



Celebrating 25 years and still growing

Activity News Blast Nov 9th, 2023



JOIN US TODAY..... There's an Electric Light Parade & **Christmas Float meeting 11 - 12 PM THU Nov 9th in the HW.** ALL WHO ARE INTERESTED IN HELPING PLEASE JOIN US TO PLAN FOR OUR 25TH Anniversary Celebration Float. Be thinking of ideas that will best represent 25 years.

Veterans Day Remembrance Ceremony --- SAT NOV 11th in the HW at 1 PM followed by refreshments.

ARE YOU NEW TO SUNDANCE AND WOULD LIKE A TOUR?

Sign up today in activities and one of our friendly Ambassadors would be happy to take you on a tour of our facilities and share a little history with you. Monday-Friday

Billiards Room “10 ball drop-in” every Saturday 1 – 3:30 in billiards room.



Join Brian and his friends M -W-TH-F & SA from 6 – 8 AM in the HR



Computer Room – Is open M-F 9 – 12 PM and 1- 3:45 PM. Provided they have an available monitor.

We are planning a **25th Anniversary COOKBOOK**, estimated delivery/availability date late January, early February. Gather your recipes, and bring them into the Activities office.

The **Gourd Shop** opened their doors NOV 7th. At this time because of a lack of monitors, they will only be open on TUE & FRI from 9 AM to 12 PM and 1:30 – 3:30 PM.



JAMMERS --They are the Sundance Jammers. Their purpose is to perform music for the enjoyment of their members and those they entertain. They value friendship above all else, collaborating with each other musically, and including any who are interested in performing musically. Their goal is to have fun, promote friendship, and enjoy music with each other. Sundance Jammers provide several opportunities for participation. This currently includes **Friday Morning Jam Practice in the HR at 9 AM** is an excellent way to meet other Jammers, gain some experience performing, collaborate with others, and prepare for the **Monday Night Jam Performances** from November through March at **6:30 PM in the HW**



Sundance Musical Review has provided monthly themed concerts for the residents of the Sundance Park for the last several years. Past themes have included Grand Ole' Opry/Hee Haw, Country Music, Rock n' Roll, Rockabilly, Country Dance, Bluegrass, and variety/Christmas shows. Practice for these shows begins a minimum of one month prior to the show and consists of weekly practices, if not several practices each week. Participation requires a significant time commitment for the month prior to the show.



Stained Glass has opened their doors this week. They'll be open from **1 – 3:45 PM on F**. **Next week**, they'll be open T-W-F from 9-12 AM & 1:30 -3:30 PM. The schedule will fluctuate weekly, until they have enough monitors to keep it open regularly. Will you be one to step in a few hours a week to help keep it open full-time? Talk to Harriet or Cinda or sign up in activities.

Have you signed up for **Thanksgiving Dinner?** where can you get dinner for \$5.00? 8 People per table, Turkey and gravy will be provided, family style potluck/table, bring your own plate, utensils will be provided. (If you signed up...but did not get your table ticket, please visit or call the Activities Office.) Looking for volunteers to help with clean up-sign up in activities.



Walk Exercise--Join Kathy and Jim at 9 AM (M/W/TH/F) and get your "gait" going. Walking is one of the main gaits of terrestrial locomotion among legged animals. Walking is typically slower than running and other gaits. Walking is defined by an 'inverted pendulum' gait in which the body vaults over the stiff limb or limbs with each step. This applies regardless of the usable number of limbs—even arthropods, with six, eight, or more limbs, walk. In humans, walking has health benefits including improved mental health and reduced risk of cardiovascular disease and death.

Senior Stretch (M-W & F) at 10:30 AM – is back in the Hole in the Wall, and Jackie is waiting for you to join her. Stretching can help improve flexibility, and, as a result, the range of motion of your joints.

Better flexibility may:

- Improve your performance in physical activities
- Decrease your risk of injuries

- Help your joints move through their full range of motion
- Increase muscle blood flow
- Enable your muscles to work most effectively
- Improve your ability to do daily activities

Water VolleyBall join them on M-W-F from 1-3 PM. Water volleyball is a great way to stay active and have fun while building skills that can be used in other sports. Here are some of the benefits of water volleyball:

- Water volleyball is a great exercise! It is a low-impact sport that can help you maintain your cardiovascular health.
- It's social! Playing with friends makes for an enjoyable workout, and it also provides opportunities to make new friends.
- You never need excuses not to go outside and play some water volleyball whenever the mood strikes you. Just pack your ball and sunscreen, and you're good to go! Even on rainy days!
- There are no injuries! Unlike other sports where accidents happen frequently, water Volleyball doesn't require equipment like helmets or pads which means there is little chance of injury if played incorrectly. You should **wear pool shoes to avoid slipping**.
- Plus, water volleyball boosts your immune system!



<u>Sat, Nov 11</u>	Veteran's Day Celebration 1 Pm followed by refreshments
<u>Tue, Nov 14</u>	George At Pool1 from 3:30 - 5:30 Pm
<u>Fri, Nov 17</u>	Sierra Sound Pool1 from 4 - 6 Pm
<u>Sun, Nov 19</u>	Tribute To Tina Turner/Tina Teena Paramount Theater Depart @ 2:15 (sold Out)
<u>Thu, Nov 23</u>	Thanksgiving Dinner 3 - 7 Pm
<u>Sat, Nov 25</u>	Johnny K & Co. 7-10 PM
<u>Mon, Nov 27</u>	Monday Night Entertainment by the Jammers 6:30- 8:30 PM
<u>Fri, Dec 1</u>	Christmas Float Preview Followed by Hot Apple Cider 5:30 PM
<u>Fri, Dec 1</u>	Dr. Chartrand & the Casa Grande Jazz Band 7 - 8:30 PM
<u>Fri, Dec 1</u>	HW-COUNTRY STORE 9-12:00 PM
<u>Sat, Dec 2</u>	Electric Light Parade
<u>Sun, Dec 3</u>	Gary Tyson Magician/Hypnotist 2 - 3:15 PM
<u>Sat, Dec 9</u>	Highway Outlaws 7 - 10 PM
<u>Sat, Dec 9</u>	Park Patio Sales 8 - 12 PM

Volunteers - Volunteers - Volunteers - Do you have a talent or passion about something that you would love to share? We are always looking for fresh ideas, Volunteers, and Monitors. Below are options for you to consider this season.



vol·un·teer

[,vələn'tɪr]

NOUN

1. a person who freely offers to undertake a task.



ROOM MONITORS – (PLEASE SPECIFY: COMPUTER LAB (CL), LAPIDARY (LA) GOURDSHOP (GS), STAINED GLASS (SG), & CERAMICS (CE))

Name	Ph# /Site#	Specify (CL), (LA), (GS),(CE), (SG)
------	------------	-------------------------------------

SPECIAL EVENTS (PLEASE SPECIFY: TICKETS (TI), CONCESSIONS (CO), SET-UP (SU), CLEAN-UP (CU), OTHER AS NEEDED (OT))

NAME	Ph#/Site #	Area of Interest (TI), (CO), (SU), (CU), (OT)
------	------------	---

PHOTOGRAPHY-VIDEOGRAPHER FOR SPECIAL PROGRAMS AND PHOTO DIRECTORY

NAME	Ph#	Site #
------	-----	--------

CHURCH CHOIR

NAME	Ph#	Site #
------	-----	--------

PET PARADE DEC 23RD, PLEASE SPECIFY: SANTA CLAUS (SC) PHOTOGRAPHER (PH), REGISTRATION (RS), CHILI SET-UP (SU), CLEAN-UP (CL)

NAME	Ph#/Site #	(SC), (PH), (RS), (SU), (CL)
------	------------	------------------------------

CHRISTMAS FLOAT (MEETING ON THU NOV 9TH HW @ 11-12PM)

Name:	Ph#	Site#
-------	-----	-------

THANKSGIVING DINNER (CLEAN-UP)

Upcoming opportunities.

Casino Night, Super Bowl Sunday, Souper Sunday, Christmas Dinner Party, Western Days,

RULES AND COMMON SENSE

Adults tend to resent rules – especially rules in the 55+ community. Have you, or the people around you, ever thought these things:

"Why can't they trust us?" "Do they think we're stupid or something!" "**Isn't that just common sense?**" The reality is that not everyone has the same level of common sense or awareness of consequences. In a perfect world, we'd all live with integrity, honesty, safety, and concern for the well-being of our neighbors. But you don't have to look far to find examples where this hasn't happened? People race thru stop signs, fill the dumpsters with furniture and large items, stack the trash to see how high they can go, don't clean up after their dog, walk around without their shirts or cover-ups, play their music too loud, park in no parking areas, harass and blame others, always look for fault.

Why We Have Rules

Unfortunately, some people take advantage of situations for their benefit. That's why rules are necessary. It's also why you need to understand why the rules are there and what they protect. When you appreciate this, you can help yourself – and others – follow the rules and build more harmony in the community.



The dog parks are open 24-7, unfortunately the people who live next to the dog parks like to sleep. Keeping that in mind please close the gates quietly and gently place the lids back on the “poop” cans when visiting the dog park late at night or in the early morning hours.

Some of you don't use the dog parks instead walking your dog along the canal, thru the storage areas or down the street, and that's OK as long as you **carry a “poop” bag**. Please be a respectful pet owner and neighbor.



THE PARK SPEED LIMIT APPLIES TO ALL VEHICLES, BIKES, SCOOTERS, and GOLF CARTS...



at



all signs.

Are you in violation? **Owners** on the gravel area next to your carts are to be parked on the patio side regulated differently.)



of Park Models... Parking is not allowed “PARK MODEL”, vehicles and golf under the awning. (RV sites are



The **dumpsters** fill up quickly and they are for **household trash ONLY**. **Do not put or leave** outside the dumpsters: furniture, mattresses, appliances, lawn furniture or other large items, and remember to **break down your boxes**. “**You're being watched,**” a fine may be assessed to those caught violating the dumpster guidelines. If the dumpsters are full, please do not continue stacking it to see how high we can get it, but use another dumpster location. They are located at the end of Diane Starr in SD1, next to the Ranch House in SD2, and behind Pool2 at SD3.

Seasonal Tenants and Extended Absences—Periodic or seasonal tenants, and those who will be absent from the community for more than 30 days, must notify the Management office upon arrival and departure, arrange for the care of their home and lot during absences, and provide the name and phone # of their caretaker.

Guests and visitors are subject to the rules and shall not be in the community or use community facilities without their host present. ID badges are available in the activities office

and must be worn by guests and visitors while in the community and returned at the end of their visit.

If you have a maintenance emergency after 5:00 PM please call 520-426-9662

What Am I Doing This Week?



Thu, Nov 9	HOLE IN THE WALL	Christmas Float Meeting 11 - 12 PM
Thu, Nov 9	HOLE IN THE WALL	Dominos 7-9 PM
Thu, Nov 9	HOLE IN THE WALL	Line Dance 1:30 - 3:30 PM
Thu, Nov 9	HOLE IN THE WALL	Walk Exercise 9-10 am
Fri, Nov 10	HOLE IN THE WALL	Senior Stretch 10:30-11:15 am
Fri, Nov 10	HOLE IN THE WALL	Walk Exercise 9-10 am
Sat, Nov 11	HOLE IN THE WALL	Veteran's Day Celebration 1 PM followed by refreshments
Sun, Nov 12	HOLE IN THE WALL	Church 8:30-10 am
Sun, Nov 12	HOLE IN THE WALL	Dominos 7-9 PM
Mon, Nov 13	HOLE IN THE WALL	Jammers 12-9 PM
Mon, Nov 13	HOLE IN THE WALL	Monday Evening Jammers 6:30 - 8:30 PM
Mon, Nov 13	HOLE IN THE WALL	Senior Stretch 10:30-11:15 am
Mon, Nov 13	HOLE IN THE WALL	Walk Exercise 9-10 am
Thu, Nov 9	HANG OUT ROOM	Darts 3:30-5:30 PM
Thu, Nov 9	HANG OUT ROOM	New Buyer Wrap Up Meeting 10:30-12:30 PM
Thu, Nov 9	HANG OUT ROOM	Poker Dealer's Choice 6-9 PM
Fri, Nov 10	HANG OUT ROOM	Crafty Ladies 1-3:30 PM
Fri, Nov 10	HANG OUT ROOM	Jammers Practice 9-11 am
Sun, Nov 12	HANG OUT ROOM	Texas Hold'em 6-10 PM
Mon, Nov 13	HANG OUT ROOM	Crafty Ladies 1-3:30 PM
Mon, Nov 13	HANG OUT ROOM	Ping Pong 7-8:30 PM
Mon, Nov 13	HANG OUT ROOM	Veterans Group Meeting 10:00-11:45 am
Thu, Nov 9	RANCH HOUSE	Cornhole 1:00 PM
Thu, Nov 9	ART BARN	Open Art 9 am-3 PM
Fri, Nov 10	ART BARN	Mandala Dot as scheduled
Mon, Nov 13	ART BARN	Open Media Painting 1-3 PM
Thu, Nov 9	GAMBLING ROOM	Bridge 7-9:15 PM
Thu, Nov 9	GAMBLING ROOM	Hand Foot & Toe 10 AM - 1 PM
Fri, Nov 10	GAMBLING ROOM	Pegs & Jokers 7-9:30 PM
Fri, Nov 10	GAMBLING ROOM	Samba 1-4 PM
Fri, Nov 10	GAMBLING ROOM	Wood Carving 9:00 am - 12:00 PM

Sat, Nov 11	GAMBLING ROOM	Mah Jongg 1-3:30 PM
Sat, Nov 11	GAMBLING ROOM	Pinochle 7-9 PM
Sun, Nov 12	GAMBLING ROOM	Bridge 7-9:15 PM
Sun, Nov 12	GAMBLING ROOM	Texas Hold'em \$2 Buy In 4-7PM
Mon, Nov 13	GAMBLING ROOM	Hand Foot & Toe 6:30-9:30 PM
Mon, Nov 13	GAMBLING ROOM	Marvelous Mah Jongg 10-12:30 PM
		Aquasize 7 - 8 am
Thu, Nov 9	POOL1	Kids Swim 12 - 2 PM
Thu, Nov 9	POOL1	Water Exercise 9 - 10 am
Fri, Nov 10	POOL1	Aquasize 7 - 8 am
Fri, Nov 10	POOL1	Water Exercise 9 - 10 am
Thu, Nov 9	POOL1	Aquasize 7 - 8 am
Mon, Nov 13	POOL1	Water Exercise 9 - 10 am
Thu, Nov 9	POOL2	LAP SWIM 7- 9 AM
Thu, Nov 9	POOL2	Pool Cleaning 10 - 12 PM
Thu, Nov 9	POOL2	Water Walking 9 - 10 AM
Fri, Nov 10	POOL2	LAP SWIM 7- 9 AM
Fri, Nov 10	POOL2	Water VolleyBall 1 - 3 PM
Fri, Nov 10	POOL2	Water Walking 9 - 10 AM
Mon, Nov 13	POOL2	LAP SWIM 7- 9 AM
Mon, Nov 13	POOL2	Water VolleyBall 1 - 3 PM
Mon, Nov 13	POOL2	Water Walking 9 - 10 A
Thu, Nov 9	TheButtes	Block for Maint. 5pm-9pm
Fri, Nov 10	TheButtes	Walk Exercise 8-9 AM
Sat, Nov 11	TheButtes	Beginner Line Dance 9 - 10:30 AM
Sun, Nov 12	TheButtes	Kristin Fowler/DIY Crafting 12:30-3:30 PM
Mon, Nov 13	TheButtes	Bunco 6 PM - 8 PM
Mon, Nov 13	TheButtes	Walk Exercise 8-9 AM

OUT & ABOUT

It generally means to be away from home to be doing multiple things, going multiple places. For example, if you went from your house to the activities office and back home, I would not say that you're "out and about." I would just say that you went out. But if you went to shuffleboard, and then went to the pool, returned a book to the library, and then went to play pickleball, and then ran into a friend at the RC Track—I'd say you were "out and about."

The **Sports Complex** is busy with Pickle Ball Courts, a Bocce Ball Court, RC Racetrack, Shuffleboard, Golf Driving Nets, Water Volley Ball, Lap Swimming, Water Walking, & Corn Hole.

- **BOCCE BALL** – Open play at the Ranch house (Bocce Ball set kept in the totes on the side of the building.)
- **The Corn Hole** group would like you to join them today at 1 o'clock at the Ranch House. Or Use the Boards and get a friendly game together with friends. Boards and Bags kept in the tote on the side of the building.
- **Golf Scramble** sign-ups are available for play on Nov 16th.
- **Motorcycle Group** Join them at the Ranch House at 10 AM on Wednesday's for a ride and lunch out there somewhere.
- **Pickleball News and Current Schedule** , We are going to keep it short until we get closer to December, when all organized play will begin.
 - **Ladies' Social Play** Monday, Wednesday, and Friday at 1 pm.
 - **Evening Social Play** at 6 PM. Every day.
 - **Mixed Round Robin Play** Wednesday at 9 AM. Be at the courts by 8:45 to sign up.
 - **Open Play Monday – Saturday** there will be courts for open play. Most players are up at the courts around 8 AM but come when you can and leave when you must.
- **RC RACERS** Radio controlled car racing is gearing up at the park raceway. If you like to be competitive, and like doing a little tuning and maintenance on a "toy" car, you should consider getting involved in racing 1/10 scale RC cars. The RC track here at the park is the best in the area. The track has been blown off and open to come out and test and tune!
- **Shuffleboard** is meeting at the boards and playing at 9:30 AM//M-TU-WE & FR. With beginner shuffleboard/orientation on Monday mornings at 11:00 am. directly following morning shuffleboard session.

We haven't heard from the coordinators yet with schedules for ATV/RZR Club, Bicycling, Hiking, Please stay tuned.

Thursday is the day of the week between Wednesday fourth day of the week.



and Friday. It is the