## The Sun Catcher November 2024 Volume 27 Issue 11

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9401 N Sunflower Park Drive Tucson, AZ 85743 <u>Sunflowerliving.com</u>

#### 2023-2024 Board of Directors

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



Sunflower Community Fine Arts & Crafts Festival

Sunflower Village Center 9401 N. Sunflower Park Drive

Friday November 8th & Saturday November 9th 9:00am – 3:00pm

Artistic Creations by Community Artists

Handmade Items - Paintings - Jewelry - Paper Crafts -Woodworking - Garden Art -Quilts - Knitting - Sewing -Crocheting - 3D art - Photography - and More!

Community Bake Sale

Great Holiday Shopping! Station Bar and Grill on back patio Fri & Sat 11am – 2:00pm

Open to the public













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## **Client** Testimonial

Judy was a pleasure to work with. She is a person of high integrity, very ethical and works hard to achieve her clients goals.

She is enthusiastic and caring and this was apparent during the entire transaction. I am thankful for her endless efforts and would recommend her to all.

Mary Tucson

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### "The staff took the time to answer all my questions with love and care. Thank you very much!"

It's us who should be thanking you. With friends who have become family, a community that feels like home, and warm meals filled with laughter it's hard to count all the things we're grateful for.

This is a special place where people come together to grow, celebrate, and thrive. Could you become our newest neighbor?

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"Michele did an excellent job in providing us with property proposals which matched our general home criteria. She is an excellent communicator and kept us posted throughout the process. Efficient communications via text, facetime, email and phone were paramount in identifying our home and finalizing the purchase. Her advice on all sorts of questions around the home purchase was very much appreciated. We were impressed how quickly she rounded up all the contractors for the home inspection. We can only recommend Michele to any home buying prospects. She is a great asset to Long Realty."



No one knows your neighborhood better than your neighbor. If you or anyone is interested in buying or selling, please contact me. **Michele Biller, Your Neighborhood Specialist** | **520-780-1469** michelebiller@longrealty.com | michelebiller.longrealty.com



#### ARCHITECURAL REVIEW COMMITTEE

By Lisa Sak

The holiday season is fast approaching and the *Architectural Review Committee* wants to remind everyone about the <u>Holiday Decoration Policy</u>.

In the <u>Design Guidelines</u>, paragraph 14: "Holiday decorations, including lighting, may be erected one (1) month prior to the date of the holiday and shall be removed within two (2) weeks after that date. No decoration of any kind shall be placed on another's property or any common areas without expressed, written permission. Decorative lighting is limited to low, ground-mounted landscape lighting. String lights are not allowed in front yards except during the holidays." *We look forward to seeing the communities displays - thank you for making Sunflower festive!* 

The ARC meetings are ALWAYS held on the 1st & 3rd Tuesdays of each month: November 5th & 19th @ 9:00 a.m. in the Craft Room.

> ELECTION COMMITTEE By Dolores Johnson

<u>All Voting ends on</u> <u>November 4<sup>th</sup> @ 5:00 p.m.!</u>

If you haven't voted, please cast your ballot before the deadline!! *WE NEED YOU!* 

Even though official voting will have ended, A last-minute voting table will be set up for a very short period of time on <u>November 6<sup>th</sup> from 5:15 to 5:45 p.m.</u> in the Village Center Lobby.

Also on the ballot are two (2) <u>important</u> issues that need to be addressed: **Excess Income Resolution** and **Regulation of Street Parking**. Neither of these issues impact our HOA fees. <u>A YES vote</u> on these two issues is suggested by the BOD that need to be reaffirmed.

#### Please don't forget:

This year's <u>Annual Meeting</u> will take place on <u>November 6<sup>th</sup>, 2024 (a) 6:00 p.m.</u> in the Fiesta Room and via Zoom.

The results of the election will be announced at that time.

#### **FINANCE COMMITTEE**

By Bonnie Scott

The *Finance Committee* has had a busy year. Below are some of our accomplishments in assisting the Manager and the Board with Sunflower's Financial matters:

- ~ Monthly Review of Financial statements and made suggested corrections to them as needed.
- ~ Updated the Procurement Policy #4.02, Committee Policy #7.01, and Charter Club Policy #7.02
- ~ Updated the Finance Committee's Charter
- ~ Continue to work with the Treasurer with Brokerage firms to earn higher interest rates in Money Market accounts and other investments.
- ~ Spent months with the Manager and Board Treasurer on preparing and finalizing the 2024-25 Budget.
- ~ Recommended to the Board that the Reserve Fund and CIF Fund transfer to Operating Fund their estimated share of the tax expenses for the tax years ended 9/30/2023 & 9/30/24.

Below is a comparison of interest earned in the Operating, Reserve & Community Improvement Fee accounts from tax years ending 9/30/2020 thru 9/30/2023:

	<u>9/30/2020</u>	9/3	0/2021	9/3(	0/2022	9/30/2023
Opera	ating:					
	\$ 2,806	\$	542	\$	734	\$ 3,541
Reser	ve:					
	\$28,651	\$23	3,730	\$13	3,620	\$26,614
				befor	e taxes of	\$ 5,014
CIF:						
	\$4,002	\$ 1	1,112	\$ 1	,066	\$ 3,860
				befor	e taxes of	\$ 936

There were **Community Improvement Fund Projects** which included using Reserve money as well as CIF money that reduced their funds in 2021. As of September 30<sup>th</sup>, 2024, the Interest earned for Operating accounts was \$ 18,386 before taxes of \$4,578 - Reserve accounts interest was \$81,358 before taxes of \$20,235 - and- CIF accounts interest was \$7,784 before taxes of \$1,936. The interest rates for 2023-24 were over 4% for the tax year and the balances in all funds remain high. 2024-25 interest income is dependent upon expenses and interest rates in all three categories.

#### We invite you join us for our next meeting on <u>Monday, November 18th, 2024 @ 10:00 a.m.</u> in the Conference Room.

#### We hope to see everyone there!

#### LANDSCAPE COMMITTEE

By Janis Willkom

**Tucson Water** came here in early October and surveyed the grass areas for a **Turf-Removal Grant**. As of this writing, we have not received the official approval; however, they were fairly confident that about 14,000-15,000 square feet of grass would qualify. The turf proposed for removal is in the front areas and the east side of the bocce ball courts. It does NOT include the pool area nor the area behind the Village Center. Once the formal approval is sent to AAM, an application with the **Town of Marana** needs to be completed.

Replacing inoperable valves and a couple of old controllers around the common areas is also a high priority. We will be getting some advice from a representative from **Rainbird** to determine what type of system we need for the drip irrigation, as we may be able to save money with a different type than what was stated in the **REALM** plan.

The *Tree Donation Form* has been revised and simplified. As soon as we receive approval from the Board of Directors, it will be posted on the website. Now is the time to plant our trees, so if you are considering a donation, *now is the time.* 

Thank you in advance for your donations.

We continue to seek new committee members. Please contact Chair *Jan Willkom*, if interested.

We invite you to join us for our next <u>Landscape Meeting</u> on Friday, November 1st, 2024 @ 10:00 a.m. in the Conference Room.

#### HELP!

#### WELCOME COMMITTEE By Lynn Haye

Like to talk? Like to meet new people moving into Sunflower? *Then we have the job for you!* 

We are looking for a couple of full-time people to help welcome our *"Newbies"* into our Sunflower Community.

If you are interested, please email *Lynn* @ <u>h1025@aol.com</u>.

Thank you for your consideration.

#### PRAC ~ YOUR COMMUNITY NEEDS YOU By Tom Howlin

**PRAC** has wrapped up its summer hiatus and is now back in full swing evaluating and protecting the major assets of the community. Although our reserve company does an on-site evaluation every three years, and just finished one, **PRAC** members still review many of the same assets to make sure we agree with the findings of the professional. If we do not, then there is a discussion which takes place with the Reserve Company, our Management, Finance Committee and ultimately the Board of Directors.

Over 85% of communities that fail financially do so because they either didn't track reserves at all or, did not properly evaluate the reserves they do have. Places like Florida are facing this reality for a variety of reasons, and it's becoming increasingly harder for HOA's to acquire insurance on those common assets of the community. Fortunately, we are nowhere close to experiencing that type of problem and your **PRAC** is one of the key reasons, along with the fact we've been getting a professional assessment for over twenty years.

I do want to mention that *PRAC* lost a very valuable member in *Bob Dorr*. He passed away and will be greatly missed by all of us that remain behind. *Bob* was our go-to-volunteer whenever we needed someone.

We meet the <u>first Thursday of the month at 1:00 p.m.</u> in the Fiesta Room, and all members of the community are welcome to attend, observe, ask questions, make comments and of course: <u>JOIN</u>.

#### WELCOME NEW NEIGHBORS By Lynn Haye

*Craig and Peggy Hawbaker* moved in to Greensleeves Way. They lived in Tucson for 14 years in their younger days and both worked at the University of Arizona. They moved to California for a job promotion and stayed for thirty-three years. *Craig* worked as a Librarian and *Peggy* as an Administrative Assistant. They still love to follow UofA sports. *Craig* is originally from Iowa and *Peggy* is from Nebraska. They love to travel to see their two children and two grandchildren.

*Todd Shepley* on Wildflower Crest Way, is originally from the Chicago area, and relocated here from South Carolina. He has two children and four grandchildren. *Todd* is a retired Department of Energy contractor. His interests include sports, music, walking and travel.

If you have questions about the *Welcome Committee*, please contact any of the committee members listed in the Directory: *Lynn Haye*, Chairwoman, *Michele Saylor*, *Terri Shevlin*, and *Diane Swanson*.



The next Activities Committee Meeting will be on <u>Tuesday, November 12<sup>th</sup> @ 10:00 a.m.</u> We are continuing to make our plans for the Winter and next Spring, so come join us if you can and be a part of the planning process. We hope to see you there!

#### **KARAOKE**

Karaoke will be held on the 3<sup>rd</sup> Tuesday in November.

That is November 19<sup>th</sup> from 5:30 to 7:30 p.m. Please send your songs to: <u>rongagne@centurylink.net</u> by Wednesday, November 13<sup>th</sup>. Please limit your individual songs to 3 per person. You can also send ideas for group songs.

#### FOURTH TUESDAY GAME NIGHT



Tuesday, November 26<sup>th</sup> 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 IS HERE!**



Come join the growing group of players on the 2<sup>nd</sup> Friday, November 8<sup>th</sup> ~ and ~ 4<sup>th</sup> Friday, November 22<sup>nd</sup> on the cement in between the Bocce courts from 5:00 to 7:00 p.m.

Drop in for a game or two, or stay the whole time. You do not need a partner. **BYOB.** 

Questions: Call *Kevin Kirkey* @ 520-833-2236 ~or~ *Marilyn Engel* @ 623-217-0016

#### **LIFE ENRICHMENT**

#### **PIMA COUNCIL ON AGING**

What is Pima Council on Aging (PCOA) and what do they do? Join us on <u>Tuesday, November 19<sup>th</sup> (a) 1:00 p.m.</u> for an interactive presentation about PCOA, their services, and how they have supported and provided resources for Pima County's older adults and their families since 1967.

Find out which resources you may find beneficial and how PCOA's staff can help you access them.

#### SUNFLOWER EXPLORES TUCSON <u>"STAR PARTY"</u>



If you bought a ticket for our "STAR PARTY" on Monday, November 4th, 2024 @ 5:30 p.m., please remember to join us on the back patio!

We will have Hot Cocoa, Cider and fun treats to help keep you warm during our **"STAR PARTY."** 

#### PLEASE BRING YOUR OWN CAMP CHAIRS AND OR BLANKETS TO SIT ON!

#### **BARRIO BREAD SALES**

**Barrio Bread**, *Don Guerra*, will be back at Sunflower to sell bread on *Wednesday*, *November 20<sup>th</sup> @ 3:00 p.m. 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.

#### THE SUNFLOWER ACTIVITIES COMMITTEE, WITH THE SUNFLOWER VETERANS CLUB, IS HOSTING A JOINT EVENT TO BENEFIT THE VETERANS



Come join us for our <u>Red, White, and Blue BBQ</u> <u>followed by an hour of music from the</u> <u>Manhattan Dolls in the Fiesta Room on</u> <u>FRIDAY, NOVEMBER 15th, 2024</u> <u>FROM 4:30 to 7:30 p.m.</u>

You'll have a choice of a Hamburger or a Brat with all the fixings, alongside Baked Beans, Potato Salad, Ice cream, Lemonade or Water or BYOB of choice.

If they are not already sold out, tickets are \$30.00 and will be on sale on MONDAY, NOVEMBER 4th, 2024, from 1:00 to 2:30 p.m. in the Village Center Lobby.

<u>A Special Thanks to Our Sponsors</u>: Martha Staten of Long Realty Christine Schaefer of Tierra Antigua Realty The Walter Team @ Diamondback Real Estate ~ and ~ Homewell Care Services

#### **HOLIDAY TEA & LUNCHEON**



Activities Committee will be hosting a Holiday Tea & Luncheon on Saturday, December 7<sup>th</sup> from 12:00 to 2:30 p.m.

We'll be serving 2 different teas, tea sandwiches, scones with all the fixings and

sweet treats to finish off your meal. We will hold a **cookie exchange** at the end of the tea for those who want to participate.

Tickets are \$25.00 per person and are limited.

#### They will go on sale on:

Monday, November 18th from 10:00 to 11:30 a.m. and again on Friday, November 22nd from 1:00 to 2:30 p.m.

We hope you will join us for a fun afternoon!



Listen.....do you want to know a secret? Come together & Get a ticket to ride into 2025

<u>New Year's Eve Party</u> <u>December 31<sup>st</sup> from 7:00 to 10:00 p.m.</u> <u>Featuring "The Beatle Brothers"!!</u>

Come to dance, reminisce, or just hear the oldies.

<u>Amazing Appetizers Including</u>: Let it Brie Charcuterie Board \* Octopus Garden Veggie Tray Here Comes the Shrimp \* Mr. Eggman Deviled Eggs Strawberry Fields Trifle Cups

<u>Ticket sales are:</u> <u>December 3rd from 11:00 a.m. – 1:00 p.m.</u> ~and~ <u>December 5th from 4:00 – 6:00 p.m. (if not sold out)</u>

Dress code: Beatles casual...bring out the '60s

Bring a '60s & a current photo of yourself when you buy your tickets so we can post them on our board – Let's see who we recognize!

<u>\$25 per ticket. Limit 4 per household</u>

Come TWIST and SHOUT... Let it be a Night to Remember!!!





#### <u>REMINDER</u>:

The next <u>Activities Committee Meeting</u> will be held on <u>Tuesday, November 12<sup>th</sup> @ 10:00 a.m</u>.

We are continuing to make our plans for the Winter and next Spring, so come join us if you can and be a part of the planning process.



#### Marana High School *GAME DONATIONS*

PLEASE DONATE GENTLY-USED CARD GAMES OR BOARD GAMES TO MARANA HIGH SCHOOL STUDENTS to foster social skills & teamwork during intervention time and as a reward for having all their assignments turned in.

Marana High School is committed to fostering student engagement and success. As part of our intervention period, we seek donations of gently-used board and card games. These games will create an interactive environment that encourages student teamwork and communication. If you have any appropriate games to donate, please drop them off @ the Sunflower Village Center Lobby.

Your support is invaluable in enriching our students' learning experiences.





after the program. We thank you in advance for

attending and

We Salute YOU!!!

## 

First, let's discuss what makes it Happy Fall, y'all. It all began with the *first day of Fall*: *Sunday, September 22nd*  **(a)** 8:44 a.m. EST. On that day, the length of the day and the length of the night are nearly equal – about 12 hours of daylight and 12 hours of night, give or take a few minutes, depending on where you live.

This happens because the sun is directly above the Earth's equator for this moment in time. The Earth's tilt (about 23.5°) and its orbit around the Sun are what create the seasons. On the Equinox, neither the Northern nor Southern Hemispheres are leaning toward or away from the Sun. After the *Autumn Equinox*, the days begin to shorten & nights grow longer, signaling the true start of Fall in the Northern Hemisphere.

#### The Science Behind the Autumn Equinox

With that basic overview, let's dive a little deeper into space. One thing to note is that the Earth doesn't orbit the Sun in a perfectly-upright position; *it's tilted on an axis and this tilt is what causes the changing seasons.* As the Earth orbits the sun, different parts of the planet will receive different amounts of sunlight throughout the year.

During the summer, the Northern Hemisphere is *tilted toward the Sun*, allowing us to enjoy more direct sunlight, longer days, and warmer temperatures. During the winter, the Northern Hemisphere is *tilted away from the Sun*. The results: shorter days and colder temperatures.

To be precise, please note that September 22nd won't have an exactly-equal amount of daylight and night. <u>The atmosphere bends sunlight</u>, which causes the Sun to appear slightly above the horizon – even when it's technically below it. So, in reality, the day will be a few minutes longer than the night.

It's close enough to equal, though, so we can fully celebrate this beautiful balance.



By Larry Schierer

The *Sunflower Community Veterans Club* would like to thank everyone for the success of the **Fall BBQ**. Many thanks to *Sharon Bender* for coordinating the event. A big thank you to all the volunteers that purchased, prepared, and served all the great food. Thank you to *Armand and Carolyn La Potin* for contributing back to the club \$75, their share of the 50/50 raffle - it will go to a good cause. We would also like to thank *Christine Schaefer* for sponsoring the BBQ which allowed all ticket sales to go toward Veteran charities. A big thank you to the Sunflower Community for again supporting the Veterans Club. *The net income from the BBQ was \$1,856.03*. *Please always support our sponsors, as they allow us to give more to the Veterans of Southern Arizona*.

#### There are a few upcoming events as well:

The *November Potluck* that benefits the DAV will be on *November 14<sup>th,</sup>* in conjunction with the *Activities Committee,* and *Dinner on the Patio and The Manhattan Dolls* will be *November 15<sup>th</sup>*. Ticket sales for both events are in articles elsewhere in the Sun Catcher.

We will be placing flags along Sunflower Park Drive on *November* 8<sup>th</sup> and retrieving them on *November* 11<sup>th</sup>. We welcome all volunteers to help -- just meet at the Village Center.

The Sunflower <u>Veterans Day Ceremony</u> will be on <u>November 11<sup>th</sup></u> @ 9:00 a.m. in front of the Village Center. Please come to honor all veterans, especially those who have passed in the last year. We hope to see you there!



#### JULIA PEKAS: "A Life of Service & Family Dedication"

Julia Pekas grew up in Missouri, where she completed high school and began her studies at St. Joseph's Nursing School. However, after a year, she felt a stronger calling to serve her country and made the bold decision to join the United States Navy. In 1978, she attended boot camp in Orlando, Florida, before heading to Bethesda, Maryland, for Corpsman training.

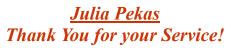


*Julia* was assigned to Walter Reed Military Medical Center, one of the nation's most respected military hospitals. There, she found her passion working in the laboratory, where her skills and dedication quickly became evident. It was also at Walter Reed that *Julia* met her husband, *Mario Pekas*, who was also serving in the Navy. Their shared commitment to service brought them together, and they soon started a family.

By the end of her first tour, *Julia* had given birth to their first child. Despite the demands of motherhood, she chose to re-enlist for another four years, continuing her work at Walter Reed. In 1984, both *Julia and Mario* were assigned to Desert Storm, a significant chapter in their military careers. However, due to a back injury, *Julia* made the difficult decision to leave the Navy. She was medically and honorably discharged, ending her active-duty service but not her connection to the military.

Even after her discharge, *Julia* remained a steadfast supporter of her husband's military career, helping him navigate the challenges of service life. Together, they raised two children, a son and a daughter, who followed in their parents' footsteps by serving in the United States Air Force.

*Julia Pekas's* story is one of dedication, both to her country and her family. Her journey from Missouri to the halls of Walter Reed, and eventually to supporting her family's military legacy, showcases her resilience and unwavering commitment.



#### <u>A HOLIDAY MESSAGE</u> FROM THE BOARD OF DIRECTORS

*Hello Sunflower residents!* We are on the brink of the holiday season; and there will be much travel, socializing, food and spirits.

This is usually a joyful time of year, <u>unless you are alone</u>. If possible, please keep in mind our fellow Sunflower residents who don't have someone to share the holidays with. A simple invitation to share a drink or dinner, can often make a world of difference to those who aren't able to be with family or friends.

Perhaps you can leave an anonymous gift at a doorstep or even a fruit basket. Sometimes just a holiday greeting card will let someone know you are thinking of them.

Let's all try to think of one special way to share this holiday season with one of our neighbors.

#### **DOCUMENT SHREDDING EVENT**

Please join us in the parking lot in front of the Sunflower Village Center (front of pool area) on: *Friday, November 15th, 2024 from 8:00 a.m. to 12:00 Noon* for our <u>Annual Document Shredding Event</u> *Sponsored by Watermark Retirement & Sunflower* 

Bring any documents you wish them to shred for you! They will also be happy to help remove them from your vehicle, if you have a heavy or large amount of items to be shredded.

There is no charge for this service.

See you there!

#### **NOTARY SERVICES**

*Yes, we have three Notaries available for your needs in Sunflower.* This is a <u>free</u> service.



*Lisa Sak,* our Community Manager, and *Monica Martinez,* our Assistant Community Manager, are both available at the Village Center (520-572-9780) to notarize your documents from Monday through Friday.

(Exception: BOD Meeting - 4th Wednesdays)

You may also contact *Roger Daggett (a)* 520- 241-1032 for these services.

<u>ALL SERVICES BY APPOINTMENT ONLY</u> <u>Please call, as an appointment is always required</u>.

#### SUNFLOWER BLOCK WATCH NEWS By Katta Mapes, Coordinator

A successful block watch thrives on community connections, fostering trust among neighbors while honoring individuals' privacy preferences, ensuring everyone feels secure and respected while participating actively in neighborhood-safety initiatives.

Contact Katta: <u>Katta@TheWalterTeam.com</u> to sign up to be a Block Captain or Co-Captain.

#### **Block Watch Suggestion for this month:**

Get to know 5 of your closest neighbors and get their contact information – names, phone numbers and email addresses.

#### NEW SUNFLOWER RESIDENT DIRECTORIES By Rebecca Teichman

"Good News! It is that time of the year again for the new publication of the 2024-2025 Sunflower Resident Directory, which will be available to residents beginning *Friday, November 15<sup>th</sup>, 2024.* We were pleased to use the beautiful cover picture which was taken by one of our own Sunflower residents.

At your convenience, please stop by the Village Center to pick up your own copy. You will be required to sign for the "new" directory on our sign-up sheet under your Lot Number. Please keep in mind only one copy is given out per household. These directories are for residents or tenants only. You may also purchase an additional copy of the directory for \$1.00, if desired.

> MINNESOTANS ~ HAIL TO THEE! By Michele Saylor

Mark your calendars for the <u>2025 Great Minnesota Get Together</u> on Saturday, February 1<sup>st</sup>, 2025 (a) 1:00 p.m.

This delightful event is for Sunflower residents who hail from Minnesota and/or have Minnesota ties. More details to follow in the **December Sun Catcher** regarding ticket sales and registration. *Go Vikes!!* 



#### BACCHUS WINE

By Sandy Persels



#### "Eat, drink and be scary!"

That's a directive right up Bacchus Wine's alley. Witches and Warlocks convened in October to gobble up a frightening assortment of creepy delicacies such as succulent

bloodshot eyeballs, jellied gray matter, slithery worms, and crispy bony fingers. Then they washed it all down with a variety of deathly pale and blood-red wines. Bwah-hahaha! It was a ghoul's delight (and the boys liked it, too).

Maybe we're a bit batty, but we do enjoy a good time, and we welcome our Sunflower neighbors to join us! If you'd like to receive invitations and notices of upcoming events, just get your name on the e-mail list by contacting Sandy Persels ~ deuxpers@comcast.net ~ and it will happen.

After all, that's what fiends are for!



<u>NOVINOPHOBIA</u>: The fear of running out of wine. EEK! Now <u>that's</u> scary!

> MUSIC JAM GROUP By Rick Pierce

*Music! Music! Music!* Do you play an instrument? Do you play well with others? (Ha Ha!) Do you like to sing? Do you enjoy listening to music? If the answer to any of these queries is "Yes!" then *Music Jam* is for you!

Break out that dusty guitar, fiddle, ukulele or other favorite instrument and come to the first gathering of the *Music Jam Group* led by Sunflower resident, *Rick Pierce* and friends. Bring a song idea or two to share with the group and we'll have fun making music together. *All musical abilities are welcome!* 

Our first gathering will be *Saturday, November 16<sup>th</sup> a 1:00 p.m.* Meet in the lobby of the Village Center.

More info or questions? Call *Rick Pierce* @ 707-841-6422.

#### SUNFLOWER CHORALE~OCTOBER MUSIC NOTES By Sue Horsfall

Most of our members are back now and rehearsals are in full swing as we prepare for *Veterans' Day (November 11<sup>th</sup>)* and our Winter Concerts (*Friday, December 6<sup>th</sup> @ 5:00 p.m. and Sunday, December 8<sup>th</sup> @ 3:00 p.m.*) Thank you to the Sunflower staff who are enabling us to have the Sunday concert as originally scheduled.

As customary, there will be <u>no admission charge for the</u> <u>concerts</u>, but <u>tickets will be required</u> to insure adequate seating.

**Tickets will be available beginning the week of November 18**<sup>th</sup>, with specific days and times in the Communicator starting November 14<sup>th</sup>. The *Chorale* is looking forward to sharing our love of music with our friends and neighbors in and around Sunflower. For questions or suggestions, call *Sue Horsfall* @ 520-425-0586.

#### WE REMEMBER THEM

#### Remembering our Deceased Loved Ones during the Holiday Season for Sunflower Residents and Friends

For those who have lost a loved one, this time of year can bring vivid memories of times past. Feelings of sadness, loneliness, and heartache... along with memories that bring joy and laughter... oftentimes bring a conclave of conflicting emotions during a season which holds many expectations. Whatever emotions, whatever your memories, please join us for a brief gathering to remember your loved one's life (yes, deceased pets may be remembered)

WHEN: Sunday, November 17th @ 5:00 p.m.
 WHERE: Village Center – Back Patio near Grill/Fireplace
 WHAT TO BRING: Photo of your loved one, paper and pen, a flashlight.

**NOTE:** This remembrance gathering is not meant to serve as a religious service. However, people of all religious beliefs and traditions, as well as those without such, are welcomed.

**<u>REQUEST</u>**: Please do not bring your pets... but pets can definitely be remembered.

**FACILITATOR**: *Donna-Marie* is a Sunflower resident with a lifelong dedication to helping others create renewed meaning and sacred purpose in their lives. She currently works for Copper State Hospice as their Bereavement Coordinator and one of the chaplains. *Donna-Marie* is a trained Pastoral Counselor and Spiritual Director and also the Founder/Director of NewEarth Ministries.

#### **COMMUNITY SOCIAL GATHERINGS**

<u>COFFEE KLATCH</u> Come join our Saturday Coffee Klatch <u>Every Saturday morning from</u> 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 the coffee, but appreciate a <u>\$1.00 donation</u> to help defray costs.

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

#### **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>– *Due to Thanksgiving, NONE.* <u>ROMEOs Lunch</u>- *Wednesday, November 13th, 2024* will go to *Pappoule's Greek Restaurant,* carpooling @ 11:45 a.m.

**OWLS Dinner-** *Wednesday, November 20th, 2024* will go to *Ole Mexican Grill,* carpooling @ 4:30 p.m.

#### NOVEMBER POTLUCK

Sponsored by the Sunflower Veterans Club

Leaves are falling and winter is calling. What a perfect time to fix some of your favorite fall foods for the community-wide November Potluck. The *November 14<sup>th</sup> Potluck* is sponsored by the Sunflower Veterans Club. This is our annual fundraiser for the local Disabled American Veterans (DAV) local office on Ina Road. *Social hour is at 5:30 and dinner is served at 6:00 p.m.* Please bring our own table settings, we will provide ice, water and lemonade.

Ticket prices are: \$6.00/pp, if you supply a main dish; \$9.00/pp, if you provide a side dish or dessert and \$15.00/ pp, if you are unable to supply food. Hope you can join us for this great potluck dinner which benefits our local Veterans. Questions, please call *Carol Taylor* @ 520-989-0961.

#### Ticket sale dates:

Friday, November 1<sup>st</sup> from 10:00 to 11:30 a.m. Monday, November 4<sup>th</sup> from 1:00 to 2:30 p.m. Wednesday, November 6<sup>th</sup> from 11:30 a.m. to 1:00 p.m.

#### **ROSIE'S SUNFLOWER BINGO**

By Tim Walter



The snowbirds were not quite back yet. Attendance was down slightly, but it was all good.

We said goodbye to *Carol Burba* and were blessed



to have two of her children in attendance. Her daughter *Lisa* won twice!!!

## *The Rosie Special was a respectable* \$245.00. *Congratulations Lori!*

Join us on **\*\*November 12<sup>th</sup> \*\*** in the Fiesta Room! Bring a jacket for your comfort if it's too cool in the Fiesta Room, and dive into the fun as the games kick off at **\*\*6:00 p.m.\*\*** 

Because it will be the day after Veterans' Day, **Diamondback Real Estate** will match any winnings donated to the *Sunflower Veterans Club*.

Please respect your neighbor's ability to hear the caller when you are chatting, laughing and talking.

#### **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. <u>Chix with Stix (Ladies)</u>: 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

For those unfamiliar with our club, we play twice a week (Monday and Thursday) at various courses in the area (all the way from Benson to the east to Tubac to the south and Casa Grande to the north). If you enjoy the game and are looking to make some great friends, come join us. You can contact *Doug Culpepper* @ biker1ab@mac.com or 412-720-6248 or myself @ gbscott70@comcast.net or 520-406-0123. Please visit our schedule of events: www.sunflower.golfclub.net.

#### CONTACT US—E-MAIL DIRECTORY

Lisa Sak, Sunflower Community Manager: <u>LSak@associatedasset.com</u> Monica Martinez, Sunflower Community Assistant Manager: <u>MLMartinez@associatedasset.com</u>

<u>Communicator Submissions/Visual Lobby Display:</u> Please keep notice for upcoming events happening within two weeks to 75 characters or less and submit Wednesday by 5:00 p.m. for Communicator to

LSak@associatedasset.com.

Sunflower Living Website: <u>webteam@sunflowerliving.com</u> Email directly to: <u>submittosunflower@gmail.com</u>

FRONT DESK PERSONNEL

Lori Chase, Resident Services Coordinator: Nickie Kaplan, Resident Services Coordinator: Rebecca Teichman, 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

THE VILLAGE CENTER <u>WILL CLOSE @ 2:00 P.M. ON WEDNESDAY,</u> <u>NOVEMBER 27TH & ALL DAY ON THURSDAY,</u> <u>NOVEMBER 28TH FOR THANKSGIVING!</u>

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

\*Events and activities can still be scheduled until 9:00 p.m., but they must be <u>scheduled in advance</u> so that staff can be scheduled for those events. ~ All current activities will remain at their

<u>regularly-scheduled time</u> ~ 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, <u>www.Sunflowerliving.com</u>, and click the "<u>Subscribe Now</u>" 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 <u>Sunflowerliving.com</u>. 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 <u>which is</u> <u>only available to Sunflower residents.</u>

Please visit the Village Center front desk for this information so you can sign up for the new password which was EFFECTIVE 11/16/23. Again, the password is only available to Sunflower residents.

### 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: <u>Name of the</u> <u>Company, Type of Business, Phone Number, Owner or</u> <u>Contact, and any pertinent information about your</u> <u>experience to: NKaplan@associatedasset.com</u>. *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 <u>Sunflowerliving.com</u> website (What's New> Announcements). Clubs and groups are encouraged to send their information to: <u>webteam@sunflowerliving.com</u> 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

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NOVEMBER 2024 ACTIVITY CALENDAR										
SUN	MON	TUE		WED	THU		FRI		SAT	
		VETERRANS	11/01 11/05 11/06 11/07	IMITTEE MTGS LANDSCAPE ARC ANNUAL MTG PRAC ELECTION	THIS MONTH 11/12 ACTIVITIES 11/15 WELCOME 11/18 FINANCE 11/19 ARC 11/20 BOD MTG	<ol> <li>9 Quilters</li> <li>10 LANDSCAPE</li> <li>10 Pot Luck Tix</li> <li>12 Fun Poker</li> <li>2 Tech Help Sess</li> <li>4 Pickleball Party</li> </ol>		<b>2</b> 7:30 Coffee Klatch 9 Art Club 9:30 Mah Jongg		
3 CENTER CLOSED	4 9 Dominoes 10 Craft Club 12 Basket/Fun Poker 12:30 Mexican Train 1 Man Dolls Tix 1 Pot Luck Tix 3:30 Chorale 5:30 Star Gazing Party	<b>5</b> 9 ARC 9:30 Mah Jongg 1 Euchre 1 Ladies Bridge 1 Social Club Tix	<b>6</b> 9 :30 Mah Jongg 10 VETS Club Meeting 11:30 Pot Luck Tix 1 Mah Jongg 1 Pinochle 4:30 Fun Poker <b>6 ANNUAL MEETING</b>		7 <u>ANNUAL ARTS &amp;</u> <u>CRAFTS FAIR</u> <u>SET UP</u> (Other events Cancelled) 1 PRAC 3 Tech Club BD Mtg	۲ CR4 (0	8 ANNUAL ARTS & CRAFTS FAIR (Other events Cancelled) 5 Cornhole		9 ANNUAL ARTS & CRAFTS FAIR (Other events Cancelled)	
10 CENTER CLOSED	<b>11</b> 9 Dominoes <b>9 VETS DAY CELEB</b> 10 Social Club Mtg 10 Craft Club 12 Baskets/Fun Poker 12:30 Mexican Train <b>2:30 ELECTION</b> 3:30 Chorale	12 9:30 Mah Jongg 10 ACTIVITIES 1 Euchre 1 Ladies Bridge 6 BINGO	<b>13</b> 9:30 Mah Jongg 10 Tech Club Meeting 11:45 ROMEOs 1 Mah Jongg 1 Pinochle 1 Vint Gardeners Tix 1:30 Hiking Meeting		<b>14</b> 9 500 Card Game 9 Quilters 1 Mixed Bridge 1 Canasta 5:30 NOV Pot Luck	<b>15</b> 8 Shred Event 9 Quilters <b>10 WELCOME</b> 12 Fun Poker 4:30 Manhattan Dolls 6 Bocce Glowing Balls		<b>16</b> 7:30 Coffee Klatch 9 Art Club 1 Music Jam 5:30 NOV Social Club Event		
17 CENTER CLOSED 5 On Patio We <u>Remembr</u> <u>Them</u>	<b>18</b> 9 Dominoes <b>10 FINANCE</b> 10 Craft Club <b>10 Activities Tix</b> 12 Baskets/Fun Poker 12:30 Mexican Train 3:30 Chorale	<b>19</b> 9 ARC 9:30 Mah Jongg 1 Euchre 1 Ladies Bridge 1 Life Enrichment 5:30 Karaoke	20 9:30 Mah Jongg 10 BOD MEETING 11 Mah Jongg 1 Pinochle 3 Barrio Bread Sales 4:30 OWLS		<b>21</b> 9 500 Card Game 9 Quilters (10 Mtg) 1 Mixed Bridge 1 Canasta 1 VETS BOD Mtg 1 Quilters Retreat 6 Cribbage	500 Card Game Quilters (10 Mtg) Mixed Bridge Canasta VETS BOD Mtg Quilters Retreat		9 Art	<b>23</b> 7:30 Coffee Klatch 9 Art Club 2 Tech Help Sess	
24 CENTER CLOSED	<b>25</b> 9 Dominoes 10 Craft Club 10 Social Club Tix 12 Baskets/Fun Poker 12:30 Mexican Train 3:30 Chorale	26 9:30 Mah Jongg 10:30 PWC Mtg 1 Euchre 1 Ladies Bridge 6 Game Night 7 SF Readers	<u>CEN</u>	Mah Jongg <u>TER CLOSES</u> (a), 2:00 P.M.	28 CENTER CLOSED	<b>29</b> 9 Quilters 12 Fun Poker		<b>30</b> 7:30 Coffee Klatch 9 Art Club		
WEEKLY FITNESS ACTIVITIES										
Access to Fitness Room 5:00 a.m. to 11:00 p.m. with Proximity Card Monday through Sunday										
SUNDA	DAY MONDAY TUESDAY			WEDNESDAY	Y THURSDAY	ľ	FRIDAY		SATURDAY	
10 Tennis 10 Pickleba 6 Pickleball	10 Pickleball7:45 Yoga8 Pickleball6 Pickleball8 Pickleball9 Stretch/Tone		7:30 Tennis7:30 Tennis7:45 Yoga8 Pickleball8 Pickleball9 Stretch/Tone9 Water Aerobics10:10 Chair Yog1 Ping Pong 1st, 2nd, 3rd Wed9 Ichix w/Stix2:30 Men's 9-hole1 Bocce7 Bocce1 Ping Pong-4th6 Pickleball6 POP Tennis		Aerobics 10 Line Dance 12:10 Bowling		8 *:	:30 Tennis Pickleball <u>Hiking Info</u> - See Article For Details		



By Lois Croly

November is bringing cooler weather, so our **Bocce Ball Club** will return to afternoon play on **Tuesdays and Thursdays** (a) 1:00 p.m. Please come 5 minutes early to get your position and court number. **Newcomers are welcome**. Bocce is an easy game to learn and one advantage is that one can play Bocce into their 90's. We have players currently in that age bracket!

Dues were payable in October. If you have not already paid yours - please make sure you pay by November 7th. A new member list will be posted on the 12<sup>th</sup>. If you won't be in town until later, please let us know.

We had a wonderful time playing our annual **Halloween-Themed Glowing Ball on 10/25**. Food - drink - and laughter - all made a very enjoyable evening. Our next *Glowing Balls is on Friday, November 15<sup>th</sup>*. Please bring your favorite beverage and a sharable treat. We will begin the evening with our social time at 5:30 p.m.

November is the time to sign up for <u>Tucson Park</u> <u>Department's Senior Olympics</u>. There are multiple events you can sign up for. The *Bocce Ball Senior Olympics* will be held at Sunflower this year.

#### <u>MEN'S NINE-HOLE GOLF -WINTER UPDATE</u> By Jim Murphy

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

#### **LADIES 9-HOLE GOLF**

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

#### **SUNFLOWER TENNIS CLUB**

By Dennis Page

The holidays are coming up soon, and we hope that fall isn't far behind! At least the mornings have been pleasant, and we have cooler days just ahead (hopefully).

**<u>Reminder</u>**: Weekly summer play for SFTC members starts at 7:30 a.m., except 10:00 a.m. on Sundays. Call or text *Doug Perry* for additional information: 215-499-1363, or email <u>dougcycles@gmail.com</u>.

> So come on out to the courts and join us. New players are always welcome!

#### **TOPICS OF INTEREST**

#### ARTIST GALLERY By Lori Chase

Our next artist for the Month of November will be *Pam* Gabaldon with oil paintings: "I can't remember a time when I didn't want to be an artist. Even as a little girl, art supplies were always the first item on my Christmas list. I was constantly doodling. Any blank part of any paper was quickly filled with drawings. It was a happy day when I was first able to dip a big brush into a dollop of thick oily paint and swipe it across a white canvas! When thinking back on the best advice given to me, I always recall an art professor's wise words: "remember this", she said "its 25% talent and 75% desire." That desire was always with me. After raising my two daughters, I once again began painting in earnest. I displayed work in several art galleries in both Albuquerque and Santa Fe NM. When two of my paintings were selected to be in Master Works, I finally felt like I had achieved something very special. Living in Tucson has afforded me the opportunity to attend art classes and devote my energy to painting a wide array of subjects. My life experiences have helped share my vision of the world through art and my desire burns as bright as ever. I am excited to present my work to you continue my work as an artist."

Thanks to the Quilt Club for your creative display. Artist Anne Lowe with Paper Art display in December.

#### **OCTOBER SOCIAL CLUB**

By Frances Gauthier

*Come and celebrate an early Thanksgiving with us on* <u>November 16<sup>th</sup></u>. Social Time is 5:30 & Dinner is 6:00 p.m.

We will be serving a **Turkey Dinner** to go with the upcoming holiday. <u>The last day to buy your ticket is on</u> November 5<sup>th</sup> from 1:00 to 3:00 p.m.

Tickets are \$10 and membership is required. If you are not already a member, we have a reduced Membership Fee of \$2 that will pay you through the end of the year.

We will again be collecting age-appropriate books (Kindergarten through Grade Six) for the **Roadrunner Elementary School** that evening. They will be given out in December by the school to the children as Christmas gifts. This school is in a very poor district and the children don't have much at home. <u>Used books</u> from Bookman's, The Good Will, Deseret Industries Thrift Store or similar places have books at a reasonable price. *You were very generous last year and it was very much appreciated*!

**On December 21<sup>st</sup>**, we will be having a **Ham Dinner**. <u>Tickets will be sold on Monday, November 25<sup>th</sup> from</u> <u>10:00 a.m. to 12:00 Noon</u>. *We hope you will join us.* 

## <u>G N O ~ GIRLS NIGHT OUT</u> By Lynn Haye

Hey Ladies. Our first adventure didn't work as it was the same night as Music Under The Stars. So we try again. On Sunday, November 10th @ 3:00 p.m., we are going to the Live Theatre to see "Misery." The cost is \$32.40 each and I need the money to me by November 1st.

Also, for those interested in going to see The Astronaut at the Fox on January15<sup>th</sup> (a) 7:30 p.m., there are still tickets available. They are also \$32.40, and the money for this event has to be to me by **October 25<sup>th</sup>** as it is filling up. **That's all** for this time girls. Questions, call me @ 520-572-6741

## **SUNFLOWER HIKING GROUP**

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. To do that, send an email to *Hope Collins* @ hopecollins65@gmail.com. Once added, you will receive an email from *Sunflower Hikers Google Group* confirming that you have been added. There is no need to reply, but you will want to follow the instructions in the email. If you have questions about the group, or have an interest in leading future hikes, please contact **Bobby** Bran @ 520-729-8082.

#### **NOVEMBER HIKES**

November 1	Sweetwater Preserve- Saguaro
	Vista, Lost Arrow, Spine/Wild Flower
	Ridge Loop – 2.5 Miles, Easy
November 5	Brown Mountain Loop –
	4.7 Miles, Easy+
November 8	Tumamoc Hill – 3 Miles, Easy+
November 12	Bowen Cabin/High Point/Cave -
	6 Miles, Moderate
November 13	WINTER 2025 PLANNING MTG
	1:30 p.m. in the Conference Room
November 15	Dripping Spring Loop –
	4.2 Miles, Moderate-
November 19	Upper Javelina Loop- 4 Miles, Easy+
November 22	Wasson Peak via Sweetwater Trail –
	9 Miles, Difficult
November 26	Tortolita Preserve Short Loop-
	5.4 Miles, Easy

## By Hope Collins

YOGA By Leslie Parr

The YOGA CLUB meets for FREE classes on Mondays, Wednesdays & Fridays (a) 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.

#### **BOWLING INFORMATION**

By Bonnie Scott

The Fiesta Lanes Bowling Alley had their roof blown off in a July windstorm. The alley was expecting to have the roof replaced by September but; at this time, no date has been given as to when it will re-open.

If you are planning to join the Sunflower Bowlers as a new bowler, please contact *Terri Shevlin* (a) 609-471-4347 or Bonnie Scott @ 520-572-9174 to find out when bowling will begin again.

Current bowlers will receive an email from Don Preuss when bowling begins again.

#### **POP TENNIS FOR SUNFLOWER**

By Gary Engel

#### Pop Tennis started up again on Thursday, October 3rd (a) 6:00 p.m. on Sports Courts 1 and 2.

We welcome everyone to give Pop Tennis a try! It is like tennis but with a few differences that are "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

\*Most hikes meet at 7:45 a.m. at the Village Center

#### **THE PING PONG GROUP**

By Buzz Hoffmann

#### We play *Ping Pong* in the Fiesta Room

We play 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 of each month from 1:00 to 3:00 p.m. all in the Fiesta Room.

Please refer to the Communicator for re-scheduled dates & times formerly scheduled on Sundays.

Questions, please call *Buzz* @ 520-572-4258.

### PICKLEBALL CLUB

By Tim Lardy

#### The Pickleball Club play hours:

We will no longer have Social/Beginner & Competitive/ Advanced play. All are welcome at any club play time.

Club Play Time: Monday through Saturday 8:00 to 10:00 a.m. Tuesday, Thursday and Sunday evening from 6:00 to 8:00 p.m.

**Open Play:** The courts are available for open play starting from 7:00 a.m. to 6:00 p.m. on Monday, Wednesday, Friday, Saturday ~ from 7:00 a.m to 8:00 p.m. on Tuesday and Thursday, & Sunday from 10:00 a.m. to 8:00 p.m., EXCEPT for the club play hours listed above.

All residents who would like to join the *Pickleball Club*, please fill out a 2023-2024 Membership Form from the front desk at the Center. Pay \$15.00 dues by check, made out to "Sunflower Pickleball Club". They will not accept cash.

#### **CARDS GAMES**

#### LADIES BRIDGE

By Brooke Murphy

Ladies Bridge is played on Tuesdays from 1:00 to 4:00 *p.m in the Library*. We are a relaxed group and play to enjoy the game and each other.



Call *Brooke* @ 708-846-7555 or email: bmurphmail@gmail.com.

#### MIXED BRIDGE

By Mary Lynn Mercer

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

#### CRIBBAGE

We invite you to have some fun playing single or four-hand Cribbage on Thursdays (a) 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. Questions, call Bob Bender @ 717-804-6425.

#### **CANASTA**

#### Thursday 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

Welcome back snowbirds. We look forward to your return!

We meet on Mondays @ 9:00 a.m. in the Library & @ 12:30 p.m. in the Fiesta Room. New players are always welcome. We will be happy to teach you how to play.

## MAH JONGG By Anne Schmidt

Beginning November 5th, 2024, we will play Mah Jongg from 9:30 a.m. to 12:00 Noon 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

Please note that our **Sunday Mah Jongg** dates & times have been re-scheduled starting November 5th for 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!

#### <u>PINOCHLE</u>

By Harlan Quinn

If you like to play single-deck *Pinochle*, join us from 1:00 to 4:00 p.m. on Wednesdays in the Library.

There is no cost, and no reservations are needed—just show up. We play partners and/or three-handed pinochle, depending on the number of players present.

For information, call one of the contacts listed in the back of the Sun Catcher.

## **FUN POKER** By Jim Conley

#### We play Poker in the Library on Mondays and Fridays from Noon to 3:00 p.m. We also play on the 1st & 4th Wednesdays of each 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 and teasing mixed in with some poker. We play traditional games (Hold'em, Draw, Omaha, etc.) and 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.

If you would like to join us, come to the Village Center on either 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

The Sunflower Crafters are back in action. During their first meeting, the crafters filled their craft calendar with several holiday-themed projects from Halloween pumpkins and Witches' brooms to Patriotic gates. Also planned are Macrame Bracelets, Pour Art Vases and Busted Canvas Picture Frames, among other items.

> The Craft Club meets every Monday from 10:00 to 11:30 a.m.

All are welcome to join in the fun and learn a new craft.

#### **DANCE & ENTERTAINMENT CLUB**

By Karen Barta

#### Classes are offered year-round, twice a week:

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

Friday: A little more advanced, but everyone is welcome. 10:00 to 11:00 a.m. 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.

## **<u>QUILTERS CLUB</u>** By Jill Davis

We in the **Quilters** group have been working tirelessly on items for the Craft Fair. We use the proceeds from this annual event to support our work throughout the year, contributing quilts, bags, and pillow cases for the Aviva Children. These items are given out to each foster child at Christmas so that they may keep something of their own as they progress through the foster care system. We also create patriotic quilts for the Veterans' Club Hospice Care Facility and other charities where the need arises.

Be sure to attend the Craft Fair to see the goodies in our booth, along with those of the rest of the vendors.

It's always fun to see what wonderful items folks create!



#### **GENEALOGY SOCIETY**

By Paulette Weiser



The *Tuesday, November 19<sup>th</sup> Meeting* will be a field trip to the **Eastside Family History Center** to learn about the resources they have to do genealogical research. While similar in many ways to the westside center

on Magee Street we visited last November, the eastside center is larger with additional resources. <u>We will</u> <u>carpool by meeting at the Village Center @12:00 noon</u> so that we may arrive by 1:00 p.m. for an approximately one-hour visit. If members wish to drive themselves, the *Center* is located at 500 S. Langley Avenue. Note that the date is a week earlier than our normal fourth Tuesdays because of the Thanksgiving holiday the following week.

With our current officers timed-out with three years each in their respective offices, <u>the Society needs some of their</u> <u>very able members to step up and volunteer their time and</u> <u>talents to help lead the organization</u>. Current officers are happy to orient and support volunteers willing to get involved. None of the offices are unduly time-consuming, and your volunteering helps the society survive. <u>So please pick an office you have an interest in and give</u> <u>Eileen Carney a call @ 206-310-6641 & VOLUNTEER!</u> <u>We need YOU!</u>

The program schedule for 2025 is now completed and will be available at general meetings. We will be presenting speakers on a variety of topics including wills and probate, both Italian and Scandinavian genealogy research resources, and setting up your own family website. **Renew your membership for 2025** or become a new member, and enjoy these helpful programs with very useful information in researching your family history.

#### SUNFLOWER READERS By Marcia Olson

On **Tuesday, November 26<sup>th</sup>** @ 7:00 p.m. the *Readers* will meet in the Library to discuss **Shelby Van Pelt's** debut novel, *"Remarkably Bright Creatures."* If you're a book lover, join us as we discuss this unusual book.

Here we have an unusual tale of a friendship between a recently-widowed woman and the octopus in the aquarium where she works as a cleaner on the night shift. Who would believe that Marcellus, the giant Pacific octopus, could help Tova Sullivan deduce what had happened to her son who'd mysteriously disappeared 30 years before? This is a deeply-moving story of friendship, community, family, grief and moving on.

#### **FITNESS**

By Kevin Uden

Water Aerobics: Monday, Wednesday, & Friday, 9:00-10:00 a.m. We are using CD workouts that last 50-60 minutes. The workouts are well-balanced, focusing on core, upper body, balance, knees, hips and some aerobics. Noodles and water weights may be used. Fitness membership cards are required.

Violet Boren, our certified fitness instructor, will begin teaching 2 classes on Tuesday, Nov. 12. She will be teaching every Tuesday and Thursday in the Fiesta Room.

<u>Stretch and Tone:</u> 9:00-10:00 a.m. This is a full body workout completed while sitting or standing, working on strength, flexibility, and balance. Participants will need a 10" ball, light hand weights, and stretch bands.

<u>Chair Yoga and Pilates:</u> 10:10-11:10a.m. Yoga and Pilates are 2 extremely popular forms of exercise and Violet is combining them into 1 class. Both require participants to focus on breathing, precise movements, proper alignment and core muscles as we flow through the workout. Yoga can increase your flexibility, strength and breathing. It also enhances concentration. Pilates is a valuable tool for physical rehabilitation and flexibility, balance and strength. Both Yoga and Pilates help with concentration.

Fitness Club membership cards are required for Violet's classes. Participants may try each class 2 times before purchasing the 2 cards at the front desk. Don't forget to stop by the Fitness Club Bake Sale in the Craft Room during the Craft Fair on Nov. 8 and 9. Thank you!

#### 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.

<u>Classes</u>: Tuesdays & Thursdays @ 11:30 a.m. beginning again on November 12th, 2024.

Please bring your own weights & ankle weights: 1# to 2#-women, 2# to 3#-men. No Punch Card Needed

#### This should be an interesting discussion.

#### VINTAGE GARDEN CLUB

By Marie Van Huis



#### Sunflower Vintage Gardeners Club kicked off its season on October 14<sup>th</sup> with a warm welcome to seven new members!

We're thrilled to have them join our community of friendly faces and helping hands.

#### <u>Upcoming Events:</u>

Wine & Nature Lovers:

Join us for a fun field trip to **Old Pueblo Cellars**, a natural winery in Tucson, on *Monday, November 11<sup>th</sup>*. (Cost: \$19.50)

#### Sparkle & Cheer:

Don't miss our annual holiday luncheon on *Friday, December 13*<sup>th</sup>, at the Highlands, Dove Mountain. (\$30) If you haven't already signed up, you'll get another chance to <u>buy tickets at the Village Center on October 23<sup>rd</sup> from</u> <u>9:00 to 11:00 a.m. or November 13<sup>th</sup> from 1:00 to 3:00</u> <u>p.m.</u> Or just drop by to find out what we're about or to become a new member.

#### Support Our Home Garden Walk!

Mark your calendars for *March 22<sup>nd</sup>*, 2025! We're hosting a Home Garden Walk, a community-favorite event showcasing the beauty and diversity of Sunflower gardens. We currently have five amazing gardens participating, but we'd love to showcase even more!

This is a call to all homeowners, not just club members! If you're proud of your garden and would like to share it with the community, or if you know someone with a special place, please reach out!

Proceeds from our only fundraiser go to beautifying Sunflower and supporting local agricultural projects.

## For more details, or to offer your garden, contact <u>sfvtgardens@gmail.com</u> or *Lois Croly* @ 520-369-1524.

#### Together, let's cultivate a vibrant and beautiful Sunflower Community!

#### TECHNOLOGY CLUB

By Katta Mapes

*November* 13<sup>th</sup> @ 10:00 a.m.

#### <u>Member Meeting in the Fiesta Room</u>

#### TECH TALK:

A Little Help from Your Friendly Voice Assistant

Join us for an insightful panel discussion exploring Voice Assistants. We'll delve into the various devices and services available, examining their features, capabilities, and impact on daily life. *Don't miss this opportunity to learn more about voice technology!* 

\*\* 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 on: Friday, November 1<sup>st</sup> from 2:00 to 3:00 p.m. in the Fiesta Room  $\sim$  and  $\sim$ Saturday, November 23<sup>rd</sup> from 2:00 to 3:00 p.m. in the Craft Room

#### HOLIDAY EXCHANGE TABLE

Please note we will once again be setting up a <u>Christmas/Hanukkah/Kwanzaa</u> <u>Holiday Decorations Exchange</u> on Thursday, Friday & Saturday, December 5th, 6th & 7th, 2024 in the Village Center Lobby

Please bring any holiday decorations you might wish to donate & even pick up some new items that someone else has donated!



## <u>HEALTH & SAFETY</u>

#### **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 <u>to come join us</u>. 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. <u>We meet</u> 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.

We meet *4th Tuesday of every month in the Craft Room at the Village Center from 10:30 to 11:30 a.m.* Please contact *Armand* @ 520-780-4547.

#### SUNFLOWER CONSERVATION CORE



The *Sunflower Maintenance Staff* would like to send out a *Special Thank You* to the Residents of Sunflower for their help in making sure lights within our community are always lit & working properly.

*Maintenance* greatly appreciates your substantial support in keeping up with our community's lighting needs and outages as they arise.

Again, Thank You to All Who Continue to Participate in this Important Program!

#### MOSQUITOES By Buzz Hoffmann

Over the last several weeks, there has been an increase in mosquito activity in Sunflower. This is not unusual as even though we live in a desert, mosquitoes can become quite serious pests, particularly during monsoon season. There are about 50 species of mosquitoes in Arizona; but I have been seeing one species in particular: *Aedes aegypti*, originally from Africa and now found in tropical and subtropical areas worldwide. It is found in the southern tier of states nationwide, including southern Arizona. *A. aegypti* is an important carrier of several <u>viral diseases</u> in other parts of the world and is often considered a "domestic" species since it lives <u>in close association with humans</u>.

It is a small, dark-colored mosquito with white bands on the legs and a white, lyre-shaped marking on the back. It is the female mosquito that bites us, needing a blood-meal to develop her eggs. She is attracted to us by carbon dioxide (CO2) that we exhale and chemicals that we emit from the skin such as CO2, 2-ketoglutaric acid and lactic acid.

*A. aegypti* is somewhat unique in that this species does not breed in ground pools. Instead, the female lays her eggs just above the water-line in all sorts of <u>human-produced</u> <u>containers capable of holding water, both inside and outside</u> <u>the house</u>. When water is added to the container, the eggs are submerged and subsequently hatch producing the aquatic larvae called 'wrigglers' and pupae called 'tumblers'. Their life cycle is temperature-dependent and may take about 7 days from egg hatching to adult at 35°C; and they can breed in very small quantities of water. Several years ago, I reared out 51 *aegypti* adults that were breeding in a dog's water bowl. Because this species has a short-flight range, encountering adult mosquitoes most likely means that the breeding source is not too far away.

A. aegypti is not the only species that breeds in humanproduced containers. Since A. aegypti breeds mostly in human-produced containers, mosquito numbers can be significantly reduced by properly disposing of containers that are no longer being used. Examples are old tires, empty buckets, cans or cups. Properly maintaining containers that currently do have a specific purpose also helps reduce mosquito numbers. For example, water in bird baths should be aerated or frequently cleaned & changed; waterharvesting containers should be properly sealed or screened so that female mosquitoes can't enter the container to lay eggs; empty flower pots should be turned over; overflow dishes for potted plants should be emptied; pet bowls should be frequently cleaned; and rain gutters should not be blocked & collecting water. A very common source of *aegypti* breeding is in plant cuttings being grown in vases with water, which should be monitored frequently to make sure mosquito larvae are not present in the water. Snowbirds should not, to the extent possible, leave exposed, unattended containers that might collect rainwater during the summer monsoons.

> Eliminating mosquitoes at their source is the most environmentally-sound and effective way of controlling them.

#### 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, you must enter Village Center WHEN OPEN. If Center is closed, please use the after-hours front entrance gate.

#### SPECIAL INTEREST CLUBS AND THEIR CONTACTS

"500" CARD PLAYERS

**Bob Bender** 717-804-6425

ART CLUB **Billie Barron** 520-334-7508

BACCHUS WINE

Sandy Persels 520-572-1936 BASKET WEAVING WIZARDS

**Karen Donahue** 520-572-2250

#### BILLIARDS

Jim Damato 520-744-7031 Joe Malone 520-572-4697

**BLOCK WATCH** 

Katta Mapes 520-304-4812 (talk/text) Katta@TheWalterTeam.com

#### BOCCE

Lois Croly 520-369-1524 Kevin Uden Marcia Ceciliot

928-231-2488 916-316-0123

BOWLING

Terri Shevlin 609-471-4347

BRIDGE: LADIES Brooke Murphy 708-846-7555

**BRIDGE: MIXED** Mary Lynn Mercer 614-323-2463

CRAFT CLUB

**Chris Polk** 520-820-5227

**CRIBBAGE** 

Jan Session 520-429-6079

**DANCE & ENTERTAINMENT** Karen Barta 586-292-6177

**EUCHRE** 

Vicky Beard 520-907-3510

FITNESS CLUB Sue Uden 928-916-0059 FUN POKER Jim Conley 520-308-9798 **GENEALOGY Eileen Carney** 206-310-6641

**GOLF - MEN** Don Sanderson 520-241-7676 Jim Chaloupka 520-572-0062

LINE DANCE Karen Barta 586-292-6177

MAH JONGG Anne Schmidt 520-572-4033 Lynn Neitzke 520-268-7784

**NINE-HOLE GOLF - MEN** Jim "Murph" Murphy 708-846-7556

**NINE-HOLE GOLF-LADIES** Aileen Fundingsland 520-906-4427

PARTNERS WITH CHALLENGES SUPPORT GROUP (PWC) Armand LaPotin 520-780-4547

PATRIOT'S PANTRY Dann Cooke 520-404-4178

**PING PONG** Buzz Hoffmann 520-572-4258

**PICKLEBALL** 520-797-0349 Terri Lackev **Tim Lardy** 520-282-2427

PINOCHLE **Jim Damato** 520-744-7031 Harlan Quinn 520-225-7375

**POP TENNIS** Chris Schatte 231-715-6490 **Gary Engle** 623-221-8813

POTLUCK CLUB Susan Sifers 540-538-6512

**PRIMAVERA FOUNDATION** Patrick Steliga 262-422-8791

**QUILTING CLUB Jill Davis** 253-549-3552 **ROMEOs/OWLS Dick Teugh** 520-579-5826 **Dennis Abrams** 970-231-3459

SOCIAL CLUB **Bette Sumner** 520-572-2094

STRENGTH AND BALANCE **Marlene Spencer** 520-572-2554

SUNFLOWER NEIGHBORS VOLUNTEER TRANSPORTATION Four days in advance please Katta Mapes 520-304-4812 (talk/text) Katta@TheWalterTeam.com

SUNFLOWER READERS Marcia Olson 520-888-6932 Jann Swanson 520-579-7578

**TECHNOLOGY CLUB** Katta Mapes 520-304-4812 (talk/text) Katta@TheWalterTeam.com

TENNIS **Doug Perry** 215-499-1363 Marilyn Mattke 520-579-9481

**TRAVEL CLUB Adele Suomela** 952-270-0738

VETERANS Larry Schierer 520-975-1164

VINTAGE GARDENERS Lois Croly 520-369-1524

WELCOME COMMITTEE

Lynn Haye 847-401-6343

YOGA Leslie Parr 520-603-8785

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Remove dead plants, leaves and branches at least 10 feet from your home.

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#### 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

#### ADVERTISING IN THE SUN CATCHER By Rosie Young

If you are looking to advertise your business in **Sunflower's Sun Catcher** newsletter, via classified ad, or multiple-sized, colored advertisement, or have questions about fees and space available, please email me @ <u>RMYoung@associatedasset.com</u>.

I will send you all the information you need or you may visit the front desk at the Village Center and any one of the ladies at the front desk can give you a price sheet for advertising.

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**Kave Walter** 

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Speaker and panelist:

### Katta Mapes

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Speaker and panelist:

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The Malter Team Tim 520.775.0222/Tim@TheWalterTeam.com Kaye 303.551.4989/Kaye@TheWalterTeam.com Katta Mapes 520.304.4812/Katta@TheWalterTeam.com

Katta Mapes

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