silk and Soul".**

Social time is 5:30 p.m., with dinner @ 6:00 p.m.

Tickets are \$10. For anyone not already a member, we will require an additional \$1 for dues that will carry you through the end of 2025.

On November 15th, we will be serving a traditional turkey dinner. **Tickets will be on sale on October 29th from 10:30 a.m. to 12:00 Noon & again on November 5th from 12:00 to 1:30 p.m.,** if not sold out.

We will be collecting books for the **Roadrunner Elementary School** that night. Tickets for this event are \$10.

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, October 22nd*, will go to **IHOP**, carpooling @ 7:45 a.m.

ROMEOs Lunch – *Wednesday, October 8th*, will go to **Scordato's Restaurant**, carpooling @ 11:45 a.m.

OWLS Dinner - *Wednesday, October 15th*, will go to **Golden Corral**, carpooling @ 4:30 p.m.

SATURDAY 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.

Thanks to Roger Daggett of Coldwell Banker Realty - Foothills Office who continues to sponsor this event.



Second Friday and Fourth Tuesday
October Game Nights
6:00 to 8:30 p.m. in the Fiesta Room

Friday, October 10th and Tuesday, October 28th

Are you looking for night fun? Join us for Game Nights. We have lots of games to choose from - or you can bring your own. Bring snacks & drinks. This is a great way to spend time with friends and/or make new ones.

A Special Thanks to our hosts:
Jan Session & Adrienne Farrell

HEALTH & WELLNESS GROUP

By Diane Gray, RN

Hello, my name is **Diane Gray**. I live in the Sunflower Community. I am a retired RN and I have been thinking about starting a group to help and support our community residents, as needed. It will be designed to aid and support the general wellness of residents who may wish to ask questions or gather information about the next steps in their continuing health.

If you are interested in helping out, please email me @ sunnvtucson64@gmail.com.

NEIGHBORHOOD CONNECTIONS

By Katta Mapes



Join **Sunflower Neighborhood Connections** for an engaging and informative presentation on safety, presented by the **NW Fire District!**

Discover essential tips to keep your home and loved ones safe. Mark your calendars for Saturday, October 25th @ 1:00 p.m. in the Fiesta Room.

NEIGHBORHOOD CONNECTIONS

By Katta Mapes

Be a part of Sunflower Neighborhood Connections.

The SAFETY Networking message for this month is: Gather with 1 or 2 neighbors and practice getting down and up from the floor.

The SOCIAL Networking message for this month is: Organize a friendly competition for the number of "sit-stands" someone can do in one minute. (A sit-stand is a simple exercise where you sit on a chair and then, stand up).

Tuesday, October 21st from
5:30 to 7:30 p.m. in the Fiesta Room



Join us for a fun-filled evening of music featuring our very own Sunflower stars! Listen to some old-time favorites or perhaps a new song or two. Bring your favorite beverage and snack if you like. If the music moves you - sing along and/or even get up and dance. We have a great new sound system! A very special shout out and thank you to **Tim and Kaye** from **Walter's Team** for the karaoke machine.

Would you like to unleash your inner diva or divo?

Send your song request to **Michelle**

@ michelebennett@me.com by October 15th.

You can request to sing your favorite song or two, or suggest a group song.

CORNHOLE



Cornhole will be played each Friday in
October from 5:00 to 7:00 p.m. on the
bocce court sidewalks.

This is social, drop-in play and no partner or experience is needed.

Our first Potluck Social in the Fiesta Room is
October 2nd from 5:00 to 7:00 p.m.

Sign-up is required.

Our hours of play will be changing in November to 4:00 to 6:00 p.m., as the sun sets earlier. Keep up-to-date on any Cornhole group changes by reading the weekly Communicator.

ROSIE'S SUNFLOWER BINGO

By Tim Walter



Read carefully **BINGO PEOPLE**, and tell your Snowbird friends returning! There will be some requirements we have been asked to bring back into enforcement. You will need your proximity card to buy

bingo cards. If you bring a guest, you must register them at the front desk and get a wristband in order for them to participate.

For our **September BINGO**, we had record attendance. The library was especially lucky with several winners, including the **Rosie Special** which was \$275.00 this month. **Danielle Lardy** contributed all her \$65 pot winnings to the **Veterans Club**, as well as **Judith Davis** and an anonymous donation of \$20 each.

Congratulations to all the winners.

Shannon Meely helped **Kaye Walter** set up bright, Sunflower table settings. Thank you to **Dolores Johnson** for calling; **Carol Abrahamson** and **Lee Head** for their consistent help!

October is always a special night, as we celebrate **Breast Cancer Awareness** and appreciate the players that beat and continue to fight!
Wear pink please!



Come and play to win!

Fiesta Room, October 14th - games start at 6:00 p.m.

HOLIDAY DECORATIONS EXCHANGE

By Pat Cooke

The HOLIDAY DECOR EXCHANGE TABLE

for **Fall, Halloween and/or Thanksgiving Decorations** will take place from **October 10th thru October 12th, 2025.**

It will be located in the hallway to the Fitness Room in the Village Center, as before.

If you have **holiday** items you no longer want, just place them on the tables.

If you need some decorations, then check out what's there, ***and take what you want!***

Happy Holidays to All!

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 Aileen Fundingsland

Please join us for 9 holes of golf at **Quarry Pines**. **We play every Tuesday @ 2:00 p.m.** Please arrive one half-hour early. Please call or text **Aileen @ 520-906-4427** no later than 10:00 a.m. the Monday before play.

MENS 9-HOLE GOLF

By Jim Murphy

Join us for nine holes of golf at **Quarry Pines**. Through the summer months, we play weekly on **Wednesdays starting @ 6:00 a.m.** If you'd like to join us, email **Jim Murphy @ jmurphmail@gmail.com**.

SUNFLOWER MENS GOLF CLUB

By Gary Scott

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 FOR SUNFLOWER

By Gary Engel

Due to the increasing temperatures, play will now be on **Court 2 from 7:00 to 8:30 a.m. on Wednesday and Thursday mornings and from 7:00 to 8:00 p.m. on Sunday evenings.**

Paddles and balls are provided. Any future time changes will be posted in the weekly Communicator. In addition, we have set up a group text for any new players so that we will know who is planning on playing.

Questions, please contact **Gary Engel @ 623-221-8813**.

SUNFLOWER TENNIS CLUB

By Dennis Page

Welcome back, snowbirds! We have missed you.

Fans of pro tennis might want to watch **"The Gods of Tennis"** on PBS. (A subscription to PBS is required.)
<https://www.pbs.org/show/gods-of-tennis/>

From their website: "Framed through the world-famous Wimbledon Tournament, revisit the golden age of tennis in this three-part fascinating series. Meet the heroes who changed the sport forever and drove significant change away from the tennis courts."

Reminders: Weekly play (Monday through Saturday) for SFTC members now starts at 7:30 a.m. Call or text **Susan Page** for current information: 520-742-1373, or email her @ susanpage@comcast.net.

Hang on! Summer heat has to be over soon! Really!
But it's not too hot for morning tennis play,
so come on out and enjoy.

PICKLEBALL CLUB

By Leah Freeland

Welcome back Snowbirds!

Club play time is Monday thru Saturday from 7:00 to 9:00 a.m., and Tuesday, Thursday and Sunday from 6:00 to 8:00 p.m.

All club members are welcome to play at these times.

Designated club play for beginners will start October 1st on Mondays and Wednesdays from 4:00 to 6:00 p.m. For beginners, free lessons can be arranged by calling or texting **Karla Holmes** @ 208-724-4864.

The annual **Pickleball Meeting** will be held on **Saturday, November 1st**. Officers to be elected + 2026 dues will be due.

GATHERINGS CLUB

By Jan Gerston & Terri Lackey

The next meeting of the Sunflower Gatherings Club (formerly Activities Club) will be 10:00 a.m., Tuesday, October 14th, 2025 in the Craft Room.

The **Sunflower Gatherings Club** is excited about upcoming events in the planning stages, including a New Year's Eve Party with dancing to live music and a partnership with **Foodie Friends** for a Mardi Gras/Valentine's Day Gala, as well as some novel "off-campus" events. The **Sunflower Gatherings Club** is the new name of the club being organized to sponsor social events, cultural enrichment opportunities, educational lectures and video screenings, and possibly some local bus trips. An Executive Committee was elected at the October meeting. Club officers will submit charter club-required documents to the Sunflower HOA Board of Directors. Dues are \$5 per person per year. Please email jan.gerston@gmail.com if you would like to join the **Gatherings Club**.

The **NEW YEAR'S EVE DANCE** will be hosted by **The Sunflower Gatherings Club**. Yes, there is going to be a **New Year's Eve Dance on December 31st from 7:00 to 10:00 p.m.**

KT Klassics will be performing, so get ready to put on your dancing shoes. **Ticket Price:** \$20.00/pp

Ticket Sales:

Saturday, October 25th from 8:30 to 10:30 a.m. ~and~
Wednesday, November 4th from 2:00 to 4:00 p.m.



By Bocce Officers

Welcome back to the snowbirds!

We look forward to seeing you back on the courts!

Fall regular Tuesday/Thursday play is currently @ 9:00 a.m. - beginning October 21st, play will move to 1:00 p.m. Wednesday evening play will remain at 6:30 p.m. Please arrive 10 minutes early so courts and teams can be selected.

The 2025/2026 dues will be collected the first week of October, they are \$10 for the year. Please see **Marcia** to give your payment and confirm your email address. If you will not be back, please phone or email **Marcia**.

The **Bocce Pot Luck Breakfast** scheduled for September 9th **was postponed to October 9th**. This will be at 7:30 a.m. on the back patio of the Village Center, with regular play beginning @ 9:00 a.m. **Marcia** or **Julie** will have a sign-up sheet on September 30th and October 2nd. If you are interested in trying bocce, show up early on Tuesday or Thursday and an officer can help get you started. You will get 3 free days to play and see if you want to continue. After that dues are only \$10 per year.



Senior Olympics has had events in Tucson for 40 years! There are currently 31 events, anywhere from Archery to Volleyball. Information can be found at the Tucson Parks and Recreation website under Senior Olympic Festival. The **Sunflower Bocce Club** has participated for many years. The last 3 years, we have placed in the Women's, Men's and Co-Ed Divisions.

The 2026 Bocce Tournament will be hosted by Sun City Oro Valley from January 19th through 24th, 2026.

YOGA CLUB

By Leslie Parr

We have FREE YOGA CLASSES on Monday, Wednesday and Friday from 7:45 to 8:45 a.m. in the Fiesta Room.

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

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

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

Lori Chase, Resident Services Coordinator:

LChase@associatedasset.com

Pat Chavez, Resident Services Coordinator:

Patricia.chavez@associatedasset.com

Nickie Kaplan, Resident Services Coordinator:

NKaplan@associatedasset.com

Rebecca Teichman, Resident Services Coordinator:

RTeichman@associatedasset.com

Rosie Young, Resident Services Coordinator:

RMYoung@associatedasset.com

SUNFLOWER VILLAGE CENTER HOURS & HOLIDAY CLOSINGS

**THE VILLAGE CENTER WILL NOT
BE CLOSED FOR ANY HOLIDAYS
DURING THE MONTH OF OCTOBER, 2025.**

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.

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*” on this website, you must enter the password which is only available to Sunflower residents.

Please visit the Village Center front desk for this information so you can receive the new password.

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.

HOMEOWNER-TO-HOMEOWNER REFERRALS

By Nickie Kaplan

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.

I will be happy to add it to the online list.

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.**

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Village Center Front Desk @ Phone: (520) 572-9780 • Fax: (520) 572-8724
Published monthly by Staff & Volunteers of Sunflower Community Association, Inc.

OCTOBER 2025 ACTIVITY CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	<u>COMMITTEE MEETINGS</u> 10/01 LANDSCAPE 10/02 PRAC 10/07 ARC 10/07 POLICY 10/10 WELCOME	<u>THIS MONTH</u> 10/13 ELECTION 10/21 ARC 10/21 FINANCE 10/22 BOD	1 YOM KIPPUR 9 Mah Jongg 10 LANDSCAPE 10 VETS' Mtg 11 VETS' BOD Mtg 1 MahJongg 1 Pinochle	2 9 Quilters 9 500 Cards Game 2 Tech Bd Mtg 1 PRAC 1 Mixed Br/Canasta 6 Cribbage 5 Corn Hole Social	3 9 Quilters 11:30 Fun Poker 1 Quilters Event 1 Mah Jongg 2 Potluck Tickets	4 7:30 Coffee Klatch 10 VETS' Fall BBQ
5 1 Mah Jongg	6 9 Dominoes 10 Craft Club 10 Social Club Mtg 12 Poker/Baskets 12:30 Mexican Train 3:30 Chorale	7 9 ARC 10 Potluck Tickets 11:30 POLICY 12 Social Cl Tickets 1 Euchre 1 Ladies Bridge	8 9 Mah Jongg 11:45 ROMEOs 10 Tech Club Mtg 1 MahJongg 1 Pinochle	9 7:30 Bocce Brkfs 9 Quilters 10 Quilters Mtg 9 500 Cards 1 Mixed Bridge 1 Canasta 5:30 October Potluck	10 Halloween Decos Table 9 Quilters 11:30 Fun Poker 1 WELCOME 1 Mah Jongg 6 Game Night	11 Halloween Decos Table 7:30 Coffee Klatch 9 Art Club 1 Singles Group 5:30 Music Under The Stars
12 Halloween Decos Table 1 Mah Jongg 2 Tech Help	13  9 Dominoes 10 Craft Club 12 Poker/Baskets 12:45 MexicanTrain 1 Vint Gard Event 3 ELECTION 3:30 Chorale	14 10 Gatherings Club 1 Euchre 1 Ladies Bridge 6 BINGO	15 9 Mah Jongg 10 Photography Club 11 Mah Jongg 1 Pinochle 4 Barrio Bread Sales (New Time) 4:30 OWLS	16 9 Quilters 9 500 Cards Game 1 Mixed Bridge 1 Canasta 6 Cribbage	17 8 FLU CLINIC 9 Quilters 11:30 Fun Poker 1 Mah Jongg	18 7 FALL YARD SALE 7:30 Coffee Klatch 9 Art Club 1 VOTING TABLE 5:30 October Social Club
19 1 Mah Jongg	20 9 Dominoes 10 Craft Club 12 Fun Poker 12 Baskets 12:30 Mexican Train 3:30 Chorale	21 9 ARC 1 Euchre 1 Ladies Bridge 1:30 FINANCE 5:30 Karaoke	22 7:45 ROMEOs 9 Mah Jongg 10 BOD Mtg 1 Mah Jongg 1 Pinochle	23 9 Quilters 9 500 Cards Game 1 Mixed Bridge 1 Canasta 6 Cribbage 6 GNO (off-site)	24 9 Quilters 11:30 Fun Poker 1 Mah Jongg	25 7:30 Coffee Klatch 8:30 Gath Club Tickets (NYE) 9 Art Club 1 Block Watch Event w/NW Fire Dept
26 1 Mah Jongg 2 Tech Help	27 9 Dominoes 10 Craft Club 10 Food Fr Tickets 12 Poker/Baskets 12:30 Mexican Train 3:30 Chorale	28 10:30 PWC Mtg 1 Euchre 1 Ladies Bridge 2 Genealogy Mtg 6 Game Night 7 SF Readers	29 9 Mah Jongg 10:30 Soc Cl Tickets 1 Mah Jongg 1 Pinochle 1 Foodie Friends 4:30 Fun Poker	30 9 Quilters 9 500 Cards Game 10 Quilters Bd Mtg 1 Mixed Bridge 1 Canasta 6 Cribbage	31  9 Quilters 11:30 Fun Poker 1 Mah Jongg	

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
6pm Pickleball 7pm POP Tennis	Men's Golf 7 Pickleball 7:30 Tennis 7:45 Yoga 9 Water Aerobics 9:30 Line Dance 1pm Chix w/Stix	7 Pickleball 7:30 Tennis 9 Bocce (10/21 @ 1pm) 9 Stretch/Tone 10:30 Wts/Balance 1pm Men's Billiards 2pm Ladies' 9-Hole Golf 6pm Pickleball	6 Men 9-Hole Golf 7 Pickleball 7 POP Tennis 7:30 Tennis 7:45 Yoga 9 Water Aerobics 1pm Ping Pong 1st, 2nd, 3rd Wed 6:30pm Bocce	Men's Golf 7 Pickleball 7 POP Tennis 7:30Tennis 9 Bocce (10/21 @ 1pm) 9 Stretch/Tone 10:30 Wts/Balance 1pm Chix w/Stix 1pm Ping Pong-4th Thurs 6pm Pickleball	7 Pickleball 7:30 Tennis 7:45 Yoga 9 Water Aerobics 10 Line Dance 12:30pm Bowling 1pm Men's Billiards 5pm Cornhole	7 Pickleball 7:30 Tennis 10 Ping Pong *Hiking Info- See Article For Details

TOPICS OF INTEREST

ARTIST GALLERY

By Lori Chase

Our returning artist for the month of October is **Rhonda Sawyer**. Please come in & view her art: *"Thank you for viewing my watercolor paintings. I am fairly new to watercolor, but I have always been drawn to art. I especially love watercolors, so I thought: 'Why not give it a go!'" Many of these paintings are after free images on Pixabay and free tutorials. I especially enjoy doing tutorials on the Facebook group, Art by Paul Clark and Watercolor Challenges by Margot. Feel free to look up this website and browse; or join, as it is FREE. I have also painted AFTER other artists: Matty Burnham, Gary Frederick, Marty Marin, Karen Rice, Mike Jackson; and of course, many are from my own imagination or adventures in nature. Some paintings are for sale, as marked. Enjoy! Rhonda Sawyer"*

Our November artist will be **Chuck Lanska**. His photography lens shows perceptive. His photos will be what everyone loves; Hummingbirds. Our thanks to **Stephen Marriotti** for his mixed media display of large and colorful art.

THE PING PONG GROUP

By Buzz Hoffmann

We play Ping Pong in the Fiesta Room on the 1st, 2nd & 3rd Wednesdays of each month from 1:00 to 4:00 p.m. We are also now playing on the 4th Thursday from 1:00 to 3:00 p.m. Please refer to the Communicator for re-scheduled dates & times formerly on Sundays.

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 an experienced or just starting out, **there's a place for you in our club!** Please email **Vince Senski** with any questions: vinceduluth@gmail.com.

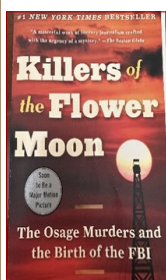
Our next meeting is on Wednesday, October 15th @ 10:00 a.m. in the Fiesta Room.
We'd love for you to join us!

SUNFLOWER READERS

By Marcia Olson

Sunflower Readers will meet on October 28th in the Library @ 7:00 p.m.

The book **"Killers of the Flower Moon"** by **David Grann** will be discussed. This highly-praised book about the birth of the FBI and the Osage murders exposes one of the most chilling conspiracies in American history.



SUNFLOWER HIKING GROUP

By Hope Collins

It's October, so that means cooler temperatures, and the start of the **Sunflower Hiking Group** hiking season! In general, we will have hikes on Tuesdays and Fridays, from October through March. The hikes for each month will be listed in the Sun Catcher; the upcoming week's reminders will be posted to the weekly Communicator.

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**. Once added to the group, you will receive an email from the **Sunflower Hikers Google Group** confirming that you have been added. There is no need to reply, but you will want to follow the instructions in the email. If you have questions about the group, or have an interest in leading future hikes, please contact **Bobby Bran @ 520-729-8082**.

OCTOBER HIKES:

October 14 Tortolita Preserve Short Lp, 5.4 Mi, Easy+
October 17 Linda Vista Lp, 3.0 Mi, Easy
October 21 OPEN DATE
October 24 Scenic/Passey/Packrat Loop, 3.2 Mi, Easy-
October 28 Aspen Draw via E Turkey Run Rd & Meadow/Mt Lemmon Lollipop Lp, 6.5 Miles, M+
October 31 Honeybee Canyon, 4.0 Miles, E-

**Most hikes meet between 7:00 & 7:45 a.m. @ Village Center*

SUNFLOWER BOWLING INFORMATION

By Bonnie Scott

If you want to make new Sunflower Community friends and enjoy some fun exercise for 2 hours, then come and bowl with us on Friday afternoons. It's Open bowling so no teams and if you cannot make a Friday, no problem, and no cost.

The following bowlers had new high Series and/or game YTD:

Vicky Beard - 495 series
Susan Beyers - 471 series
Dolores Johnson - 513 series
Terri Shevlin - 487 series
Chuck Glen - 570 series with games of 192 & 196
Billy Vaughan - 493 series with a 209 game
Rick Lybarger - 200 game

Other Bowlers who had great games: **Joe Beard** - 203 & 213; **Don Preuss** - 192 & 195; **Gary Scott** - 192 & 203; and **Dolores Johnson** - 182

Bowlers are asked to show up at the **PINZ Lanes**, formerly Fiesta Lanes, located at 501 W. River Road by 12:10 for practice starting at 12:20 p.m., and a 12:30 p.m. start time. We bowl on Lanes 1-6. The cost is \$13, and someone will be there to collect your money. Refer any questions to **Terri Shevlin @ 609-471-4347**.

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 marylmercer@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 Pot Luck nights)

MEXICAN TRAIN DOMINOES

By Pat Cooke

We have plenty of room for new players. Come and learn how to play Mexican Train.

Join us on Mondays in the Fiesta Room.
We meet at 9:00 a.m. and 12:30 pm.
in the Library.

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** from 9:00 to 11:00 a.m. on Wednesdays in the Library. Not ready to make a commitment?

All are welcome, beginner to advanced players!

SUNDAY MAH JONGG

By Lynn Neitzke

Beginning Sunday, September 7th, 2025,
we began playing Mah Jongg
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 Noon 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.



ACTIVITIES AND CLUBS

ART CLUB

By Billie Barron

This is an open invitation to all Sunflower residents with a desire to create or color something that stirs their 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

October 6th is the first meeting of the new season of the Sunflower Craft Club.

An agenda listing the proposed projects, along with the needed supplies, will be discussed.

The Sunflower Craft Club meets every Monday from 10:00 to 11:30 a.m. October to April.

Please contact **Chris Polk** @ 520-820-5227 for additional details or questions.

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.

11:00 a.m. to Noon - **A bit more advanced**

To attend, you pay **\$5 to the Dance Club** for the entire year. The fee goes to the Club for our Club 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 both sedentary & active people.

Classes: Tuesdays & Thursdays @ 10:30 a.m.

Please bring your own weights/ankle weights:

1# to 2#-women / 2# to 3#-men.

No Punch Card Needed

FITNESS CLUB

By Sue Uden

Water Aerobics: Monday, Wednesday, and Friday, 9:00-10:00 a.m. We are using CD workouts that participants have enjoyed. There are 3 different CD's that last about 50 minutes and give a well-balanced workout focusing on the core, upper body, balance, knees, and hips. Noodles and water weights may be used.

Stretch and Tone: Tuesday and Thursday, 9:00-10:00 a.m. in the Fiesta Room. Margo Gustin will be leading the classes. This is a full-body workout completed while sitting or standing, working on strength, flexibility, and balance. Participants will need a 10" ball, light hand-weights and stretch bands. **Fitness Membership Cards ARE required for ALL CLASSES.**

Violet Boren, our certified instructor, will begin teaching classes on **Thursday, Nov. 13th. Stretch and Tone: 9:00-10:00 a.m.** ~and~ **Chair Yoga/Pilates: 10:10-11:10 a.m.** in the Fiesta Room, **Tuesdays and Thursdays.**

Fitness Club membership cards are required but NOT punch cards, at this time.

GENEALOGY SOCIETY

By Paulette Weiser

The October topic for the general meeting of **SGS on Tuesday, October 28th @ 2:00 p.m. in the Fiesta Room and via Zoom,** will be Amy Urman discussing "Unearthing Lineage: Navigating Genealogy Through Digital Archives." Her talk will include explanations of and how to use DPLA (Digital Public Library of America), Worldcat, Wayback Machine, NARA (National Archives and Records Administration) and maybe a few more. These digital, online resources allow you to conduct research on your family history right from the comfort of your home.

Amy Urman, who has presented informative programs in the past, is a private investigator, professional genealogist & speaker. She has dedicated her professional life to uncovering hidden stories, tracing ancestral threads, and locating elusive assets for both the living and the dead. She is certificated in Genealogical Research from Boston University. Amy is a co-founder and former president of the Pima County Genealogy Society, for whom she also serves on several committees. Additionally, she volunteers on the Arizona DAR State Lineage Committee.

The **SGS Program Committee** will soon be unveiling its **Program Schedule for 2026.** The programs will include both speakers and hands-on learning of how to accomplish certain tasks in family history research. It should be an informative and useful year. November's program will be given by Paulette Weiser on the "Do's and Don'ts of Family Treasures". She will talk about how to care for such family items as documents, photos, quilts, clothing and the like. On December 16th, we will celebrate our family histories with a holiday party & share some stories.

SUNFLOWER QUILTERS

By Carolyn LaPotin

On October 1, Quilters will have the honor of presenting the quilts we have made for Veterans in Hospice to our very own Sunflower Veterans Club.

Our heartfelt “thanks” goes out to the talented and generous ladies from Sunflower and beyond who also contributed many lovely quilts, and lap quilts for Veterans in Hospice as possible.

We are now putting the finishing touches on the unique items we have made for Sunflower’s Craft Fair in November. I hope our customers will be as excited by the new boutique type collections as we are. We will be selling gifts for a new arrival, the sports enthusiast, the hostess, the traveler and the chef to name just a few.

Proceeds from the Craft Fair are used to buy the fabric and batting we need to make and donate quilts to kids in foster care, lap quilts for Veterans in Hospice and placemats, pillowcases and quilts for others in need. Shopping at the Craft Fair is a win-win for both quilters and shoppers.

The Sunflower Quilters meet in the Craft room every Thursday and Friday from 9:00-12:00.

Guests, visitors and quilters of all skill levels are always welcome. Stop by or bring your project and join us.



FALL YARD SALE Saturday, October 18th From 7:00 a.m. to 1:00 p.m.

Sign up at the Village Center. There is a \$5.00 fee that all participants pay; which is used to defray the costs of maps, signage & advertising.

The deadline for signing up is Tuesday, October 14th to be on the map, but you can still sign up to participate after that date.

Maps will be available October 16th.

Advertise

Use balloons & signs with arrows to grab drivers' attention.

Stock up on bags/newspapers.

Create an organized display to appeal to prospective buyers

Manage your money to have ample change available.



TECHNOLOGY CLUB

By Katta Mapes

October 8th @ 10:00 a.m. -
Member Meeting in the Fiesta Room

TECH TALK: Get the Latest on Cutting the Cord

Are you ready to take the plunge into the future of entertainment? Join us for an engaging Tech Talk titled **“Cutting the Cord,”** where we’ll explore the latest innovations and options for leaving traditional cable TV behind. Our featured speaker, **Tom Howlin**, a renowned expert in digital media & technology, will share invaluable insights on how to transition to a more flexible and cost-effective streaming lifestyle.

What You’ll Learn:

The benefits of cutting the cord; Alternatives to cable: streaming services, devices & more tips for customizing your viewing experience; Insights into the future of digital media; & New internet options coming to Sunflower. ** Remember, you can see past meetings on You Tube – just search for **Sunflower Tech Club** on You Tube

VINTAGE GARDENERS CLUB

By Marie Van Huis

The *Vintage Gardeners* are back from break, and we're kicking things off with a **Meet & Greet on Monday, October 13th @ 1:00 p.m. in the Fiesta Room.** Come catch up with old friends and make some new ones! This is a perfect chance for new members to join our club. Dues are only **\$10**. We'll have a brief meeting to share our exciting plans, and the Board will be serving up some delicious pizza — so stick around and chat with fellow garden lovers.

Our first outing is a unique opportunity! **We're headed to The Garden Kitchen at 2205 S. 4th Avenue for a private cooking class on November 10th called "More Vegetables, Less Animal Fat."** Come learn some new recipes and skills alongside other club members. The 3-hour class is **\$65/pp** (non-refundable), and carpooling will be available. All proceeds from their classes help support community programming. You can sign up at our October meeting, with the fee, due no later than October 15th.

Mark your calendars for our festive **Christmas Luncheon on December 16th** at the beautiful **Dove Mountain Clubhouse** overlooking the golf course and a view of the city. The cost is **\$32/pp**. We'll have the menu, and reservations will be available at the October meeting.

We're always looking for helping hands and fresh ideas. Volunteering with the club is a great way to connect, contribute and cultivate community spirit. Email: sfvtgardens@gmail.com or call **Lois Croly** for more details. And remember to check out VG's website @ www.sunflowerliving.com.

*“Some say fall is the season when the leaves change.
I say it's the season when my sweat pants never change!”*

~Katie Nicole Felton



PRIMAVERA

By Patrick Steliga

After losing her housing in 2021, **Tracy** found herself hungry and without hope. She endured the harsh desert climate, struggling to survive on the streets of Tucson for nearly four years.

In November 2024, **Tracy** joined the **Primavera Foundation's Homeless Intervention & Prevention (HIP) Program**, where she gained access to mail services, hygiene products & resources. About a month later, a housing voucher was available. The challenge was locating her without a current address or cell phone. **Tracy's** case manager provided a photo to **Primavera's Mobile Outreach Team**. The team searched the streets, encampments, bus stops, tunnels, & parks. They left messages at locations where she was known to frequent. After weeks of effort, the outreach team received a tip & contact was finally established.

As of January 7, 2025, **Tracy** & her dog, Rockett were housed & **Tracy** has secured a part-time job. **Tracy** sent the following text message to her Case Manager: *"I got a job and I wanted to share with you that it feels good to get back into life again. I feel renewed, full of energy and ready to live my life again sober and happy, and be a huge part of my children's life again. I could not even begin to tell you how appreciative and thankful for all you and Primavera have done for me There are no words that could explain how you guys strive to make this happen, and [your] belief in me... has made me feel whole again.... Now I expect better for myself, and from myself, and it feels amazing to have that drive again."*

Please see the weekly Communicator for the most needed items update.

Thanks for all of your donations.

HEALTH & SAFETY

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

By Armand La Potin

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.

Please contact **Armand** @ 520-780-4547

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 and funds and to offer our residents a variety of opportunities to enrich their physical, cultural and social well being.

CORE VALUES:

The Core Values of Sunflower are:

- 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.

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Source: nfpa.org

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.

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BILLIARDS

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Joe Malone 520-572-4697

BOCCE

Julie Frickel 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

CANCER SURVIVORS

Jan Keogh 520-579-1018

CHORALE

Sue Horsfall 520-425-0586

CORNHOLE

Kevin Kirkey 520-833-2236

Marilyn Engel 623-217-0016

CRAFT CLUB

Chris Polk 520-820-5227

CRIBBAGE

Kirk Andrews 401-419-5570

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

Jan Session 520-429-6079

Adrienne Farrell 520-345-3563

GATHERINGS CLUB

(formerly Activities 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

(formerly BLOCK WATCH)

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

Katta.Mapes@gmail.com

NINE-HOLE GOLF - MENS

Jim "Murph" Murphy 708-846-7556

NINE-HOLE GOLF - LADIES'

Aileen Fundingsland 520-906-4427

PARTNERS WITH CHALLENGES

SUPPORT GROUP (PWC)

Armand LaPotin 520-780-4547

PATRIOT'S PANTRY

Dann Cooke 520-404-4178

PHOTOGRAPY CLUB

Vince Senski vinceduluth@gmail.com

PICKLEBALL

Rick Lybarger 509-690-1991

Terri Shevlin 609-471-4347

PING PONG

Buzz Hoffmann 520-572-4258

PINOCHLE

Jim Damato 520-744-7031

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

Marcia Olson 520-888-6932

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

YOGA

Leslie Parr 520-603-8785

Revised October, 2025

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Speaker and panelist: Jeff Packard, People's Power

Speaker and panelist: Mac Gearhart, Sunflower board member and liaison to the Sunflower task force on Solar
The attendees with their stories, good, bad, and scary!

Lunch and Learn

October 31

12:30-2:00

The Fiesta Room

How do solar panels on my roof effect the sale of my house? How should I decide to buy or lease solar, if either? How do I answer the question of how much my solar panels will save, or cost, me or a future buyer? How do the numbers look if the Sunflower HOA installs solar? What would have to be reserved for replacement? What is changing with incentives from the government, both local and national? How much do I need and what happens if I produce more than I need? Bring your own questions and experiences as well for an informative session!!!

The Walter Team

Tim 520.775.0222/Tim@TheWalterTeam.com

Kaye 303.551.4989/Kaye@TheWalterTeam.com



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