

STAY & PLAY AT TUCSON'S FAVORITE 55+ RESORT

March  
2024



# The West Villager

4555 S. Mission Rd., Tucson, AZ 85746

520-889-6900

[www.RinconCountry.com](http://www.RinconCountry.com)

## Highlights

Mar 3 - 50th Wedding Anniversary  
Mar 15 - SERIES Hall & Oats Tribute  
Mar 22 - SERIES Dolly Parton, Linda Ronstadt & Emy Lou Harris Tribute

## Planning Ahead

Mar 8 & 9 - Villageaires Spring Concert  
Mar 13 - Volunteer Appreciation Lunch  
Mar 16 - St. Patrick's Day Dance  
Mar 20 - Resident Appreciation Picnic



**NEW 'campersApp' for Activities**

When you are on the move and don't have access to your printed activity schedule.



**Sunday  
March 3  
Auditorium**

The 50th  
Wedding Anniversary  
Celebration

**1:00 p.m.  
Auditorium**



**MARCH 18  
MONDAY**

**7PM  
AUDITORIUM**



# HIGHLIGHTS



**Pancake Breakfast**  
BY THE WOODSHOP  
March 2  
Saturday  
7AM to 9:00AM  
**AUDITORIUM**  
Bring Your Own Service



*The 50th  
Wedding Anniversary  
Celebration*  
Sunday, March 3, 2024  
1:00 p.m. Auditorium



**Villageaires  
Spring Concert**  
**FRIDAY, MARCH 8TH**  
**Auditorium 7pm**



**Villageaires  
Spring Concert**  
**SATURDAY MARCH 9TH**  
**Auditorium 7pm**



**VOLUNTEER  
APPRECIATION  
LUNCH**  
BBQ CHICKEN BREAST  
CEASAR SALAD, RED SKIN  
POTATO SALAD &  
DEATH BY CHOCOLATE  
WED, MARCH 13 NOON **AUDITORIUM**



**PLANT  
BASED VOLUNTEER  
APPRECIATION  
LUNCH**  
VEGE BURGER  
CEASAR SALAD, RED SKIN  
POTATO SALAD &  
DEATH BY CHOCOLATE  
WED, MARCH 13 NOON **AUDITORIUM**



**Pancake Breakfast**  
BY THE WOODSHOP  
March 16  
Saturday  
7AM to 9:00AM  
**AUDITORIUM**  
Bring Your Own Service



*St. Patrick's  
Day  
Dance*  
**AUDITORIUM  
SATURDAY  
MAR 16 7:00PM**  
DJ -Warren B!  
MARCH 16TH, 2024



**HITS  
FROM THE  
BRITS**  
SHORT NOTICE BAND  
**MARCH 18  
MONDAY  
7PM  
AUDITORIUM**



**RESIDENT  
APPRECIATION  
PICNIC**  
BRAT  
BEANS, POTATO SALAD, CHIPS, &  
COOKIE (OF BUN AVAILABLE)  
BEER, SODA  
**PARKING LOT**  
TUE, 3/20/24 NOON



**RESIDENT  
APPRECIATION  
PICNIC**  
1/4LB  
HOT  
DOG  
BEANS, POTATO SALAD, CHIPS,  
& COOKIE (OF BUN AVAILABLE)  
BEER, SODA  
**PARKING LOT**  
TUE, 3/20/24 NOON



**PLANT  
BASED RESIDENT  
APPRECIATION  
PICNIC**  
VEGE  
DOG  
BEANS, POTATO SALAD, CHIPS, &  
COOKIE (OF BUN AVAILABLE)  
BEER, SODA  
**PARKING LOT**  
TUE, 3/20/24 NOON



**Easter Brunch**  
DEADLINE TO PURCHASE TICKETS 3/22  
**SUNDAY, MARCH 31**  
11:00AM  
AUDITORIUM  
ADULT \$25.00  
CHILD \$15.00  
12 & UNDER

***Resident Appreciation Picnic***  
*Your \$5.00 donation will  
support the Community  
Foundation of Tucson for the  
Benefit of the Tucson Food  
Bank of Southern Arizona.*



# Safety First!

## *I'm OK*

Here at RCW we want to make sure you are A-OK! The "I'm Okay Club" is a program for guests and residents who are living alone.

Once you sign up with the Activity Office, you must call in daily before 10:00AM. This is just a daily check-in by phone that allows us to make sure you are OK. If you don't call in by 10:00AM, we will try and reach you. If we are unsuccessful, we will come to your house and check on you.

Please stop by the Activity Office during the season or the Main Office during the summer to sign up. We look forward to hearing from you.

Concerned about a neighbor? Call the Activity Office and we will reach out.



## *Speed Limit*

Please observe the 10-mph speed limit inside the park.

*Only you can prevent speed bumps.*

## *AED Devices*



We have four (4) Automated External Defibrillator (AED) devices. Make it a point to learn their locations. There is one in the Breezeway near the Auditorium, D street Laundry, Rally Room, and Pickleball/Tennis courts.

## Wifi HotSpots @ Rincon West



Network	PW
RCW Auditorium HotSpot	None
RCW Billiard Room HotSpot	None
RCW CardRoom HotSpot	None
RCW Classroom 2 HotSpot	None
RCW Coffee Room HotSpot	None
RCW Exercise Room HotSpot	None
RCW Extended Network	None
RCW Office HotSpot	None
Rincon-Guest	healthheat

## *Safety and Wildlife*



For maximum safety, carry a flashlight when you are walking at night, keep pets on a leash, and remain alert to an unlikely, but possible encounter.

## *Avoid Heat Related Illness*

Drink water - at least 2 liters (8 cups) of water per day.

Dress properly - lightweight, light colored clothing, wear a hat or carry an umbrella. Apply sunscreen to exposed skin.

Take it easy - avoid strenuous activity. If you must, do it in the morning between 4:00AM to 7:00AM (summer time). Take breaks in a cool place if possible.



## *Amazon orders:*

DO NOT USE the Words "Site" or "Rincon" on your orders.

Use #:



## *Example for lot 421*

Your Name

4555 S Mission Rd #421, Tucson, AZ 85746

## *Get Text Alerts from Rincon Country!*

Sign up to receive text alerts from the Rincon Country office. Send RCWalerts to 41372. This will be strictly **used for utility outages and emergencies** and you can opt out at any time.

Hours: M - F 9am to 4pm | Closed for Lunch Noon to 1pm



## For Club Leaders "The Villager" Submissions

Club and Group leaders, if you wish to promote your club's activities in the upcoming issue of "The Villager", the submission deadline is the 5th of each month. You may submit your articles at any time between now and then. Remember to include times, dates, room locations, contact names, and phone numbers in your articles.

You may email your articles to [marletta@rinconcountry.com](mailto:marletta@rinconcountry.com)

Submission Guidelines: Do NOT **bold**, underline, or use all CAPITALS in your articles, and keep articles to 150 words or less. Submit one for each month.



## Bulletin Boards & Signs

The bulletin boards located in front of the main office and next to Jewelry Arts are used for club schedules and communication from the Activity Office. If you or your club would like to post something on these boards, it must be 1/2 page and approved by the Activity Office. Each room has new frames or bulletin boards (Rec Hall) for each room specific activities. You are invited to post your clubs activities in these shared frames. The new standing bulletin board is for that day or the weeks events. Keys are located in the Activity Office.

## Friday Coffee Slide Show

Items can be in the Friday Coffee slide show for the upcoming week. Slideshow deadlines are each Monday and can be submitted to [marletta@rinconcountry.com](mailto:marletta@rinconcountry.com) or on the form in the Activity Office.

## Club and Activity Guide

Distributed to all residents in December and available in print in the Activity Office. This guide will have details about all current clubs and contact information. If there are changes please notify the Activities Office.

## campersApp - \*\*New 2023-2024 Season\*\*

We're introducing a tool to help keep you in the know while you are here at Rincon or away  
**\*\*campersApp\*\***



**FREE download and use**

This App is great when you are on the move and don't have access to your printed activity schedule. It will give you everything you need in one place, so you don't miss out on the fun activities planned during your stay. Scan the QR code with your phone or go to your phones Apple App Store or your Android Google Play to locate and download the App. No credit card or sign up required. Please stop by the Activity Office if you have any questions.



## Pima County Food Bank

Rincon Country West supports the Pima County Food Bank. Please note there is a bench with a lift up lid in front of the Registration Office. Any extra non-perishable food items you may have can be put inside this bench. We regularly contact the Food Bank to stop by and pick up the items. This makes it handy for when you clean out those kitchen cupboards and you want to donate to a good cause!

### RCW Food Events

#### BYOS "Green" Initiative

In an effort to reduce waste please be advised that unless otherwise noted, ALL breakfasts, lunches, dinners, and other food events sponsored by RCW are "BYOS." This means "bring your own service" - plate, fork, etc. Together, let's work together to reduce the volume of disposable waste that ends up in landfills.



#### BINGO

Practice your loudest "B-I-N-G-O" yell and bring your lucky charms. You could be the next big jackpot winner! Doors open 6pm. Ticket sales start 6:15pm. Ticket sales end 6:50 pm.

Bingo will begin promptly at 7:00 pm. We will have fresh popcorn, coffee, soda, candy, cookies, and daubers. The concession stand opens at 6:30 pm. Unable to accept \$50s and \$100s.



#### Be the first to get your Newsletter!

By subscribing to a paperless Villager, you will see the newsletter before it is printed, save 20-40 sheets of paper each month, and have access to RCW news from afar. Simply fill out the Paperless RCW Villager Newsletter Form to receive the Villager Newsletter via email.

*Go Green...Go Paperless!*

#### Refund Policy

Always keep your receipts. Refunds can only be given with receipt. Shuttle trips - No refunds or cancellations within 7 days of shuttle departure. No refunds after announced deadline dates. A minimum of 6 reserved seats per shuttle trip are needed. Charter bus trip cancellations require 3 week notice or before announced deadline. **Each refund will be reviewed on a case-by-case basis.**

### Never miss the fun

Find us on campersAPP

**STEP 1:**  
Download campersAPP

**STEP 2:**  
Click on our map pin  
or enter login code:  
**rincon**

Park information  
Activities schedule  
Real-time alerts  
Resort map  
AR scavenger hunts  
& MORE!

Discover what an Active Winter Lifestyle can look like

Download on the App Store  
GET IT ON Google play

#### Activities at Your Fingertips!

You'll be able to access Park Info, Alerts, Nearby (Attractions, Dining, Shopping & Services), Resort Map, Amenities, Activities, Outdoor (Biking, Fishing, Water, and Hiking), and Rincon Park Models Sale.

#### CABLE TV UPDATE:



Recently we have updated and added a few channels to Rincon Cable TV.

Circle Tv (27) comes out of Phoenix and shows news, various shows AND sports. Phoenix Suns basketball and other local sports.

#### Newly added channels are:

Channel 62, COZI TV. (Check COZI tv web site for listing of shows.)

Channel 63, is displayed on guide as AZSPORT.

However it is broadcasting the OUTLAW Tv western channel. ( we are looking to correct this display)

Channel 64 is now MeTV.





Refer to your  
campersApp  
for more details



# Month at a Glance

## MARCH 2024



### FRI 1

**8:30am Friday Coffee & Donut Program**

7:00pm RCW Theatre Group Spring Play

### SAT 2

7:00am Pancake Breakfast by Woodshop

9:30am Shuttle: Yume Japanese Gardens-Spring Ikebana Festival

9:30am Shuttle: Yume Japanese Gardens-Spring Ikebana Festival

### SUN 3

1:00pm 50th Anniversary Celebration

### TUE 5

9:00am Shuttle: Tohono Chul Gardens

5:30pm Shuttle: Hockey Game Tucson Roadrunners vs. Calgary Wranglers

**6:15pm BINGO! (Game starts 7pm)**

### THU 7

10:00am Farmers Market

3:00pm Shuttle: Beer Tasting

### FRI 8

**8:30am Friday Coffee & Donut Program**

7:00pm Villageaires Spring Concert

### SAT 9

10:00am Shuttle: Mural Tour with Judy Rooney

7:00pm Villageaires Spring Concert

### SUN 10

10:30am Shuttle: Tucson Festival of Books

2:00pm Shuttle: Tucson Festival of Books

### TUE 12

10:00am Shuttle: Second Hand Stores

**6:15pm BINGO! (Game starts 7pm)**

### WED 13

12:00pm Volunteer Appreciation Lunch

### THU 14

**APRIL Event Tickets Sales CHECK MAILBOX**

10:00am Farmers Market

3:30pm Shuttle: Oro Valley Outdoor Concert

### FRI 15

**8:30am Friday Coffee & Donut Program**

**10:00am Maguire Academy Irish Dancers**

7:00pm Series "Hall and Oats Tribute" General Admission

### SAT 16

7:00am Pancake Breakfast by Woodshop \*LAST ONE

5:30pm Shuttle: Hockey Game - Roadrunners vs. Texas Stars

7:00pm St. Patricks Dance "DJ Warren B"

### MON 18

7:00pm Concert "Hits from the Brits"

### TUE 19

9:00am Shuttle: The Mini Time Machine Museum

**6:15pm BINGO! (Game starts 7pm)**

### WED 20

12:00pm Resident Appreciation Lunch

### THU 21

10:00am Farmers Market

3:00pm Shuttle: Beer Tasting

### FRI 22

**8:30am Friday Coffee & Donut Program**

**10:00am Border Patrol Presentation**

7:00pm Series "Trio" Tribute to Dolly Parton, Linda Ronstadt & Emmy Lou Harris

### SAT 23

7:00am Walk Around Sale

10:00am Shuttle: 4th Avenue Spring Street Fair  
10:00am-1:30pm

1:00pm Shuttle: 4th Avenue Spring Street Fair  
1:00pm - 4:30pm

### SUN 24

10:00am Shuttle: 4th Avenue Spring Street Fair  
10:00am-1:30pm

### MON 25

7:00pm Oro Valley Jazz Band

### TUE 26

10:00am Shuttle: Second Hand Stores & Lunch

**6:15pm BINGO! (Game starts 7pm)**

### THU 28

10:00am Farmers Market

3:00pm Shuttle: Wine Bar Tour

### FRI 29

**8:30am Friday Coffee & Donut Program**

### SUN 31

11:00am Easter Brunch - Deadline to purchase March 22nd

# Club News

Rincon Country West

## Wine Tasting

We meet the 2nd and 4th Sundays each month at 4:00 pm in the Rec Hall.

Bring a bottle of wine per couple, two wine glasses per person, and an appetizer to share with your table.

*Check on the campesrApp for the themed wine selection.*

Hostess - Jan Hedgpeth - 1082 Q - 520 741-9565



## Newcomers Welcome!

New to Tucson or Rincon Country West?

Rincon Country West has a wonderful group of resident volunteers who dedicate their time to welcoming and helping newcomers. As an RCW newcomer, you are invited to attend a free program where you can find the best places to shop, eat out, sightsee, the nearest grocery store, post office, RV supply store, and other places you may wish to visit during your stay.



### When & Where

Orientations are on Tuesdays at 9:00 AM to 10:30am  
Classroom 1

## Birding Club

Welcomes beginners to experts. We help each other find and identify birds while on outings. And we have fun.

Field trips 2nd and 4th Fridays: March 8 and March 22 8:15am Classroom 2

Bring basics for several hours and accessories you might need such as Binoculars Water Snack/lunch (sunscreen, hat, hiking stick, etc).

We carpool and pay 10¢ per mile. Join us for our Information Session on March 21 7-8pm Classroom 2 to discuss birding in Arizona. Contact Diann Stone 208-890-5261 dstoneak2id@gmail.com

## Stained Glass:



With copper foil or lead came.

Starts March 4th Sign-up for lessons in Multi-Purpose room.

Lessons are two weeks on Monday morning starting at 9 am.

Classes on cutting, grinding, foiling and soldering will be provided.

Project kits and tools are available.

**GREAT NEWS! The Stained Glass Club** Is now offering **Knife Sharpening Tuesday—Friday from 9:00 to 11:00 Multipurpose room** \$5.00 for 3 knives



## RCW's Nana's Needles

Proud of our Nana's Needles club! This early December we were able to deliver 50 blankets, 90 infant & children's hats, plus a few misc. knitted & crocheted items to Casa de los Ninos! Thankful

for support of RCW friends who donate yarn & purchased items at recent Craft Fair.

### When & Where

Fridays 9:30-11:30am, Arts & Crafts room

Contact: co-leaders Cathy Hershberger, #1085, 402-304-7579, clhersh622@gmail.com & Joan Van Loozenoord, #1088, 303-908-8746, jkvanlooz@gmail.com

## RCW's Artful Coloring

Enjoy 1.5 hours of fellowship, coloring with your own choice of pencils, pens, etc. Please bring your own coloring book and "tools" to color. We also have paints & rocks with brushes & decorating tools to design your own creations. Extra rocks always appreciated!! Beginners to advanced artists.

### When & Where

Wednesdays, 2-4:30pm, December-April  
Cardroom 2.

Contacts: Co-leaders Cathy Hershberger, #1085, 402-304-7579, clhersh622@gmail.com & Connie McElvain, #265, 402-499-1035, clmc622@aol.com

## *Absolute Beginning Line Dance*

It is held in the Recreation Hall on Friday mornings at 10:00. All residents and their visiting guests are welcome. No line experience necessary. There is no charge. Come join the fun and learn a new skill. Last session March 29th.

## *CARDO*

Wednesdays 6:30pm - 8pm in the REC Hall. If anyone has any questions, they can call Wally Schultz at 920-840-8017.

## *Ladies Golf*



Ladies, are you an intermediate or better golfer who wants to play with other RCW residents?

Come enjoy the fun-filled supportive group of women who play non-competitive golf.

Lady Golfers are invited to play 9 holes on the 1st and 3rd Tuesdays. After golf we will socialize over lunch—"Nine & Dine Ladies Golf". If interested, send an email to Joan Fawcett at [jfawcett23@gmail.com](mailto:jfawcett23@gmail.com). Lady Golfers are invited to play 18 holes on Thursdays starting Dec. 5th. Signup in the Coffee Room before Tuesday @ 5PM." Any questions, email to Judie Tschacher at [jachkr@gmail.com](mailto:jachkr@gmail.com).

## *TED Talk Discussion Group*

Do you enjoy good conversation with interesting and intelligent people? Have you ever watched TED Talks online and like the idea of talking with others about what you've seen? Kathy & Thom Gottberg (J352) will be leading a new moderated discussion group held once a month for Jan/Feb/March using TED Talks to start off the conversations. (Go to [TED.com](http://TED.com) if you want examples of the diverse subjects—they are no cost, you do not have to join to watch) A specific talk will be selected in advance (10-20 minute max) and then we will all watch it together before the conversation begins. Join us!

### **When & Where**

March 12 @ 1:00 pm in Rec Room

Questions: email Kathy & Thom at [kathy@gottgreen.com](mailto:kathy@gottgreen.com)



Thursday, March 14, at 4:00 p.m. in RCW Rally Room

(Note: Last seminar of the season)

Be an informed traveling consumer while planning your upcoming vacation or return to your northern home. For over three decades, SkyMed has taken travelers home to members' doctors and hospital of choice with its 18-services protection plan.

New and current members with multi-year memberships may add a full year for \$350 for Family and \$250 for Individual plans, an offer not available with other providers. This Special Offer is in addition to the many beneficial services provided by SkyMed, including return of vehicles, pets, physical remains, as well as ground and helicopter transportation, plus more.

Learn about these and other offers and get answers to your questions. Please sign up for wine and cheese count at the Activity Office or contact local SkyMed Representatives Jerry and Marilyn Collins, 208-867-8739.

## **RCW Habitat for Humanity**

What you really need to know

**We have FUN together!**

Building new houses  
Rehabbing existing houses  
Working in the HabitatStore  
Baking awesome cookies  
Eating potluck treats  
Raising financial support

Join our  
Potluck!  
Feb 23

Build  
any  
Thursday

**We want (and need) YOU to play with us too!**

For more info visit

Contact Dave Bezaire at 614-346-7997 or [DLBezaire@gmail.com](mailto:DLBezaire@gmail.com)



**DISCUSSION GROUP  
MARCH 12, 1PM - 2:30PM  
REC HALL**





## 2024 Photographic Exhibition

Monday March 4th 6:00pm Auditorium. Submit your photo for the exhibition. Open to all park residents. Registration opened Feb 12, 19, 26 10AM - 1:30PM. Location Photo/video room inside craft room. Photo Club can mount your prints. Max size 11x14. All prints submitted will be mounted on 11x14 matt board.

Cost club members \$5 per entry, Non members \$8 per entry. Questions: Email BGpetway@aol.com **Subject Photo Exhibit** or visit [www.rcwphotography.org](http://www.rcwphotography.org)

### CATEGORIES

Travel  
Wildlife  
Macro  
Landscape  
Abstract  
Open



## Photo Club

Meet on Mondays, 1-4, starting on December 4, in Classroom 2.

Beginners are welcome, as are those with more advanced skills. Come join us.

Questions: Jeff: [jeffmatranga@gmail.com](mailto:jeffmatranga@gmail.com) or 207-692-4194.

## YOGA for Strength & Flexibility

2 Classes offered weekly in the Auditorium

Mondays at 8:30-9:30 AM

Wednesdays at 8:30-9:30 AM

Fee: \$5.00/ class. Bring a mat.

*Taught by Jeri Wilson, Certified Yoga Teacher.*

[Jeriwilson723@gmail.com](mailto:Jeriwilson723@gmail.com) 207-692-4191



## Patriotic Quilt Group Patriotic Craft Fair

When: 8:30 am - 3:30 pm  
Friday Where: Sewing Room. Oct 20, 2023 - April 12, 2024

Contact: Sharon Young  
479-644-8643,  
[youngsharon87@gmail.com](mailto:youngsharon87@gmail.com)  
or Jan Anders  
520-349-0370.

Patriotic Project creates quilts for residents of the Tucson's Veterans Home.

The groups' goal is to make 30 quilts a years and personally deliver them to the residents of the Veterans Home. The project is funded by donations. It's a wonderful place to gain knowledge, to piece, bind, sandwich and quilt. Come join us to assemble the red, white and blue with fun and laughter.

## Free Ballroom Dance Lessons

Wednesdays, 10 AM to 12:30 PM - Auditorium

Instructor, Ray Burns.

Foxtrot, Waltz, Tango, Rumba, Cha Cha, Swing & more

Singles and Newbies Welcome.

Come and join the fun.

Linda Pinney, Facilitator 317-881-8474



RCW RESIDENT  
RECIPE BOOK

Wed 3pm - 5pm  
Rally Room

## Phase 10 Card Game



Rummy like in the sense that runs and pairs are required. There are 10 phases that each player needs to complete to win the game. The phases may be to form 2 sets of 3, a set of 4 and a run of 3, a run of 7 or 8 or 9, etc. If a player does not complete their phase when another player ends a round by using all their cards, the player remains on the incomplete phase while other players move to the next phase.

The deck of cards includes wild cards and “skip” cards that you may play on another player as your discard. This causes the receiving player to skip their next turn.

Google “Phase 10 card rules” or download the game from the app store.

Contact Lori Sawyer 509-429-0821 or Dahlia Tucker 360-510-4925



## Write On

What is WRITE-ON?

Wednesdays 1-3 pm

Cardroom 2 (Fireplace room)

- ▶ An opportunity to record your memories
- ▶ Birth of first child
- ▶ Pranks from your school days
- ▶ Poignant memories
- ▶ Accomplishments NO-ONE knows about.....yet
- ▶ Deeds that may surprise your kids
- ▶ Memories you wish your parents had shared with you
- ▶ What scared you so bad you almost wet your drawers
- ▶ Proudest accomplishments
- ▶ Unfilled wishes OR your Bucket List

Lowell Pinney, Facilitator 317-446-6107

*The Villageaires*  
*presents*  
**HARMONY**

**Friday & Saturday**  
**March 8 & 9, 7 pm**  
**RCW Auditorium**

An evening of harmonious vocal selections, including *Sing, Holly Holy, Twilight Time*, and selections from *Abba Forever!* Directed by Donald Austin, accompanied by Diane Larrabee with performances by the Desert Tones and soloists.

**\$8 at Activity Office or door**

## Menopausal Reset Weight Management

Who wouldn't like to reset the symptoms of menopause and aging? Side effects such as weight gain, hot flashes, type two diabetes, inflammation, etc. Now you might be saying, yeah I've heard it all before; it is what it is. But what if I told you there are things we can do to reduce symptoms backed by viable research of Dr. Ohsumi who won the Nobel Award in 2016; he proved fasting reduces not only weight gain and diabetes, but also helps heal many conditions that we contract after the age of 50. His findings show that fasting affects not only our physiology, but also slows the aging process and increases overall health down to the cellular level.

Personally, I have always believed that we don't have to endure all these conditions or surrender to a plethora of medication. I have always felt that we can heal ourselves naturally through diet and lifestyle.

So what exactly is the menopausal reset? Finding how the body can do its own repair Come discover how. Together we will read together Dr. Peltz's book, watch videos and offer support.

Join us each Tuesday at 2:00 in Classroom #2





# Shuttles

Rincon Country West

**\*\*NEW\*\***

Shuttle Information  
Guide book available in  
Activity Office

## NEW SHUTTLES

Sign up at Activity Office

**YUME JAPANESE GARDENS  
SPRING IKEBANA FESTIVAL**

**SATURDAY, MAR 2  
9:30AM**

*A Journey Into The Spirit Of Japan*



## NEW SHUTTLES

**Tohono Chul**  
GARDENS • GALLERIES • BISTRO

**TUESDAY, MAR 5 | 9:00AM**  
Sign up at Activity Office



## NEW SHUTTLES

Sign up at Activity Office



**VS**



**Roadrunners  
vs  
Calgary  
Wranglers**

**Tuesday, March 5, 5:30pm**

## NEW SHUTTLE Beer Tasting & Dinner

Sign up at Activity Office

- March 7th
  - March 21st
- @ 3:00pm**



# Shuttles

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Rincon Country West

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## NEW SHUTTLES

**Mural Tour with  
Judy Rooney**

**Saturday, March 9th  
10:00am - 3:00pm**

Learn about the artwork of local, national, and  
international muralists in Tucson

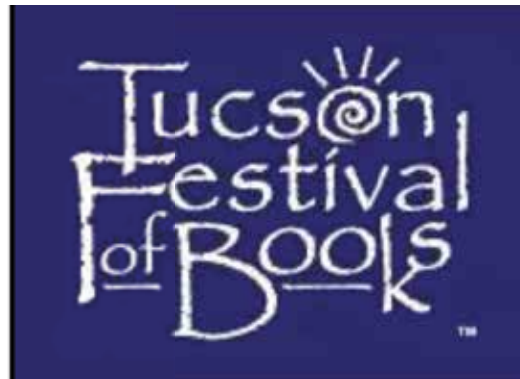


## NEW SHUTTLES

**Multiple Shuttles**

DAY		TIME
Sunday	#1	10:30am
Mar 10	#2	2:00pm

Sign up at Activity Office



## NEW SHUTTLE

**Second Hand  
Stores**



**TUESDAY  
MAR 12  
10:00am**



## NEW SHUTTLE

**saaca**  
art inspires. culture unites.

**Thursday, March 14th  
3:30pm**

**Oro Valley  
Outdoor Concert  
'Mr. Boogie Woogie'**



Please bring  
your own  
folding chairs.  
No seating is  
provided.  
\*folding chair  
transport  
provided



# Shuttles

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Rincon Country West

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## NEW SHUTTLE



**Saturday**  
**March 16, 5:30pm**  
Sign up at Activity Office

## NEW SHUTTLE



*The Mini Time Machine*  
*museum of miniatures*

**Tuesday, March 19th, 9:00am**

Sign up at Activity Office



## NEW SHUTTLE



## Street Fair

Multiple Shuttles

**Sat, Mar 23 10am**  
**1pm**

**Sun, Mar 24 10am**

Sign up at Activity Office



## NEW SHUTTLE



## Second Hand Stores

**TUESDAY**  
**MAR 26**

**10:00am**

Sign up at Activity Office

# Shuttles

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Rincon Country West

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**NEW SHUTTLE**

*Wine Bar  
Tour*

**March 28**

**3:00pm - 8:30pm**

Sign up at Activity Office



**NEW SHUTTLE**

Deadline 3/25

**Strolls and Stories Tours of Tucson**

**Monday, April 1st 9:00am**

Sign up at Activity Office



**NEW SHUTTLE**

Deadline 3/25

**Tanque Verde Cowboy Cookout**

**Wednesday, April 3 4:30pm**

Sign up at Activity Office



See you soon!





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\$70,000	\$4,500	\$35,000	\$7,000	\$100,000	\$500	\$1,000	<b>\$365</b>
\$80,000	\$5,500	\$40,000	\$8,000	\$100,000	\$500	\$1,000	<b>\$390</b>
\$90,000	\$6,500	\$45,000	\$9,000	\$100,000	\$500	\$1,000	<b>\$416</b>
\$100,000	\$7,500	\$50,000	\$10,000	\$100,000	\$500	\$1,000	<b>\$438</b>
\$110,000	\$8,500	\$55,000	\$11,000	\$100,000	\$500	\$1,000	<b>\$456</b>
\$120,000	\$9,500	\$60,000	\$12,000	\$100,000	\$500	\$1,000	<b>\$471</b>

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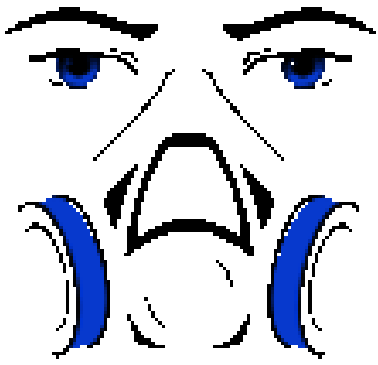
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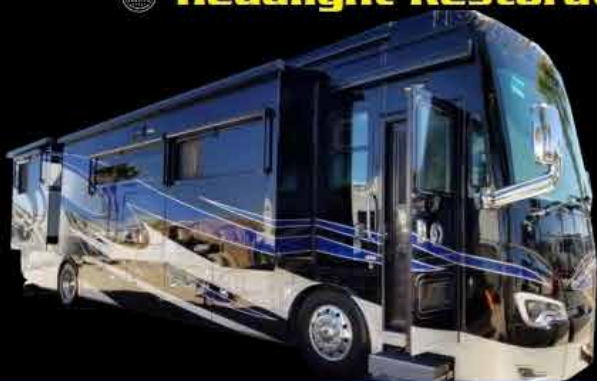




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- Are there effective treatments that don't involve medication, surgery, or injections? **Yes**
- Is there a treatment that will cure neuropathy? **No**
- If a treatment provides relief from neuropathy and then its stopped, will the neuropathy return? **Yes**
- To maintain the relief from a treatment does it need to be continued to some degree? **Yes**

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# *Suggestions to* **SUMMERIZE YOUR HOME**



## **TURN OFF WATER**

1. *Drain pipes if possible*
2. *Shut off ALL faucets*
3. *DO NOT close or plug drains!*
4. *Pour a cup of RV antifreeze down every drain*
5. *Shut off water behind washing machine*
6. *Shut off water behind refrigerator*
7. *Shut off water to toilet and sinks*
8. *Verify/Install a shut off valve to every water source in the home*

## **HIRE A CARETAKER**

1. *Check the home once a month*
2. *With flashlight look under sinks, around toilets and hot water tank for signs of water*
3. *Check the home within 24 hrs after storms*

---

\*Before leaving for the summer get the names and numbers of 2 licensed and bonded contractors.

\*Make sure your Caretaker has your insurance agent's phone number.

---

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