The Sun Catcher

March 2025 Volume 28 Issue 03

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COMMITTEES

ACTIVITIES
ARCHITECTURAL
ELECTIONS
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LANDSCAPE
PRESERVATION of
RESERVE ASSET (PRAC)
SOLAR TASK FORCE
SPORTS COURTS/AD HOC
STRATEGIC TASK FORCE
WEBSITE
WELCOME

STROLL THROUGH SUNFLOWER'S GARDENS IN THE SPRING GARDEN TOUR & ICE CREAM SOCIAL!

By Marie Van Huis, Artwork By Roz Whalen



Get ready to Bloom! The Sunflower Vintage Gardeners are thrilled to invite you to our Home Garden Tour & Ice Cream Social on Saturday, March 22nd!

From 10:00 a.m. to 12:30 p.m., explore a delightful array of private gardens right here in our vibrant Sunflower Community. And the sweetness doesn't stop there! From 12:30 to 2:00 p.m., join us back at the Village Center patio for a refreshing Ice Cream Social – the perfect way to cap off a beautiful day.

Prepare to be inspired as you wander through nine *unique gardens*, each showcasing the diverse talents and green thumbs of our residents. From vibrant desert blooms to creative landscaping, you'll discover a wealth of ideas and maybe even pick up some gardening tips from the homeowners themselves! Friendly garden club members will be on hand at each location to guide you and answer any questions.

<u>Look for the balloons on the mailboxes</u> – They'll mark each of the participating homes!

A complete list of addresses will be printed on your tickets, available for purchase at the Village Center on the following dates:

Wednesday, February 26th: 1:00 to 3:00 p.m.

Wednesday, March 5th: 10:30 a.m. to 12:30 p.m.

Tuesday, March 11th: 4:00 to 6:00 p.m. **Saturday, March 15th:** 9:00 to 11:00 a.m.

Tickets are just \$15 per person and include both the Garden Tour and the delicious Ice Cream Social! This is our only fundraiser in two years, and all proceeds will go toward beautifying our Sunflower community. So, not only will you enjoy a fantastic day out, but you'll also be contributing to a great cause!

Don't miss this chance to celebrate spring in the Southwest desert! Invite your friends and neighbors for a delightful outing filled with beauty, inspiration, and sweet treats.

COMMUNITY INSPIRES VITALITY.



Imagine a setting that delights, cuisine that captivates, a powerful approach to vitality called Zest and stimulating relationships with fun-loving neighbors. It's all here in one remarkably inspiring place. Book a tour and take it all in.

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Client Testimonial

Judy has been a pleasure to work with in the process of selling our home.

She was professional in all aspects of the process. Judy brought an in-depth knowledge of what it takes to sell ones home. She willingly answered all of the many questions we had. She made herself available in helping with the disposition of our household/furniture items. And most importantly she brought a sense of humor in dealing with the challenging aspects of our move.

We strongly recommend Judy to anyone selling their home.

Larry & Nancy Sunflower









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

We can even meet at your house for an appointment!



HONORING WOMEN. EMPOWERING LEGACIES.

This International Women's Day, we celebrate the women who make a difference—at home, in our communities, and here at Morris Hall. Their dedication and perspective help families plan for the future with confidence and care. Join us in honoring the women shaping legacies that last.

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To schedule a complimentary estate planning consultation, please call **520-320-5100** or visit **morristrust.com** to download our free Estate Planning Worksheet.



Assisted Living & Memory Care

Get the Inside Scoop on Us

Lunch & Learn Our Secrets

Tuesday, March 18 • 11:30 AM

Join us for a chef-prepared meal, and get a taste and a tour to discover what people love most about The Watermark at Continental Ranch. Could it be the delicious meals shared with friends? Or is it the fun classes and social events? It might be the countless amenities, personalized expert care, and sense of belonging. And maybe it's all of the above. In our close-knit community, each person can find the secret sauce that enriches daily life. Find what delights you.

Call **520-477-3161** to RSVP by March 16.





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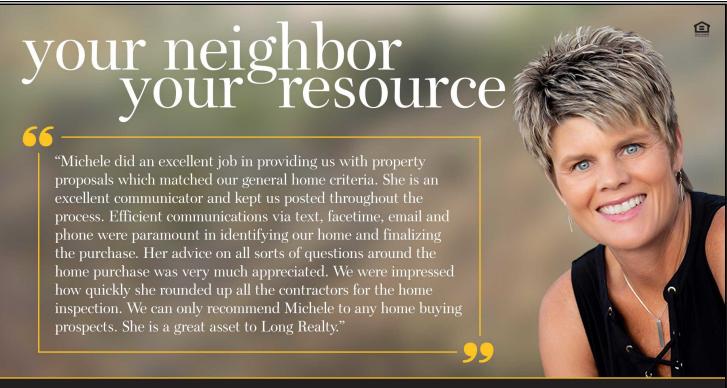


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ARCHITECURAL REVIEW COMMITTEE

By Lisa Sak

Exciting News!! Sunflower's paint book will be expanding! The Architectural Review Committee has approved additional gray colors for exterior house paintings. The Board discussed the colors at the Board Meeting, and the colors are at the Front Desk for resident reviews and comments. Please take a look and let us know what you think.

Architectural Submissions -ARC applications are DUE by 2:00 p.m. the Thursday before a meeting.

Last minute drop-ins WILL NOT be accepted, unless it's an emergency, meaning a dangerous situation to residents or damage to property (i.e., roof leak). Thank you.

ARC meetings are ALWAYS on the 1st & 3rd Tuesday of each month: March 4th & 18th @ 9:00 a.m. in the Craft Room

SOLAR TASK FORCE (AD HOC)

By Mac Gearhart, Director

IS SOLAR POWER GOOD FOR SUNFLOWER?

The Sunflower Association budgets \$51,000 a year for electric power. If we implemented solar power, would that decrease or increase our expenses? Even if it costs a bit more, would it be worth it for future savings or for "good citizenship"?

A study several years ago found that the cost to Sunflower made any benefit questionable at best. But things have changed. Technology has improved and unit cost of equipment has declined. Incentives from both government and TEP have changed, especially benefiting non-profit organizations such as Sunflower. It's time to take another look.

The **Solar Task Force** is organizing to look at all the pros and cons of installing solar energy.

Some questions to be answered would be:

- ~ Where do we put it?
- ~ How would it look?
- ~ Do we own it or lease it? If we own it, how do we pay for it; a CIF project or a loan?
- ~ And, of course, what does it cost?

We need some curious, open-minded people to examine all the issues and put forward a set of options to the community. This will be a Sunflower Task Force, which will exist only as long as it takes to arrive at a set of conclusions.

Sound interesting? We will be starting up on Wednesday, March 5th @ 2:00 p.m. in the Conference Room. "Inquiring minds want to know"

FINANCE COMMITTEE

By Bonnie Scott

The *Finance Committee* reviewed the first quarter financials (October 1st thru December 31st); and are pleased to announce Sunflower expenses are under budget for this period. That is good news, but there were some expenses late in December that will be paid in January, which will then affect the second quarter financials.

The **Interest Income** continues to be of immense value in the Operating, Reserve, and CIF (Community Income fund) balances.

It should also be noted that the *Finance Committee* does review the Quarterly Activity Committee's Income and Expense Report. The Finance Committee does appreciate how detailed the report is; and for the first quarter, the Activities Committee is under budget, due to the fact that income earned was more than expected.

The *Finance Committee* only has five members and can have up to nine members. If you have an interest in working on our financials, which includes the annual budget and reviewing monthly financials, please complete an application which can be picked up at the Village Center Front Desk or on the **Sunflowerliving. com** website.

Meetings are held on the third Tuesday of each month @ 1:30 p.m. in the Conference Room. They are usually one hour long. If you would like to attend the next meeting, it takes place on March 18th. We hope to see you there.

ELECTION COMMITTEE By Dennie Linde-Sonntag

In our new year of 2025, we need all NEW MEMBERS for the Election Committee. We urge you to join us at our upcoming meeting so we can begin the elections process for 2025.

> Our next meeting will be on Monday, March 10th @ 2:30 p.m. in the Conference Room.

We sincerely hope to see some new faces for our committee which does such important work within the Sunflower Community!

LANDSCAPE COMMITTEE

By Charlie Barlow

As part of the **Smartscape** initiative, 2 designs for removing the grassy areas around the Village Center and replanting them in a more environmentally and water-usage-friendly way have been submitted to the Landscape Committee.

We have chosen a plan that will be submitted to the Architectural Review Committee, then forwarded to the Board of Directors and then to the City of Marana for final approval. Favorable results will allow the process to move forward for a Request for Bids for Construction.

Our next Landscape Meeting is on Friday, March 7th (a) 10:00 a.m. in the Conference Room.

PRAC
By Jim Smith

Our sound system, which pipes music to all the rooms in the Center, as well as many outdoor areas, is mostly original to the building. In addition, our technology needs have grown exponentially since Sunflower was founded. We now Zoom webcasts board, committee and club meetings, have professional presentations in the Fiesta Room by a variety of clubs and committees. You might have noticed that many of our outdoor speakers no longer work and some aren't even recognizable as speakers. So, it is time for an upgrade and change.

I bring this up because it is a prime example of how various committees, and even clubs, work together to make things happen within the budget limitations of the community. There's no question that these upgrades are going to exceed the money reserved for the sound system. Because of this, PRAC, Finance, Board members & **Technology Club officers** have met on several occasions to flesh out how we will pay for a new system.

The money for this will actually come from several sources including what **PRAC** has reserved for certain parts of the system (that being basically all the hardware in the closet in the Fiesta Room), some of it will come from our operating budget and some from acquisition funds already set aside. This cooperative funding ensures that any impact on homeowners' assessments are kept to a bare minimum for this particular project.

This project has now been under study for a year and continues to solicit bids from vendors - so rest assured, when it is finally approved by the **Board**, that is has been researched to a very high level of professionalism to insure we all get the best 'bang for our buck'.

We welcome all residents to attend our meetings in the Fiesta Room on the first Thursday of every month @ 1:00 p.m. We hope you will join us!

WELCOME COMMITTEE

By Lynn Haye

Welcome to all the "Newbies" who bought a home in Sunflower. We would like to come see you and drop off a packet of information about Sunflower, Marana, and Tucson. Or, if you prefer, we can drop a packet off at your home. We would like to welcome Annette, Sharon, Barbara, Barb, Kristy and Jackie to our committee. If you have any questions, for now, contact any committee member listed in the directory: Lynn Have, Michelle Saylor, Diane Swanson, or Terri Shevlin.

Our next meeting will be held on Friday, March 14th (a) 1:00 p.m. in the Conference Room.

A WEEK IN THE LIFE OF A SUNFLOWER MANAGER By Lisa Sak

Monica and I attended the Welcome Committee Party for new residents, and we were asked by a new resident, "What do you do?" The short answer to the question is, we keep Sunflower & the Village Center running. I thought other residents might be interested as well to what that entails.

I spend a lot of my time doing "behind-the-scenes" activities. **Sunflower** is a business, with invoices to pay, check requests to process, debit card statements to balance, & many items to purchase, from toilet paper to treadmills. There are financials to review, Requests for Proposals to write & send and vendors to contact. Just like most businesses, there are meetings to attend (I attend at least 9/month), information to prepare for the meetings, and tasks to complete after the meetings. Then there is maintaining our licenses, like our BYOB Certificate, insurance and completing the annual audit & budget.

Communication is something else I'm responsible for. Every week, I compile & write articles for the Communicator, send out E-Blasts & create the BOD Meeting Packets. I write the Board Minutes for both sessions and sometimes for ARC. I also communicate with vendors about repairs, maintenance, & projects; and of course, with the staff & Board frequently.

Although no one likes it much, I usually perform the monthly compliance drive-through the neighborhood to check for violations & inspect resident complaints. This is a contractual obligation that management must do monthly & helps keep Sunflower looking beautiful! I'm often out looking at common areas, trees & road conditions and communicating with AAA or the Town of Marana, as needed.

The most enjoyable part of my day is interacting with the residents. Sometimes it is to answer questions, notarize a document, help plan celebrations or listen to complaints. These interactions are not often scheduled, but happen throughout the day in person and on the phone. Other situations also pop up unexpectedly throughout the day, from alarms going off to trees being blown down that need immediate attention.

The life of an HOA Manager is never dull or the same from day-to-day. I hope this information gives insight into what your HOA Manager does!



The next Activities Committee Meeting will be on <u>Tuesday, March 11th @ 10:00 a.m.</u> We are continuing to make our plans for this Spring, so come join us if you can, and be a part of the planning process. We hope to see you there!

KARAOKE

Karaoke is held on the third Tuesday in March.

That is March 18th from 5:30 to 7:30 p.m.

Please send your songs to: rongagne@centurylink.net
by Wednesday, March 12th. Please limit your
individual songs to 3 per person.
You can also send ideas for group songs.

SECOND FRIDAY AND FOURTH TUESDAY GAME NIGHTS

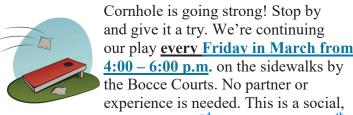


Friday, March 14th and Tuesday, March 25th from 6:00 to 8:30 p.m. in the Fiesta Room.

Hosted by: Jan Session and Adrienne Farrell.

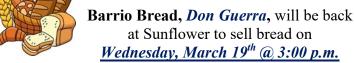
Bring your snacks/drinks and be ready for a lot of fun!

CORNHOLE



non-competitive group. On the 2nd Friday, March 14th, we will knock off a bit early and have our monthly social. See you on the sidewalks!

BARRIO BREAD SALES



in the Craft Room. So come on out and get your favorite bread! Reminder 2 loaves per household.

Also, no pre-orders. Thank you for your cooperation.

NEIL DIAMOND SUPPER CLUB TRIBUTE
SUNFLOWER - Come enjoy a BEAUTIFUL NOISE
while dressed FOREVER IN BLUE JEANS!

If you bought tickets for our Neil Diamond Supper Club, don't forget to join us on March 1st, 2025 from 5:00 to 7:30 p.m.

LIFE ENRICHMENT



On <u>Tuesday, March 18th from 1:00 to 2:00 p.m.</u>, we will welcome Farmer John from Tucson's own <u>Life Under the Oaks Lavender Farm</u>. Life Under the Oaks Lavender Farm is a family-owned farm offering a unique and beautiful setting for friends and family of all ages to gather and enjoy farm life and nature. You can dine under the oaks, visit the on-site furries and feathers, shop their farm boutique or head to the manor in town to shop or to join in a tea party. The Farm offers many opportunities, from making wreaths to a picnic lunch using the lavender that the farm produces. We will be serving Lavender Lemonade and Shortbread-Lavender Cookies at this *Life Enrichment* so that you can get a taste of the wonderful lavender and hear about its many, many uses. So come join us on *Tuesday, March 18th*. *Come Join Us!*

SUNFLOWER EXPLORES TUCSON WITH 'MARANA LAUGHS'

Clayton Fletcher is a busy comedian, but he will be joining us at Sunflower on <u>Saturday</u>, <u>March 15th</u> for an hour-long matinee comedy performance @ 2:00 p.m. Tickets will cost \$10.00 and <u>will go on sale on</u>:

Monday, February 24th from 10:00 to 11:30 a.m. ~and~ Monday, March 3rd from 1:00 to 2:30 p.m.

MARCH ART CLASS

Sharon Fannin will be hosting an art class on <u>Friday</u>, <u>March 7th from 1:00 to 6:00 p.m. in the Fiesta Room</u>. This will be the 2nd painting in our seasonal series. Our theme this time is Easter, featuring Peter Cottontail and his sister, Flopsy. A finished project will be available for your inspiration, and Sharon will be painting along with you to guide the process.

<u>Tickets are \$30 on Sale Monday, March 3rd from 9:30 to 11:00 a.m. ~and ~Wednesday, March 5th from 9:00 to 10:30 a.m.</u> CASH ONLY PLEASE.

Snacks will be provided. Be sure to bring your own beverages, coffee will be provided. Bring a soft rag, a pencil, and clothing for protection from paint spills. Any questions call *Sharon* @ 520-971-7769.

DJ MIKE'S ROCK N' ROLL NIGHT



This dance is FREE to the Community, and it will be held in the Fiesta Room on *Thursday, March 20th from 5:30 to* 8:00 p.m. The doors will open at 5:15 p.m.

Song selections will be taken from the Rock Era. **BYOB**. Bring snacks to share. If you like to dance, listen to great music, socialize with your friends, and have a fun time, then this Dance is for you! If you have any questions, please call **Shirley** @ 520-904-7478.



Attention all Corn Hole players, circle Saturday,
March 29th for a FUN Corn Hole Tournament on the
center's back lawn. Worried about competing? DON'T!!
There are two levels: Novice, who will play from 9:00 to
12:00 noon and Intermediate, who will play from 1:00
to 4:00 p.m. Come out to play, have fun and get to know
fellow players. The cost is just \$10.00 a team – but you
must register before March 26th. Check the weekly
Communicator for additional information. Acquire a
teammate and start thinking of your team's name, then
practice at the Friday, 4-6 p.m. open Corn Hole games.

Tournament Registration is March 4^{th} , 9-11, March 13^{th} , 1-3, March 18^{th} , 9-11, & March 22^{nd} 8-10.



Charge your phones, your brains, and bring your friends! Phone Trivia Night is back! Play as a group or individual. Join the fun on Wednesday, April 9th from 6:00 to 7:30 p.m. in the Fiesta Room. Tickets are \$10.00 per person and include light snacks, beverages, and of course, Fun PRIZES! You can, of course, BYOB of choice. Sales dates are: Wednesday, March 5th from 1:00 – 2:00 p.m. ~and~ Friday, March 7th from 10:00 – 11:00 a.m.

SUNFLOWER EXPLORES TUCSON MEET THE NEIGHBORS

Think you know who your Neighbors are? Are they the ones you wave to? Say Hi too? Have coffee with? You may be surprised! On Friday, April 18th, you will have an opportunity to meet some "New Neighbors" with a Live Animal Presentation from the Arizona-Sonoran Desert Museum! We will explore the lifestyles and beneficial roles of some Desert animal residents and learn how to be "good Neighbors" with wildlife.

<u>Tickets are \$10.00 per person and sales dates are</u>: Wednesday, March 5^{th} from 1:00-2:00 p.m. ~and~ Friday, March 7^{th} from 10:00-11:00 a.m.

ACTIVITES COMMITTEE INFORMATION By Kathryn Martin, Activities Committee Chair



I have been given the opportunity to let you all in on what the *Activities Committee* is, what we do, and how we do it. This may help clear up some confusion. *The* Activities Committee is a committee attached to the HOA, not a club, so our policies are different than those of the clubs. We are completely made up of volunteers who all work extremely hard to provide Sunflower residents with a variety of free events and events that we must charge a fee to cover the cost of. Activity members never get any free admission to any of the events that we charge residents a fee to attend. We pay the same amount as any other resident. The benefit we get is that since we are volunteers and working so hard, we get to buy our ticket for ourselves and one guest in advance. So, when some tickets are sold before the ticket sales are open to everyone else, that is the reason.

It takes an <u>Army of Volunteers</u> to put on each event.

While you may not see them all working the event, consider what all takes place to get the event to the finish line. An example would be the Neil Diamond Supper

line. An example would be the **Neil Diamond Supper Club Event.** I have volunteers who sign up and sell tickets, volunteers who sign up to help with food and beverage preparation, volunteers who sign up to set up the tables for the event, volunteers who sign up to serve during the event, volunteers who pick up groceries or food if pre-made -- sometimes driving a long distance, and volunteers who clean up once the event is complete. As you can tell, it takes a lot of help to get each event done.

We don't get paid for our time or even our gas for driving to pick items up. *It is completely voluntary!* The reason we only sell 2 tickets per household to most major events is that we want to give as many Sunflower residents as possible a chance to attend each event.

I hope this clears up any confusion or questions you may have about *Activities Committee*. If you see a member of the committee, please thank them for all of their hard work and time. We are always in need of more help, so come and join us for one of our meetings. Help us with ideas, event planning, selling tickets, grocery shopping, making food, serving, setting up or cleaning up!

We meet on the 2nd Tuesday of each month <u>a</u> 10:00 a.m. in the Craft Room! We would really love for you to join us!

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By Larry Schierer

In past Communicator and Sun Catcher articles, the *Sunflower Veterans Club* thanked residents for their donations so we can support organizations serving veterans. We would like to take this opportunity to name some of these organizations:

Honor Flight, Missing-in-America Project, Disabled American Veterans, Camp Corral, Tucson Veterans Center, and at The VA Hospital, VA Volunteer

Services, Patriots Pantry, and Homeless Veterans

Services. These organizations provide most, if not all, their incoming donations to serving veterans and families. If you would like to see what the club donates to each organization, follow this link: https://www.sunflowerliving.com/charity, and you can see the donations made since 2018.

The *Sunflower Veterans Club* continues to accept food, hygiene, and clothing donations in the baskets by the north doors of the Village Center. To see the food items they are asking for, go to the charity link above and look for <u>Patriots Pantry</u>. Because of the many donations received, the <u>Patriots Pantry</u> has moved into a bigger area and is able to support more veterans.

Our next meeting is March 5th @ 10:00 a.m. in the Fiesta Room. The speaker will be past president, Larry Schierer, talking about his military experiences.

The Spring Cookout will be April 19th with serving times of 11:30, 12:00, 12:30, and 1:00. Ticket sales will be online @ https://www.sunflowerliving.com/ upcoming-events starting March 19th. Please note the following times in the Village Center lobby:

Wednesday	March 19 th	1:00 to 3:00
Friday	March 28 th	9:00 to 11:30
Thursday	April 3 rd	9:00 to 12:00
Thursday	April 10 th	1:00 to 3:00



QR code to purchase Cookout Tickets

WE THANK OUR SUNFLOWER RESIDENTS AND VETERANS FOR ALL THEIR SUPPORT!!

LANCE CORPORAL SHARON BENDER:A LIFE OF SERVICE AND LEADERSHIP

Sharon Bender, a proud U.S. Marine, grew up in Columbia, PA, before her family moved to Baltimore, MD. Walking to work each day, she often encountered Marine recruiters who encouraged her to enlist. Their persistence paid off, and in March 1969, Sharon joined the Marine Corps.



She reported to Parris Island for basic and MOS training, where she spent three transformative months. *Sharon* then selected Arlington, VA, as her duty station and was assigned to the Pentagon. As a secretary for a colonel, she served with distinction for one and a half years, earning the rank of E-3 Lance Corporal.

Sharon cherished her time in the Marines, taking pride in making her father proud and embracing the lessons she learned. Those experiences shaped her life, instilling discipline and a sense of purpose that carried through her 30-year career in the insurance industry.

Today, *Sharon* is a valued member of the *Sunflower Veterans Club*, where she is set to serve as the next President. Her leadership and dedication inspire others, and she is eager to see more <u>sister veterans</u> join the club's meetings.

Sharon's journey reflects the enduring impact of military service, both personally and professionally. She exemplifies the Marine Corps motto, **Semper Fidelis**—always faithful—in her life and in her contributions to the veteran community. The **Sunflower Veterans Club** is fortunate to have such a committed and inspiring leader at its helm.



Thank you, Sharon For Your Continued Service & Leadership!

BACCHUS WINE

By Sandy Persels



Laissez les bons temps rouler!

Translation:
Let the good times roll!

Mardi Gras festivals through the ages and around the world have

been notorious for their sometimes excessive revelry and even debauchery! At Bacchus Wine's Mardi Gras event in February, attendees entered into the spirit of the occasion joyfully and exuberantly, if somewhat more decorously than celebrants at pagan festivals of yore. **Traditional Mardi Gras colors** ~ **Purple** (representing Justice), **Green** (Faith) and **Gold** (Power) ~ helped to set the tone, and of course beads and masks were in evidence. Also on the menu were Cajun-inspired foods and excellent wines, followed by the requisite (and delicious) King Cake.

Conversation was lively, laughs were many, and the good times did, indeed, roll!

All Sunflower residents are invited to join this merry (but discreet) band of revelers: contact Sandy Persels at deuxpers@comcast.net to have your name added to the Bacchus Wine e-mail list, et laissez les bons temps rouler!

Wine rejoices the heart of man, and joy is the mother of all virtues. ~ Johann Wolfgang von Goethe, 1771

2025 SUNFLOWER CRAFT FAIR

By Sue Uden

The 23rd Annual Sunflower Craft Fair and Bake Sale will be held on November 7th & 8th with set-up on Thursday, November 6th. As many vendors will be gone during the summer, we encourage you to submit your applications and payment (checks only) early. Vendors will be placed in the order the applications are received. Applications are now available at the front desk or on-line @ www.Sunflowerliving.com, and must be submitted by September 8th, 2025. Any extra space will again be made available to Friends of Sunflower.

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

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

Sue Uden will be the event Manager and Coordinator.

LUCK OF THE IRISH POTLUCK

By Helen Crandall

Are you ready for a little Irish fun?! Come and join us for the <u>March 13th Potluck</u>. Our Social Hour starts @ 5:30 and Dinner will be served @ 6:00 p.m This month, our hosts will be *Phil & Sharon Mollencopf* and *Martin & Lorene Rodriguez*.

Just a reminder that we've had a few changes. The tickets are now \$3.00/pp. If you bring a main dish, there is no charge. Please remember that your dish needs to serve 12. Also remember to bring your own table service.

The *February Potluck* buffet table was LOADED with amazing food thanks to all of the generous cooks, we had such a great array of delicious foods. The *Potluck Committee* is now providing the dessert, so that gives us more options for side dishes.

Tickets will go on sale:

Monday, March 3^{rd} 2025 from 11:00 a.m. to 1:00 p.m. \sim and \sim Thursday, March 6^{th} 2025 from 1:30 to 3:30 p.m.

We continue to look for hosts. Because the March Potluck is "late," we need to have a volunteer to host the April Potluck ASAP, so that we can get the information into the April Sun Catcher. Please contact *Helen Crandall* @ 989-370-1212 or *Susan Sifers* @ 540-538-6502, if you can host.

Perhaps we can convince our Irish buddy, *Jim*, to enlighten us with a little **Irish brogue!**

SINGLES NETWORKING GROUP

By Katta Mapes

March 8th from 1:00 to 3:00 p.m. in the Craft Room.

Saturday Singles – meet on the 2nd Saturday of the month for fun, social networking, and an interesting discussion with a snack potluck. Bring your own beverage (BYOB).

I will provide utensils, plates and napkins. This month, we will share our favorite streaming shows and get to know each other better.

If you want to join contact Katta Mapes

@ <u>Katta.Mapes@gmail.com</u>. Send your name, email address, phone number and whether or not you text. *See you there!*

MARCH SOCIAL CLUB

By Frances Gauthier



Our March 15th Event will be celebrating Saint Patrick's Day

We will be having a Corned Beef and Cabbage Dinner on <u>March 15th</u> followed by Irish Dancers. Social Time is 5:30 p.m. and Dinner is served at 6:00 p.m.

We will be selling tickets on Thursday, March 6th from 12:00 to 1:30 p.m., if still available. Tickets are \$10. If you haven't already paid your 2025 Membership Dues of \$5, you will have to pay them when you buy your ticket.

On April 19th, we will be serving a Lasagna Dinner. <u>Tickets</u> for that event will be on sale on <u>Monday</u>, <u>March 31st from 10:00 to 11:30 a.m.</u>

COFFEE KLATCH

Come join our Saturday Coffee Klatch

Every Saturday morning from 7:30 to 8:30 a.m.

in the Fiesta Room

Everyone is welcome to enjoy a great time meeting with neighbors & 'Cup of Joe'. We provide coffee, but appreciate a \$1.00 donation to help defray costs.

We greatly appreciate Roger Daggett of Coldwell Banker Realty - Foothills Office for continuing to sponsor this weekly event.

MICHIGAN GATHERING

By Pat Haber

Come all you Michiganders, past and present to our Michigan party this year!

Here are the details: March 10th @ 4:30 p.m. in the home of *Chris Schatte* and *Pat Haber*, 7755 W. Candlecreek. Questions, please contact: *Pat Haber* @ 734-546-7900 or pathaber@gmail.com or *Chris Schatte* @ 231-715-6490 chrisschatte@gmail.com.

This will be a pot luck and we will provide the chili and a spiked punch. You bring the rest: appetizers, sides, desserts. BYOB if you want. Please RSVP so we have a count and we can coordinate the food. We will have fun talking about the weather, and crying about the Lions. *And maybe they'll be some surprises!* Again, please RSVP so we can get a count and organize food.

COMMUNITY SOCIAL GATHERINGS

ATTENTION SUNFLOWER MEN

By Dennis Abrams aided by Dick Teugh

ROMEOs Lunch & Breakfast plus OWLS Dinner groups are restaurant clubs for Sunflower Men (only). OWLS - (Old Widowers' Light Supper) is a similar men's dinner club for Sunflower men, widowed or who live alone, who would enjoy a night out with the boys, always using the Glicksman Formula – no dues, individual checks & sign up at front desk to carpool to the restaurant at least a day in advance.

<u>ROMEOs Breakfast</u>– *Wednesday, March 26th, 2025* will go to *Skyrider Café*, carpooling at 7:45 a.m.

ROMEOs Lunch- Wednesday, March 12th, 2025 will go to Trident Grill, carpooling @ 11:45 a.m.

OWLS Dinner- Wednesday, March 19th, 2025 will go to Silver Saddle Steak House, carpool @ 4:30 p.m.



Sign up at the Village Center for the Saturday, April 12th Spring Yard Sale
There is a \$5.00 fee that all participants pay.

There is a \$5.00 fee that all participants pay.

The fee is used to defray the cost of maps, signage and advertising.

The deadline for signing up is Tuesday,

April 8th to be on the map. You can still sign up after that date to participate. The maps will be available for pick-up at Sunflower Village Center on

Thursday, April 10th.

We have the date, and the time is 7:00 a.m. to 1:00 p.m. We've ordered perfect weather and you've gathered together the items you want to sell.

Here are some tips to help you have a successful sale:

- ~ Create an organized display.
- Lay out your items by category and display items to appeal to your customers
- Stock up on bags and newspapers
- ~ Newspapers are handy for wrapping fragile items
- ~ Manage your money. Make sure you have ample change for your cashbox.

• Advertise - Use balloons and signs with prominent arrows, etc. to grab the attention of people driving by.

ROSIE'S SUNFLOWER BINGO

By Tim Walter

One of the highlights of the year is in March, when *Jim Bauchman* pronounces the 'Irish Blessing' over BINGO. Bring along your neighbors, old and new, and some snacks to share, as we dive into a night of fun, laughter, and thrilling bingo games. It is always the highest attended, which means the highest pots game of the year.

We had one hundred and twenty-three (123) players in February. There were two winners in the cozy confines of the Library.



The Rosie Special, as always, was in the spotlight with \$350.00 going to the winner. Up \$20.00 from last year. *Congratulations!*

A heartfelt "Thank You" for a perfect call in February goes out to Dolores Johnson! That is such an exceptional accomplishment. Special appreciation is extended to Carol Abrahamson, Shannon Meely, Lee Head, and Kaye Walter for their invaluable contributions in counting and managing the finances.

All of them are Special Valentines!!

Thanks to John Newberry, Lee Head, Karen Mitchell, and Stephen Marriotti who all donated back some of their winnings to the Sunflower Veteran's Club.

Mark your calendars for <u>March 11th</u>, and head to the Fiesta Room where the games will kick off @ 6:00 p.m. Don't miss out on the chance to be a part of this fantastic bingo experience.

GAMES

BILLIARDS

<u>General Play</u>: Monday-Saturday except for Club times <u>Men's</u>: *Tuesdays and Fridays* — 1: 00 to 4:00 p.m.

Chix with Stix (Ladies): Mondays and Thursdays—
1:00 to 4:00 p.m.

No experience necessary

We'll Rack 'em and You Hit 'em.

SUNFLOWER MEN'S GOLF CLUB

By Gary Scott

We began our **Net Championship Contest** in January and finished on the 20th. Our new <u>Net Champion</u> is **Pat Miller**, with a net score of 205. **Congratulations to Pat** and **a Thank You to all who participated in this tournament**. Our <u>Club Championship</u> is now well underway. This is Match Play, and results will be announced in later issues of the Sun Catcher.

For those unfamiliar with our club, we play twice a week (Monday and Thursday) at various courses in the area (all the way from Benson to the east to Tubac to the south and Casa Grande to the north). If you enjoy the game and are looking to make some great friends, come join us.

Contact *Doug Culpepper* @ biker1ab@mac.com or 412-720-6248 or myself @ gbscott70@comcast.net or 520-406-0123. You may also visit our schedule of events on our website: www.sunflower.golfclub.net.

MEN'S NINE-HOLE GOLF

By Jim Murphy

Join us for nine holes of golf at **Quarry Pines**. Through the winter months, we play weekly on <u>Wednesdays starting @ 2:30 p.m.</u> If you'd like to join us, email **Jim Murphy** @ jmurphmail@gmail.com.

LADIES 9-HOLE GOLF

Please join us <u>every Tuesday @ 2:15 p.m.</u> @ The Quarry Pines Golf Course. Please arrive one-half hour early. Contact *Aileen* @ 520-906-4427 the <u>Saturday</u> <u>before</u>, in order to hold your place.

POP TENNIS FOR SUNFLOWER

By Gary Engel

We continue to play on <u>Wednesdays from 3:00 to</u> 5:00 p.m. on Sports Courts 1 and 2.

We welcome everyone to give *Pop Tennis* a try! It's like tennis but is very "senior friendly:"

- The tennis balls are de-pressurized (about 60%)
- The paddles are about twice the size of pickleball paddles but are cushioned and have holes drilled in
- The baseline is moved in 9' and only tennis singles lines are used
- Serves are like pickleball (i.e., only underhand), but unlike pickleball, there is no "kitchen"
- Scoring is the same as tennis (0-15, 30-30, etc.)
- We supply the paddles and balls you supply the interest

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

SUNFLOWER TENNIS CLUB By Dennis Page

The previous *Tennis Club* article detailed these tips for winning at doubles: Pressure the net; Aim for the opponent's feet; and Attack the middle of the court. Here are 3 more tips adapted from How to Win at **Doubles: 9 Doubles Tennis Strategies - 2025 –** Master Class. (Next month's article will continue with the last three tips.)

Lobbing - especially on a first serve return, can create chaos for your opponents. Lobbing changes the speed and velocity of the serve, and can give your team a chance to push the opponents back and rush the net. **Poaching**. It's not always feasible to immediately rush the net during doubles play. When both baseline players are rallying with one another, the net players can attempt to poach—where they crossover the middle and volley the ball out of the air. This strategy requires good timing and observation.

Fake-out your Opponent. If you're known to be a net player who poaches, your opponents will anticipate your move more often. Switch it up by faking out your opponent - when the ball bounces on their side, take a big step toward the center, as if you're about to try poaching their shot. This approach can apply pressure to the other players.

Reminder: Play starts at 8:30 a.m., except 10:00 a.m. on Sundays. Call Susan Page for additional information: 520-742-1373 or email susancpage@comcast.net.

PICKLEBALL CLUB

By Leah Freeland

We had 2 successful Pickleball Clinics with 19 people in the Intermediate Clinic & 28 in the Beginner Clinic. A big thanks to the leaders **Billy Lackey** and **Karla Holmes** as well as assistants Tim Lardy, Rick Lybarger, Deb Fletcher, & Terri Shevlin. Pickleball Club members enjoyed a social gathering on the Bocce Court. It was a fun evening and a chance for several to try a new sport.

The Pickleball League had a successful first day! The seven teams of three will have the opportunity for some friendly competition on Saturday afternoons, with a round-robin format spread out over seven weeks.

A reminder that club play time is Monday through Saturday 9:00 to 11:00 a.m. & Tuesday, Thursday & Sunday 3:00 to 6:00 p.m. All club members are welcome to play at these times. Anyone can play outside these times when the courts are open. The courts have been reserved for League Play on Saturday afternoons through March 29th. For beginners interested in learning the game, free lessons can be arranged by calling or texting *Karla Holmes* @ 208-724-4864.



By Marcia Ceceliot

The Sunflower Bocce Club had its annual dinner meeting at the beginning of February. The theme was Mardi Gras, and many of our members were there for the festivities and yummy food. We reviewed our finances and membership, recognized our tournament winners, gave out a few "funny awards", watched a power-point commemorating memorable moments, and elected new officers. We welcome our newly elected officers: President: Julie Frickel: VP: Kevin Uden; ~ and ~ Secty/Treas: Marcia Ceciliot

We would like to thank our past president, *Lois Croly*, for her two terms as president. Lois served as secretary/ treasurer prior to being president. We appreciate all the hard work and enthusiasm she brought to the club.

We had another great evening of "Glowing Balls" where the balls don't always roll the way you hope! The food was great and everyone enjoyed socializing. We will have more of these evenings scheduled throughout the year.

Not sure about playing Bocce? We are a fun group so please give us a try. We play on Tuesdays and Thursdays starting @ 1:00 p.m., and Wednesdays @ 6:30 p.m. Please arrive 10 minutes early. Courts and teams are randomly picked before we start to play. Membership is only \$10.00 per year.

Are you interested in learning how to play Bocce? We have scheduled a BOCCE CLINIC on Saturday, March 15th

Whether you are new to Sunflower or just haven't tried bocce, this will be a great starting point. We will send reminders via the Communicator closer to the date, which will include the time the Clinic will begin.

G N O ∼ GIRLS NIGHT OUT By Lynn Haye

Unfortunately, I have to cancel the Lavender Farm as it doesn't flower until the end of May - beginning of June. So, we are going to *The Ignite Sign (Neon Sign)* Museum on Friday, March 21st @ 11:00 a.m. and lunch after - to be determined.

Friday's during March, they have a person doing a presentation of the making of a sign. This museum is accessible to everyone and benches throughout to rest if you need too. The cost is \$12.00 which you pay when you get there. Any questions, please contact me @ h1035@aol.com.

CONTACT US—E-MAIL DIRECTORY

Lisa Sak, Sunflower Community Manager: LSak@associatedasset.com

Monica Martinez, Sunflower Community Assistant Manager: MLMartinez@associatedasset.com

Communicator Submissions/Visual Lobby Display: Please keep notice for upcoming events happening

within two weeks to 75 characters or less, and submit Wednesday by 5:00 p.m.

For Communicator to:
Sunflower Living Website:
Email directly to:

LSak@associatedasset.com.
webteam@sunflowerliving.com
submittosunflower@gmail.com

FRONT DESK PERSONNEL

Lori Chase, Resident Services Coordinator:

Nickie Kaplan, Resident Services Coordinator:

Rebecca Teichman, Resident Services Coordinator:

Rosie Young, Resident Services Coordinator:

Rosie Young, Resident Services Coordinator:

LChase@associatedasset.com

NKaplan@associatedasset.com

RTeichman@associatedasset.com

RMYoung@associatedasset.com

SUNFLOWER VILLAGE CENTER HOURS & HOLIDAY CLOSINGS

WE WILL NOT BE CLOSED EXCEPT FOR SUNDAYS DURING MARCH.

The Sunflower Village Center OPEN HOURS* are: Monday thru Saturday from 7:30 a.m. to 7:00 p.m. CLOSED on SUNDAYS.

*Events and activities can still be scheduled until 9:00 p.m., but they must be scheduled in advance so that staff can be scheduled for those events.

~ All current activities will remain at their regularly-scheduled time ~

If you have any questions, please call the Front Desk or the Management Team.

COMMUNICATOR

To subscribe to the Communicator Newsletter, go to our website, www.Sunflowerliving.com, and click the "Subscribe Now" link below the photo of the Village Center. Part way down the new page you will see a "Subscription Form" link - click on the link, fill out and submit the form. You will receive a confirmation email; please respond to it as directed.

SUNFLOWERLIVING.COM

Anyone may access information about our Sunflower Community by going to *Sunflowerliving.com*. Sunflower residents may view categories such as Governing Documents, Clubs, Committees, Forms, and other information pertinent to our community.

However, in order to view recorded **BOD Meeting Minutes, Financial Reports, Directories, Homeowner to Homeowner Referrals** and other "protected pages"
on this website, you must enter the password which is
only available to Sunflower residents.

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

HOMEOWNER-TO-HOMEOWNER REFERRALS

By Nickie Kaplan

If you are well-pleased with a business you've dealt with and would like to add them to our list, please send an email with the following information: Name of the Company, Type of Business, Phone Number, Owner or Contact, and any pertinent information about your experience to: NKaplan@associatedasset.com.

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

SUNFLOWERLIVING WEBSITE

A place for posting upcoming club and group events has now been added to the Announcements page on the **Sunflowerliving.com** website (What's New> Announcements). Clubs and groups are encouraged to send their information to: **webteam@sunflowerliving.com** to be posted on that page. **Please do not send PDF files.**

The Association provides this publication for Informational Purposes Only

Sunflower does not guarantee or promote any of the products or services advertised herein and assumes no responsibility for the statements made in this publication. Information regarding advertising rates, deadlines, and policy information may be obtained by contacting the

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

		MARCH 2	025 ACTIVIT	Y CALENDAR		
SUN	MON	TUE	WED	THU	FRI	SAT
		St PATRICE'S AND STATE OF THE S	COMMITTEE MEETINGS 03/04 ARC 03/05 SOLAR TF 03/06 PRAC 03/07 LANDSCAPE 03/10 ELECTION	THIS MONTH 03/11 ACTIVITIES 03/12 GOVERNANCE 03/14 WELCOME 03/18 ARC 03/18 FINANCE 03/26 BOD MTG		7:30 Coffee Klatch 8:30 Bocce Tourny 9 Art Club 2 Tech Help 5 Neil Diamond Tribute
2 CENTER CLOSED	3 9 Dominoes 9:30 Art Class Tix 10 Craft Club 10 Social Club Mtg 11 Potluck Tix 12 Baskets/Fun Poker 12:30 Mexican Train 1 Marana Laughs Tix 3:30 Chorale 4 Block Watch	4 9 ARC 9 Corn Hole Tourn Reg 9:30 Mah Jongg 1 Euchre/Ladies Bridge 1 Fitness Club Mtg	9 Mah Jongg 9 Art Class Tix 10 Vets Mtg (11 Bod) 10:30 VG Tour Tix 1 MahJongg/Pinochle 1 DesMus/Trivia Tix 2 SOLAR TASK FO 4:30 Fun Poker	6 9 Quilt/500 Cards 12 Social Club Tix 1 Mixed Br/Canasta 1 Tech CL BOD Mtg 1 PRAC 1:30 Potluck Tix 6 Cribbage	8:30 Bocce Tourn 9 Quilters 10 DesMus/Triv Tix 10 LANDSCAPE 11:30 Fun Poker 1 Art Class 4 Corn Hole	8 7:30 Coffee Klatch 8:30 Bocce Tourny 9 Art Club 1 Singles 3:30 Tennis Tournament & Party
9 CENTER CLOSED	10 9 Dominoes 10 Craft Club 12 Baskets/Fun Poker 12:30 MexicanTrain 2:30 ELECTION 3:30 Chorale	9:30 Mah Jongg 10 ACTIVITIES 1 Euchre/Ladies Bridge 4 Vin Gard Tour Tix 6 BINGO	9 Mah Jongg 10 Tech Club Mtg 11:45 ROMEOs 1 MahJongg/Pinochle 3 GOVERNANCE	9 500 Cards Game 9 Quilters 1 Corn Hole Tourn Reg 1 Mixed Br/Canasta 5:30 March Potluck	9 Quilters 11:30 Fun Poker 1 WELCOME 4 Corn Hole 6:00 Game Night	7:30 Coffee Klatch 9 Art Club 9 Bocce Clinic 9 Vin Gard Tour Tix 2 Marana Laughs 5:30 March Soc Club
16 CENTER CLOSED	17 9 Dominoes 10 Craft Club 12 Baskets/Fun Poker 12:30 Mexican Train 3:30 Chorale	18 9 ARC 9 Corn Hole Tourn Reg 9:30 Mah Jongg 1 Euchre/Ladies Bridge 1 Life Enrichment 1:30 FINANCE 5:30 Karaoke	9 Mah Jongg 11 Mah Jongg 1 Pinochle 1 VET Spr Cook Tix 3 Barrio Bread Sales 4:30 OWLS	20 9 500 Cards Game 9 Quilters 1 Mixed Br/Canasta 2 Tech Help 5:30 Mike's DJ Dance 6 Cribbage	9 Quilters 11 GNO 11:30 Fun Poker 4 Corn Hole	7:30 Coffee Klatch 8 CornHole Tourn Reg 9 Art Club 10 Vin Gard Tour 12:30 Ice Cream Social On Patio
23/30 CENTER CLOSED	24/31 9 Dominoes 10 Craft Club 12 Baskets/Fun Poker 12:30 Mexican Train 3:30 Chorale 31 10 Soc Club Tix	25 9:30 Mah Jongg 10:30 PWC Mtg 1 Euchre/Ladies Bridge 3 Genealogy Mtg 6 Game Night 7 SF Readers	26 7:45 ROMEOs 9 Mah Jongg 10 BOD MEETING 1 MahJongg/Pinochle 4:30 Fun Poker	9 Vaccine Clinic9 500 Cards Game9 Quilters (10 Mtg)1 Mixed Br/Canasta6 Cribbage	28 9 Quilters 9 VET Cook Tix 11:30 Fun Poker 1 Quilters Event 4 Corn Hole	7:30 Coffee Klatch 9 Corn Hole Tourny 9 Art Club 1 Corn Hole Tourny
		WEEK	LY FITNESS AC	CTIVITIES		<u> </u>
	Access to Fitn	ess Room 5:00 a.m. to	o 11:00 p.m. with P	roximity Card Mon	day through Sui	nday
	T		I	<u> </u>		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 Tennis 3 Pickleball	7:45 Yoga 8:30 Tennis 9 Pickleball 9 Water Aerobics 9:30 Line Dance 1 Chix w/Stix	8:30 Tennis 9 Pickleball 9 Stretch/Tone 10:10 Chair /Yoga/Pilates 11:30 Wts/Balance 1 Men's Billiards 1 Bocce 2:15 Ladies 9Hole Golf 3 Pickleball	7:45 Yoga 8:30 Tennis 9 Pickleball 9 Water Aerobics 1 Ping Pong 1st, 2nd, 3rd Wed 2:30 Men 9-Hole Golf 3 POP Tennis 6:30 Bocce Page 17	8:30 Tennis 9 Pickleball 9 Stretch/Tone 10:10 Chair/Yoga/Pilates 11:30 Wts/Balance 1 Chix w/Stix 1 Bocce 1 Ping Pong-4th Thurs 3 Pickleball	9 Pickleball	8:30 Tennis 9 Pickleball 10 Ping Pong *Hiking Info- See Article For Details

TOPICS OF INTEREST

ARTIST GALLERY

By Lori Chase

Our Artist for the month of March is *Lois Croly*. She has displayed her stunning art paintings in the past. **Lois** is a true artist; you will enjoy her paintings.

"A note from Lois Croly...After retiring, I turned my focus to painting, exploring scenes, people, and animals that inspire me. My work has been exhibited at the Mazatlán Art Museum, and since moving to Arizona, I've enjoyed capturing the beauty of its landscapes. Painting brings me great joy, and I hope you find as much enjoyment in my work as I do in creating it."

Our artist for April will be a new artist, Allen Davis. who will be displaying Colored Scratch Board-Mixed Media. It will be exciting to see a different kind of Artist on display. Thank you to February artist, Sylvia Shanahan who put on a gorgeous painting display.

YOGA By Leslie Parr

We meet for FREE classes on Mondays, Wednesdays & Fridays @ 7:45 a.m. in the Fiesta Room

Please remember to bring your own mat, stretch band, block/ball, towel or blanket to the class. If you have any questions, please call *Leslie Parr* @ 520-603-8785.

THE PING PONG GROUP

By Buzz Hoffmann

We play *Ping Pong* in the Fiesta Room on the 1st, 2nd & 3rd Wednesdays of each month from 1:00 to 4:00 p.m. We are also now playing on the 4th Thursday from 1:00 to 3:00 p.m. Please refer to the Communicator for rescheduled dates & times formerly on Sundays. Questions, please call **Buzz** @ 520-572-4258.

VINTAGE GARDENERS CLUB **By Marie Van Huis**

Our February meeting was attended by nearly 40 members and guests from the Sunflower community. Our guest speaker, Gita Bodner of the Tucson branch of The Nature Conservancy, enlightened us about the organization's global mission to "preserve the lands and waters on which all life depends." Her presentation, which included videos and handouts, focused on the mesquite tree, a well-known southwest desert survivor. She highlighted the "Back to Bosque!" project, which is working to restore riparian forests—those vital, lush areas along rivers and streams that support an array of plants and wildlife.

SUNFLOWER HIKING GROUP

By Hope Collins

The Sunflower Hiking Group enjoys the Arizona desert by exploring our scenic local trails. In general, we will have hikes on Tuesdays and Fridays, from October through March. The hikes for each month will be listed in the Sun Catcher, and more detailed weekly hike reminders will be posted in the Communicator. Essential details and updates about hikes are sent via Google Group emails. If you plan to hike with us this season, it is recommended that you be added to the group- send an email to Hope Collins @ hopecollins65@gmail.com. If you have questions about the group, or have an interest in leading future hikes, please contact Bobby Bran @ 520-729-8082.

MARCH/APRIL HIKES*:

Mar 4 Tue Jefford's Peak: 4.2 mi./M Mar 7 Fri Ringtail Ridge Loop: 5.0 mi/ M Mar 11 Tue Cochise Stronghold: 5.2 mi./ M

Wild Mustang/Wild Burro Loop: 8.0mi./M+ Mar 14 Fri

Mar 18 Tue Picacho Peak: 3.0 mi./D

Mar 19 Wed PLANNING MEETING for Fall 2025 / E

Mar 21 Fri OPEN DATE / TBD

Mar 25 Tue Big Loop/ Chiracahuas: 8.0 mi./D

Mar 28 Fri Ventana Canyon/ Maiden Pools: 5.6mi./M+

Aravaipa Canyon- Limited Spots -Apr 1Tue

Currently have a Waitlist

Apr 2 Wed SAVE THE DATE: End of Season Party -

Fiesta Room -5:00 to 7:00 p.m.

*Check Communicator & Google Group emails.

BOWLING INFORMATION

By Bonnie Scott

The **Sunflower Bowlers** held its annual party on January 31st at Barro's Pizza. There were 28 people in attendance, and everyone enjoyed the food and drinks. Thanks to **Bob Sergisson** for collecting the 50/50 funds to cover the costs, ordering & paying for it. Special thanks to Don **Preuss** for tracking scores & calculating averages weekly.

The following Bowlers received awards for their outstanding bowling in the following areas:

High Averages: Bonnie Scott, Dolores Johnson, Faythe Mattern, Bob Sergisson & Don Preuss.

High Series: Vicki Beard, Deb Fletcher, Evie Burton,

Joe Beard & Chuck Glen

High Games: Terri Shevlin, Janet Startzel, Joyce Barrowman, Gary Scott & Keith Leikel Most Improved Bowlers: Joyce Barrowman &

Rick Lybarger

Fiesta Lanes should be open in April, & Bonnie will contact the manager to discuss cost, day & time + number of lanes available to Sunflower bowlers. Don Preuss will email information to bowlers once known. If interested in joining us, contact *Terri Shevlin* @ 609-471-4347.

CARD GAMES

LADIES BRIDGE

By Brooke Murphy

Ladies Bridge is played on <u>Tuesdays from 1:00 to</u> 4:00 p.m in the Library. We are a relaxed group and play to enjoy the game and each other. Call **Brooke** @ 708-846-7555 or email: **bmurphmail@gmail.com**.

MIXED BRIDGE By Mary Lynn Mercer

We have a very fun, easy-going bridge group on Thursday afternoons from 1:00 to 4:00 p.m. in the Craft **Room.** Call **Mary Lynn** to sign up to play @ 614-323-2463 or marylmercer@hotmail.com.

CRIBBAGE

We invite you to have some fun playing single or four-hand Cribbage on Thursdays @ 6:00 p.m. in the Craft Room. (Except on Pot Luck nights)

SUNFLOWER 500 CARD CLUB

By Bob Bender

The 500 Card Club welcomes old and new members and we look forward to having you join us @ 9:00 a.m. Thursdays in the Library for a morning with a fun group (we have a 25 cent/pp donation which goes toward our jackpots). We are still willing to teach anyone who would like to learn the game. Call and we will set up a time to teach. Call **Bob Bender** @ 717-804-6425.

CANASTA

Thursdays starting @ 1:00 p.m.

We play two versions: Hand & Foot and Samba So join us to see familiar faces & meet new friends.

MEXICAN TRAIN DOMINOES

By Pat Cooke

Some snowbirds have returned to play dominoes with us. It has been fun to renew these friendships.

New members are always welcome!

We meet twice on Mondays @ 9:00 a.m. in the Library and 12:30 p.m. in the Fiesta Room. Come Join Us!

MAH JONGG

By Anne Schmidt

We will play Mah Jongg from 9:00 to 11:00 a.m. on Wednesdays in the Library. Not ready to make a commitment? All are welcome, beginner to advanced players!

TUESDAY (PREV SUNDAY) MAH JONGG By Lynn Neitzke

We play on Tuesdays from 9:30 a.m. to Noon in the Library. Contact Lynn @ 520-268-7784 with questions.

EUCHRE

Would you like to play Euchre?

We meet every Tuesday afternoon from 1:00 to 3:00 p.m. in the Craft Room. Call Vicky @ 520-907-3510 for details. We'd love to have you join us!

PINOCHLEBy Harlan Quinn

If you like to play single-deck *Pinochle*, join us from 1:00 to 4:00 p.m. on Wednesdays in the Library. There is no cost, and no reservations are needed just show up. We play partners and/or three-handed pinochle, depending on the number of players present. For information, call one of the contacts listed in the back of the Sun Catcher.

FUN POKER

By Jim Conley

We play Poker in the Library on Mondays and Fridays from 11:30 a.m. to 3:00 p.m. We also play on 1st & 4th Wednesdays of the month @ 4:30 p.m. in the Library.

Everyone is welcome and all you need is a basic knowledge of poker. There's lots of kibitzing & teasing mixed in with some poker. We play traditional games (Hold'em, Draw, Omaha, etc.) & some variations, which add to the fun. New players often bring games they play elsewhere. The stakes are small and there are no dues, house cuts, or wild-card games. Please join us at the Village Center on any day & we will get you started.

ACTIVITIES AND CLUBS

ART CLUB
By Billie Barron

This is an open invitation to all Sunflower residents with a desire to create or color something that stirs their imagination. No experience necessary. Work at your own pace with your own choice of medium.

The only request: Bring a plastic-protective covering for the table.

> We meet in the Craft Room each Saturday from 9:00 a.m. to 12:00 Noon. Join us for an hour or three — Your choice.

CRAFT CLUB

By Kathy Hummel

March is the month of Spring, a time for new things. Our crafters tried their creative hands on several projects: various wall hangings/chimes of different shapes and sizes, a patriotic gate, just in time for Memorial Day and the very expressive alcohol ink technique for decorating trivets/coasters. Alcohol ink art is a fluid art technique that involves dropping several colors of the ink onto a surface to create vibrant, translucent, one-of-a-kind designs.

The Craft Club meets every Monday from 10:00 to 11:30 a.m. For any questions or additional details, please contact *Chris Polk* @ 520-820-5227.

QUILTERS CLUBBy Carolyn LaPotin

March is going to be a busy month for all **Sunflower** Quilters. The first Thursday, March 6th, will be our monthly business meeting and we will be electing officers. On March 13th &14th, Terry Dramstad, will show us how to do free-motion quilting. Some of us have ventured into free-motion quilting; but having a 'pro' show us proper techniques, is essential for a satisfactory finished product.

On March 20th, we will kick off our Quilts for Vets **Project of 2025**; and on the 21st, we will be car-pooling to Saddlebrook for a program that they have put together to share with us. Last year, Saddlebrook's quilters came to Sunflower for a tour of the quilt rooms in their homes and lunch, so we are very excited to keep sharing with them by our traveling to Saddlebrook. More details and a signup sheet will be available in early March.

Sunflower Quilters meet in the Craft Room from 9:00 to 11:30 a.m. every Thursday and Friday. All interested residents are welcome to join us. We welcome both experienced and novice quilters. If you have been thinking that you would like to stop by and see what is happening, please do so. We would love to meet you and welcome you to our group.

SUNFLOWER READERS

By Jann Swanson

This month, the *Readers* will be meeting in the *Library* on Tuesday, March 25th @ 7:00 p.m. to discuss the book "Horse: A Novel" by Geraldine Brooks.

The book is based upon the true story of American race horse, Lexington, and the love that existed between a young black groom and this beloved horse. The story is set against the backdrop of the Civil War and should prove to be a good topic for discussion. Please join us.

WEIGHTS, STRENGTH AND BALANCE STRENGTH TRAINING

By Marlene Spencer

Tufts University research shows that a program of strength training not only improved bone density, but also reduced falls and improved arthritis symptoms. Balance, coordination, flexibility and endurance are also improved. This program is based on that research, and instructors must be certified. This low-impact program is appropriate for both sedentary and active people.

Classes: Tuesdays & Thursdays @ 11:30 a.m. Please bring your own weights/ankle weights: 1# to 2#-women, 2# to 3#-men. No Punch Card Needed

FITESS CLUB By Kevin Uden

Water Aerobics: Monday, Wednesday, and Friday, 9:00-10:00 a.m. We are using CD workouts that last 45-55 minutes. They give a well-balanced workout focusing on core, upper body, knees, & hips. Noodles & water weights may be used and are available at the pool. Fitness Club membership cards are required.

Violet Boren, our certified fitness instructor, has been teaching 2 classes since November, 2024

Stretch and Tone: Tuesday and Thursday, 9:00-10:00 a.m. in the Fiesta Room. This is a full-body workout completed while sitting or standing, working on strength, flexibility, and balance. Participants will be using a 10" ball, light-hand weights, and stretch bands.

Chair Yoga/Pilates: Tuesday and Thursday, 10:10-11:10 a.m. in the Fiesta Room. This will incorporate the moves of Yoga and Pilates while being seated. Yoga improves strength, balance and flexibility. It can also benefit people with back and arthritis pain. Pilates benefits muscle strength and tone. Participants will work on abdominal control and proper breathing. Together Yoga and Pilates will strengthen the body, calm the mind and enhance mobility, coordination, and flexibility.

> Fitness membership cards are required but not punch cards, at this time.

Please make sure you have your new 2025 Membership Cards -- available at the front desk for \$15.00/each -Please make checks payable to Sunflower Fitness Club. These cards are valid until December 31st, 2025.

The Annual Spring Meeting of the Fitness Club will be on Tuesday, March 4th @ 1:00 p.m. in the Fiesta **Room.** Finances and class schedules will be reviewed; and we will be electing a new president. Anyone interested in being president, please text Sue Uden. Thank you.

DANCE & ENTERTAINMENT CLUB

By Karen Barta

Classes are offered year-round, twice a week:

<u>Monday</u>: Beginners Class 9:30 to 10:00 a.m. to go over individual steps used in most dances. 10:00 to 11:00 a.m. Beginners Learn & Dance

<u>Friday</u>: *A little more advanced*, but everyone is welcome. 10:00 to 11:00 a.m.

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

To attend, you pay \$5 to the Dance Club for the entire year. The fee goes to the Club for our Club Parties, Dances for the Community, & whatever else we decide to do. *Not sure? Just come try us out.*

GENEALOGY SOCIETY

By Paulette Weiser



The SGS March Program is Tracing Your Italian Roots by Joey Caccarozzo (there's an Italian name!) on Tuesday, March 25th

@ 3:00 p.m. (NOTE TIME!)
in the Fiesta Room or via Zoom.

Over 4,000,000 Italians immigrated to the United States between 1880 and 1920. More than 17,000,000 living Americans are descended from them. *Joey's* presentation will help you discover your ancestor's place of origin, what Italian records are available, where to find them, and tips for hiring a professional genealogist in Italy or doing your own research. Her tips may also translate to research in other countries.

Joey is a federal attorney by day, and a speaker and researcher on nights and weekends with a focus in DNA, Italian, Louisianan, Slovak and Ukrainian studies. She has completed advanced studies and certification in several specialties.

If you have any interest in starting or continuing to dig into your own family's history, it's not too late to attend a meeting and join. We have many resources in addition to monthly speakers. We have a well-stocked library of books, magazines, maps, and other resources related to family history; mentors to assist you in learning techniques and helping you leap over "brick walls;" and occasional field trips.

Join us on March 25th for Joey's presentation on researching Italian immigrants to the US and think pasta, pizza, risotto, gelato, and vino! We certainly owe them all a culinary debt! And we will have Italian goodies to share with you!

TECHNOLOGY CLUB

By Katta Mapes



March 12th @ 10:00 a.m.

Member Meeting in the Fiesta Room

TECH TALK: Digital Services at the Library

Miguel, a representative from the Pima County Public Library, Wheeler-Taft Branch, will guide us in the digital services from the library, especially how to download e-books without a Kindle or Nook and how to download audio books to listen to when you travel. Before the meeting get your free library card and log in at least one time at www.library.pima.gov. Bring your mobile devices or laptop with you to follow the steps presented.

** Remember, you can see past meetings on **You Tube**– just search for **Sunflower Tech Club** on You Tube.

TECH HELP for Club Members: The Tech Help Sessions will be held this month on <u>Saturday</u>, <u>March</u> 1st in the <u>Craft Room & Thursday</u>, <u>March</u> 20th in the <u>Fiesta Room</u>. Both sessions are from 2:00 to 3:00 p.m.

PRIMAVERA

By Patrick Steliga



Family Pathways is an emergency shelter program for families with minor children who are currently experiencing homelessness. Rental units within the community provide housing for families along with case management focused on their

individual goals, preventing multiple relocations. As families progress, they can transition to another housing program or remain in their current rental with their own income, after the lease is transferred into their name. *Primavera* owns and manages 12 multi-family safe and affordable rental properties. Rental information is available at this link:

https://primavera.org/housing-jobs-rights/#afford.

The following items are needed at *Primavera*:

- 1) Cold weather items such as coats/hats/gloves/blankets/scarves; 2) New socks & underwear;
- 3) Tampons; 4) Conditioner; 5) Healthy nonperishable snacks; 6) Large-sized men's shoes;
- 7) Ear plugs; 8) Disposable razors.

Please place in donation box outside the main entrance of the Village Center. *Thanks very much for all of your donations.* Note: <u>Used clothing is not currently needed</u> except as mentioned above. *Thanks*.

HEALTH & SAFETY

CANCER SURVIVOR GROUP

By Jan Keogh

The *Sunflower Women's Breast Cancer Group* extends an invitation to women in Sunflower who are currently being treated or who were formerly treated for any type of Cancer *to come join us*. While our treatments may be different, our feelings and emotions are the same.

Our support group has been meeting for 20 years, and we are a wonderful sisterhood of cancer survivors. We meet the second Wednesday of each month in our homes from 2:00 to 4:00 p.m. Please call Jan Keogh @ 520-579-1018 to learn our next meeting place.

PARTNERS W/CHALLENGES SUPPORT GROUP

By Armand La Potin

We now welcome ALL Sunflower resident caregivers, as well as their Mates who may be confronting different neurological challenges. We maintain a confidential and casual atmosphere where we can share experiences on, or have questions about, such matters as: sources providing respite care, prescriptions, exercise regimens, therapies, and anything else participants want to bring up.

<u>We meet 4th Tuesday of every month in the Craft Room</u> <u>a</u> the Village Center from 10:30 to 11:30 a.m.

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

SUNFLOWER MISSION STATEMENT, CORE VALUES & VISION

MISSION STATEMENT:

The Mission of Sunflower, an active adult community of 967 homes, is to be good stewards of common property and funds and to offer our residents a variety of opportunities to enrich their physical, cultural and social well being.

CORE VALUES:

The Core Values of Sunflower are:

- Maintain the beautiful physical appearance of the community
 - * Support a harmonious community
 - * Respect the differences of all in the community
- Nurture an environment that allows the enrichment of the lives of all in the community
 - * Ensure the financial integrity of the association
- Recognize and address changing needs of the community

PACIFIC COAST GATHERING

By Marcia Ceciliot

Calling all Pacific Coast Natives!

Let's get together! Are you from California, Oregon, Washington, Alaska, or Hawaii? We would like to get -together and share our stories, music, and unique food. However, before we start planning - we want to see the level of interest. We are looking to have the event either in May or June.

Please email *Marcia Ceciliot* by March 15th @ mlpceciliot@gmail.com if you are interest in attending. We need to have at least 20 people

SMOKE DETECTOR NEWS

Now you can contact the **Fire Department DRECTLY** to make an appointment to get your

<u>Smoke Detector Batteries</u> replaced.

Please call (520) 887-1010 any day M-F from 8:00 a.m. to 5:00 p.m. to make an appointment with a <u>fireman who</u> will come to your home to install new batteries for you.

As always, <u>you must furnish batteries</u> for your specific smoke detector, but they will come and install them for you @ NO CHARGE.

Please join us in thanking <u>Del Gustin</u> who was kind enough to do this job for us within Sunflower for so many years!

SUNFLOWER/SAFEWAY VACCINE CLINIC

By Lisa Sak, Community Manager

Get your vaccinations here at Sunflower on <u>Thursday, March 27th</u> from 9:00 a.m. to 12:00 Noon in the Fiesta Room

Grab a bite while you wait: Cookies & Starbucks Coffee will be served!

Vaccines Available Are:

Flu Block; Shingrix; Pneumonia; TDAP, Hepatitis a/b ~ and ~ Covid Boosters

Residents will need to bring their **insurance card or a photocopy of it**. There is a form to fill out, available at

the Front Desk starting *Monday, March 24th*; or you

can fill one out when you come into the clinic.

SUNFLOWER VILLAGE CENTER HOURS OF OPERATION

Monday through Saturday from 7:30 a.m. to 7:00 p.m. CLOSED ON SUNDAYS

We will remain open for evening events as they are scheduled in advance.

Pool & Fitness Proximity access from 5:00 a.m. to 11:00 p.m. For access, <u>you MUST enter Village Center WHEN OPEN</u>. If Center is closed, please use the <u>after-hours</u> front entrance gate.

SPECIAL INTEREST CLUBS AND THEIR CONTACTS

"500" CARD PLA Bob Bender	<u>AYERS</u> 717-804-6425	FITNESS CLUB Sue Uden	928-916-0059	POTLUCK CLUB Susan Sifers	540-538-6502
ART CLUB Billie Barron	520-334-7508	FUN POKER Jim Conley	520-308-9798	PRIMAVERA FOU Patrick Steliga	<u>UNDATION</u> 262-422-8791
BACCHUS WINI Sandy Persels	E 520-572-1936	GENEALOGY Paulette Weiser	419-308-0237	OUILTERS CLUB Carolyn La Potin	520-780-4547
BASKET WEAVING WIZARDS Karen Donahue 520-572-2250		GOLF - MEN Don Sanderson Jim Chaloupka		ROMEOs/OWLS Dick Teugh Dennis Abrams	520-579-5826 970-231-3459
BILLIARDS Jim Damato Joe Malone	520-744-7031 520-572-4697	HIKING CLUB Hope Collins	315-540-3666 320-729-8082	SOCIAL CLUB Bette Sumner	520-572-2094
BLOCK WATCH Katta Mapes 520- Katta.Mapes@gn	-304-4812 (talk/text)		<u>NTERTAINMENT</u> 586-292-6177	STRENGTH AND Marlene Spencer	BALANCE 520-572-2554
BOCCE Julie Frickel Kevin Uden Marcia Ceciliot	406-461-0718 928-231-2488 916-316-0123		520-572-4033 520-268-7784	SUNFLOWER NEI VOLUNTEER TRA Five days in advanc Katta Mapes <u>Katta</u>	ANSPORTATION
BOWLING Terri Shevlin	609-471-4347	•	urphy 708-846-7556		<u>ADERS</u> 520-888-6932 520-579-7578
BRIDGE: LADIES Brooke Murphy 708-846-7555		NINE-HOLE GOLF - LADIES Aileen Fundingsland 520-906-4427 PARTNERS WITH CHALLENGES SUPPORT GROUP (PWG) Katta Mapes 520-304-481 Katta.Mapes@gmail.com		04-4812 (talk/text)	
BRIDGE: MIXED Mary Lynn Mercer 614-323-2463		SUPPORT GROUP (PWC) Armand LaPotin 520-780-4547 PATRIOT'S PANTRY			360-870-6517
CANCER SURVI Jan Keogh	<u>IVORS</u> 520-579-101 <u>8</u>	Dann Cooke	520-404-4178	9	520-742-1373
CHORALE Sue Horsfall	520-425-0586	<u>PING PONG</u> Buzz Hoffmann	520-572-4258	VETERANS Sharon Bender Larry Schierer	717-818-5505 520-975-1164
CRAFT CLUB Chris Polk	520-820-5227	PICKLEBALL Rick Lybarger Terri Shevlin	509-690-1991 609-471-4347	•	ENERS 520-369-1524 520-572-0045
CRIBBAGE Jan Session	520-429-6079	<u>PINOCHLE</u> Jim Damato Harlan Quinn	520-744-7031 520-225-7375	WELCOME COM Lynn Haye	<u>MITTEE</u> 847-401-6343
DOMINOES Pat Cooke	520-616-8082	POP TENNIS		<u>YOGA</u> Leslie Parr	520-603-8785
EUCHRE Vicky Beard	520-907-3510	Chris Schatte Gary Engel	231-715-6490 623-221-8813	Revised March	h, 2025

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MYTH

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FACT

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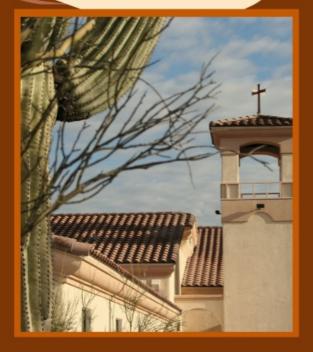
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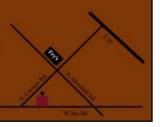




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99.3%	97%	96%	23 Days	36 Days	50 days

*Per MLSSA closed statistics for the Sunflower Subdivision Jan 1, 2024-Dec 31, 2024.

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The Walter Team



