



CIRCLE RCW RANCH BULLETIN



Rincon Country® West RV Resort
4555 S. Mission Rd., Tucson, AZ 85746
Business Office: 520-294-5608
Activity Office: 520-889-6900

January, 2011
Volume 27
Number 4

Email: activities@rinconcountry.com

THE GOLDEN TRUMPET

(with an accompanying instrumental trio)

Greg Bonham is one of the most exciting and versatile musical stars ever to come out of Australia. After many years of starring on Australian television and generating tens of thousands of fans in his native country, Greg Bonham, now based out of Las Vegas, tours the world as a “double threat” with his dynamic singing style and his phenomenal golden trumpet.

His overwhelming acceptance by American audiences has earned him public kudos such as “if Harry James and Tom Jones were father and son ... Greg Bonham would be the grandson”.

This is the first program of our NPA Entertainment Series. Please **NOTE** that the first program is on a **SATURDAY - Jan. 15** at 7:00 pm in the Auditorium. This is the only Series show that is **not** on a Friday.

General Admission Tickets will go on sale on Monday, January 3. The cost is \$12.00. If you are an Entertainment ticket holder, you may pick up your season tickets on January 3 also.

Get ready for a fantastic season!

RICH NATOLE

“VOICES OF A GENERATION”

Here is an extremely multi-talented comic-impressionist who ranks with the greatest mimics of all time. His “VOICES OF A GENERATION” presentation is a people pleasing show that showcases dozens of your favorite celebrity voices in a fast moving, very funny show. Currently Rich Natole is appearing daily as the opening act for “WAYNE NEWTON” in Las Vegas. The Las Vegas Reporter says, “Rich Natole is by far the best show currently playing on the strip”.

LYRA

“FOUR HANDS - ONE HEART”

A musical duo

This husband and wife duo of classical, flamenco, jazz, pop, standards and some original pieces, all performed on guitar, violin and Allen’s own invention, the violira. Allen created, designed and built this unique design. It encompasses the violin, viola & cello all into one instrument. This unique sound gives each musician/performer the ability to take both melody or lead line as well as rhythm. This is the second show of the NPA Entertainment Series so meet us in the Auditorium on **Friday, January 28** at 7:00 pm.

General admission tickets go on sale for \$12.00 on Monday, Jan. 3.

Saturday, Jan. 1

Activity Office Closed

Sunday, Jan. 2

5:00 pm **Solos' Social**
Place: Recreation Hall

See Solo's bulletin board in the Coffee Room. Information is also in the article in this Villager.

Monday, Jan. 3

Entertainment Series Tickets can be picked up today.

9:00 am **General Admission Ticket** on sale today for both Jan. Entertainment Series.

11:30 am **Ladies Luncheon**
Place: **Sweet Tomatoes**
Ticket: \$13.00
Includes: Lunch, beverage, tax and tip.

See written article in this Villager for details.

Tuesday, Jan. 4

6:15 pm Doors open
7:00 pm **Bingo**
Place: Auditorium

B	I	N	G	O
7	9	10	23	23
24	13	14	24	12
9	6	Free	5	7
17	19	5	11	17
15	16	20	16	21

© 2012 BGI www.bingobg.com

Wednesday, Jan 5

9:00 am **"Take Control of Your Retirement Income"**
Speaker: Bob Burns from Ameriprise
Place: Rec. Hall
Ticket: Complimentary

Thursday, Jan. 6

6:00 pm **Pie & Coffee**
Sponsored by: Ham Radio Club
Place: Recreation Hall
Tickets: \$3.00

7:00 pm **"Meet the Clubs**
Place: Auditorium
Come and learn about what is happening in the clubs.

Friday, Jan. 7

9:00 am **Coffee by All RV and Merrill Lynch**
Bring your own cup
Meet in the Auditorium

10:00 am **Mission Rd Cleanup**
Meet at the front gate.



6:00 pm **Hot Fudge Sundaes**
Sponsored by: The Shuffleboard Club
Place: Recreation Hall
Tickets: \$3.00

6:45 pm **Free Movie "Avatar" starring Sam Worthington, Zoe Saldana and Sigourney Weaver**
Bring your own beverage and snacks
Rated: PG-13

Saturday, Jan. 8

7:00 - 9:00 am **Pancake Breakfast**
Cooked and served by The Wood Shop
Bring your own service.
Advanced Tickets: \$3.00
Tickets at the door: \$4.00



Please purchase your ticket in advance if possible. You will be eligible for door prizes.

5:00pm **Free Pizza and Financial Seminar**
"Senior Financial Services"
Speaker: Mike Hulse
Place: Auditorium
Sign up sheet in the Activity Office

Sunday, Jan. 9

4:00 pm **Wine Tasting**

Tickets: \$3.50

Bring: 2 Wine glasses each and munchies

Place: Recreation Hall

Monday, Jan. 10

5:00 pm **Digital Imaging Potluck**

Place: Rally Room

Tuesday, Jan. 11

4:00 pm **“Q” Street Social Hour**

Place: Rally Room

6:15 pm Doors open

7:00 pm **Bingo**

Place: Auditorium

Wednesday, Feb. 12

11:00 am **Merrill Lynch Seminar**

Place: Rec. Hall

Tickets: Complimentary

4:00 pm **Garden Railroad Pot Luck**

Place: Rally Room

Thursday Jan. 13

7:00 pm **Keith Longbotham Show**

Ticket: \$6.00

Place: Auditorium



Maintenance

A big Thank You to the Maintenance Crew for lighting up our boulevard with lights. It looks beautiful. You do a great job.

Friday, Jan. 14

8:30 am **Knife Sharpening** by Jim Haack Owner of “Shear Magic”

Bring knives and towel to wrap them in along with a paper with your name and lot #
Donations will be given to Food Bank

9:00 am **Coffee & Donuts** by Freedom RV

Bring your own cup

Meet in the Auditorium

10:00 am **Casino School**

Speaker: Joe Profazier

Place: Rally Room

Complimentary Tickets



6:00 pm **Strawberry Shortcake**

Sponsored by: Digital Imaging Club

Tickets: \$3.00

6:45 pm **Free Movie “ Everybody’s Fine”**

Starring: Robert De Niro, Drew Barrymore

Bring your own beverage and snacks.

Rated: PG-13

Saturday, Jan. 15

8:00 am **Parking Lot Sale**

Bring your treasures to the Parking Lot. Put up and take down your own table.

8:00 am **Bake Sale sponsored by the Card**

Players. If you are a card player, and that goes for the men, too, bring your baked goods to Nancy Heintz . Check with Nancy for a time and place.

7:00 pm **Greg Bonham “THE GOLDEN TRUMPET”**

The first show of our Entertainment Series.

Place: Auditorium

General Admission Tickets: \$12.00

See article for more information.

Sunday, Jan. 16

5:00 pm **Solos' Pot Luck**
See Villager article for details.

Tuesday, Jan. 18

6:15 pm Doors open
7:00 pm **Bingo**
Place: Auditorium

Wednesday, Jan. 19

9:00 am **Medical Seminar "Vaccines & Vitamins"**
Speake: Dr. Jon & Paula Cooperrider
Place: Rec. Hall
Tickets: Complimentary
See article for more information.

11:00 am **Veterans Benefits Seminar**
Speakers from Elliot Financial Group
Tickets: Complimentary
Place: Rec. Hall
See article for more information.

Thursday, Jan. 20

12:00 noon **Vendors Day**
Browse or purchase merchandise on display by local merchants. Gather information on Vendors who provide goods and services.
Place: Auditorium

11:00 am - 1:00 pm **Lunch will be served during Vendors Day Event**
Sponsored by: The Ham Radio Club
Place: Kitchen Area
See article for menu and cost.

Friday, Jan. 21

9:00 am **Coffee by Dedicated Dental**
Speaker: Robert Bryant
and
Edward Jones
Speaker: Craig Guernsey
Bring your own cup
Meet in the Auditorium



5:00 pm **"Spud Out"**
Sponsor: Garden Railroad Club mentored by the Cheerleaders
Menu: Baked Potato with all the trimmings, salad, dessert and a beverage.
Cost: \$6.50

Saturday, Jan. 22

7:00 - 9:00 am **Pancake Breakfast**
Cooked and served by The Wood Shop
Bring your own service
Tickets: \$3.00
Tickets at the door: \$4.00



Please purchase your ticket in advance if possible. You will also be eligible for door prizes.

7:00 pm **Line Dance Party**
Everyone is welcome!
Cost: \$5.00 Pay at the door.

Sunday, Jan. 23

4:00 pm **Wine Tasting**
Tickets: \$3.50
Bring: 2 Wine glasses each and munchies
Place: Recreation Hall



Monday, Jan. 24

8:00 am Cathedral Health: **Right Path Health Screening**
By appointment
Call: 1-800-770-0240

Tuesday, Jan. 25

4:00 pm Villageaires Social
Place: Rally Room

6:15 pm Doors open

7:00 pm **Bingo**
Place: Auditorium

Wednesday, Jan. 26

8:00 am - 4:00 pm **Merrill Lynch Seminar**
Speaker: Harold Langer
Place: Rally Room
Tickets: Complimentary

Thursday, Jan 27

5:00 pm **John Hancock Long Term Care Ins. Seminar & Pizza**
Speaker: Craig Guernsey & Deborah Harris
Place: Recreation Hall
Tickets: Complimentary

4:30 pm **East Coast Pot Luck**
Place: Rally Room

Friday, Jan. 28

9:00 am **Free Coffee and Donuts by Cathedral Health**
Bring your own cup
Meet in the Auditorium

7:00 pm **Second Show of Entertainment Series**
Rich Natole “**Voices of a Generation**” & Lyra “**Four Hands - One Heart**”
Place: Auditorium
Tickets: \$12.00

Saturday, Jan. 29

5:00 pm **Spaghetti Dinner**
Sponsored by: Four Courts Rec. Area
Menu: Spaghetti, salad, bread, dessert and a beverage.
Place: Auditorium
Tickets: \$6.50

Sunday, Jan. 30

12 Noon **The Red Hat Salad & Dessert Potluck**
Place: Auditorium
Bring: Dish to share
Sign up in the Coffee Room
See article in this Villager.

Monday, Jan. 31

7:30 am **Bus Trip to Fort McDowell Casino**
Pickup in the Main Parking Lot
Cost: **FREE**
We must have 40 people on the bus. So **sign up early** in the Activity Office.

Wednesday, Feb. 2

8:00 am Cathedral Health: **Right Path Health Screening**
By appointment
Call:1-800-770-0240

4:00 pm Wisconsin Potluck
Place: Rally Room

Thursday, Feb. 3

4:30 pm **Iowa, Nebraska, North & South Dakota Pot Luck**
Place: Rally Room

Friday, Feb. 4

9:00 am **Coffee & Donuts by Sky Med**

Place: Auditorium

Tickets: Complimentary

5:00 pm **FREE Dinner & Seminar by Sky Med**

Place: Auditorium

Please sign up in the Activity Office.

Saturday, Feb. 5

5:00 pm **Chili Dinner**

Sponsored by Lapidary & Silversmith Club

Tickets: \$7.00

Place: Auditorium

Sunday, Feb. 6

1:00 pm **Superbowl XLV Sunday Cook Out**

Sponsored by: Men Golfers

Place: RCW Parking Lot

Tickets: \$7.00

1:00 pm **Bake Sale** by the Crafts & Sewing

5:00 pm **Solos' Social**

Rec. Hall

PARKING LOT SALE

Clean out your shed! Go through the house! Here's a chance to sell treasures you don't need any more, but someone else would love to have. A PARKING LOT SALE is scheduled for Saturday, January 15 at 8:00 am.

Tables are available to use but you must put them away after the sale.

The Card Players will be selling baked goods during the parking lot sale.

Let's have lots of sellers and buyers!

LADIES LUNCHEON

Beginning the New Year, most of us are committed to not eating as much as we did from Thanksgiving to New Years. OK – hard to do, but at least we can try to eat the right thing.

Monday, January 10, we are going to Sweet Tomatoes at 4420 N. Stone Avenue. Be there at 11:00 (we're beating the lunch crowd). Tickets can be purchased in the Activity Office for \$13.00. Please make your own arrangements for transportation.



PIE & COFFEE

Date: Thursday, January 6, 2011
Sponsored by The Ham Radio Club

Time: 6:00 pm

During the Meet the Clubs

Place: Auditorium

Tickets: \$3.00

MEET THE CLUBS

Thursday, January 6th is your chance to walk and browse through the Auditorium and become acquainted with the various clubs and activities here in Rincon Country West.

Members of the clubs will be on hand to answer questions. Time: 6:00pm.

So plan to stop by and find a new hobby.

Be sure to visit the Ham Radio Club members in the Town Hall (Rec. Hall) and Chuckwagon (Kitchen). They are selling pie and coffee. So either before, during or after checking out the "Meet the Clubs" visit with your friends over coffee and pie.

HOT FUDGE SUNDAES

Date: Friday, January 7
Sponsored by The Shuffleboard Club
Time: 6:00 pm
Place: Rec Hall
Tickets: \$3.00

FREE MOVIE

Following the Hot Fudge Sundaes.

Date: Friday, January 7
Time: 6:45 pm
Place: Auditorium

Movie: Avatar

Starring: Sam Worthington, Zoe Saldana and
Sigourney Weaver
Rated: PG-13

PANCAKES

Saturday, Jan. 8 and 22 from 7:00 am to 9:00 am
the Wood Shop will be serving breakfast. The menu
will include pancakes, eggs, sausage, OJ and cof-
fee. Tickets are \$3.00 in advance and \$4.00 at
the door.

Buy your tickets early and be included in the door
prize drawings.

ADOPT-A-HIGHWAY "Mission Road Cleanup"

Rincon Country West residents are invited to
assist in cleaning a one mile section of Mission
Road. We meet at 10 am by the gate. Plastic
bags, safety vests, and "pig stickers" are furnished.
Bring gloves and a bright smile. We will be done
by noon. The date is January 7 and we will meet
at the Front Gate.

Tom Nimlos, Lot 1007R, 294-3331

SPAGHETTI DINNER

Date: Saturday, Jan. 29
Sponsored by: Four Court Recreation Area
Time: 5:00 pm
Place: Auditorium
Tickets: \$6.50

SENIOR FINANCIAL SERVICES

The financial markets still rock and reel like an old
drunk man. The uncertainty of the stock market and
unusually low cd and money market rates make us
question where to put our hard earned retirement
money. Will I out live my money? How can I keep
up with inflation and the necessary cost of daily
living?

Join me to find out the answers, in a one hour in-
formation packed workshop on Saturday, January
8th at 5:00 pm. We will serve pizza and bever-
ages and you will find out what many of your RCW
neighbors already know and take advantage of.
Thanks and we look forward to seeing you in the
RCW Saloon (Aud.).

Mike Hulse
President and Founder
Senors Financial Services

WINE TASTING

Another New Year and more Sunday afternoons of
tasting wine and sharing nibbles, what fun!

The dates are the 9th and the 23rd of January in
the Town Hall (Rec. Room) at 4:00pm.

Bring your tickets and 2 glasses and some edibles
to pass around your table. The wine will be waiting
for you. We will welcome 2011 together!

Tickets are \$3.50 in the Activity Office or morning
coffee.

Judy Fried 294-2879

MERRILL LYNCH SEMINAR

Date: Wednesday, January 12
Time: 11:00am
Place: Recreation Hall
Subject: Financial Strategy for the
Surviving Spouse
Presented by: Harold Langer

Please pick up your complimentary ticket in the Activity Office.

THANK YOU

A big Thank You to Al Kent for keeping our big roasters and our big coffee pots in good working order. When he returned to RCW in December, he was met with 5 coffee pots in need of repair. I am not sure he is unpacked yet but the pots work great, he already has them fixed. Thank you Al, you do a terrific job. I would hate to think what Friday morning would be with no coffee. Thanks Al.

Doreen

KNIFE SHARPENING

Rincon Country resident Jim Haack with Shear Magic will be sharpening knives on Friday, **January 14** in the Rec Hall. Sharpening will start at 8:30 am. Please bring your knives in a rolled up towel with a slip of paper with your name and lot number. Any knives not picked up before I finish will be left on the counter. Be sure to wash your knives before using.

There is no charge for sharpening but cash donations to the food bank are greatly appreciated. A donation jar will be on the table. Thanks to the generosity of Rincon Country residents, \$132.00 was given to the food bank for sharpening last year.

BINGO

Doors will open at 6:15 pm; Bingo begins at 7:00 pm in the Auditorium. Get ready to yell "Bingo!"

KEITH LONGBOTHAM

Keith Longbotham, along with Chris Marion and T. J. Klay, will be here to perform for you on Thursday, January 13.

Keith does a wonderful variety show where he sings country western and gospel songs and tells some fun jokes. Chris Marion, a featured artist on CMT and The Nashville Network, will perform with Keith. Chris is one of Nashville's premier pianists. T. J. Klay, also a featured performer on the Nashville Network, will thrill you when he plays his harmonica.

The program will be held on Thursday, Jan. 13 in the RCW Saloon (Auditorium) at 7:00 pm and will be mostly Gospel Music. Tickets for this event are \$6.00 and are available in the Activity Office.

This is usually a sellout show so buy your tickets early. This is a not to be missed event.

AMERIPRISE FINANCIAL

Ameriprise Financial invites you to join us for a special seminar, ***Take Control of Your Retirement Income.***

We will learn to create retirement Income strategies for today's low interest rate environment.

Hosted and presented by Bob Burns, CFP Financial Advisor from Ameriprise Financial.

During this complimentary seminar, you'll learn ways to:

- Set up a retirement income stream aligned with your retirement goals.
- Align tax treatments with your investment objectives.
- Plan for inflation, economic challenges and a potentially long retirement.

Join us in the Rec. Hall on Wed., Jan. 5, 2011 at 9:00 am.



“Spud Out”

Date: Friday, Jan. 21

Time: 5:00 pm

Sponsor: Garden Railroad Club

Menu: Baked Potato with all the trimmings, salad, dessert and a beverage.

Place: RCW Saloon (Aud.)

Cost: \$6.50

STRAWBERRY SHORTCAKE

Date: Friday, January 14

Sponsored by: Digital Imaging Club

Time: 6:00 pm

Place: Rec. Hall

Tickets: \$3.00

FREE MOVIE

Following the Strawberry Shortcake

Date: Friday, January 14

Time: 6:45 pm

Place: Auditorium

Movie: Everybody’s Fine

Starring: Robert De Niro and Drew Barrymore

Rated: PG-13

AMBASSADOR CLUB

The Ambassadors welcome newcomers every Tuesday morning at 9:00 a.m. in the Card Room.

Come in to get acquainted with RCW, the Tucson area, how to find a hospital or urgent care clinic, grocery stores, malls, restaurants, and the interesting sights of the area. Also, we will try to answer any questions you may have.

CASINO SCHOOL

Love to gamble but the luck is not so good? Come to the Casino School being held in the Rally Room on Friday, Jan. 14 at 10:00 am.

Joe Profraizer of the Casino School will give you some tips on how to get a higher return, where the better slots are and how to play black jack.

You will receive coupons for two nights at a casino in Primm, NV., Laughlin, buffets and much more. He also has coupons for a round of golf at a Phoenix course.

Bring your \$10.00 to the Activity Office and sign up for this informative class.

MEDICAL SEMINAR “Vaccines and Vitamins”

Wednesday, January 19, 2011 at 9:00 am Dr. Jon and Paula Cooperrider will do a presentation on vaccines and also vitamins and supplements.

Dr. Cooperrider will discuss vaccines that are needed for us and why they are necessary.

Paula will talk about vitamins, minerals and food supplements: what to take, why to take them and what vitamins and supplements not to take with certain medications and some of the side effects of all these.

This seminar is in the Recreation hall and is free. Please pick up a ticket in the Activity Office as this helps to know the number of chairs to set up. Everyone is welcome.

ADVERTISERS

Ads in this newsletter are paid Advertisements.

Advertisements or Sponsorships should **not** be considered an endorsement by Rincon Country RV Resorts.

ATTN.: VETERANS & RETIREES!

VA Aid and Attendance Benefit Program.

Wednesday, January 19, 2011 at 11:00 am

We will be in the **Rec. Hall**,

Refreshments served!

This is a free educational program, no investment advice offered.

What is the VA Aid and Attendance pension benefit.

Qualifications for this benefit.

Earn up to \$23,000/ yr. TAX FREE.

Does my spouse qualify?

We will open up with a short discussion period to close the program.

Presented by: Todd Elliott, President of Elliott Financial Group, Inc. Specializing in Estate and Insurance Planning. This program is intended to educate and inform. If you're not able to attend please call 623-334-3700 and we will answer any questions you have.

Please pick up your complimentary ticket in the Activities Office.

(not affiliated with any government agency, no tax or investment advice offered)

RED HAT SOCIETY

RED HAT POTLUCK SALAD-DESSERT
LUNCH

Sunday, January 30

Time: 12:00-1:30

Place: Auditorium

Bring a salad or dessert to share and your teacup. Tea and table service provided. Please sign-up in the Coffee Room so we know how many tables to setup.

This lunch is for all Rincon Country Red Hat Chapters and any ladies that would like to join an RCW red hat chapter.

Jan Hedgpeth, GQM RCW Red Hats, 741-9565

VENDOR'S DAY

Browse or purchase merchandise that will be on display by local merchants. Gather information on Vendors who provide goods and services that you may need now or in the future. You might look at it as your personal yellow pages in person.

We expect to have the Auditorium filled with Vendors so don't miss this event. Join us on Thursday, Jan. 20 in the Auditorium.

Hey, while you are there why not stop in the Recreation Hall and have lunch. The Ham Radio Club will be serving a hot dog, chips and a beverage for only \$4.00. Want another hot dog, add a buck. Lunch will be served from 11:00 am to 1:00 pm.

We hope you will support the Ham Radio Club as they are trying to make money to enhance and update their radio equipment.



LINE DANCING

You don't want to miss Carol Bandy's Line Dance Class every Thursday morning from 9 to 11 am which is held in the Auditorium. It's terrific exercise for the mind and body. Beginner dances are taught the first hour and high beginner/easy intermediate dances the second hour. The fee is \$4.00 for one hour and \$5.00 for two hours.

Please note that the session on January 20 will be held in the Rally Room.

The monthly Saturday night dance will be held on January 22 from 7 to 9:30 pm. Bring snacks and beverages if you so desire. The cost is \$5.00 per person and you pay at the door.

Our Saturday morning line dance practice and review sessions are being held in the Rec. Hall from 10 am to 12 noon. We would love to see you there.

RIGHT PATH HEALTH SCREENING

On Monday, January 24, Cathedral Health Services new **Right Path Health Screening** program is coming to Rincon Country. The RightPath Screening program was created when Cathedral Health Services and Health Screens, Inc., the two largest nonprofit health screening organization in Arizona, joined together in September. They now are the largest nonprofit health screening organization in the country. Together they bring 34 years of mobile screening experience to our community.

The goal of the organization remains the same: to help save lives through education, information and early detection of disease. Many diseases are preventable or more easily treated if detected early – prior to symptoms. Timing is the key.

So call to schedule your RightPath Health Screening now! For more information and to schedule your annual screening and stay on the right path to good health call **800-770-0240**.

MERRILL LYNCH SEMINAR

Date: Wednesday, January 26
Time: 8:00am to 4:00 pm
Place: Rally Room
Subject: Financial Strategy for the
Surviving Spouse
Presented by: Harold Langer

Please pick up your complimentary ticket in the Activity Office.

PARK MODELS • PARTS • TUBS • WINDOWS • STEPS • DOORS • ETC.
QUALITY RV REPAIR • DISCOUNT RV PARTS
MOTOR HOMES • TRAVEL TRAILERS
FIFTH WHEELS • CAMPERS
MOBILE SERVICE AVAILABLE
ALL RV. IN-SHOP REPAIRS
Complete Gas, Electric & Plumbing Repairs
Collision Repairs • Hitches • Towbars
Wire Hookup • Air Conditioners • Refrigs
Furnaces Serviced & Repaired
Propane Gas • Dump Station
520-622-1578 WARRANTY CONTRACTS
HANDLED ITT/DFS/ECT
Family Owned & Operated 35 Years in Business
537 W. GRANT • JUST EAST OF I-10
OPEN 6 DAYS 1-800-458-3134 IN AZ

SPAGHETTI DINNER

Sponsored by: "The Four Courts
Recreation Area"
Date: Saturday, January 29, 2011
Serving Time: 5:00 pm
Place: The Auditorium
Tickets are \$6.50
Available in the Activity Office

BINGO THANKS

We love yelling Bingo but this week, why not yell Thank You to all the hard working Bingo Volunteers and Concession Stand Volunteers. Thank you ladies and gentlemen. You are very appreciated.

Doreen

JOHN HANCOCK LONG TERM CARE Insurance (LTC)

Hosted by: Craig Guernsey, Financial Advisor with Edward Jones Investments and Deborah Harris, Regional Marketing Specialist, John Hancock Insurance.

By attending the presentation you will learn answers to the following questions:

- What is LTC?
- Who needs LTC insurance?
- Where is LTC provided?
- Who pays for LTC?
- What does LTC cost?
- What does LTC insurance cost?

As follow-up to the presentation we be conducting individual meetings to answer questions and run LTC illustrations.

Join us on Thursday evening, Jan. 27 at 5:00 pm. Pizza and a beverage will be provided along with this seminar. Recreation Hall

DECORATORS

Alice Price, Ned Bell, Pat and Theron Smith, Roger Larson and Sue Scott have been just wonderful this season helping me get the Western decorations up on the walls.

The addition of all the holiday decorations has made our rooms a delight to be in. Thank you for all your hard work. You are all fantastic.

Doreen

P.S. If anyone wishes to help with decorating we would love to have you.

BLOOD PRESSURE

The Blood Pressure clinic takes place each Monday from 10:00 am 11:30 am in Classroom 2. Everyone is welcome to have their blood pressure checked, so please stop in and see us.

Rincon Country Nurses

THANK YOU

I want to take a few minutes to say some special thanks to volunteers who donate their time and efforts to keep the clubs running and keep the food coming.

Sit back and think about all the people it takes to run the clubs, cook all the pancake breakfasts, spaghetti dinners, chili dinners, spud dinners, ice cream socials, strawberry socials, superbowl tailgate party, the western bbq, run the trains and decorate the entire complex. It is amazing and I didn't even list everything or every event. We have over 38 clubs and each one has a minimum of four officers.

Here is a big THANK YOU to all of you who work so endlessly and very hard to make your organization and Rincon Country a great place to live and play

I love you all and I really appreciate every single one of you. Thank you.

Doreen.

FREE CASINO TRIP

We have a trip planned for Fort McDowell Casino on Monday, Jan 31. There is NO charge to go to the casino but we NEED 40 people to go to make this trip happen. Should be easy with 1100 spaces.

The bus will leave at 7:30 am and leave the casino around 2:00 pm. Check with the driver for the exact departure time. You will receive \$10.00 on a players card that you can use to gamble on the machines, etc. You should arrive in time to play one session of bingo if you so desire. Sign up in the Activity Office if you wish to take this trip.

THANK YOU

The coffee and donuts servers deserve a really big Thank You. Lloyd and Eileen Johnson and Dennis and Marcella Lynch have done a super job. Thanks guys. They also have some great helpers. Thank you everyone, you do an amazing job.

SOLOS

We welcome all Single newcomers to our park. If you are single and would like to meet other singles with same desire for friendship, join us on the first and third Sundays in the Rec. Hall (Town Hall).

Our Gatherings for January are as follows:

The Social will be held on Sunday, January 2 in the Rec. Hall at 5:00 pm.

Note: Sandwiches will be supplied on this occasion. BYOBeverages and snacks.

Our Luncheon will be held at The Olive Garden on Irvington at 11:00 am.

Solos Pot Luck will be held on January 16 in the Rec. Hall. BYOService and a dish to share. Coffee and Tea will be available

Sign up sheets will be posted in the Coffee Room.

Carl Stubbington, 889-3509

FREE MOVIE “Avatar”

In the future, Jake, a paraplegic war veteran, is brought to another planet, Pandora, which is inhabited by the Na’vi, a humanoid race with their own language and culture. Those from Earth find themselves at odds with each other and the local culture. This movie stars Sam Worthington and Sigourney Weaver .

This Sci Fi movie is full of action, so join us in the Auditorium on Friday, Jan. 7 at 6:45pm following the Hot Fudge Sundaes. Bring your own beverage and snacks.

FREE MOVIE “Everybody’s Fine”

When Frank Goode’s grown children cancel a family reunion, the recent widower sets off on a cross-country journey to reconnect with each of them. Expecting to share in the joys of their happy, successful lives, his surprise visits reveal a picture that’s far from perfect. But a family separated by physical and emotional distance finds a way to come together.

Join us in the Auditorium on Friday, Jan. 14 at 6:45 pm following the Strawberry Shortcake.

A BIG BRIGHT THANK YOU

Why big and bright you ask? Well take a good look around the ceilings of the Recreation Hall, Auditorium and the Rally Room. Dick Curtis, Martin Rathbun and Jerry **Roethlisberger** worked very hard repairing light in two rooms and hanging new lights in the Rally Room. Now when you have your potlucks you will have a lovely ambience, not to count you can see much better.

Thank you guys, you did a fantastic job!!

Doreen

NEW MURAL

When you have a minute be sure to stop by the Rally Room and check out the new mural. You will think you are looking out the Cantina window into the courtyard. There is a lovely fountain and beautiful flowers and greenery.

I had a vision but not painting skills but that rarely stops me. As they say, I know people. The person who is really responsible for all the beautiful artwork is our own resident, Bob Garden. What a great job Bob. Thank you so very much! It is better than what I asked you for.

Doreen

GASLIGHT THEATRE

“Gun Smokin”

There’s trouble in Dodge City! Big John and his gang of ruffians are coming back to town to exact their bitter revenge on the stout-hearted Marshall Brett Masters. Will Dodge City return to its lawless ways? Will Brett Masters and Miss Lily, the proprietress of the Strong Branch Saloon, find true love? Strap on your boots, put on your cowboy hat, and come join the fun!

The Rincon Country Gang will be going to the Gaslight for a fun evening on February 23, 2011. Tickets are \$16.00 and are available in the Activity Office or at the morning coffee.



TREAT SOMEONE TO THE HEAVENS

HOT AIR BALLOON RIDES

JOIN US IN AN IRRESISTIBLE OPPORTUNITY FOR PLEASURE. THE VIEWS OF THE CATALINA & TUCSON MOUNTAIN RANGES.

THE BEST GIFT CERTIFICATES AVAILABLE

A Southern Arizona Balloon Excursions Inc.

WWW.TUCSONCOMEFly.COM

FOR RESERVATIONS CALL 520-624-3599

Dancing



SQUARE DANCING

Happy New Year! I will be calling in Laughlin Jan. 1-5, but back for DBD Jan. 6. A new class of **BEGINNER Lessons start Mon. Jan. 10**, from 7-8:30 pm in the Rec. Hall, and Wed. 9:30-11:00 am in the Auditorium, with the November class as angels. Singles are welcome. Get acquainted with an activity that stimulates your muscles and your brain, and introduces you to a world of wonderful people. We will also try the Sunday night **MAINSTREAM** dances again, beginning Jan. 9. These will include review and lessons for last year's Beginner Class.

Additionally the regular dances and reviews will continue in January:

Monday morning PLUS donut dance:
10 am - 12 noon

Tuesday morning A1-A2 review: 10-12 noon

Tuesday afternoon PLUS Review: 2-4 pm

Wednesday night PLUS dance with rounds by Ray and Virginia Walz,

Wednesday night Pre-rounds 7 pm; square dance with rounds 7:30 - 9:30 pm

Thursday PLUS DBD (Dance by Definition):
9:30 - 11:30 am

Remember, all classes and dances are casual, except Wednesday night, when square dance attire is requested (but not required).

Calendars are available in the RCW Activity Office or at the dances.

Marshall Flippo
Lot 129, 520-294-6490

LADIES' SQUARE DANCE

Women square dancers needing partners are invited to join the informal Ladies' Square Dance group. You can dance the woman's part, or learn the man's part by volunteering to be an angel for beginner lessons and other reviews this winter. We can use your help.

Adelaide LaVerdi , Lot 177, 573-9760

THANK YOU

Judy Fried deserves a big thank you for all that she has done for many, many years.

Judy not only has been a major part of the backbone in the Pottery and Ceramic group since day one, but she has hosted, organized and shopped til she drops for the Wine Tasters twice each month for the last 20 years. I am not sure of the exact date of the first wine tasting but I do know that Judy was there and working hard.

Thanks Judy, you do a marvelous job!!!

Doreen

THANK YOU

Lots of hard work goes into our monthly Villager and so I truly appreciate any help I get. Dick Davis has been doing the monthly calendar with the special events. Thank you Dick, your help is truly appreciated. Great job.

Don't forget all the great help we get from our collators under the leadership of Lyle and Karen Fink. Thank You everyone.

Doreen



&



RULES OF THE ROAD

Some of us seem to have forgotten the rules of the road. So here is a small reminder.

1. The speed limit is 10 mph.
2. Golf carts drive on the same side of the road as cars, trucks and RVs.
3. Bikers should ride on the same side of the road with other vehicles.
4. Walkers should walk facing the traffic and use a flashlight at night.
5. In all cases you should use lights at night, wear light colored clothes and be aware of other traffic.
6. Please stop at the stop signs.

So far, we have been lucky and no one has been hurt. Let's keep it that way by following a few common sense and courteous rules.

Thank you.

THANK YOU

Your donations to the Food Bank, Angel Tree and Toys for Tots were not only extremely generous but totally over the top. We had bicycles and so many toys it was awesome to see. You definitely made literally hundreds of children happy this year.

Thank you for your generosity.

Happy New Year!!

From KMJ Business Graphics
Your One Stop Advertising, Design,
& Print Shop!

For advertising in this newsletter
call 520-792-3815



BICYCLE CLUB

The Bicycle Club meets each Monday morning at 9:30 am, and each Friday afternoon at 1:00 pm at the parking lot behind the wood shop.

Monday rides will be on bike trails or roads with little traffic and are 8 to 14 miles (round trip) in length at an easy pace, about 10 mph and no one is left behind. The rides will require the transportation of riders and bikes to and from the starting location. As sufficient transportation for all the bikes may be in short supply, trucks or other vehicles that can carry a number of bikes will be much appreciated as we don't want to leave anyone behind.

Friday rides are for more experienced riders who are comfortable with street riding, and will leave by bike from the park, biking on South Mission Road and other busy streets. Rides will be 20 miles plus in length at a pace of about 14 mph.

A coffee stop is mandatory for both Monday and Friday rides! For more info about rides and schedules join google group "RCW bikers" at <http://groups.google.com/group/rcwbikers>.

HELMETS AND SIGNING A WAIVER RELEASE FORM ARE REQUIRED.

Contacts: Dave & Marilyn Fitzjohn, H543,
(520)440-7689

HIKING CLUB

“A faster paced group than Desert Explorers”

For those of us who love hiking, there's nothing more inviting than the many trails through the canyons and valleys all around Tucson – and beyond!

Join us on Thursdays at 7:15 am in Classroom 1 just off the main parking area to meet your fellow hikers. You are guaranteed to enjoy great views and lots of memories while getting a terrific workout.

Early mornings may be cool but can warm up quickly so make sure to wear layers to maintain comfort. Good hiking footwear, walking sticks, water and a snack are strongly recommended. A programmed (but changeable) list of hikes is posted outside the Recreation Office.

If you don't wish to drive your own vehicle, you may join other drivers; you will be asked to share the cost of gas. We meet at 7:15 am and leave at 7:30 am sharp.



POTTERY & CERAMICS

Did you know that the Pottery room has two wheels available for spinning out awesome vases, dishes, cups, etc.? You can be experienced or just give it a try. Someone may be able to show you how they work. There's also a beginners class to learn how to make items from clay - you just need your imagination and creativity to make some great things. If you don't have imagination and creativity available - take the beginners class and see how fast you develop your skills. Of course there's always ceramics where you learn to pour items, get them fired, glaze them and then have them fired again. Give it a try. Come join us!

JoAnn Godawski, Secretary

CACTUS QUILTERS

“Method. Rub the spots lightly with warm gall; rinse it off in cold water; dry by the fire: then take damp sand such as they sell at oil shops, and strew it over the garment to be cleaned, beat the sand into the cloth with your brush – let it lie a few minutes, then brush it out with a hard brush, and it will bring out all the filth.” From “The Ladies Magazine, 1833”

Just reading the above paragraph makes me appreciate how we have progressed since that time. Then, you had to find “gall” (whatever that is or was) and now we pick up a spray can of something and do the same job in minutes. Aren't we the lucky ones. Also, on the same subject, thank goodness for Shout Color Catchers, liquid detergents and spray starch. I can't imagine how quilters handled these problems in their day.

With the Holidays over our Cactus Quilters group begins to focus on our upcoming bus trip to Phoenix for the Quilt and Sewing Expo on January 27, 2011. Once that is completed, all eyes, ears and hands turn to our Quilt Show scheduled for February 13, 2011. Be sure to fill out your entries for the quilt show as soon as they become available. You don't have to be a master quilter to submit an item, just be happy and proud of what you've done. We have so many wonderful quilters in our group and we are blessed that they all are willing to share their knowledge and expertise.

If you're looking for something new to try and you've never quilted, or if you are already a quilter, please stop by some Monday afternoon in the Craft Room and visit and join our group. While a great deal of information is shared, we wind up doing a great deal of laughing. These are really nice, friendly women who are always anxious to see and meet new faces. Please give us a try, you won't be disappointed.

Cooky Bergman
Secretary
Lot 1066, 294-1880

RCW RESIDENTS KEN & PATTY ZACHARIAS

ABOUT THEMSELVES AND THE GARDEN RAILROAD PROJECT

Interview by Norm Miller

Ken & Patty are from Lake George, NY, about 45 miles north of Albany. They met while in high school. Each went off to college and then married after completing college. They lived in Albany during their working years and when they retired returned to Lake George. They have been married 43 years, have two children and four grandchildren.

Ken retired as a high school biology and chemistry teacher and coached athletics for 33 years in the Albany School District. Patty was a nurse first in a hospital then for several years in the Albany School District, first at the elementary school level and then at the high school. At one time Ken, Patty and both their children were at the same high school. When they were getting ready to retire they started to investigate areas where they could spend winters. Florida was out because of the humidity. Phoenix was out because there are so many people, pollution and traffic. Tucson just seemed like a nice fit. They visited each of the major parks in the Tucson area and found RCW to be the friendliest and the best fit for them. They started in an RV and after two weeks, bought a park model.

As a child and into his adult life Ken had model trains that he would set up for the holidays, but they were much smaller than what is now at the Garden Railroad facility.

Ken is into the trains, Patty is into the social aspect and doesn't mind helping out with the fund raisers and projects, but has no interest in running a train. The Garden Railroad got started after talking to some people and there seemed to be some interest, but those interested had no idea what to do. They contacted the Tucson Garden Railroad Society (TGRS) and the TGRS members were of immense help and still are. A lot of what has transpired was by trial and error, a lot of hard work by a lot of dedicated people, and mentoring from the TGRS. Ken visited with Doreen and George



O'Leary, and George offered to let them use the lawn area that is now the Garden Railroad Facility and he bought the first engine. His generosity got the project started.

Counting members and spouses, there are about 50 people involved in the Garden Railroad Club. Not all are train buffs. For example, one member is a retired horticulturist. He has little interest in the trains but creates wonderful landscapes. Many of our members bring a wealth of experience and expertise to the project.

The Club constructed a water fall. On Friday, Dec. 10 George O'Leary turned on the switch to start the water fall's dedication. Next the Club will be making a 1940's village on the upper level with a current village on the lower level. The project is a living thing that just keeps growing and morphing itself into something new and exciting. It is like an amusement park which is always looking for the best and most exciting ride.

If someone wants to become involved - come to a meeting. It is not required that someone have a great interest in Garden Railroading. The Club is always looking for members, even if someone just wants to belong to a group. The Club does not have any minimum hours for volunteering or working on the site, and everyone is welcome to come to the meetings and be as involved (or not) as they choose.

This project is very time consuming. This time of year is especially busy because many of the members are not back yet, and so the few that are, are very busy — but it is a labor of love.

COMFORT QUILTS

Have you noticed our new name? The Quilters have decided that "Comfort Quilts" portrays our purpose and intent of giving comfort to those who are sick or facing health challenges. Many of our recipients need the added love and comfort these quilts bring.

We meet on Thursdays, from 9am – 3pm. Come see our work in progress or come help. We always need cutters, sewers, tie-ers, and sandwichers to make the layers.

We recently completed a delivery, before Christmas to Veterans at the VA Hospital, Children at the Pediatric area of the University Medical Center and Mothers and Children at EMERGE Center Against Domestic Abuse. In addition many RCW residents have received Comfort Quilts due to health issues.

Another project many of the sewers took on this fall was the "Little Dresses for Africa". You may have heard the story that Brian Williams told on the news. RCW sewers made over 30 of these dresses which will be distributed to little girls in remote villages of Africa. Keep us informed of any RCW residents who need one of our quilts.

Team Charlotte – Co-Chairman

Charlotte Baker, Lot 807 - 402-490-7929

Sue Charlot, Lot 854 - 509-952-5645

COMPUTER CLUB

The RCW Computer Club meets every Wednesday evening at 7 pm in Classroom 2. Join us for a variety of programs for beginners to intermediate users. January will feature our own member presentations on "Yahoo Groups" and "Can Computers Think?" In addition, Christine Glanz from Computers, Etc., will be here to help educate us and answer questions. Members are here to share knowledge and help each other with computer problems. Questions are always welcome.

Dave Starnes

DIGITAL IMAGING CLUB

Raffle

Drawn on Feb 18th 2011
at the Photo Contest Presentation
7:00pm in the Auditorium after Strawberry
Shortcake

First Prize—Flip Video Camcorder ideal for capturing those special moments. Weight 6oz, 120 minutes recording time, 2" LCD, 8GB Internal memory—Value \$200.00

Second Prize—Phillips 10.4 inch Digital Photo Frame, 2GB Internal Memory, view all those precious photo's of family and friends. remote control, wall mountable—Value \$100.00

Tickets \$1.00 each, six for \$5.00, an arms length (finger tip to shoulder) for \$10.00

Tickets available from Digital Imaging Club Members, the Recreation Hall after Coffee on Fridays.

Contacts Jeanne Lewis, L658

Cheryl Wells, H573

Les Bullas, H557

BRAZILIAN EMBROIDERY

Classes will begin on January 6, 2011.

This is a good time to start a new project. Kits are available to get you started.

Brazilian is a dimensional embroidery; using twisted rayon thread.

Classes will meet each Thursday from 9 to 11 in Classroom 1.

Newcomers are welcome. You can stop in anytime and view the beautiful projects we're working on.

GARDEN RAILROAD CLUB

All park residents are invited to attend RCW Garden Railroad meetings on the first and third Wednesdays of each month in Classroom 1 at 3:00 pm. Any resident interested in promoting the RCW Garden Railroad is encouraged to join the Club. You may serve in any capacity that you wish. You are not required to work on the layout.

During the month of January trains will run, weather permitting, on Mondays, Tuesdays, Wednesdays and Fridays. Check the posted schedule at the layout located at the end of the boulevard by the Auditorium for times and updates. The new waterfall and pond feature have been completed and operate throughout the day. New buildings are being added to the layout to create a 1940's era village and most buildings in the layout are now lighted for your evening viewing pleasure!

On Friday evening, January 21st, the Garden Railroad Club will be sponsoring this years "Spud Out" dinner. We will be serving the same great menu of baked potato with all the trimmings, salad, dessert and a beverage for only \$6.50 and will give away over 80 prizes during the dinner. Don't miss the great food and a chance to win some outstanding prizes. Joel Mattson, a park resident and Alaskan entertainer, will once again provide musical entertainment while dinner is being served. Don't be disappointed! Buy your tickets early as this event usually sells out.

The Garden Railroad Club would also like to acknowledge and thank the following park residents for their contributions to the RCW Garden Railroad layout: John Miller for the donation of his lighted Christmas train, Cindy and Rick Butschli for their donation of a new diesel locomotive in the memory of Rick's grandfather, Alex Petusik Sr. and Barb and Reggie Cormack for their purchase of numerous items for the layout.

Future events for park residents will be our "Train Meet Extravaganza", our night running of trains, the Western B-B-Q dinner in February and The Rails in the Garden Tour in March. Also be sure to look for our bargain tables at any future RCW Parking Lot Sale.



BEADS, BEADS, BEADS

We string beads and/or make beads every Monday at 9:00am in the Pottery Room. Beads can become necklaces of course, but also earrings and bracelets. Or fan pulls or Christmas Tree ornaments or gifts for granddaughters. I like to wear mine, Come see.

Judy Fried 294-2879

NANA'S NEEDLES

Bring your knitting and/or crocheting to Class Room I on Friday mornings after coffee. Work on your own projects or join us in donation knitting for "Newborns in Need". Beginners and experts alike are welcomed. There is usually some one available if you want to learn to knit or crochet or if you are having difficulties.

We accept any materials you wish to donate- especially yarn- that would be suitable for making baby clothes. Check your drawers and closets!

Shirley Crites, Lot146, 807-9773

HARDANGER

Happy New Year, everyone. Start the new year with a new hobby – Hardanger. It is a beautiful embroidery technique from Norway. We meet together each Wednesday morning at 9:00 am in Classroom 1.

Drop by and see some of our stitchery projects – we love to have visitors. Someone will be available to show you how to get started.

Jan White – 807-4990

GENEALOGY CLUB

The rush of the holiday season is over. Once again, we can catch our breath and get back to the business at hand. In this case, the business is searching for and learning about our ancestors. We have had some newcomers and are ready and willing to greet even more. Our meetings are held each Monday at 7 pm in Class Room 2.

To help newcomers become acquainted with new genealogy programs and to learn how to enter relatives' names into these programs, our President, Sally Masteller, will make herself available at 6 pm in Class Room 2 on January 3, 2011. Sometimes when things are so new, it is easy to feel that you don't even know enough to ask questions. Everyone in the group has learned that asking questions results in learning, so don't be afraid to ask!! Even if you just come, sit quietly and absorb what is going on, learning can amazingly happen!!

Our program schedule for January is as follows:

January 3 – 6 pm - "How To Get Started" with Sally Masteller; 7 pm - Welcome to new and old members, short business meeting and Q&A

January 10 – Marcia Lindley, Treasurer of the Arizona State Genealogical Society, will present a talk on "Homestead Records"

January 17 – Ilona Stone, long-time Genealogy Club supporter, will present Part II of "Early Immigration From The UK." This series was started last season.

January 24 - Ilona Stone will present Part III of "Early Immigration From The UK."

January 31 – Barbara Salyer, long-time member and officer of the ASGS, will give a presentation on the Periodical Source Index, perhaps more commonly known as PERSI. This index is the largest and most widely used index of articles pertaining to genealogy and local history in the United States, Canada, Britain and Ireland.

We look forward to seeing you.

HABITAT FOR HUMANITY

Rincon Country's Habitat for Humanity Work Crew rehabs houses for the Tucson affiliate of Habitat for Humanity International. This affiliate has provided low income housing for over 300 families in 30 years.

The group from the park works on Thursdays, gathering at the office flagpole at 7:20 am, carpooling to the worksite and returning about 2:30pm. Bring a snack, water, lunch and favorite tools. Join us for a day of fun and good work - doing whatever is necessary to get the house ready for new owners, be it painting, plumbing, yard work or whatever.... Men and women are welcome.

Tucson's Habitat Resale Store has moved... to 735 Grant .. just east of the freeway.

The store resells donated items and the profits go to building houses. This is a good place to shop or donate items or give time as a volunteer - 1/2 day or whole day each week.

Questions and info:

Gerry Keener Lot 227E , 889-4184

NEEDLEWORK, KNITTING, CROCHETING, ETC.

This is where a group of ladies who enjoy handwork of many kinds— sewing, knitting, crochet, cross stitch, quilting, etc. meet every Wednesday afternoon from 1:00 to 3:00 pm in the Sewing Room. New members are always welcome and we've enjoyed having visitors who stop by to see what we are doing. Bring your project and join us for a time of sharing and you might even finish it by an important event like a new baby gift, birthday present, or a new wall hanging- who knows??

Any questions, call:

Adeline Bailey
294-2728

HAM RADIO CLUB

Ham Radio Club invites anyone interested in Ham Radio to meet with us weekly on Wednesday at 11 am in Classroom 1. We currently have a tutor who is helping a prospective member to get her license and would be glad to talk to anyone else who is interested. You are no longer required to learn MorseCode to pass the test.

At the Vendor's Fair on Thursday, January 20th, we will be serving a hot dog lunch from 11:30 am until 1 pm. This \$4 lunch will also include chips, a cookie, and a soda - add an extra dollar if you'd like a 2nd hot dog. Hope to see you there!

LAPIDARY & SILVERSMITH

The new season is getting underway. It's time to start making beautiful jewelry in a variety of art forms. Stop in and see what opportunities the Lapidary Shop has to offer.

Instruction in various techniques will be offered throughout the winter. Sign-up sheets are posted in the shop. Talk with the shop monitor for more information. Newcomers are welcome. No experience required.

Soldering and fabrication: Basic techniques for soldering and fabrication of pendants or rings, including mounting of stones.

Lapidary: Techniques for cutting, shaping and polishing of stones.

Wire wrapping: Techniques of wrapping stones with silver or copper wire for jewelry.

Chain making: Techniques of wrapping, cutting and using jump rings for construction of basic chain designs.

Wax carving and casting: Basics of carving wax figures and then casting them in silver or bronze

Precious Metal Clay (PMC): Techniques for design and construction of jewelry from PMC in silver, copper or bronze.

SHUFFLEBOARD

Happy New Year. If you are just returning to RCW and have been shuffleboard deprived and want to have fun in the Arizona sun, the shuffleboard courts are awaiting you. Park play continues on Mondays and Thursdays at 8:45 am and 6:30 pm. If you are new to the game, instructions will be given during play. If you would like private lessons, covering every aspect of the game, call Ron Petry, at 807-6418.

Congratulations to the RCW players winning tournaments: Turkey Classic Singles Tournament held at Voyager on November 15-17: Bob Charlotte, 1st Place Championship and Adrian Utrup, 2nd Place Championship. Yuletide Tournament, Doubles, held at RCW on December 6-8: Ron and Marian Eising, 1st Place Championship, Dick Davis and Yvonne Hulke (DP), 2nd Place Championship; Adrian and Donna Utrup, 3rd Place Consolation and Jeannine Schreck and Jim Ormsby, 4th Place Consolation.

Coming up in January are:

January 3-4: Qualifying for State Split Singles

January 8: District 2 Meeting at Tucson Estates, at 2:00 p.m.

January 10-12: District 2 Split Singles at Tucson Estates

January 17-18: State Split Singles at District 1 - Mesa

January 24, 25, 27: Tucson Senior Olympics; Men's Singles, Jan. 24; Women's January 25, at RCW; Doubles, Jan. 27 at Voyager

Out Hot Fudge Ice Cream Sundae Night will be January 7 at 6:00 pm. Tickets will be \$3.00 and may be purchased in the Activity Office, at the Friday Morning Coffee, or at the door. Please bring your own bowl and spoon. A FREE movie will follow the social. We will be showing "Avatar" in the Auditorium.

Marian Eising, Secretary
H-550, 741-8412

OUR RCW GATE STAFF

The subjects of this article are the people who we call the RCW Gate Keepers — those residents who are employed by RCW to protect us and to aid visiting friends, service and delivery people to gain access to RCW and provide directions to their destination. Each Gate Keeper is an employee of RCW, not a volunteer. Because they are always there, ready to open the gate for us, we take these important people for granted. Actually, their job is not to open the gate for us, but to help nonresidents enter the facility. Each of our Gate Keepers expressed the same attitude: that RCW owner George O'Leary wants every person entering or leaving to be acknowledged in a cheerful manner, and made to feel welcome. Our Gate Keepers also carry out the check-in process for RVs, handle cash and credit cards and answer telephone calls after the office has closed. In addition, they keep out those who have no business here. These are our Gate Keepers and a little background information on each:

Norine Haley - Norine is from Flint, Michigan and ended up at RCW by mistake. She and her husband Bob first went to Phoenix and did not like the traffic and all the people. They arrived here on a weekend, and thought they were turning into Mountain Vista. They checked in after hours, and since, in 1991, there were no Gate Keepers, put the over night fee in an envelope near the post office. The next morning RCW Representative Annette arrived to refund the \$.20 they had overpaid. They were impressed and have been here ever since.

Jack Packard - Jack is a retired truck driver from Bruce, Wisconsin. He came to RCW to visit his sister, who is a resident, and never left. Jack has been a Gate Keeper for eight years. When he arrived he asked Annette if there was something he could do around the park, and she put him right to work. Jack, who works mostly at night, says he has had few problems, except when someone arrives with children: they can be unpleasant when he explains they cannot stay here.

Kathy Sagara - Kathy is from Kalamazoo, Michigan where she met her husband George. They both worked for the school district. Between them, they have 23 grandchildren. They first arrived to visit friends, then



rented and soon bought a park model, and have been here since. Kathy likes the social interaction that working as a Gate Keeper provides her.

John Ross - John is a retired school teacher and school administrator who is originally from Aliquippa, Pennsylvania. He retired from teaching in the Tohono O'Odham Indian Reservation school district. Earlier in his career, John taught at the Pine Ridge Indian Reservation school district in South Dakota. He and his wife Connie came here to visit friends and decided to stay.

Troy Hall - Troy is from Bremerton, Washington where he retired from the ship yard as a supervisor in the sheet metal shop. Troy and his wife Sandy came to RCW to visit friends in 2005, liked what they saw, and in 2006 bought a park model.

Rick Butschli - Rick and his wife Cindy are from Wausau, Wisconsin where Rick retired from a management position in the U. S. Postal Service. They retired in 2004 and liked the weather in Tucson when compared to Wisconsin. They checked out RCW that first year, liked it, and have been here since.

You will notice that a few common themes run through these interviews: People came to Tucson and liked the weather when compared to Wisconsin and other Northern areas. They checked out RCW their first year in Tucson, liked it, and have been here since. Just like most of the rest of us.

2011 PHOTO CONTEST

Howdy Cowboys and Cowgirls. Have you taken a photograph that you would like to show off and have some fun and maybe win a prize? You came to the right place. Enter it in the 2011 RCW Digital Imaging Club Photo Contest. It's easy!

The big night is February 18, along with Strawberry Shortcake, when all photos will be displayed, winners will be announced and cash and ribbon prizes awarded. You can even vote for your favorite photo. The strawberries will be sporting a hat of real whipped cream and topping off the evening will be a raffle and door prize drawing. Buy your raffle tickets for a Flip Video Camcorder and a Digital Photo Frame.

Pick up your entry forms with descriptions of the categories and contest rules in the Activities Office. Choose your photos for the contest. The Digital Imaging Club will accept and mount your entries on mat board from **January 14 to February 9**. You can enter up to 7 photos (one in each photo category) and a Video Montage.

The categories will be: People, Outdoor Scenery, Critters, Flowers/Plants, Abstracts, Still Life, Digital Magic and Video Montage (a five-minute maximum DVD). The photo contest rules and information are printed on the Entry Form.

If you haven't gotten your "shots", pull out those "guns" and begin shooting. Join in the fun!

Paul & Joan Cleveland
Site 886 U, (605) 360-2330

FUN BRIDGE

Fun Bridge is played in Classroom 1 on Monday and Friday afternoons at 1:00 pm. Thursday and Sunday evenings we also play in Classroom 1 at 6 pm. We hope to see you all there.

Sara Ruegg

PLAYCRAFTERS

Welcome to Playcrafters all you snowbirds returning this January 2011. The Christmas play was a romping, stomping, hit 'em over the head, rolling in the aisles success. We are ready to begin work on the Spring play, "*The Attempted Murder of Peggy Sweetwater*" by John Rustan and Frank Semerano. Barb Norwick, director, will begin rehearsals this month with the play performances on March 4 and 5.

Please drop by to see what happens at our weekly meetings on Thursday afternoon in the Auditorium from 1:00pm to 3:00pm. We have weekly entertainment where you could be a partner with one of our able, talented and humorous actors. What an experience! Don't miss it!

Readers Theater, our community outreach, will be organizing and rehearsing in January. We have room for more volunteers. The performances, beginning in February, will be once a week for six weeks, at varied Tucson assisted living facilities.

In addition to Readers Theater, Playcrafters has reached out to the community this past year by donating monies to the Salvation Army, the Food Bank, and the Center Against Domestic Violence.

Joy Fehrenz

LOW IMPACT AEROBICS

Our class is held in the Rec Hall, Mondays thru Thursdays from 7:45 to 8:45 am.

We use various tapes, and they are all senior type exercise. On Mondays we do a fall prevention, Tuesdays and Thursdays we do aerobics, and on Wednesdays we have a strength training class, where we use stretch bands and weights. We usually use weights every day and the bands only on Wednesday.

All you need to participate are comfortable shoes, 2 or 3 pound hand weights and the bands on Wednesdays. Hope you'll come and join us. Any questions call 419-615-3933 .

POT LUCKS

"Hatti's Pot Luck Supper Room" (Rally Room)

Jan. 2	Solos' Social Hour
Jan. 10	Digital Imaging Pot Luck
Jan. 11	"Q" Street Social Hour
Jan. 12	Garden Railroad Pot Luck
Jan. 16	Solo's Pot Luck
Jan. 25	Villageaires Social
Jan. 27	East Coast Pot Luck
Jan. 31	Hikers Pot Luck
Feb. 2	Wisconsin Pot Luck
Feb. 3	Iowa, NE, N D & S D
Feb. 7	Ohio Pot Luck
Feb. 9	Tennis Pot Luck
Feb. 9	Kansas, Missouri, Oklahoma
Feb. 11	Oregon Pot Luck
Feb. 12	"G" Street Pot Luck
Feb. 15	"R" Street Pot Luck
Feb. 16	"T" Street Pot Luck
Feb. 17	Habitat for Humanity Pot Luck
Feb. 19	Canadian Pot Luck
Feb. 20	Solos's Pot Luck
Feb. 21	Michigan Pot Luck
Feb. 22	Washington, Alaska Pot Luck
Feb. 23	MT, ID, WY Pot Luck
Feb. 26	Monday Golf Group
Feb. 27	Colorado Pot Luck
Feb. 28	"S" Street Pot Luck
Mar. 1	Villageaires Social
Mar. 2	Illinois Pot Luck
Mar. 3	Shuffleboard Pot Luck
Mar. 6	Solo's Social
Mar. 7	Genealogy Pot Luck
Mar. 8	"F" Street Pot Luck-Both sides
Mar. 10	"O" Street Pot Luck
Mar. 13	Split "P" St. Pot Luck
Mar. 14	Computer Club Pot Luck
Mar. 15	"Q" Street Pot Luck
Mar. 16	Bowling Banquet
Mar. 16	Tennis Pot Luck
Mar. 18	Men's Golf Recognition Event
Mar. 19	Garden Railroad Pot Luck
Mar. 20	Solos's Pot Luck
Mar. 24	Playcrafters Pot Luck
Mar. 26	"M" Street Party

"EAST COAST" POTLUCK

From the rocky shores of Maine to the Everglades of Florida – It's time for the "East Coast" Potluck. All current and past residents from the Eastern Seaboard are cordially invited. (Note: The "Eastern Seaboard" includes all states bordering on the Atlantic Ocean plus VT, PA, WV and KY.)

When & Where: Thursday, Jan. 27 beginning at 4:30 pm in the Rally Room. Social Hour and Appetizers at 4:30pm; Dinner at 5:30pm.

Sign Up: Please sign up in the Coffee Room before Tuesday, January 25.

Bring: A covered dish with about 12 servings, your own beverage and place settings. \$1 per person to cover coffee and incidentals.

Questions? Contact Ruth Anne Starnes at 215-353-7672 (Site V 828) or Donna Ross at 520-889-5480 (Site W 787).

OHIO POTLUCK

Monday, February 7, 2011

Rally Room

Social Time 5:00 pm

Dinner Time 5:30 pm

\$2.00 per person

Bring your own table service, beverage & a dish to serve 12 people.

We'll have a real good time!

Sign up in the coffee room

Hosts: Larry & Ruth Heil , 741-7006

"T" STREET POTLUCK

Wednesday, February 16th

5:30pm - 8pm

Sign up in Coffee Room

to bring

Main Course, Salad or Dessert

QUILT SHOW

The RCW Quilt Show will be held Sat., February 12, 2011, from 12 – 4 pm in the Aud. and Rec. Hall.

If you live or are staying at RCW, you are eligible to enter a quilt that you have recently made in the show. Pick up entry forms in the Craft & Sewing Room.

Everyone is encouraged to come and admire the beautiful quilts made by our residents and vote for your favorites in various categories.

This year we are raffling off many quilt items, so buy your chances to win. We also will have a boutique where you can purchase quilted items, a program, and some demonstrations.

So, come for one hour or all four. You will be amazed at the talent we have in the park.

Charlotte Baker, Chairman, # 807, 402-490-7929.

DESERT TONES

Our women's four part barbershop singing group will resume rehearsals in Classroom 1 on Wednesday, January 5th from 1:00-3:00 pm.

Additional singers are welcomed and encouraged to join us. We promise a lot of fun and singing too!

For more information contact:

Leah Murphy at 360-831-3614 or
Jane Schurr at 520-295-3786

JOKERS

Jokers is a board game that you use cards to make your way around the board. It is either played with a marble board or a peg board. We have our own rules that we follow and we do play partners, so if you don't know how we will teach you. If you know how to play, come and join us on Saturdays at 6:30 pm in Class Room 1.

Any questions call at 419-615-3933

PARTY SUPER BOWL XLV

ROMPING/STOMPING/ROPING COUNTRY TAIL GATE PARTY

Where: Parking Lot Office Complex

When: Sunday, Feb. 6, 2011

Time: 1:00 pm

Cost: \$7.00 per person

Sunday, February 6, 2011 our Rincon Country West Men's Golf Club is hosting their annual Super Bowl Tailgate Party.

Enjoy the best down home Country 1/4 lb. Hotdog or 1/4 Hamburger fresh off the grill, cooked especially for your enjoyment by your Favorite Country Rincon Amateur Golfer. Included will be down home country chili, chips, salad and two beverages. Beverage choices include water, soda, or beer. Condiments will be provided.

Our Men's Golf Club members will be in the Main Parking Lot directly In front of the office complex, ready to serve you starting at 1:00 pm with hot food right off the grill. There will be some games to test your skills at our Country Tail Gate Extravaganza.

A Bake sale sponsored by the Sewing and Craft Room will provide some outstanding homemade treats to savor your taste buds. Be sure to bring a little cash to buy your treats.

See you all there. Bring your appetite for all the great food cooked just for you by RCW Golfers. Get your \$7.00 tickets early from the Activities Office or at morning coffee.

Enjoy the Super Bowl with a full tummy after our Tailgate Party ends.

WRITERS GROUP

The Writers group will meet the second Tuesday in January at 10:00am. This will be the first meeting of the season

Meredith Rogers-Blue, blue@brandonU.CA

AROUND TOWN -JANUARY 2011

Researched by Rachel Margolis

New Year's Competition Powwow & Indian Craft Market

Jan 30th -Feb 12th

Dancers, drummers, singers, crafts, children's activity area and indigenous foods all come together to create this community craft fair at Rillito Park. For more information call the Indian information & Trade Center at 520.622.4900.

Wings Over Willcox

Jan 12th -16th

Free admission with suggested donation of \$5 Adventure, entertainment, and education combine for a fun-filled weekend of birding pleasure just east of Tucson in Sulphur Springs Valley. For more information call 800.200.2272 or on the web at www.wingsoverwillcox.com.

Carnival of Illusion

November 26th, 2010- May 21st, 2011

445 S. Alvernon Way, 85711

\$29 general admission

Roland Sarlot & Susan Eyed recreate a Victorian era-inspired, magical parlour show in an intimate setting for audiences of 35 guests at Doubletree Hotel Reid Park. For more information and show times call 520-615-5299 or on the web at www.carnivalofillusion.com.

The Journey of Lewis and Clark at Tucson Museum of Art

December 8th, 2010 - January 23rd, 2011

Tuesday–Saturday 10am–5pm. Sunday Noon–5pm

140 N. Main Ave, 85701

Admission: \$3 - \$8. First Sunday of every month is free admission.

Three exhibitions featuring oils, watercolors, and drawings at the Tucson Museum of Art depict the people and landscapes from one of the most important journeys in American history. For more information call 520-624-2333 or on the web at www.tucsonmuseumofart.org.

Wicked

January 5th 2011 - January 23rd 2011

1020 E University Blvd, 85721

Admission starting at \$35/ticket

Broadway in Tucson and UA presents bring to the stage the magical, award-winning blockbuster that tells the tale of what happened before Dorothy reached the Land of Oz. Presented at the UA Centennial Hall. For more information and show times call 520-621-3341 or 520-903-2929 or on the web at www.uapresents.org.

You can get more information on all of these annual events plus more events online at the Visit Tucson website www.visitTucson.org.

MUGS

Happy New Year. The RCW MUG meets each Tues. at 1:00 in The School House/Classroom 2. We'll be reviewing and learning all of the wonderful and easy things to do on our MAC computers. Most of us bring our laptops and/or ipads. If you were lucky enough to get a new one for the holidays, or just want a refresher, then join us. For more info contact:

Martin Rathbun 806-1303

George or Nikki Wells 889-3247

WOODCARVING

Happy New Year! Now is the time for New Year's resolution. Why not make woodcarving a New Years resolution. It is a fun and rewarding craft. You will amaze yourself and your friends. The club meets on Monday's at 12:30 and Thursdays at 1:00 in the Rec. Hall. Both sessions end at 4:00pm.

There are experienced woodcarvers to give you a hand. Plenty of cut outs just ready to be carved at a minimal charge and tools for sale to get you started. There is also membership fee of \$5. Soon classes of special projects will be starting. Come into the Rec. Hall and check out the bulletin board. You just might find a project you would like to do.

Renee Wolf

TOPS

“Take Off Pounds Sensibly”

A non-profit weight-loss support group

Mondays

Weigh-In 6:45 - 7:30 am

Meeting 7:30 - 8:00 am

Place: Class Room 1

THANK YOU

Thank You for all of the delicious goodies that you brought to the Offices and to the Maintenance Staff. You certainly know how to bake spectacular treats. Everything was awesome and we really appreciate your kind thoughts and wishes. Thank you.

The RCW Staff

TABLE TENNIS

Come join a fun group for some rousing games of Table Tennis. We play doubles for the most part and switch off partners occasionally. We have all the equipment, so “come on in” the Rec Hall every Sunday, Tuesday, and Friday from 1 to 3 pm.

Ned Bell, 294-1180

PINOCHLE

Come join us on Wednesday evenings in Class Room 1 for a fun time playing Pinochle. The official start time is 6:30 pm, but most people arrive earlier to help set up and get in some practice hands and other discussions. We play 6 hands before switching tables. You do not need to bring a partner.

We have published rules if you would like to brush up or are a new player. The rules are basically standard with a few local preferences. Come join us for a fun evening.

Larry Heil, Lot 725, Representative

GINI’S USED BOOKS

“ Library News”

Gini Buck has offered the following piece regarding one of RCW’s favorite author.

J.A. Jance says that many people who become writers do so because they are ill suited to having a regular job. Thank goodness she gave up teaching, library work, and insurance saleswoman to become a full time author. Part of what makes her mysteries so readable is that her characters are not just officers of the law but also human beings with lives of their own, with problems that are not always resolved by the end of one book in the series. The main character will also have children, parents, in-laws, neighbors, and multiple others that affect how they perform their jobs and live their lives.

Jance has lived in the areas she writes about, and includes geographical facts in the books. Tucson and Sells are the locale of the series about the Walker family, based on a series of murders that took place in the Tucson area in 1970, when Jance and her first husband were stalked by the murderer for 60 days. The J.P. Beaumont series, which came first, are based in Seattle where she lives part time. The alcoholism of Beaumont in the early books reflects Jance’s knowledge of alcoholic behavior from her first husband, to whom she was married for 18 years, He died shortly after their divorce.

The Sheriff Joanna Brady series is based in Bisbee, where Judith Jance grew up. Jance says that the character of Joanna’s mother is much like her own mother. The latest series, main character Ali Reynolds, is located in Sedona.

Gini says you can follow Jance on her blog at blog.seattlepi.com/jajance. Thanks, Gini.

We do have many of the aforementioned books, in both hardbound and paper back. Start the New Year out with a good book, and have a great time on the RCW Ranch this season.

Marti Fox

MEDICAL NEWS YOU CAN USE

By Betty Blackstock

BLOOD THINNER PRECAUTIONS

(From Johns Hopkins)

Millions of older adults rely on blood thinners such as warfarin (Coumadin) to prevent blood clots that could lead to a heart attack or stroke. But finding the right dose for each patient requires a delicate balancing act. Too much anticoagulation increases the risk of internal bleeding, which can be fatal. Too little and you run the risk of blood clots forming. Here are some basic safety tips:

Get monitored: Frequent blood tests to measure your International Normalized Ratio – an indication of how fast your blood clots – lets your doctor know if he or she needs to adjust your dose.

Watch what you eat: Foods rich in potassium, including asparagus, broccoli, Brussels sprouts, lettuce, and bananas, can blunt the effects of many blood thinners, including warfarin. Many people can continue eating these foods, but consistency is important, since your doctor needs to adjust your medication dose to accommodate your potassium consumption. Additional foods high in potassium can easily be found on line.

Avoid certain drugs: Blood thinners interact with countless prescription and over-the-counter drugs. Always talk to your doctor before taking aspirin or ibuprofen (Advil), both of which increase the risk of internal bleeding. Acetaminophen (Tylenol) is safe. Avoid alcohol, which thins the blood.

Prevent bleeding: Shave with an electric razor; use a soft toothbrush and waxed dental floss. Wear gloves when working with sharp tools, gardening, and doing yard work, and always wear shoes when you are outdoors.

Know the warning signs: Call your doctor immediately if you have an unusual bruise, have red or brown urine, red or tar-colored bowel movements, bleeding from the gums, nose, or elsewhere that won't stop, severe pain such as a headache or stomachache, or red or brown vomit or sputum. These are signs of internal bleeding that should be treated as an emergency.

SINGERS WANTED!

If you know someone who likes to sing and is NOT in the Villageaires Chorus send or bring them to the Rally Room Tuesday 9 a.m. January 4, 2010. We will be starting rehearsals for our spring concert .

Our distinguished director Al Wortman from Minnesota State University has chosen the music of Richard Rogers, words of Hammerstein and Hart.

We will be singing special arrangements of "Oh What a Beautiful Morning", "There Is Nothing Like a Dame" "Do Re Me" and many others from some of our favorite musical plays by Rogers such as "Oklahoma", "South Pacific", and "Sound of Music".

Accompanied by Al's talented wife Bette, we rehearse Tuesdays at 9 am in the Rally room. Our show times are different this year. They will be on Saturday Evening March 19 at 7 pm and Sunday afternoon matinee March 20 at 2 p.m. Come join us in rehearsals as we learn Al's secrets of how best we can present these wonderful melodies. Questions? Call:

Burt Taylor, President 807-4900
Mary E. Hallesy 889-3926



HAWAIIAN SWEEPSTAKES GETAWAY

On Friday, January 14 at the 9:00 am Coffee, we will be drawing the winner of the Rincon Country Hawaiian Getaway Sweepstakes. There were over 9000 total entries. Join us to see if you have won.

Good luck to all!

SEWING AND CRAFTS

Frequently Asked Questions!

Q: When can I use this room?

A: Check the calendar posted by the south door. Anytime the room is not scheduled for a meeting or class or other activity, you may work there on your own projects.

Q: Can I use the sewing machines and other tools?

A: Yes, please do! But all machines, tools, and equipment must remain in the room.

Q: I'd like to learn something new or find a new project. Can you help?

A: Yes! Check the calendar for meeting times of the groups that use the room, and come on by then! All the groups welcome newcomers.

Or, check the glass-front display cabinets for classes being offered, and sign up on a clipboard below.

Q: All I need is a button, or zipper, or bit of lace. Can you help?

A: Yes. Check the bins under the cabinets on the east wall, and hopefully you'll find just what you need. These items are available for your personal use.

Q: I'd like to teach a class. What do I do?

A: Check the calendar to see if your preferred date is available, and then contact Room Secretary Sally McFarlin at 654L. Do not enter your activity on the calendar. Sally will do that once your date has been OK'd. She'll also help you access the glass-front cabinet to post a sample and class info.

Q: Who is in charge of the Sewing and Craft Room?

A: Though many clubs and groups use the room, it is administered by its own board, which meets monthly. All crafters and sewers are welcome at these business meetings. Instructors are encouraged to attend. Meetings are usually on the first Wednesday of the month at 6:30 pm.

This year's officers are: Pres.: Ruby Burrows, 604I; Vice Pres.: Sue Mattson, 458E; Secretary: Sally McFarlin, 654L; Treasurer: Sonja Bridges, 726P.

Sue Mattson, vice president

SWEDISH WEAVING

Learn how to create a lovely runner for your coffee table or dining table (intermediates), or a small piece (beginners) that adds color and charm to your bath. Classes will be in the Sewing Room as follows:

Wednesday, January 12th – 10:00 – 12:00

Friday, January 28th – 10:00 – 12:00

Sign up under the display for either the Beginner or Intermediate pattern and your choice of runner size. All materials will be supplied for both levels, including a supply of yarn to choose from. Should you desire a specific color, feel free to bring your own washable, 4-ply yarn. Class fee will remain at \$7.00.

Please call me should you have any questions.

Judy Simmel, 807-1053

PICKLEBALL

Come join us in experiencing the thrill of Pickleball, the fastest growing racquet sport among Seniors in the United States. Pickleball is a combination of tennis, ping pong and badminton. Park residents and their guests are welcome and encouraged to play at any time. Get together your own twosome or foursome or join us Tuesday, Thursday and Saturday mornings for "open, mixed" play starting about 8:30 am. Balls and paddles are available at the courts for your use.

Penny Cobb

YOGA



Yoga meets every Tuesday morning at 8:45 am in the Rec. Hall. Bring your mat and join us for an hour of stretching and relaxation. If anyone is qualified and would be willing to volunteer as an instructor please call Shirley Crites at 807-9773. We use various DVD's and would welcome a greater variety with emphasis on yoga for beginners or for seniors.



STRETCHING/ FLEXIBILITY GROUP

Happy New Year!

With the holidays over, many of us need to get back to exercising regularly. Also, health and exercise experts note that stronger legs and greater muscle and joint flexibility help reduce falls. It may help your golf and tennis game. Many of us, whatever our age, need to work on better balance and flexibility. The Stretching/Flexibility Group provides these kinds of exercises.

The Group meets in the Auditorium at 7:15 am on Monday through Friday. The exercises last for 25 minutes. They include stretching, some strength training, balance exercises and a few minutes of aerobic walking in place. A mat or towel is needed as exercises are done standing up and on the floor.

All are welcome! Please join us. Visit with someone after the exercise and find out what benefits they get from these exercises.

If you need further information, see Al Kent at 1034R.

CREATIVE SCRIBES GROUP

Tell it like it was—— or at least how you remember it. We all have a story to tell. Be it memories of your childhood school days, college, career, siblings, older generations, your children, friends or events—if it is worth remembering, it's worth sharing.

What about the “first” in your life? Your first car, job, vacation, RV trip— or your first attempts (successful or otherwise) at driving, skiing, sky diving, cooking or painting. Never mind the “bucket list”— make a list of the times “once is enough”.

It is amazing the insight you can gain into yourself. It is surprising what others (like your grandchildren or great-grandchildren) can learn about you from not only **what** you remember, but **how** you tell your story.

Come join us every WEDNESDAY from 1:00 pm to 3:00 pm in Classroom 2. It is not only fun— it's enlightening and worthwhile. Hear other people's stories—share yours. Help is available, as little or as much as you want. No class fees are involved. After all, the best things in life ARE FREE!

If you have questions call:

Marilyn Cass at 520-573-7180 , Lot 1080 Q
Or

Terry O'Brien at 703-425-8703 cell. Lot 1029 R

Coming in February

CHILI DINNER

Buy your dinner tickets early for that famous Lapidary & Silversmith Chili Dinner. The date is Saturday, February 5. Tickets will be available during the month of January. Cost is \$7.00.

SUPERBOWL XLV PARTY

Sunday, February 6, 2010 the Rincon Country West Golf Club will host our annual Super Bowl Tailgate Party. Cost is \$7.00 per person.

ELVIS

Elvis will be in the building on Thursday, February 10 in our very own Auditorium. This will be a trip to the past that you won't want to miss.

Tickets are \$6.00 and are available at Friday morning coffees or in the Activity Office.



THE DIVE SHOP

**326-DIVE
(3483)**

- Scuba & Snorkeling Classes - Beginner to Instructor Level
- Specialty Instruction
- Largest Full Service Facility in Southern Arizona
- On Site Heated Pool
- Equipment Sales, Rental, & Repair
- Wind & Sunscreen Pool Clothing
- Local & Exotic Guided Adventures



**FREE
DISCOVER
SCUBA**

**1702 E. Prince Rd. Suite 150
Tucson, AZ 85719**

WWW.AZDIVESHOP.COM

Santa Fe CLEANING SERVICES

Professional Carpet Cleaning

Jacob & Jessica Eggert

520-661-4208

Tucson • 85704

santafetileandstonecare@hotmail.com

KMJ

Your One Stop
Print Shop!

Business Graphics, Inc.

**IN-HOUSE
GRAPHIC DESIGN
OFFSET PRINTING
FULL COLOR DIGITAL PRINTING**

Business Cards, Invitations, Copies, Letterhead & Envelopes

1495 N. Stone Ave., Suite 301, Tucson, AZ 85705

520-792-3815 FAX: 792-9073, office@kmjbusinessgraphics.com

**WELCOME
BACK!!**

Cameron's Reliable Maintenance Services (520) 490-7632

Kenneth Cameron - Owner, Operator

RV REPAIR • PARK MODELS • MOBILE HOMES

HEATING • COOLING • ELECTRICAL • PLUMBING

COMMERCIALLY INSURED
24 HOURS / 7 DAYS



Up & Running Computer Services, LLC

"Keep it simple and keep it Up & Running"

We are not some hi-tech firm that speaks in a foreign language. We help you solve your problems in a *friendly, understandable, and affordable* manner. And best of all, we come to **YOU!**

Virus/Spyware & Prevention • Education • Repairs • Setups • Help

271-8684

✓ IMPLANTS ✓ PARTIALS ✓ BRIDGES ✓ DENTURES

WELCOME BACK! Hopefully you have thought of us but haven't needed us. We have thought of you and would like to see you now that you are back. You can just stop by to say HELLO or call to make an appointment for a complete:

FREE ★ GOLD STAR CHECK-UP
A VALUE OF \$187.00

✓ X-Rays

✓ Consultation

✓ Examination



**DEDICATED
DENTAL
SERVICE**

**520-750-1500
Mon.-Fri. 8-5**

We are only minutes away! At 801 N. Wilcox, #A2

B & C RV AND MARINE SERVICE

Celebrating 41 Years of Service



AUTHORIZED INSURANCE REPAIR CENTER

MOBILE
SERVICE
AVAILABLE

520 745-9586

bigalsrv.com

Paint & Body • Awnings • Towing Packages • Dump Station

Plumbing & Electrical • Extended Warranties

Hitches & Wiring • Tow Bars & Extra Braking Systems

Open M-F 8 am - 4:30 pm • **3528 S. Dodge**