

The Sun Catcher

May 2026

Volume 29 Issue 5

520.572.9780 (Office)

520.572.8724 (Fax)

9401 N Sunflower Park Drive

Tucson, AZ 85743

Sunflowerliving.com



2026

2025-2026 Board of Directors

President—Tim Lardy
tim.lardysf@gmail.com

Vice President- Ken Ropp
Kenroppsf@gmail.com

Treasurer-Patrick Stirling
patrick.sfboard@gmail.com

Secretary—Kathy Mitchell
katsfboard@gmail.com

Director— Larry Schierer
lschierersf@gmail.com

Director- Stacy Shellard
Stacy.sfboard@gmail.com

Director-Tom Swain
tomsfboard@gmail.com

Community Manager
Lisa Sak

Assistant Manager
Monica Martinez

Resident Coordinators

Jamie Haire
Nickie Kaplan
Kassidy Kirchgatter
Rosie Young

Maintenance Staff

George Pesina, Supervisor
Gilbert Mesa
Noah Taylor

COMMITTEES

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

LANDSCAPE INITIATIVES

By Charlie Barlow

Construction has begun for replacing the old irrigation system covering the north and south sides of the main wash. The projected completion date is by the middle of May, 2026. Please be respectful of their activities even though it is disruptive to the normal pathways along the wash.

Location flags have been placed in the community showing location and type of new plantings to be installed as soon as the irrigation work is completed.

There have already been some flags that have been ripped out -- it's discouraging to think there are people out there who don't want new trees or don't like the location of the proposed plantings.

Please let the *Landscape Committee* know if you have any concerns.

There were some Live Oaks of recent and prior year's plantings that have not survived the transition to their new locations and will be replaced. The Committee is working alongside **AAA Landscaping** to better identify the irrigation systems and timing to ensure all plantings are receiving adequate irrigation.

On a good note, this season one resident has stepped forward with a tree donation of \$200, and another with a donation of \$400 for two trees. Residents are invited to support this program by offering donations for additional trees or shrubs.

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.

The Committee has also developed a five-year plan for a budget of tree replacement and granite replenishment. This plan has been submitted to the *Finance Committee* as an advisory of future requests for funding to maintain the level of tree canopy that is subject to weather damage.

*Please join us in keeping our Sunflower Community
a beautiful and special place for everyone who lives here.*





This is more than
a place to live.
It's a place
to come alive.

WELCOME TO
THE FOUNTAIN OF *you*.

Call to schedule a tour
and discover CARF-accredited
senior living that
creates a space for you.

AMBER LIGHTS

520-844-2794
amberlightsRETIREMENT.COM



AN SRG SENIOR LIVING COMMUNITY



- * Indoor Cleaning Service
(Maid Service & Housekeeping)
- * Deep Cleaning & Moving Clean Up
- * Outdoor Cleaning Service
(Patio Cleaning & Dog Waste Removal)

(520) 574-6951

ARIZONA TAX CREDIT DONATION



Please consider donating your Arizona Tax Credit to Rattlesnake Ridge Elementary. We use tax credits to scholarship field trip costs for students in need. Contact Principal Uden at m.c.uden@maranausd.org or stop by Rattlesnake Ridge and we can help you in person.

What are the ABC's
of buying and
selling a home?
Call me so I can
help you!



“Daggett delivers!”
Gary & Stephanie



Roger Daggett
REALTOR®
520-241-1032
Rdaggett@gmail.com



**COLDWELL BANKER
REALTY**



2023
INTERNATIONAL
PRESIDENT'S
CIRCLE





Judy Ibrado
Realtor® ABR, SRES
(520) 301-8455
jibrado1212@gmail.com



Client Testimonial

Judy truly went above and beyond, handling the transaction smoothly and efficiently from start to finish.

Her professionalism and dedication were exceptional. I would highly recommend her to all.

Dale
Tucson

RATTLESNAKE Avoidance Classes



SUNDAYS, 7AM - 10AM

• Feb. 15 • Mar. 15 • April 12 • May 17

Preregister with *Animal Experts* at:
(520) 272-1825 | \$125 per session

11862 N. Tangerine Business Loop
Marana, AZ 85658

SolDogLodge.com



MEDICARE PLAN QUESTIONS?



Confused by all of the mail and TV commercials about Medicare Plans?



Call Senior Health Insurance Specialists to find out how you can get more benefits with your Medicare.

Yvonne Heredia Keane

Licensed Insurance Representative
License # 15029443

520-373-7194

youmedspec@gmail.com



Se Habla Español

Not affiliated with the U. S. government or federal Medicare program. We do not offer every plan available in your area. Currently we represent 12 organizations which offer 138 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

We can even meet at your house for an appointment!

8022 82301

Gray Eagle Landscaping

&
Handyman Service



Charlie & Jackie Gray
Owner's

(715) 327-3717

jhgray99@yahoo.com

Now Available! The New 2026 Hyundai PALISADE Hybrid



Get up To
35 MPG HWY

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.



Sunflower residents trade-in your vehicle and get \$2,000 above market value.

Jim Click Hyundai \$2,000 trade-in bonus is above KBB fair trade value and is available as on select new 2025/2026 Hyundai Models. Available through dealer on select in-stock models. Some exclusions may apply. Not valid on prior purchases. See dealer for details.



Owner Assurance

America's Best Warranty

10-Year/100,000-Mile Powertrain Limited Warranty



700 W. Auto Mall Drive

Call Jennifer Miller
General Sales Manager
520-407-4801



JimClickHyundaiAutomall.com

SHOP NOW



Seniors Helping Seniors® *In-Home Care for Seniors*



We offer companionship and in-home care to help seniors stay independent. From errands to appointments, our caregivers are happy to help. We uniquely match mature adults with seniors in need of support.

- 
Companionship & Socialization
- 
Personal Care
- 
Dementia, Alzheimer's & Memory Care
- 
Running Errands
- 
And More!

📞 520-225-0598 🌐 shstucsonnw.com ✉ info@shstucsonnw.com



VETERAN OWNED BUSINESS

LICENSED
BONDED
INSURED
ROC 338213



520-709-7094

REMODELING * REPAIRS * IMPROVEMENTS

- *CARPENTRY
 - *COMPLETE DOOR SERVICES
 - *DRYWALL REPAIR/TAPE/TEXTURE
 - *PATIO DOORS & ROLLERS
 - *MINOR ELECTRICAL
 - *POCKET/TRACK DOORS
 - *PAINTING
 - *PET DOORS (ALSO IN WALLS)
 - *ASSEMBLY/INSTALLATIONS
 - *AND SO MUCH MORE.....
 - *FURNITURE/BLINDS/SHADES
- CALL OR TEXT TODAY!**
- VETERAN OWNED BUSINESS**



**Husband & Wife Experts:
From Professional Head Chef & Meticulous Marine,
Now Your Trusted Real Estate Team!**

Not looking to buy or sell right now? No problem! We're here to answer all your real estate questions, big or small. Whether you're curious about the market or need advice, we're passionate about helping our community and making sure everyone feels heard and supported. Trust is everything, and karma always comes back around.



Got questions?
We've got answers.
We can't wait to connect with you!



Let our aggressive marketing give you the edge.

Integrated Marketing and Pricing Expert

Call, Text, or Email Anytime!
Lauren McLean: 520-543-1791
Lauren.mclean@cbrealty.com
www.laurenmcleanrealtor.com

ARCHITECTURAL REVIEW COMMITTEE

By Lisa Sak

The *Architectural Review Committee* would like to remind residents that Exterior Painting of the house requires an ARC Application and approval before starting the painting project. When painting your house, colors must be compatible with the theme of the community. At least two complementary colors must be selected, and up to three colors may be used.

Approved Exterior Paint Colors are available in the *Sunflower Paint Book* at the front desk to view and check out. Paint chips should be submitted along with the ARC application for colors not in the paint book. Something to consider in choosing the color of your house is the Arizona sun and heat. Darker colors heat up quickly, retain the heat longer and fade quicker than lighter colors.

Garage doors may be painted with the House Body Colors, Trim and Fascia Colors, or Almond, Sandstone or Walnut color. White is not allowed. Short-or-long-paneled doors without windows or with windows on top are approved as well.

ARC's next two May meetings:
Tuesday, May 5th & 19th @ 9:00 a.m.
in the Craft Room

WELCOME COMMITTEE

By Lynn Haye

Welcome to Sunflower!

If you are new to our community, we have a **Welcome Packet** for you. The packet contains useful information on our community, Tucson and Marana.

If you would like us to stop by, we would love to meet you and answer any questions you may have; or we can just drop a packet off at your home – your choice.

Although we do not meet during the summer months, we do make calls.

For further info, please contact **Lynn @ h1035@aol.com**.

We will be meeting again in October, 2026. Please check the calendar as the time draws closer.

We hope you have a lovely summer.

LANDSCAPE COMMITTEE INITIATIVES

By Charlie Barlow

Please see our current Landscape Initiatives on the front page of this newsletter. All Sunflower residents are welcome to join us at our monthly meetings.

Next Meeting: Wednesday, May 6th
@ 10:00 a.m. in the Conference Room

POLICY COMMITTEE

By Robin Sterner

The easiest way to stay current on Sunflower's 10 Policies is to view them on the Sunflower website.

Visit Sunflowerliving.com and follow this path: Resident Information, Association & Board of Directors, Governing Documents, Policy Manual.

(Note - After the Board approves a policy change, it can take a few months before the revised policy appears updated on the website.)

Please consider joining us at our next
Policy Committee Meeting on
Friday, May 8th @ 9:00 a.m.
in the Conference Room



PRAC~PRESERVATION OF RESERVE ASSETS

By Tom Howlin

We have an independent, professional company that monitors our reserves, tracks balances and the condition of assets. They are also the ones that assigned a useful life to the asset based upon nationwide industry studies. They provide the committee with a report once a year which we then use as our guidelines to do our own independent review and evaluation of the assets. The reserve budget also comes out of all this, as well as the impact on your assessments for the next fiscal year.

This report was previously done in July, which allowed almost no time for the **Finance Committee** to consider **PRAC** recommendations while creating the operating budget for the whole community. Thanks to the efforts of our community manager, that report is now being done in April, giving everyone involved time to come up with more precise numbers and to then incorporate them into the general budget with a higher degree of confidence that they are accurate. It also allows our **BOD** to more thoroughly study recommendations made by **PRAC** for the upcoming year, and make their recommendations for any necessary changes or modifications.

Overall, it should be a much-improved system for everyone concerned, including homeowners.

As always, all residents are invited to attend our **PRAC** meetings, held the first Thursday of every month at 1:00 p.m. in the Fiesta Room. Residents are free to voice their own concerns or ideas and have been very helpful in the past.

**Our next PRAC meeting is Thursday, May 7th
@ 1:00 p.m. in the Fiesta Room**



Sunday, May 10th

FINANCE COMMITTEE REPORT

By Bonnie Scott

Preparing for the 2026-2027 Sunflower Community Budget:

The Sunflower Community Budget preparation begins May 1st, with the Community Manager reviewing the current month's financials for income and expense items that are currently within budget year-to-date and those over budget year-to-date. The **Landscape Committee** and the **Preservation of Reserve Assets Committee** (PRAC) provide their budget needs for the 2026-2027 tax year to the Manager and Board for review. The **Finance Committee** will receive the budget requests from the Board; and the budget team will consider the amounts requested when preparing the new budget. When the draft is completed, the Manager will provide it to the **Finance Committee**, to be discussed in the committee's June 16th meeting.

The committee will choose a subcommittee (budget team) to work with **Lisa** to finalize the Budget draft. The Budget draft will be reviewed in the Finance Committee's July Meeting, and the committee will recommend that the Board approve it in the July Board Meeting. Homeowners are encouraged to attend the July Finance and Board meetings, where the Budget will be reviewed.

The Board may have a *Special Meeting* early in August to introduce the approved budget to homeowners. Per the **CC&Rs, #10.2**: "subsequent to a meeting of the Board at which the budget is approved and not less than 30 days prior to the beginning of the fiscal year, the Board shall notify the Members (a) of the amount of the Base Assessment for the following year." Sunflower's fiscal year begins October 1st and ends September 30th.

There will be more-detailed information regarding the 2026-2027 Budget process in the June Sun Catcher Financial Report. Some of the information will cover the costs of New Reserve items that may affect the increase in Reserve contributions and increase costs in the landscape budget request that includes additional purchases of trees, shrubs and cactus, as well as granite (rock) needs around the walking paths and other communal areas.

Homeowners (members) are always encouraged to attend Finance and Board Meetings, in person or via ZOOM.

Finance Meetings are on the 3rd Tuesday of each month @ 1:30 p.m. in the Conference Room ~and~ Board meetings are on the 4th Wednesday of each month @ 10:00 a.m. in the Fiesta Room.



By Bruce Schwartz

Hello everyone.

Time is just flying. *Music under the Stars* was another success. It seems like everyone is still enjoying those tasty Veterans Club Hamburgers. *The next Music Under the Stars is on October 10th, 2026.* In the meantime, we are gearing up for our **Annual Spring Cookout**. I will have that to report on next month.

We are working on getting a **Benefits for Spouses Talk**. It appears that so many spouses to veterans are unprepared for when that day might come. The VA has dedicated a number of programs and benefits to help spouses get by after their loved one has departed. We will keep you updated on that event.

If you are Veteran or know of one living in our community, please let them know to come on down to a Membership Meeting to participate in the comradery and stories we share with one another. We have a different great speaker each meeting, and there are always lots of donuts and coffee. We meet on the first Wednesday of the month. *Our next meeting is on Wednesday, May 6th from 10:00 to 11:00 a.m. in the Fiesta Room.*

The Arizona Veterans' Memorial Cemetery at Marana, 15950 N Lockett Road, holds an *Annual Memorial Day Observance Ceremony @ 8:00 a.m. on the last Monday of May* to honor fallen service members. The community often gathers in the days prior, placing flags on graves; and the event includes wreath-laying and tributes. Please come to the Cemetery to help us with placing flags on each grave. We are always looking for volunteers to help out. If you are a member, please stay until after the Membership Meeting and introduce yourself at our business meeting. We are happy to welcome you onboard as an At-Large BOD member. Our club was also very happy seeing everyone at the **Spring Cookout** in April.



UNITED STATES MARINE CORPS CORPORAL LARS EJRP

United States Marine Corps Corporal, Lars Ejrup was drafted in New York City in 1966 as an immigrant to serve during the Vietnam era. He was sent to Parris Island for basic training; and after eight weeks, he was assigned to Camp Del Mar Marine Base, CA, for additional training.



Before his assignment, *Lars* was tested and selected for pilot training. However, due to his immigrant status, he was instead assigned to Tracked Vehicle Repair School at Camp Del Mar. Following his training, he began his long journey to Da Nang, Vietnam.

His unit was loaded onto ships and; over the next two weeks, the flotilla traveled at approximately 6.5 knots to Hawaii. They stopped there for routine maintenance. After departing Hawaii two days out, one of the main engines broke down completely. From then on, they continued to Guam at the speed 3.5 knots (!) to replace the broken engine. This delayed the journey by an additional twelve days.

Upon arriving in Da Nang, *Lars* supported vehicle maintenance along the perimeter of the airfield and assisted in recovering damaged vehicles in the field. In March 1967, he was promoted to Lance Corporal in the Armored Amphibian Company.

Several officers in his unit assisted *Lars* in his efforts to obtain U.S. Citizenship before his discharge. However, the law required five years of residency in the United States, including six months in one state. Because of his service to America, including a year in Vietnam, he was unable to meet these requirements until after his discharge and return home. *Lars* was very proud of his service.



WE THANK YOU, LARS,
FOR YOUR MILITARY SERVICE!

MAY SOCIAL CLUB

By Frances Gauthier

On May 16th we will be serving a Mexican dinner from Filiberto's, in honor of our neighbors south of the border.

Tickets will be on sale on Wednesday, May 6th from 10:30 a.m. to Noon, if still available.

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

Our entertainment for the evening will be the crowd pleasers: ***"Silk and Soul"***.

Tickets for our June 20th **Pizza and BINGO Night** will be on sale on Thursday, May 21st from 10:30 a.m. to 12:00 Noon.

We want to thank everyone who donated food last month for the **Roadrunner Elementary School Summer Food Program.**

It was very much appreciated.

SUNFLOWER ANNUAL POOL PARTY

By Mike Foreman



The 14th Annual Pool Party will be on Wednesday, June 10th, 2026 from 5:30 to 8:30 p.m.

Music will be supplied by **DJ Mike** (60's, 70's, & 80's).

Kevin will be setting up **Cornhole** for those who are interested.

The **Fitness Club** will be selling ice cream bars for \$2 each. BYOB and snacks. No glass containers. Adults Only.

Celebrate the beginning of summer with your friends. This is not a Food Truck event.



BACCHUS WINE

BACCHUS WINE

By Kevin Webb

May is the month of celebrations, weddings, and graduations. In Tucson, it is the beginning (normally) of our super-hot temperatures.

Costco Wine Manager, **Vince**, has the answer for what to serve for special occasions and to beat the heat. He will be joining us to share his most popular, inexpensive summer white wine, and how to make wine mimosas and refreshing Sangria coolers. Learn something new and get your summer wine season off to a good start.

Join us on Wednesday, May 27th from 4:30 to 6:30 p.m. in the Fiesta Room.

If you have been to a previous event, look for your e-Vite by May 20th. If you have never been to one, but would like to be invited, send an email to: bacchuswinesunflower@gmail.com or call/text **Kevin Webb** @ 520-240-9710.

2026 SUNFLOWER CRAFT FAIR



The 24th Annual Sunflower Craft and Bake Sale will be held on November 6th and 7th from 9:00 a.m. to 3:00 p.m., with set-up on Thursday, November 5th.

As many vendors are gone during the summer, we encourage you to submit your applications and payment early (checks only). Vendors will be placed in the order the applications are received. Applications are now available at the front desk or on-line @ www.Sunflowerliving.com, and must be submitted by September 6th, 2026. Any extra space will be made available to Friends of Sunflower.

Last year's event was full in August! The **Fitness Club** will be coordinating this year's event, so checks should be made to: **Sunflower Fitness Club** and returned to the front desk @ 9401 N. Sunflower Dr., Tucson, AZ 85743.

Bonnie Huff will again be the Vendor Coordinator and can be reached @ Bonnies1017@aol.com or 734-277-7730, if you have questions. **Sue Uden** will be the event Manager and Coordinator.

THE FOODIES & FUN CLUB

By Kathryn Martin

PEOPLE, WILDLIFE, AND LIFE: TRAVELS TO EASTERN AFRICA



Please join us on
Friday, May 15th from 2:00 p.m. to 4:00 p.m.
for a Presentation from our
own Sunflower resident, ***Paulette Weiser***.

Paulette will share the experiences she and her husband had in mid-February to early March in the eastern Africa countries of Kenya, Tanzania and Rwanda.

Her PowerPoint presentation will discuss the many game drives they made and the wide variety of wildlife they saw. She will also discuss the numerous opportunities their travel group had to interact with local residents, learning about their lives, their culture, their food, their livelihoods, their educational systems and the like. She will also bring items they brought home with them, mostly handmade, to illustrate how important tourism is to their economies.

Of particular importance and impact for them was the story of Rwanda's disintegration into genocide in the mid-1990s and the rebuilding of their country into one where its citizens are living together in peace and harmony while remembering their past.

A Traditional African Snack will be served!
Tickets cost \$5.00 per person.

Tickets will be on sale on:
Saturday, May 2nd from 8:30 to 9:30 a.m. and again on
Monday, May 4th from 10:00 to 11:00 a.m.



Barrio Bread

Don Guerra, will be on **HIATUS**
until **October on the 3rd Wednesday**
from **4:00 to 5:00 p.m.**

GATHERINGS CLUB

By Jan Gerson

Monthly Meeting

**The monthly meeting of the Gatherings Club be
10:00 a.m., Tuesday, May 12th in the Craft Room.**

Members and non-members are welcome.

For info: jan.gerston@gmail.com.

TED Talk + Discussion -1:30 p.m. Friday, May 22nd

A thought-provoking TED Talk will be aired followed by discussion in the Craft Room @ 1:30 p.m. on Friday, May 22nd. The topic of the TED Talk will be revealed in an issue of the Communicator prior to the event. This event will provide an opportunity to explore an interesting topic in some detail, followed by thought-provoking discussion.

Stan Berndt coordinates this event
(spberndt@msn.com).

Food Truck Roundup

The Food truck Roundup will be on hiatus from May through September. It will resume in October. Check for information as the time draws nearer.

MUSIC NOTES FROM THE CHORALE

By Sue Horsfall

Thank you to all the people who supported the Chorale concerts last month. ***The Chorale*** really enjoys sharing music we love with our friends and neighbors. Concert-goers last month were treated to many popular songs that have been around for a long, long time.

The group will be taking a hiatus for a few months,

but will be restarting structured rehearsals in September.

Individuals interested in joining the group should watch the Communicator for information on signing up. There are several places for singers in all voice ranges.

For suggestions or questions, contact ***Sue Horsfall***,
520-425-0586 (swissue@gmail.com)

Best wishes for a pleasant summer!

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, May 27th*, will go to *Skyrider Café*, carpooling @ 7:45 a.m.

ROMEOs Lunch – *Wednesday, May 13th*, will go to *Jason's Deli*, carpooling @ 11:45 a.m.

OWLS Dinner - *Wednesday, May 20th*, will go to *Longhorn Steakhouse*, carpooling @ 4:30 p.m.

Tuesday, May 19th
5:30 - 7:30 p.m. in the Fiesta Room



Join us for a fun-filled evening of music!

We have several super-stars singers who enjoy entertaining the audience. However, we always look forward to new aspiring entertainers.

Sing solo or with friends.

Feeling inspired! If so, please send your song request to Michele@michelebennett@me.com by May 13th.

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

COFFEE & FRIENDS

By Marilyn Engel



The sun is waking us all up earlier this time of year. Don't grumble. Instead, jump start your weekend with *Coffee and Friends* in the Fiesta Room every Saturday morning from 7:30 to 8:30 a.m.

This is an informal group of residents -- no club membership or dues required. Actually, donuts and coffee are not mandatory, but freshly made and available for only \$1.00 each. *Roger Daggett* of Coldwell Banker Realty gladly continues to sponsor our gatherings.

Coffee and Friends extends free coffee and donuts to anyone during their birthday week and to all new residents. *Come join the conversation.*



GET READY FOR MAY CORNHOLE!

By Kevin Kirkey

There is still time to enjoy some friendly competition. Come out and join us before we take our summer break. Whether you are a seasoned pro or a newcomer looking to learn the game, we invite everyone to join us for some fun.

Fridays, May 1st & 8th and
Sundays, May 3rd & 10th from 5:00 to 7:00 p.m.

Join us on the Bocce court sidewalks for a great opportunity to meet your neighbors, enjoy the fresh air, and practice your toss.

We look forward to seeing everyone out on the boards!

POP TENNIS

By Gary Engel

Starting Monday, May 4th, Pop Tennis will start
@ 8:00 a.m. on Court 2.

We have a group of active "Poppers" playing on Monday and Thursday mornings and willing to teach others how this new game is played. No experience is needed - just show up. We provide the paddles and balls. Former (and active) tennis and pickleball players have become proficient quickly.

For information contact *Gary Engel* @ 623-221-8813 or gengel9285@gmail.com.

Second Friday & Fourth Tuesday May Game Nights

Friday, May 8th and
Tuesday, May 26th

Fiesta Room 6:00 - 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 thanks to Bob Wilson for hosting the event.

SUNFLOWER TENNIS CLUB

By Dennis Page

It's time to bid farewell and safe trip to our snow birds. We look forward to their return this fall! Meanwhile, we will be enjoying early-morning play before the sun suggests we retreat indoors.

Some interesting tennis trivia:

The longest match in tennis history took place between John Isner and Nicolas Mahut at Wimbledon in 2010. It lasted 11 hours and 5 minutes, with the players competing over three days. Their match featured five sets, including a 138-point fifth set. On Day 3, Isner won the deciding final set, 70-68.

A 2022 rule change now requires every Grand Slam tournament to use the tiebreak in the final set.

Reminder:

Weekly play (Monday through Saturday) for SFTC members now starts @ 7:30 a.m. in May — subject to change.

For current information: **Charlie Barlow:** 360-870-6517, or email him @ amitavus60@gmail.com -or- **Susan Page** @ susanpage@comcast.net.

PICKLEBALL CLUB

By Leah Freeland

Congratulations **Patty Newberry, Noemi Latini, Karen Cuthbertson,** and **Shaun Irwin** who were the winners of the March 28th Round Robin Tourney. Members enjoyed an awards ceremony and social later that evening.

A reminder of current member hours:

Monday, Tuesday, Thursday, Friday 7:00 to 9:00 a.m. - COMPETITIVE PLAY

Tuesday and Thursday 6:00 to 8:00 p.m. - SOCIAL PLAY

Wednesday and Saturday 7:00 to 9:00 a.m. & Sunday 6:00 to 8:00 a.m. - OPEN TO ALL MEMBERS

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

Starting May 5th, we will go to one session on Tuesday and Thursday @ 9:00 a.m., which will remain through June 11th. June 16th play will begin @ 7:30 a.m. and go through August 27th. As always, please arrive 15 minutes early so that cards can be distributed and courts assigned.

Summer heat is hard on all of us, so make sure you have enough water, listen to your body and get out of the heat if you need to. Each court can decide to reduce the number of games if needed. **Have fun and be safe!**

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

If you want to make new Sunflower Community friends and enjoy some fun for 2 hours, **then come bowling with us Friday afternoons.** Its Open bowling so no teams, no competition and if you cannot bowl, no problem, and no cost. We bowl all year. The cost is \$13 for three (3) lines of bowling which includes funds towards the Annual Banquet. **Don Preuss** provides a weekly sheet of player bowling information.

The following bowlers had outstanding scores:

Bob Sergisson- 236 & 203 games & High series YTD 632

Gary Scott- New High game YTD of 220 & High series YTD 560

Rick Lybarger- New High series YTD 514

Chuck Glen- New High game YTD 212

Vicky Beard - New High series YTD 547 & 189 game

Dolores Johnson- New High game YTD 204 & High series YTD 508

Mary Rio- New High game YTD 168

Judie Preuss- New High game YTD 152 and & High series YTD 404

Janet Startzel- New High game YTD 172

Bonnie Scott- New High Series YTD 536 & 189 game

Please show up at 12:10 for practice at 12:20 and start time of 12:30 p.m. 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.

ROSIE'S SUNFLOWER BINGO

By Tim Walter



We love a full house. The Fiesta Room was filled as well as the Library, and we were missing some regulars again! Some snowbirds have left, and we should have comfortable seating again until next January.

The **Rosie Special** was down, as was attendance, but a respectable \$330.00!!!

The pot was split three ways after a long coverall.
Congratulations to the winners.

Those donating a portion of their winnings to the Veteran's Club this month were **Karen Mitchell, Marsha Ceciliot, Sharon Knies, Judy Damato, Michelle Berth, Kathy Biggom, Dana Elder, and Cyndi Dwyer**, who donated back her total winning pot! The Sunflower Veteran's Club Treasurer, **Gordon Barron**, was present to express the gratitude of the club, and to explain that they are a 501-C3; and any donations are tax deductible. 100% of all donations go directly to well-vetted charities that serve local veterans.

A heartfelt thank you goes out to **Dolores Johnson** who had another flawless call, and as always, the great helpers we have.



Mark your calendars for May 12th, and head to the Fiesta Room where the games will kick off @ 6:00 p.m.

Bring a jacket and 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

We finished with our Club Championship Match Play in March, and the winners are **Ray Fawcett**, Club Champion, **Jeff Otto**, First Flight Champion, **Bob Rice**, Second Flight Champion, and **Jim Chaloupka**, Third Flight Champion. ***Congratulations to all the winners, and a Thank You to all those members who competed.*** Many of our snowbirds will be heading back to their other homes and cooler weather - safe travel to them.

On a more somber note, the passing of 2 of our club members: **Bob Swanson** who lived in Sunflower and passed away in February and **Rick Payne** who lived outside of Sunflower and passed away in March. They will be sadly missed and may they Rest in Peace.

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 @ biker1ab@mac.com** (412) 720-6248 or myself @ **gbscott70@comcast.net** (520) 406-0123.

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

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.**

For Communicator to: lsak@associatedasset.com,

For Visual Lobby Display Changes to: rmyoung@associatedasset.com

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

FRONT DESK PERSONNEL

Jamie Haire, Resident Services Coordinator:

jamie.haire@associatedasset.com

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 CLOSED @ NOON ON MAY 1ST FOR CARPET CLEANING AND ON MAY 25TH IN RECOGNITION OF MEMORIAL DAY.

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.

MAY 2026 ACTIVITY CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
			<u>COMMITTEE MEETINGS</u> 5/05 ARC 5/06 LANDSCAPE 5/07 PRAC 5/08 POLICY	<u>THIS MONTH</u> 5/19 ARC 5/19 FINANCE 5/27 BOD MTG	1 9 Quilters CENTER CLOSED AT 12:00 NOON FOR CARPET CLEANING	2 7:30 Coffee & Friends 8:30 Foodies Ticks 9 Art Club
3 1 Mah Jongg	4 9 Dominoes 10 Soc Club Mtg 10 Foodies Tickets 11:30 Fun Poker 12 Casino Tickets 12 Baskets 12:30 Mexican Train	 5 9 ARC 1 Euchre 1 Ladies Bridge	6 9 Mah Jongg 10 LANDSCAPE 10 VETS Mtg 10:30 Soc Cl Ticks 11 VETS BOD Mtg 1 Mah Jongg 2 1 Pinochle	7 9 Quilters 9 500 Cards Game 1 Mixed Bridge 1 Canasta 1 PRAC 6 Cribbage	8 9 Quilter 9 POLICY 11:30 Fun Poker 1 Mah Jongg 2 6 Game Night	9 7:30 Coffee & Friends 9 Art Club
10 1 Mah Jongg 2 Tech Help 	11 9 Dominoes 11:30 Fun Poker 12 Baskets 12:30 Mexican Train	12 10 Gathering Cl Mtg 10 Day Book Club 1 Euchre 1 Ladies Bridge 6 BINGO	13 9 Mah Jongg 10 Tech Club Mtg 11:30 ROMEOs 1 Mah Jongg 2 1 Pinochle	14 9 Quilters 9 500 Cards Game 1 Mixed Bridge 1 Canasta 6 Cribbage	15 9 Quilters 11:30 Fun Poker 1 Mah Jongg 2 2 Foodie Friends Presentation	16 7:30 Coffee & Friends 9 Art Club 5:30 MAY Social Club Dinner
17 1 Mah Jongg	18 9 Dominoes 11:30 Fun Poker 12 Baskets 12:30 Mexican Train	19 9 ARC 1 Euchre 1 Ladies Bridge 1:30 FINANCE 5:30 Karaoke	20 9 Mah Jongg 10 Photo Club Mtg 1 Mah Jongg 2 1 Pinochle 4:30 OWLS	21 9 Quilters 9 500 Cards Game 10:30 Soc Cl Ticks 1 Mixed Bridge 1 Canasta 6 Cribbage	22 9 Quilters 11:30 Fun Poker 1 Foodies Peru Evt 1:30 TED Talk	23 7:30 Coffee & Friends 9 Art Club
24/31 1 Mah Jongg	25 VILLAGE CENTER CLOSED 	26 11 PWC Mtg 1 Euchre 1 Ladies Bridge 2 Genealogy Mtg 6 Game Night 7 SF Readers	27 7:45 ROMEOs 9 Mah Jongg 10 BOD MTG 1 Mah Jongg 2 1 Pinochle 4:30 Fun Poker	28 9 Quilters / Meeting 9 500 Cards Game 1 Mixed Bridge 1 Canasta 6 Cribbage	29 9 Quilters 11:30 Fun Poker 1 Mah Jongg 2	30 7:30 Coffee & Friends 9 Art Club

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
6am Pickleball 5pm Cornhole (5/3 & 5/10)	Men's Golf 7 Pickleball 7:30 Tennis 7:45 Yoga 8 POP Tennis 9 Water Aerobics 9:30 Line Dance 1pm Chix w/Stix	7 Pickleball 7:30 Tennis 9 Stretch/Tone 9 Bocce 10:30 Forever Fit Class 1pm Men's Billiards 2pm Ladies' 9-Hole Golf 6pm Pickleball	7 Pickleball 7:30 Tennis 7:45 Yoga 9 Water Aerobics 1pm Ping Pong 1st, 2nd, 3rd Wed 2pm Men's 9-Hole Golf	Men's Golf 7 Pickleball 7:30 Tennis 8 POP Tennis 9 Stretch/Tone 9 Bocce 10:30 Forever Fit Class 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 (5/1 & 5/8)	7 Pickleball 7:30 Tennis 11 Ping Pong <i>*Hiking Info- See Fall Hiking Sched For Details</i>

TOPICS OF INTEREST

ARTIST GALLERY

By Nickie Kaplan

Our May artist is **Pam Gabaldon** who will be displaying her beautiful oil paintings. Pam states: "After my girls were grown, I once again resumed my art classes & began to paint in earnest. I have displayed my work in several prestigious art galleries throughout the years. Living in Tucson has afforded me the opportunity to devote my energies to a wide array of subjects. My life experiences have helped share my vision of the world through art; and my desire burns brighter than ever. I am excited to present my work to you and continue to pursue my passion as an artist!"

We wish to extend a sincere thank you to **Sang Marzan** for displaying her truly lovely quilts during the month of April. Please make sure to stop by the Village Center in June to see the beautiful acrylic paintings created by **Billie Barron**. You won't be disappointed if you do.

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.

DAYTIME BOOK CLUB

By Alice Hafner



The **Daytime Book Club** will continue to meet on the 2nd Tuesday of each month.

Our next meeting is scheduled for Tuesday, May 12th @ 10:00 a.m. in the Library.

Any Sunflower resident is welcome to attend.

SUNFLOWER HIKING GROUP

By Hope Collins

The **Sunflower Hiking Group** enjoys the Arizona desert by exploring our scenic local trails. In general, we 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; and weekly hike reminders will be posted in the Communicator. Essential details and updates about hikes are sent via Google Group emails.

Occasional hikes may be offered throughout the summer months and will be communicated via Google Group email. **The Fall 2026 Hiking Schedule** will be sent out in September via Google Group.

If you would like to be added to the Google Group email list in order to be kept up-to-date on Hiking Group information, 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.

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 photographer or just starting out, there's a place for you in our club!

Our next meeting will be on Wednesday, May 20th @ 10:00 a.m. in the Fiesta Room.

All are welcome to join us!

Please email **Vince Senski** with any questions @ vinceduluth@gmail.com.

GNO Girls Night Out (or days)

By Lynn Haye

Hello to All. This is just a good bye for the summer. Hope all of you have safe travels if you're leaving Sunflower, and stay cool if you're staying. **See you in the fall.....Lynn**

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 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 @ 9:00 a.m. in the Library and @ 12:30 p.m. in Fiesta Room.

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.



In-Home Caregiving

Veronica Quartermaine

520-990-4175

Over 40 years experience

in all aspects of

Nurse Aide / Home Health Aide Care.

**Sunflower references available
Recent VA Hospital Experience**

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 protective covering for the table. **Saturdays @ 9:00 a.m. - Craft Room.**

CRAFT CLUB

By Kathy Hummel

The end of April brings to a close the Craft Club year. Before the glue guns, scissors, paint brushes and ribbons are put away, our crafters will get ready for the 4th of July by fashioning an American flag for display on their door or wall.

An ordinary flowerpot is transformed by our creative ladies into faces painted on the pots then accessorized with earrings, false eyelashes, glasses or anything else that comes to mind. Each one is unique and distinctive.

To celebrate a very productive year, our crafters will treat themselves to a luncheon at a nearby restaurant. **The Sunflower Craft Club meets every Monday from 10:00 to 11:30 a.m. from October to April but will be taking the summer months off.** 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. 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.

FOREVER FIT CLASS

By Virginia Landers

The Forever Fit class with Virginia started on Tuesday, March 31st & will meet every Tuesday and Thursday from 10:30 a.m. to 11:30 p.m. in the Fiesta Room.

The format will follow the Weight and Balance Class. Please bring hand weights, leg weights & water. Resistance and balance exercises are essential for seniors to maintain strength & independence.

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/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 need tubing with handles, resistance band, hand weights 10" ball. Most items can be purchased online or at Walmart.

Chair Yoga/Pilates: Will not be in session after April 30th. This class will resume when Violet Borens returns in November, 2026. Please check upcoming Sun Catchers.

Fitness Club membership cards are required.

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

GENEALOGY SOCIETY

By Paulette Weiser

May's program will be "Making Your Family Tree Come Alive Using New Technology, Part II" by Jeri Martinez.

This presentation is a continuation of April's Part I.

The presentation will be held on Tuesday, May 26th @ 2:00 p.m. in the Fiesta Room and via Zoom for members of SGS.

The program is about Artificial Intelligence (AI) as it relates to genealogical research. Bring your laptops for a hands-on experience.

Jeri is an educator and genealogist with degrees from BYU and UA. She has been a consultant and trainer at the Family History Center in Tucson. All branches of her family tree are filled with the names of ancestors dating back to 1500. Collecting photos and memories are the aspects of family research that are of most interest to Jeri's six grandchildren.

AI has become a topic of much conversation in our society, for both its potential positive and negative aspects. **Jeri** will discuss how helpful Artificial Intelligence can be to assist us in bringing life to the facts we have about our ancestors. Bringing our ancestors to life is both fulfilling for us and can create more interest from our children and grandchildren in appreciating their ancestry. Join us for this informative program and learn more about the positive use of Artificial Intelligence!

SGS will be taking a break for the summer and will reconvene on September 22nd with a program on what to do with the information you've gathered by **Beth VanBlaricom.**

SUNFLOWER READERS (Evening)

By Jann Swanson

This month, the **Readers** will be reading **Pompeii: A Novel** by **Robert Harris**. Here is an historical thriller about the days leading up to the eruption of Mt. Vesuvius in 79AD. Marcus Attilius Primus, a young engineer, has been tasked with maintaining an enormous aqueduct that serves ¼ million people, but there is a crisis on the mainline and nearby springs are failing for the first time in generations. Primus wants to quickly repair the aqueduct but he soon finds Pompeii is a corrupt town and powerful forces are against him. And only he seems to be aware of an impending cataclysm.

On Tuesday, May 26th, we will meet @ 7:00 p.m. in the Library to discuss this interesting book.

This will be our last meeting before we take a break for the summer. **We will not be meeting in June, July, or August.** We will resume our meetings in September on the 4th Tuesday of each month, as usual.

SUNFLOWER QUILTERS

By Carolyn LaPotin

Thank you for making this year's **Socks and Undies Drive** a tremendous success! We will include the totals in next month's Sun Catcher. All of the new socks and undies donated by Sunflower's residents have been taken to **AVIVA Children's Services** who will distribute them to children in foster care supervised by **the Arizona Department of Child Safety**.

This summer, we will be making as many lap-size quilts as we can for **Veterans in Hospice**, as well as a variety of new items for Sunflower's Craft Fair coming up in November.

Sunflower Quilters meet weekly on Thursday and Friday mornings from 9:00 a.m. to 12:00 Noon.

Residents are always welcome to join us or just stop by to see what we are doing and to talk about our various projects for charities in our community.

Hope to see you soon!

TECHNOLOGY CLUB

By Katta Mapes

May 13th @ 10:00 a.m.

Member Meeting in the Fiesta Room

TECH TALK: AI Made Simple: What It Is, How to Stay Safe, and How to Have Fun with It

Our favorite millennial will walk through a current and valuable assessment of how AI can enrich and help our lives. **Patrick Chamberlin**, owner of **Diamondback Real Estate**, will share a practical presentation on how AI can enrich our lives while helping us stay safe online. He will break down AI in an easy-to-understand way—You do NOT need to be tech-savvy to understand this!

After the talk we will have the election for President and Treasurer for their 2-year terms

TECH HELP for Club Members: The Tech Help Sessions for members are offered on the 2nd Sundays from 2:00 to 3:00 p.m. in the Craft Room from May to September.

SUNFLOWER HEALTH & SUPPORT

By Diane Gray, RN

The Sunflower Health and Wellness Class will be on HIATUS until September.

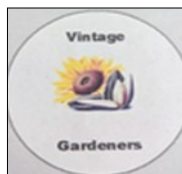
We will touch base again in August for our September Class. Please look for information at that time.

Thanks and have a great summer!

VINTAGE GARDENERS WRAP UP

A VIBRANT SEASON

By Marie Van Huis



The **Vintage Gardeners Club** recently celebrated the end of a wonderful season with a guided tour of the **Tucson Botanical Gardens**. Thirty-four members gathered to admire the stunning desert landscape, taking in the blooming cacti, vibrant succulents, and the captivating *Frida Kahlo Exhibit*. The day concluded with a lovely group lunch, offering everyone a chance to socialize.

Stay Inspired This Summer. While the club takes its *seasonal summer break*, gardening inspiration is never far away. The **Pima County Master Gardeners** host informative monthly workshops at the **Wheeler-Taft Library**. For a treasure trove of desert gardening ideas and resources, be sure to visit their website @ [Pima County Master Gardeners | UA Cooperative Extension](https://www.pimacountygardens.com/).

Looking Ahead: September Membership. It's almost time to plan for next year! Early-bird membership renewals for existing members will open at the Village Center this September. Keep an eye on future columns and the *Communicator* for specific dates and times. We also look forward to welcoming new members who wish to join at that time.

Connect With Us. Do you have ideas for future programs or outings? We'd love to hear them! Please share your suggestions with our new Vice President, **Joyce Taylor** @ taylorjlp@yahoo.com. For all other questions or comments, feel free to reach out to the club @ sfvtgardens@gmail.com.

Wishing everyone a happy, healthy and restful summer!



Loretta Kyler- Companion Care Provider
Over 40 years in healthcare rehab field
(520)991-3492
lorettakyl96@gmail.com

Help with:

- Small household tasks
- Transportation to appointments, grocery stores, etc.
- Basic needs for elderly loved ones

HEALTH & SAFETY



PRIMAVERA

By Patrick Steliga

Orlando, a U.S. Navy veteran, served honorably as a Petty Officer Third Class aboard an aircraft carrier. During his service, he held significant responsibility, including operating one of the Navy's most complex vessels. Like many veterans transitioning back to civilian life, **Orlando** faced challenges after service that required both perseverance and support. After recently leaving a transitional residence, **Orlando** took an important step by securing his own apartment. To support himself, he works as a delivery driver and subcontractor, relying heavily on his vehicle to earn income. When **Orlando's** vehicle began experiencing serious mechanical issues, his ability to work was put at risk.

Through a coordinated effort between **Honor Charity** and **Primavera's Project Action for Veterans**, **Orlando** received a grant to cover car repairs. At the same time, he has been actively working with **Endeavors** to secure permanent employment and pursue a technical certificate in information technology. With his vehicle repaired, **Orlando** can continue working, meet his monthly obligations, and focus on building a sustainable future. "This support helped me worry less about falling behind," he shared. "It allowed me to keep working, pay my bills on time, and avoid eviction, utility shut-offs, and food insecurity."

Orlando's story is a powerful example of how collaboration between community partners and targeted financial assistance can create real, lasting impact. By addressing a critical gap at the right moment, these partners helped a veteran remain housed, employed, and moving forward with confidence.

Small acts of kindness can have a big cumulative effect. See the online Communicator for a list of needed items. Many thanks.

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 & 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 @ rodandmarcia@yahoo.com** 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: Trust Your Instincts - If a situation or individual feels uncomfortable, prioritize your safety and alert your neighbors if needed.

The SOCIAL Networking message for this month is: Invite one or more neighbors to go out for a meal so that you can get to know each other better.

SUNFLOWER NEIGHBORS

By Kristy Ashmore

Sunflower Neighbors is a group of volunteer drivers 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 **Kristy Ashmore @ jkashmore@comcast.net**. In the subject line write "ride". We need a seven-day notice to arrange for an available driver.

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

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

"500" CARD PLAYERS

Bob Bender 717-804-6425

ART CLUB

Billie Barron 520-334-7508

BACCHUS WINE

Kevin Webb 520-240-9710

BASKET-WEAVING WIZARDS

Karen Donahue 520-572-2250

BILLIARDS-LADIES

"CHIX WITH STIX"

Phyllis Bowcott 520-237-6573

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

CANASTA

Barbara Bernardi 781-521-6225

CANCER SURVIVORS

Jan Keogh 520-579-1018

CHORALE

Sue Horsfall 520-425-0586

COFFEE & FRIENDS

Marilyn Engel 623-221-8813

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

FOODIES & FUN

Kathryn Martin 940-783-1037

FOREVER FITNESS

Virginia Landers 520-800-9005

FUN POKER

Jim Conley 520-308-9798

GAME NIGHTS

Bob Wilson 480-720-5509

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

PHOTOGRAPY CLUB

Vince Senski vinceduluth@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

Gary Engel 623-221-8813

PRIMAVERA FOUNDATION

Patrick Steliga 262-422-8791

QUILTERS CLUB

Carolyn La Potin 520-780-4937

ROMEOs/OWLS

Dick Tough 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

Kristy Ashmore jkashmore@comcast.net

SUNFLOWER READERS (Evening)

Tina Smith 520-343-3999

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 May, 2026

CLASSIFIED ADS

DARK HORSE PAINTING CO LLC 25 years of experience. Previous lead painter at UofA for 10 years. Reliable, Punctual, Detail Oriented
Scott Rand 520-203-6224
Instagram @darkhorsepaintingco
Licensed, Bonded & Insured, AZ ROC 332724

GARAGE DOOR PROBLEMS?
Keypads, Remotes, Spring. Opener repair/replacement, safety inspections and annual maintenance. Sunflower resident **Mark Karwoski** 30+ years Exp. **520-203-1948**

IN-HOME CAREGIVING Over 40 years experience in all aspects of Nurse Aide/ Home Health Aide care. Sunflower references available. Recent VA Hospital Experience. **Veronica Quartermaine 520-990-4175**

RV & TRAILER STORAGE \$50/mo, I-10 & Cortaro Rd, parking spaces available, 12' wide up to 30' length. Secure! Multiple cameras, caretaker resides on property. Payment terms are 3 months in advance upon move-in. **Sandy McCoskey, Sunflower Resident, 520-400-7717**

REJUVINATING MASSAGE THERAPY Swedish, Deep Tissue, Sports. Prenatal, & Shiatsu Styles 28 years experiences. AZ License # MT 50345. House Calls Only. **Sunflower Resident/Susan 805-421-8185**

**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.

**FILE OF LIFE PAMPHLET
FROM THE FIRE DEPARTMENT**

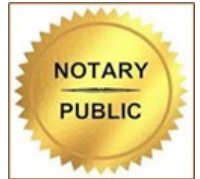
The File of Life is a small pamphlet, with all your medical information on it. It is magnetic and goes on your refrigerator.

If you have a medical emergency, EMTs and firemen know to check the front of the refrigerator for this vital information.

*This File of Life is free and you can pick **ONE** up at the Village Center.*

NOTARY SERVICES

As of this month, we will not have any Notaries available for your needs in Sunflower.



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

Thank you for your understanding.



Sunday May 10, 2026
Happy Mother's Day!



Have A Wonderful Day!



LET'S WORK TOGETHER

With decades of experience, I provide expert guidance to make selling or buying your home smooth and stress-free.

As a Certified Residential Specialist, I offer trusted, professional service focused on results.

When you're ready, I'm here to help you make it happen.



Scan me



Ana Holcomb

Contact:

Hablo Español

✉ ANASELLSRE@GMAIL.COM

📞 520-954-2159

🌐 BUYINGSELLINGTUCSONHOMES.COM



NORTHWEST FIRE DISTRICT



Make Your Home FIRE SAFE

- Clear lawn debris and properly dispose of cuttings to reduce wildfire fuel.
- Maintain a 5-foot vegetation-free zone around your home using stone or gravel.
- Maintain landscaping by keeping grass and shrubs trimmed and watered, spacing fire-resistant plants to slow fire-spread.
- Move firewood piles and propane tanks away from structures.

www.nwfdaz.gov



Source: nfpa.org

AD SPACE AVAILABLE

FREE
ESTIMATES



ROC#334971

NEW ROOFS - ROOF REPAIR
SEAMLESS GUTTERS - TILE - SHINGLE - HOT TAR
TPO - COATING - METAL

LICENSED • BONDED • INSURED

520.551.2880
520.910.4401

IS SOCIAL SECURITY NOT ENOUGH?

*Ask me about a Reverse Mortgage
for homeowners 55+*

A Reverse Mortgage Can Help You:

- ✓ *Supplement your income with tax-free cash.*
- ✓ *Eliminate monthly mortgage payments.*
- ✓ *Pay off debts and make home improvements.*
- ✓ *Gain financial peace of mind in retirement.*

NOVA[®]
HOME LOANS



Ann Bryant

Reverse Mortgage Specialist, NMLS 239216

520.975.8744

AnnBryant.NOVAHomeLoans.com

Schedule your free consultation today to explore your options.

*Borrowers must continue to pay property taxes, homeowners insurance, and maintain the home. This advertisement is not from HUD or FHA and was not approved by the Department or Government Agency. Other conditions and restrictions may apply. Rates and available loan programs are subject to change without notice. Contact your loan officer for more information. NOVA NMLS 3087 / BK 0902429 / EQUAL HOUSING OPPORTUNITY

COGIR

CONTINENTAL RANCH
SENIOR LIVING

ELEVATED ASSISTED LIVING & MEMORY CARE IN TUCSON, AZ



DISCOVER A COMMUNITY
THAT FEELS LIKE *home*



For more information call:
(520) 654-2750

8689 North Silverbell Road, Tucson, AZ 85743

CogiratContinentalRanch.com



LIC # AL11183C



Sunflower Recreation Center



Visit us at:
MillersFinalFinish.com
 — or call —
520.734.0436

Licensed • Bonded • Insured ROCCR34329232



MILLER'S

FINAL FINISH

*"Commercial & Residential Painting
 for Southern Arizona since 1993"*

LORD OF GRACE
 Lutheran Church, ELCA

Worship

with us

Sunday Services

Traditional 8:30am
 Contemporary 10:30am

7250 N. Cortaro Rd, Tucson
 (520) 744-7400
 lordofgrace.org

TRUSTED LOCAL WINDOW CLEANING

Serving Continental Ranch Sunflower & Nearby Areas
 600+ Customers. Only 5-Star Reviews.

★★★★★

- 100% Satisfaction Guarantee
- Locally Owned & Operated
- Reliable & Professional

CALL NOW
(520) 450-9500
 wildcatwashers.com

**we know life is busy.
that's why we do the
work for you.**

simple human sense.



**FRONTIER INSURANCE
CONCEPTS**

Contact us today for a quote!
520.818.2300
frontieragents.com

Auto-Owners
INSURANCE
LIFE • HOME • CAR • BUSINESS

CLEERE LAW OFFICES, P.C.

*Quality Legal Advice and Counsel
to help you plan ahead to protect yourself,
your loved ones and
your property*



**Estate Planning
Trusts & Wills
Probate
Trust Administration**

520-219-9733

10445 N. Oracle Rd., Ste. 141
Oro Valley, AZ 85737

www.CleereLaw.net

Kay Dental PLLC

9180 N Coachline Blvd
Tucson, AZ 85743

**Sophan R. Kay, DDS
General Dentist**



Tucson Sleep Disorders

kaydentaltucson@gmail.com
(520) 577-0035

PPO and Discount Plans accepted



**General & Cosmetic Dentistry
Root Canal Therapy
Sleep Apnea Disorders
TMJ Disorders
Implants
Children Dental Care
Invisalign
Dentures and Partial**

We provide conservative and comprehensive care for the entire family
Established in 2005 | Single Doctor | No Pressure Setting | Friendly Environment



Since 1982

Phyllis Farenga
520-260-4207
Lic #C-2173-A
Pest-Techs.com

DOWN TO EARTH PROTECTION

Weed, pest, scorpions, rodent control service. Expert personal service – the best value for your dollar. We do more in one service than others do all year. Winner of Marana Best in Business for 3 consecutive years and winner of Marana’s Hallmark Award 2019.

Buy It Right - Sell It Right

*Proud Supporter of the
Sunflower Vet Club*

Roger Daggett
520-241-1032

COLDWELL BANKER
REALTY-FOOTHILLS OFC



Christine Schaefer

Serving the Real Estate Needs of Tucson &
My Sunflower Neighbors

Broker/REALTOR®
ABR, CRS, e-PRO,
GRI, MRP, SFR, SRES
Call or Text 520.668.5037
Christine@TheSchaeferTeam.com

**Rely on me to be
your real estate
problem solver!**



Diamondback
REAL ESTATE

The Walter Team

Tim 520.775.0222 Tim@TheWalterTeam.com/Kaye 303.551.4989
Kaye@TheWalterTeam.com
TheWalterTeam.com



I found myself in a position of trying to sell a family home that I hadn't visited in 40yrs., and I live 1,500 miles away from it. They walked (held my hand) me through every step making sure that I understood the process, so that I could make informed decisions. They went above and beyond what I would consider the norm to get this house ready to sell including, referring contractors, cleaning services, and even coordinated with the neighbors for keys, since I wasn't there. They put together a strategy to market this out of the way property and it worked. I had "7" offers to consider on the first day it went on the market. All because of their upfront work! They made an impossible feat, a joy and stress less experience with their attention to detail and their attentiveness to my situation. Using their pricing strategies, I received over the asking price for my property. They were humble, lovely people who knew what they were doing and more than earned the commission they received. Thank you from the bottom of my heart,
Toni Harvey



Proud supporters of the Sunflower Veterans Club

