

# GVR NOW!

MARCH 2019 | WWW.GVREC.ORG



GVR NEWS FOR YOU & ABOUT YOU

## Have Your Voice Counted in the 2019 GVR Election



Historically Green Valley residents have been the “poster child” of voting. In the 2016 presidential election, 70% of all eligible voters cast a ballot versus 52% state-wide, and 62% in Pima County overall.

Why then did only 30% of members vote in our GVR election last year? Why then did only 26% of GVR members participate in the recent GVR member survey?

Voter turnout across all ages has been declining in the U.S. Voter apathy, or lack of caring, is the number one reason for low voter turnout. *(Cont'd on page 5)*

## A Message from the Pickleball Club



Much discussion and many arguments have been presented regarding the Pickleball Center in Green Valley over the past several months. We are writing to provide details that you may not have heard or known previously. We are not asking for anything more than what has been promised for years, but never realized.

The sport of pickleball is experiencing explosive growth nationwide, has been for several years, and there is no end in sight. Recently, Pima County approved the construction of a 20 court pickleball center, citing “It’s a growing sport and there’s a very good nucleus of pickleball players *(Continues on page 11)*”



## 35<sup>th</sup> Annual Senior Games - Get Ready, Get Set, Go!

The 35<sup>th</sup> Annual Southern Arizona Senior Games are expected to exceed 1,000 competitors of ages 50+ who will participate in one or more events in the annual month-long Senior Games. Competitors hail from nearly every state in the country and from Canada. The kick-off rally for the games is

Fri., March 1, 9am, at West Center. Medals are awarded to winners of events, which include tennis and pickleball, card games, swimming, volleyball, powerlifting, bocce, golf skills, a 5K run and 2K walk, and more. For a complete schedule of events and calendar of the games, see pages 20-23.

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## Have an Interesting Story?

### We'd love to hear about it!

If you'd like to send us a story up to 500 words for consideration to be published in an upcoming issue of *GVRNOW!*, please submit it via email to: [hotline@gvrec.org](mailto:hotline@gvrec.org). Please feel free to include a photo or two. Your content may be edited for publication.

## CONTACT GVR

Website: [www.gvrec.org](http://www.gvrec.org)

If you would like to contact any member of the GVR staff, please call (520) 625-3440 and enter the appropriate extension number. You may also contact staff at the email address listed below. Any written correspondence should be mailed to P.O. Box 586, Green Valley, AZ 85622. Website address: [www.gvrec.org](http://www.gvrec.org). General emails may be sent to [hotline@gvrec.org](mailto:hotline@gvrec.org). Emails to the Board of Directors may be sent to [board@gvrec.org](mailto:board@gvrec.org)

### EXECUTIVE OFFICE

Chief Executive Officer .....		Kent J. Blumenthal, Ph.D., CAE
Chief Financial Officer .....	EXT. 7205	Cheryl Moose ..... <a href="mailto:Cheryl@gvrec.org">Cheryl@gvrec.org</a>
Director of Administrative Services .....	EXT. 7204	Jen Morningstar ..... <a href="mailto:Jen@gvrec.org">Jen@gvrec.org</a>
Sales & Marketing Specialist .....	EXT. 7214	Lynda Campbell ..... <a href="mailto:LyndaC@gvrec.org">LyndaC@gvrec.org</a>
Administrative Assistant .....	EXT. 7213	Karen Miars ..... <a href="mailto:KarenM@gvrec.org">KarenM@gvrec.org</a>
Program Coordinator .....	EXT. 7243	Kathy Edwards ..... <a href="mailto:KathyE@gvrec.org">KathyE@gvrec.org</a>

### INFORMATION TECHNOLOGY

Information Technology Director .....	EXT. 7223	Randy Cheatham ..... <a href="mailto:RandyC@gvrec.org">RandyC@gvrec.org</a>
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### FACILITIES

Facilities Director .....	(520) 838-0150	David Jund ..... <a href="mailto:DJund@gvrec.org">DJund@gvrec.org</a>
Landscaping Supervisor .....	(520) 495-5807	Eddie Preciado ..... <a href="mailto:Eddie@gvrec.org">Eddie@gvrec.org</a>
Project Manager .....	(520) 838-0165	Melanie Stephenson ..... <a href="mailto:Melanie@gvrec.org">Melanie@gvrec.org</a>
Senior Custodial Supervisor .....	(520) 838-0177	Dan Freeman ..... <a href="mailto:Danny@gvrec.org">Danny@gvrec.org</a>
Senior Maintenance Supervisor .....	(520) 838-0146	Aaron Young ..... <a href="mailto:Aaron@gvrec.org">Aaron@gvrec.org</a>
Aquatics Supervisor .....	(520) 838-0168	Dennis Coker ..... <a href="mailto:DCoker@gvrec.org">DCoker@gvrec.org</a>

### RECREATION

Recreation Services Director .....	(520) 838-0162	Kris Zubicki ..... <a href="mailto:KrisZ@gvrec.org">KrisZ@gvrec.org</a>
Sr. Arts & Entertainment Supervisor .....	(520) 838-0156	Shelly Freeman ..... <a href="mailto:ShellyF@gvrec.org">ShellyF@gvrec.org</a>
Senior Recreation Supervisor .....	(520) 838-0153	Karen Rans ..... <a href="mailto:Karen@gvrec.org">Karen@gvrec.org</a>
Customer Service Supervisor .....	(520) 838-0147	Ashley Coggins ..... <a href="mailto:AshleyC@gvrec.org">AshleyC@gvrec.org</a>
Reservations Coordinator .....	(520) 838-0142	Jody Crawford ..... <a href="mailto:Jody@gvrec.org">Jody@gvrec.org</a>
Fitness Coordinator .....	(520) 838-0164	Miles Waterbury ..... <a href="mailto:Miles@gvrec.org">Miles@gvrec.org</a>

### MEMBERSHIP SERVICES

Membership Accounting Specialist .....	(520) 838-0157	Tina Edwards ..... <a href="mailto:Tina@gvrec.org">Tina@gvrec.org</a>
Membership Accounting Specialist .....	(520) 838-0172	Emily Bagley ..... <a href="mailto:EmilyB@gvrec.org">EmilyB@gvrec.org</a>
Center Operations Assistants (COA) .....		(cell) (520) 343-2440

(For help and immediate assistance from 5:30am - 9pm 365 days a year)

**GVR FOUNDATION** ..... (520) 838-0151

**WEST CENTER BOX OFFICE** ..... (520) 625-0288

If you have a maintenance issue after 9pm, please call (520)547-5390, otherwise call the COA at (520) 343-2440.

## GVR OFFICE HOURS

Open 8am to 4pm Mon. - Fri.

**Canoa Hills Center** ..... (520) 625-6200  
3660 S. Camino del Sol  
(Closed for lunch from 11:30am - 12:30pm)

**Las Campanas Center** ..... (520) 648-7669  
565 Belltower Drive  
(Closed for lunch from 11:30am - 12:30pm)

**East Center** ..... (520) 625-4641  
7 S. Abrego Drive  
(Closed for lunch from 12:30pm - 1:30pm)

**Santa Rita Springs Center**.....(520) 393-0360  
Seasonal - 921 W. Via Rio Fuerte (8am - 1pm)

**West Center Box Office** ..... (520) 625-0288  
1111 GVR Drive

**GVR Administrative Offices**.....(520) 625-3440  
1070 S. Calle de Las Casitas

Also open weekends and holidays 10am - 2pm

## ABOUT GVRNOW!

*GVRNOW!* is owned by Green Valley Recreation, Inc. For your convenience it is available at all GVR facilities, Continental Shopping Plaza, Green Valley Library, Posada Java, Best Western and Wyndham. For advertising information or questions about deadlines, please call Green Valley Recreation at (520) 625-3440 Ext. 7214. Green Valley Recreation does not endorse any of the products or services advertised in this newsletter.



## GVR Orientation

**You don't have to be new to GVR to attend an Orientation!** There is something for everyone at Green Valley Recreation! To find out how to navigate the programming, amenities, communications and opportunities at GVR and enhance your GVR experience, join us at the free orientation scheduled Wednesday, March 13 at 9am, in the East Center Auditorium. Light Refreshments available. Registration is available at East, West, Las Campanas and Canoa Hills Centers or by calling 520.625.3440. Registration is not available at the GVR Administrative Offices (formerly known as Member Services Center).

## Get out and Vote, You own GVR!

There is now a computer kiosk at the Las Campanas Center which will allow GVR members to vote electronically. The GVR Nominations and Elections Committee (N&E) will have a Committee member at Las Campanas Center to assist GVR Members unfamiliar or uncomfortable with computers to vote electronically for the GVR Board of Directors and proposed Bylaw changes.

The kiosk will be attended each Wednesday, February 20 through March 13 from 10:00am to noon.

On March 20, the last day to vote, there will be a second session from 2:00 to 4:00pm.

The N & E Committee member will show you how to sign in and enter your access number and then you will be able to mark the ballot, voting for your candidates of choice (up to 4) and the Bylaws amendments.

If you are interested in using the computer at the kiosk you must have your GVR card and the ballot access number you received in the mail.

We encourage you to stop by Las Campanas and vote electronically, The 2018-19 GVR Nominations and Elections Committee

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## GVR Lecture Series


The Green Valley Recreation upcoming lecture series is free and open to GVR members and the public. Please look for informational flyers at GVR center bulletin boards. Registration is not required.

*GVR Lecture Series Sponsored by:*

*The Villas*  
at Green Valley

ASSISTED LIVING & MEMORY CARE NEIGHBORHOOD

Date	Time	Center	Presentation By	Presentation Topic
3/1	1:00pm	East Center	GV Parkinson's Group	"Hearing Loss and it's Effects..."
3/2	10:00am	Desert Hills	Tucson Audubon Society	"Millennia of Biodiversity Crisis..."
3/6	9:00am	East Center	Northwest Medical Center	TBD
3/6	2:00pm	East Center	Tucson Orthopaedic Insitute	"My Aching Back"
3/7	9:30am	Desert Hills	Green Valley Gardeners	"Plant Sale Review"
3/11	9:00am	S.R. Springs	SCVR Hospital	"Report to the Community"
3/13	9:00am	West Center	Whipple Observatory	"WIYN Observatory's One Degree Imager"
3/14	9:30am	Desert Hills	Green Valley Gardeners	"Aquaponics"
3/21	10:00am	Canoa Hills	Sarver Heart	"Stroke Prevention and Atrial Fibrillation"
3/22	10:00am	West Center	Kidney Smart	"Kidney Smart"
3/28	9:00am	Desert Hills	Green Valley Gardeners	"Gardening in Pots"




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[www.uchcaz.org](http://www.uchcaz.org)

## Word Search Puzzle - Enjoy!

### Word Search

*Shamrock, Rainbow, Irish, Gold, Good Luck, Mischief, Leprechaun, Saint, Patrick, Limerick, March, Parade, Blarney, Dance. Solutions on page 38.*



## Have Your Voice Counted in the 2019 GVR Election



*(Cont'd from page 1)* It's not a chore to vote when the ballot is mailed to your home, or you receive it electronically. It's not for lack of information on the candidates or the issues. Bios of each Director candidates are made available of GVR's website, as well as GVR hosted forums to get to know each candidate's information.

Perhaps it's because GVR members are so very satisfied with the excellent facilities and programs that GVR offers members that they don't appreciate how this could change overnight. Board composition may have a dramatic effect on the long-term financial health of GVR, including balancing maintenance of existing facilities and expanding to address a growing membership and their ever increasing needs.

While not everyone wants to spend their retirement attending GVR meetings, you owe it to yourself to be informed on GVR issues, ask questions, become better informed, and most importantly VOTE.

Voting for the 2019 GVR Board of Directors will occur February 8 - March 20, 2019. Voting instructions and the Notice of Annual Meeting of the Corporation will be mailed to each GVR member home, property and emailed to members who have registered their email address with GVR.





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## Get to Know Your GVR Staff



**Jody Crawford**

**Facility Reservations Coordinator**

Jody has proven to be a phenomenal asset to GVR's team since she joined the staff in October 2007 as a Customer Service Representative, before becoming the Facility Reservations Coordinator. The highlight of her job is meeting the friendly GVR members that pay her a visit. She moved to Green Valley 12 years ago from Ohio and says she's still a Buckeye fan! Jody has 3 adult children, 7 grandchildren, and 1 furbaby - a cocker spaniel named Maxwell. In her free time, Jody loves to read and garden.



**Laura**

**Customer Service Representative**

Laura has been an outstanding Customer Service Representative on the GVR Staff Team since November 2012 - starting out part-time and going to full-time 3 months later. She says she loves working at GVR because of all the wonderful members and her GVR family. Laura moved to Green Valley from Montana about 6.5 years ago, to get away from colder weather and to be nearer to family members who live in Arizona. Her favorite things to do outside work are playing golf and getting together with friends.

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## 3rd Annual SoAZ CultureFest Saturday, March 2 in Tubac

The Greater Green Valley Community Foundation (GGVCF) and GVR Foundation host the 3rd Annual SoAZ CultureFest - Together As One - for its first-time debut in Tubac at La Entrada on March 2, 2019 from 1pm to 7pm. Admission is free.

We welcome back for the third-time, friend and soul brother Native American, Tony Redhouse (www.tonyredhouse.net) to open the festival with a sacred and inspirational Blessing Ceremony bound to deeply touch our hearts and minds! Tony is an accomplished musician having mastered a vast-array of percussions.

The event is designed to celebrate together the area's cuisine, artists and music, including this year selection - Axe Capoeira Tucson - a blend of passionate

Cuban and Afro-Brazilian music combined with acrobatic dance performances. Performances will begin at 3pm in the La Entrada courtyard area.

La Entrada de Tubac is home to several galleries, mouthwatering cuisine, and boutique shopping. Over 30 additional vendors including various nonprofits, tours and added shopping enjoyment will be highlighted. After visiting La Entrada, the whole 'Village of Tubac' is yours to explore!

Join us as this is a day to be shared by all. For the kids, Wisdom Sports and Scholars and Tubac Fire Department will be offering kid-friendly activities. For more event information, call 520.625.4556 or email [exd@ggvcf.org](mailto:exd@ggvcf.org).



Saturday March 2, 2019



2019

# SoAZ

## CultureFest III

Together as



# ONE

# 1pm - 7pm Free Admission!

At LA ENTRADA de TUBAC  
2221 I-19 Frontage Rd

Join us for a day of  
Cuisine, Food Trucks,  
Artisans & More!

Featuring: Axe Capoeira Tucson  
Cuban & Afro-Brazilian Music,  
Dance Performances











































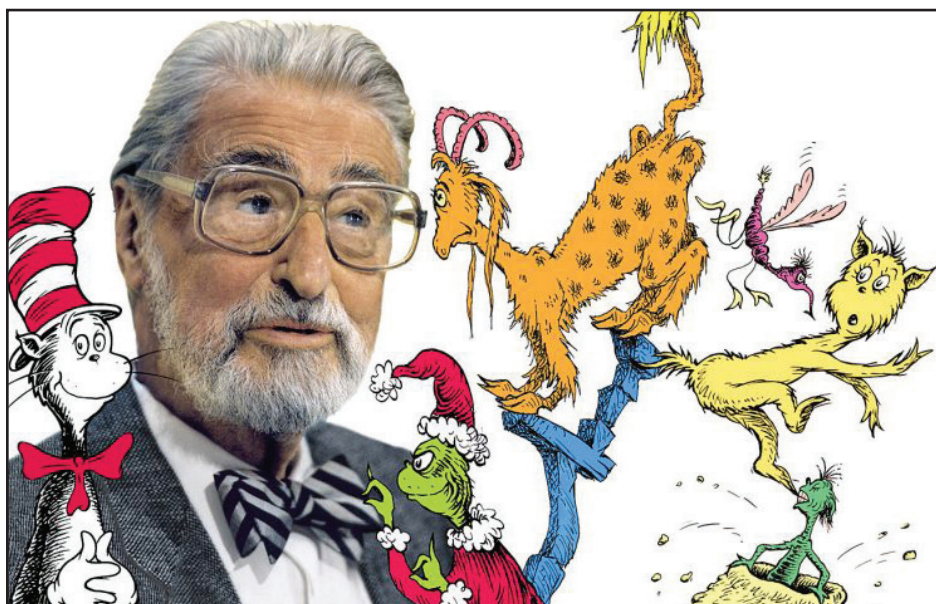




# Did You Know?

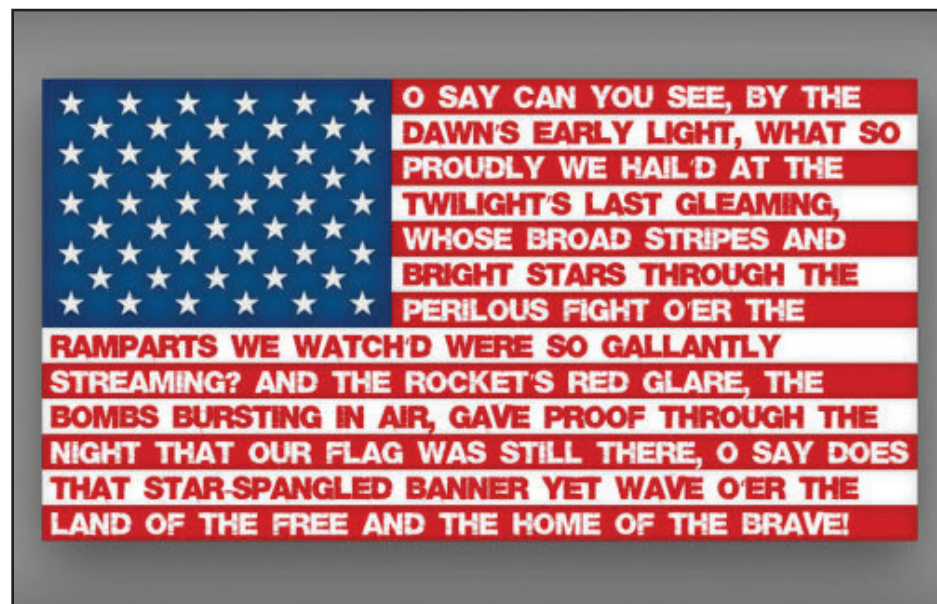
## This Month in History

Source: [History.com](https://www.history.com)



**Dr. Seuss is Born  
March 2, 1904**

On March 2, 1904, Theodor Geisel, better known to the world as Dr. Seuss, the author and illustrator of such beloved children's books as "The Cat in the Hat" and "Green Eggs and Ham," was born in Springfield, Massachusetts. Geisel, who used his middle name as his pen name, wrote 48 books—including some for adults—that have sold well over 200 million copies and been translated into multiple languages. Dr. Seuss books are known for their whimsical rhymes and quirky characters, which have names like the Lorax and the Sneetches and live in places like Hooterville. His first bestseller, "The Cat in the Hat," was published in 1957. Many Dr. Seuss books have been adapted for television and film, including "How the Grinch Stole Christmas!" and "Horton Hears a Who!". Geisel, who lived and worked in an old observatory in La Jolla, California, known as "The Tower," died September 24, 1991, at age 87.



**Star Spangled Banner made National Anthem  
March 3, 1931**

On March 3, 1931, President Herbert Hoover signed a congressional act making "The Star-Spangled Banner" the official national anthem of the United States. On September 14, 1814, Francis Scott Key, an American lawyer, composed the lyrics after witnessing the massive overnight British bombardment of Fort McHenry in Maryland during the War of 1812. Key watched the siege while under detainment on a British ship and penned the famous words after observing with awe that Ft. McHenry's flag survived the 1,800-bomb assault. The patriotic lyrics were published in September 1814 and were later set to a tune. Throughout the 19th century, "The Star-Spangled Banner" was regarded as the national anthem by most branches of the U.S. armed forces, but it wasn't until March 1931 when Congress passed an act confirming Woodrow Wilson's presidential order to designate it as such and then President Hoover signing it into law.



## Sudoku Puzzle - Enjoy!

### Sudoku

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column, and 3-by-3 block. Use logic and process of elimination to solve the puzzle. Solutions on page 38.

1	7	6	5			2		
					2		9	6
		4		8	6			
		2	7					8
9								1
6					8	9		
			9	1		8		
3	2		8					
		9			3	6	1	4

## GVRNOW! Deadlines

Want to submit content but you're not sure what the deadlines are? See below!

### April Edition

Ad Space.....2/27/19  
 Content..... 3/7/19  
 Delivery .....3/28/19

### May Edition

Ad Space.....3/27/19  
 Content..... 4/3/19  
 Delivery .....4/25/19

### June Edition

Ad Space.....4/29/19  
 Content..... 5/6/19  
 Delivery .....5/30/19

### July Edition

Ad Space.....5/29/19  
 Content..... 6/5/19  
 Delivery .....6/27/19

### August Edition

Ad Space.....6/26/19  
 Content..... 7/3/19  
 Delivery .....7/25/19

### September Edition

Ad Space.....7/31/19  
 Content..... 8/7/19  
 Delivery .....8/29/19

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## Home Delivery of Your Meds

By BPT



Home delivery of prescription medications can help people who manage chronic conditions such as hypertension, high cholesterol or diabetes to save money, avoid trips to the pharmacy and improve their health. Susan Peppers, vice president of pharmacy practice at Express Scripts, answers some frequently asked questions about home delivery.

### 1. **Could I save money through home delivery?**

Yes, you could save up to approximately 66 percent in out-of-pocket expenses when compared to the cost of filling prescriptions at retail.

### 2. **Will I get my next prescription on time?**

Medications are automatically sent to your home and you can also call or go online to check on the status of your order.

### 3. **Why can home delivery be good for my health?**

Studies show home delivery can improve adherence to medications, which is one of the most important things you can do to manage chronic conditions and improve health outcomes.

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## A Message from the Pickleball Club

*Continued from page 1*

*(Continued from page 1)* here in Tucson and Green Valley, the climate being what it is. It's taken off exponentially."

The GVR Pickleball Club is the largest sports club in GVR with 60% more members than the second largest, which is the GVR Tennis Club. Court usage statistics indicate that in January 2018 GVR pickleball courts were at 208% of capacity. Further, our introductory and orientation classes are filled to capacity and for every GVR member who registers for one of these classes, at least one more member is turned away. The club opens registration for our weekly events and reserved courts and they are filled quickly - sometimes in less than five minutes!

Since 2007, GVR has tracked the amount of capital project funds by club and the contribution by each club towards those projects. When compared to the GVR club receiving the largest amount of capital project funds over this time period, the GVR Pickleball Club has received 55% less, while having a club membership base that is 67% greater. There is not only a clearly demonstrated need for additional pickleball courts, but also a historical disparity in GVR-funded capital projects.

This project will be funded with GVR non-dues revenue, grants, and voluntary donations. No GVR dues revenue is to be used to finance this project. The GVR Initiatives Reserve will be used for GVR's investment into this project and the Initiatives Reserve is funded through fees from the sale of GVR-deeded homes and the New Member Capital Fee. No money from your GVR dues will be used to fund this project.

In partnership with the GVR Foundation, the GVR Pickleball Club has committed to raising \$500,000 to contribute towards the Pickleball Center. Doing so would set a new standard for clubs asking for new facilities and would help to more quickly replenish funds expended by GVR so that other capital project requests could be considered and approved sooner.

This partnership between the GVR Foundation and the GVR Pickleball Club serves to do two things. First, because the GVR Foundation is an IRS 501(c)(3) organization, donations processed through the Foundation may be tax-deductible depending on your situation. Also, the GVR Pickleball Club gains the help of the Foundation in obtaining corporate and large dollar contributions. In 2018 while the Pickleball Center was still a concept, the GVR Foundation procured

a grant of \$50,000 from Freeport-McMoRan dedicated for the new Pickleball Center. The GVR Pickleball Club could partner with any Foundation for income tax considerations, but the GVR Foundation has clearly demonstrated their commitment to this project and willingness to help.

We urge you as GVR members to support this project, GVR, and our organizations as we all work together to make this project a reality and provide adequate resources for a dynamic and growing portion of GVR. Building the Pickleball Center will further propel GVR into future health and fulfill the promise of providing resources for the current membership.



# One Mile at a Time

## “Get in Shape for Summer!”

*by Miles Waterbury*

This may be a tad premature, but it is never too early to begin a fitness and nutrition regimen intended to get your body in peak condition for the summer ahead. If you're like me, nothing spells summer like pool BBQ's and vacations to the beach! As soon as February each year, I tend to switch up my fitness routine, and change my diet slightly, to get myself swimsuit ready. Each year, Women's Health Magazine produces a quick-and-easy list (forwarded to me via email from my special lady), which gives readers simple tools to implement in your daily routine to trim up and elevate your muscularity. These tips are universal, and can help both men and women!

1. Incorporate or increase the duration of your STRENGTH training workouts. No offense to cardiovascular training (in fact, NEVER neglect it!), but strength training will increase your body's metabolic rate exponentially for up to 48 hours following a workout. Strength training will help you develop lean, vascular muscles, and allow your body to break down and redevelop muscle fibers all day long, burning calories in the process!
2. Focus at least once a week on



your glutes and hamstrings. Your booty muscles (gluteal) are the largest muscles in your body. Devoting entire strength days to your quads, hamstrings, calf, and gluteal muscles will not only form your legs into muscular artwork, these workouts will also create a prolonged period of calorie-burning!

3. Core strength. One of the biggest fallacies of any workout is neglecting your core muscles. By performing exercises like planks, crunches, leg lifts, etc., your midsection will tighten up and fat will burn quickly around abdominal muscles (alongside a healthy diet!).
4. Drink a ton of water! Well... don't actually drink a ton, but you get the picture. As a 5'11", 210lb male who exercises 6 days a week at a high intensity, I should be drinking ~1.75 gallons of water per day! I drink around 2 gallons, as I sweat all day long and hydration is a constant struggle.

Even mild dehydration will decrease the effectiveness of your workouts and your muscles may even begin pulling water from other areas of your body to supplement your core bodily functions (which may lead to headaches and an upset stomach).

5. Cut back on processed carbohydrates. In the pursuit of fitness, nutrition is just as important as strength and conditioning in the gym. Try cutting back on foods like breads, pastas, bagels, cookies, crackers and candies. Most of these are loaded with extra servings of sodium, which will cause water retention and bloating. Instead, dine on fresh fruits and veggies, and lean proteins.

Avoid overconsumption of alcohol. Not only will this reduce your total caloric intake, you set yourself up for better, more restful sleep. When you do drink, try drinking a glass of water before and after each drink. This will not only fill you up, it will negate many of the dehydrating effects alcohol has on your body!

For more tips, the ladies can visit: [www.womenshealthmag.com](http://www.womenshealthmag.com) and the gents can check out this site: [www.menshealth.com](http://www.menshealth.com).

around **GVR**

## Save Lives with Chest Compressions Only CPR and AED Training



Green Valley Recreation (GVR) has Automated External Defibrillators (AEDs) installed at all recreation centers, and offers free training on how to use the AED and perform chest compression only CPR.

### Classes include the following and more:

- when to call 911 and what to tell 911 dispatchers
- when to perform CPR (and when not to)
- how to perform compressions only CPR
- when rescue breaths are advisable
- the difference between cardiac arrest and heart attack
- how AEDs work and why it is important to combine CPR with AED use
- how to use an AED
- where AEDs are located at GVR centers

### Classes scheduled in Sept. at Desert Hills Auditorium:

- Sat., March 9, 10am (CR# 43096)
- Wed., March 13, 6pm (CR# 43098)
- Tues., March 26, 2pm (CR# 43097)

If you'd like to register, please visit a GVR center with a customer service representative.

**Learning how to perform CPR and to use an AED can make you a lifesaver!**

## Mozart Requiem

From Darkness to Light

Friday, March 29, 7:00pm  
Valley Presbyterian Church, Green Valley

From the somber grandeur of the Mozart to the luminous *Lux Aeterna* (Eternal Light) by Morten Lauridsen, be transformed as lifted voices ask the ultimate questions about life and death and offer a shining answer.

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Helen Karloski



Steven Soph



Paul Tipton

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Exp. 05/31/2019

## CLASSES & tours

### Winter Catalog Update

Pick up a copy of our Winter Course Catalog or view it online at [gvrec.org](http://gvrec.org). You are welcome to register online or we can assist you in person at East Center, Las Campanas, Canoa Hills, or Santa Rita Springs.



### Class Updates

#### Pine Needle and Clay

*Not appearing in the catalog*

*Prerequisite:* Must be a member of the GVR Clay Studio. Learn the basics of pine needle art to enhance your clay vase creation, thrown or hand built. The class will cover hole placement, design, and various pine needle stitch patterns. Instructor will provide all supplies for a \$10 materials fee collected at first class. 3/19 class in the Sculpture Room. Instructor: Russ Nichols  
**40400 3/5-26 Tu 12:30-4pm SRS-FSTA \$50**

#### Julius Caesar

*Not appearing in the catalog*

By student request, the instructor has decided to substitute this play for the previously scheduled Henry IV Part II. The instructor has had more than 50 years acting in and directing, studying and teaching Shakespeare. Please bring a 'Complete Works of Shakespeare' or a copy of the play. Instructor: Jay Kobler  
**42399 3/5-3/26 Tues 1pm-3pm ABS-REC \$60**

#### Gourd Art Fundamentals

*Not appearing in the catalog*

Learn to clean and decorate gourds with paint, dye and decorative materials such as leather, feathers and botanicals. **SUPPLY LIST** and cleaning instructions given at registration. Gourd must be cleaned prior to the first class. Estimated supply cost: \$25+. Instructor: Diane West  
**43137 3/6-3/27 Wed 1-4pm CV-REC \$60**

*Exciting Shows & Events Added All Year Long!*

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## Class Updates

### World National Parks

#### *Updated Description*

We apologize for the confusion, the incorrect course description was included in the Winter Course Catalog. Please see the correct description below. Please note the time correction for the 3/12 class. After the creation of Yellowstone National Park—the first in the world—most countries recognized the importance of setting aside key natural areas for protection in perpetuity. In this dazzling slide show Naturalist and Wildlife Biologist Vincent Pinto will take you through a visual journey of diverse national parks in: Japan, Italy, France, and the Dominican Republic. There you'll marvel at scenic and dramatic landscapes, including unique wildlife and flora. Instructor: Vincent Pinto  
**42171 3/12 Tues 10am-12pm LC-IRWD \$20 LC-IRWD**

### Wet Felted Bag or Vessel

#### *Not appearing in the catalog*

This class offers wet felting techniques in which participants will create either a bag or free standing vessel using colorful wool strands. Using your hands, soap and water, participants will blend multiple wool fibers to create their piece. No experience necessary. Hands will be in water and used for squeezing and kneading the wool, plus arm movement is necessary for rolling your piece. **SUPPLIES** needed: a bath towel. Material fee of \$30 payable to instructor. Handles for the bags will also be available as an additional purchase, if desired. Email: hnorasue@yahoo.com for photos of projects. Instructor: Sue Helle  
**43139 3/14 Thurs 9am-12pm CP2-REC \$25**

### Fun with Sculpture

#### *Just Added!*

*Prerequisite:* Must be a member of the Clay Studio of GVR. Students in this class will have two instructors who will guide them in creating a sculpture of their choice. **SUPPLIES NEEDED:** Basic clay tools and 25 lb.

bag of Los Altos clay or B-mix. All clay must be purchased at the Clay Studio. Many tools will be available on loan. Instructors: Nancy Schultz and Elenie Eliassen  
**43177 3/27-4/24 Wed. 9am-12pm SRS-SCLPT \$60**

### Pickleball 201

#### *Not appearing in the catalog*

This course is designed for beginner/intermediate players. The major emphasis is developing the third shot with a strong focus on the soft game, especially the third shot drop. Additional skills include the dink, drive, and lob. Students will learn the proper footwork to defend the lob and move on the court. Team positioning and strategies will be applied including proper position for serving and receiving. Instructor: Carol Hammerle  
**43088 4/3-17 Wed 3-5pm CR-PICK \$25**

### Molds R Us

#### *Not appearing in the catalog*

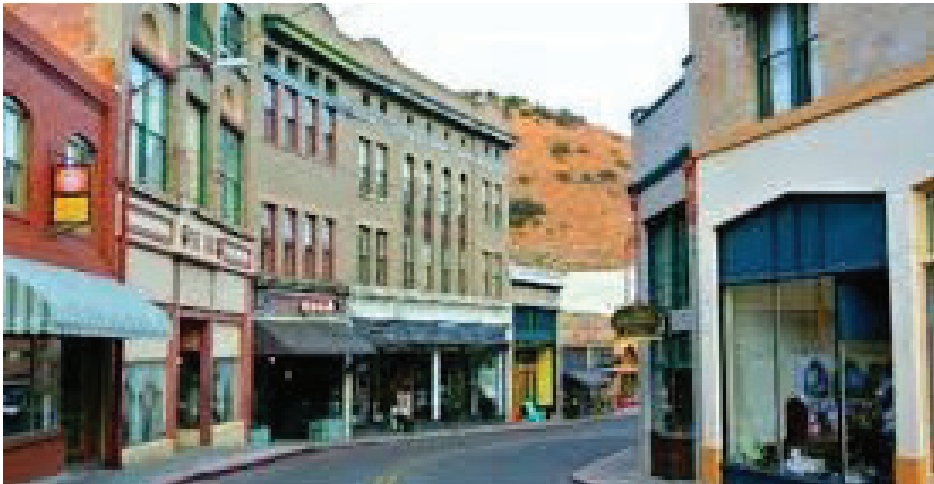
*Prerequisite:* Must be a member of the GVR Clay Studio. Would you like to learn the proper usage of clay studio molds? Want to explore 'molds' in creative and innovative ways? Want to use that hidden imagination? Then join us. We will guide you in a new and exciting journey using molds. **SUPPLIES NEEDED:** Clay and basic clay tools. All clay must be purchased at the Clay Studio. Instructor: Russ Nichols and Sue Helle  
**43143 4/9-30 Tue 12-4pm SRS-HAND \$50**

## Become a GVR Instructor!

### Are you someone who wants to share your expertise and instructional ability?

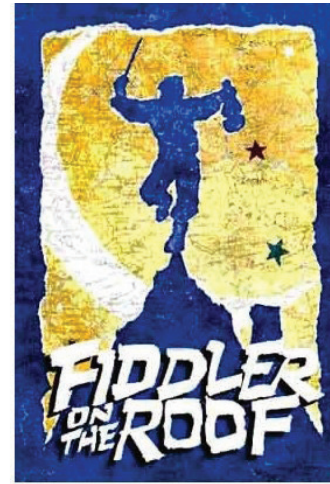
GVR is continually looking for new courses. If you are interested in instructing a course, please visit our website at [www.gvrec.org](http://www.gvrec.org), hover over Recreation at the top, then locate Instructor Corner under the GVR Discover header.

## Upcoming Tours



### Historical Bisbee Tour

We will begin at the Lavender Pit, the successor to the underground mining shafts honeycombing the hills above it. We'll enjoy a docent presentation and self-guided tour of the Bisbee Mining and Historical Museum, followed by free time to explore the Copper Queen Hotel, galleries and antique shops. After lunch at Bisbee's Table on Main Street, we will board jeeps to tour the back streets of Bisbee, Note: Sidewalks are uneven, with unexpected "toe-catchers" and Jeeps can be a tight fit and utilize narrow, sometimes rough streets. Fee includes: roundtrip transportation via coach, lunch, Lavender Jeep Tour, museum admission, bus refreshments, services of a tour director and driver tip. *Bus departs from the WEST end of the Desert Hills UPPER parking lot at 7:45am and returns at 6:00pm. Deadline to purchase and no refunds after 3/19/19.* Fees: Member \$179; Guest \$184; GP \$189  
**CR# 43014 4/2 Tu 7:45am-6:00pm DH-PARK**



### Fiddler on the Roof - Broadway in Tucson

Join us for Fiddler on the Roof, one of the all-time great musicals. We will travel first to a delicious lunch at Café a la C'Art, next to the Tucson Museum of Contemporary Art, before taking our seats at this iconic show. Just the mention of the songs will get your toes tapping – "Tradition," "Sunrise, Sunset," "Matchmaker, Matchmaker," and "If I Were A Rich Man" fill the theater, as a poor milkman tries through a matchmaker to find the best husbands for his five daughters. How he balances this earthly advice with his faith creates one of Broadway's "richest" musicals. Fee includes transportation via motorcoach, lunch, show admission, services of a tour director, bus refreshments and driver tip. *Bus departs from the WEST end of the Desert Hills UPPER parking lot at 10:15am, returns at 4:30pm. Deadline to purchase and no refunds after 3/14/19.* Fees: Member \$189; Guest \$194; GP \$199  
**CR# 43015 4/14 Su 10:15am-4:30pm DH-PARK**

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## GVR Lost & Found

Have you lost it? Well, maybe GVR can help you find it! Here are some things you need to know about GVR Lost & Found.

First, lost and found items (clothing, hats, shoes, swimwear, etc.) are kept at the center where they were found. Each center has a plastic bin clearly marked Lost & Found in a central location. These items are never transported to the Administrative Office. A Center Operations Assistant (COA) will collect the lost and found items after about 30 days and donate them to the White Elephant Thrift Store.

Next, items that are considered valuable (phones, jewelry, wallets, keys, hearing aids, etc.) are either kept at the center where they were found or taken to the nearest center with a Customer Service Representative (CSR) - West Center, East Center, Canoa Hills, Las Campanas, Santa Rita Springs. If a Member ID card is found without the member attached, the card is given to the center's Customer Service Representative or taken to the nearest center with a CSR, where the member will be called and told where to pick up his/her card.

So if you think you've lost it, double check that you have everything you brought with you and then check out the GVR Lost & Found at each center.

## March Exhibits

Canoa Hills – Santa Rita Art League

Desert Hills – Santa Rita Art League

East Center – Acrylic Painting Just For Fun!

Las Campanas – Santa Rita Art League

West Center – Camera Club

## GVR Approved Caterers

Caterer	Contact Person	Location	Phone
19th Hole Bar & Grille .....	Greg Hansen .....	Green Valley .....	520-399-4653
Arizona Family Restaurant .....	Don Herk/Kathy Wagner.....	Green Valley .....	520-625-3680
BK's Outlaw BBQ .....	Vicki Wandfluh .....	Arivaca.....	520-301-4246
Coyote Grill .....	Scott Stober .....	Green Valley .....	520-207-8002
Culinary Design .....	Debbie Graves .....	Tucson .....	520-320-3909
Feast Catering.....	Elizabeth Harrington .....	Tucson .....	520-326-6500
Lovestruck.....	Jenn Seymour.....	Sahuarita.....	520-400-5815
Mama's Hawaiian Bar-B-Cue .....	Katie Luna.....	Sahuarita.....	520-392-1085
National Pizza Parties .....	Angelique Lineburger .....	Tucson .....	520-888-9359
Optimist Club of GV/Sahuarita.....	Sue Woodward.....	Green Valley .....	520-625-8289
Sweet Peas Catering .....	Rebekah Robinson .....	Arivaca.....	520-730-7421
Sapphire Services/Catering.....	Kim Kammann Lamb .....	Tucson .....	520-622-8343
The Greens.....	Elizabeth Villigran.....	Green Valley .....	520-648-5531

*\*Caterers are charged a \$50 per event fee for the use of GVR facilities.*



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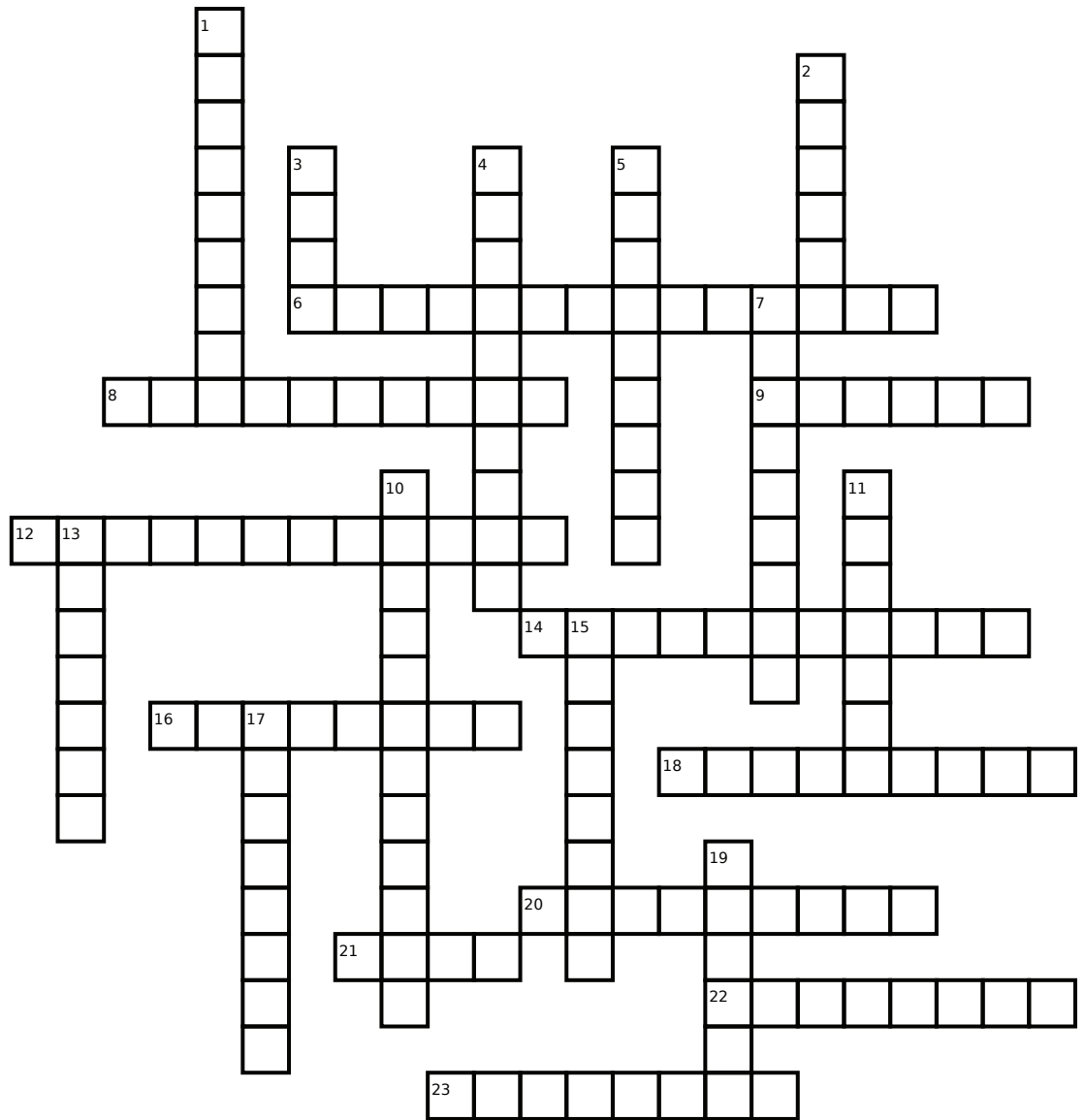
**ONLY \$22**

# Ides of March & Roman History - Crossword Fun

Solutions on page 38.

**Down:**

- 1. Mother to Caesar's son Caesarian
- 2. Caesar introduced this calendar
- 3. Caesar's greatest military achievement - the 'Conquest of \_\_\_\_'
- 4. Rome was originally a small town on the banks of the \_\_\_\_
- 5. Romans' solution to getting water to their cities
- 7. Preserved road connecting Rome & Campania since 312 BC
- 10. 'Ides' translation from Latin
- 11. Priestesses vowed to chastity and maintaining the sacred fire
- 13. Caesar's death was caused by being \_\_\_\_ 23 times
- 15. Caesar's chosen successor
- 17. Temple known best for its unreinforced concrete dome
- 19. "\_\_\_\_ the Ides of March"



**Across:**

- 6. \_\_\_\_ in Ancient Rome was only 20-30 years
- 8. Armed combatants who entertained audiences by fighting
- 9. Caesar died at the foot of the Statue of \_\_\_\_
- 12. Caesar was \_\_\_\_ March 15, 44 BC
- 14. First Roman Emperor to convert to Christianity
- 16. Rome is considered an \_\_\_\_ power in history
- 18. Huge amphitheatre once used for a mock sea battle
- 20. The Theatre of \_\_\_\_ pre-dates the Colosseum & was commissioned by Caesar
- 21. Number of months in a year that the 'Ides' falls on the 15th
- 22. He founded the Roman Empire
- 23. Julius Caesar was elected '\_\_\_\_ Maximus' in 65 BC

## 35<sup>th</sup> Southern Arizona Senior Games Event Schedule

*Continued on Page 21*

<b>Event</b>	<b>Division</b>	<b>Date</b>	<b>Time</b>	<b>Location</b>
Basketball Shoot .....	Basketball Shoot.....	3/1.....	10am.....	Canoa Ranch
Bean Bag Toss .....	Competitive .....	3/14.....	8am.....	West Center
Billiards.....	8 Ball - Women - Singles .....	3/4.....	8am.....	West Center
	8 Ball - Women - Doubles .....	3/6.....	8am.....	West Center
	9 Ball - Women - Singles .....	3/8.....	8am.....	West Center
	8 Ball - Mixed - Doubles.....	3/18.....	8am.....	West Center
	8 Ball - Men - Singles .....	3/11.....	8am.....	West Center
	8 Ball - Men - Doubles.....	3/20.....	8am.....	West Center
	9 Ball - Men - Singles .....	3/14.....	8am.....	West Center
Bocce .....	Singles.....	3/13-15 .....	8am.....	Canoa Hills
	Men - Doubles.....	3/18-22 .....	8am.....	Canoa Hills
	Women - Doubles .....	3/18-22 .....	8am.....	Canoa Hills
	Mixed - Doubles .....	3/18-22 .....	8am.....	Canoa Hills
Canasta .....	Competitive .....	3/7.....	1pm.....	Las Campanas
Cribbage .....	Two Hand .....	3/4.....	1pm.....	Desert Hills
	Four Hand .....	3/11.....	1pm.....	Desert Hills
Chess .....	Competitive .....	3/22/24 .....	8am/1pm ...	Santa Rita Springs
Euchre .....	Competitive .....	3/12.....	1pm.....	Desert Hills
Field Events.....	Punt, Pass, Kick.....	3/9.....	8am.....	Continental School
	Softball Throw.....	3/9.....	8am.....	Continental School
Golf Skills.....	Golf Skills .....	3/13.....	1pm.....	Torres Blancas Range
Hearts .....	Competitive .....	3/14.....	1pm.....	Las Campanas
Horseshoes.....	Singles.....	3/5.....	8am.....	Abrego South
	Doubles.....	3/7.....	8am.....	Abrego South
Mah Jongg.....	National .....	3/1 & 3/4.....	9am.....	Santa Rita Springs
	Wright Patterson.....	3/23.....	9am.....	Las Campanas
Pickleball.....	See Registration Book .....	3/5-7 & 3/9-10 .....		Register Online
Pinochle .....	Single Deck .....	3/8.....	1pm.....	East Center
	Double Deck .....	3/22.....	1pm.....	East Center
Powerlifting .....	Men .....	3/23.....	9am.....	Copper Fitness
	Women .....	3/23.....	11am.....	Copper Fitness
Raquetball .....	Singles.....	3/11-15 .....	8am.....	Las Campanas
	Men - Doubles.....	3/11-15 .....	8am.....	Las Campanas
	Mixed - Doubles .....	3/11-15 .....	8am.....	Las Campanas
Run / Walk .....	5K Run.....	3/9.....	9am.....	Continental School
	2K Walk .....	3/9.....	9am.....	Continental School

# 35<sup>th</sup> Southern Arizona Senior Games Event Schedule

*Get Ready, Get Set, Go!*

<b>Event</b>	<b>Division</b>	<b>Date</b>	<b>Time</b>	<b>Location</b>
Run / Walk (Cont'd)	400m	3/9	9am	Continental School
	200	3/9	9am	Continental School
	100m	3/9	9am	Continental School
	1500m	3/9	9am	Continental School
Sheepshead	Competitive	3/6	1pm	Las Campanas
Shuffleboard	Doubles	3/4-5	9am	West Center
	Singles	3/11/12	9am	West Center
Swimming	25 Freestyle	3/16	9am	West Center
	25 Backstroke	3/16	9:15am	West Center
	200 I.M	3/16	9:30am	West Center
	25 Breaststroke	3/16	9:40am	West Center
	25 Butterfly	3/16	9:45am	West Center
	100 Breaststroke	3/16	9:55am	West Center
	50 Butterfly	3/16	10am	West Center
	100 Freestyle	3/16	10:15am	West Center
	50 Backstroke	3/16	10:20am	West Center
	100 I.M.	3/16	10:25am	West Center
	50 Breaststroke	3/16	10:30am	West Center
	100 Backstroke	3/16	10:35am	West Center
	200 Freestyle	3/16	10:40am	West Center
	50 Freestyle	3/16	10:45am	West Center
	100 Butterfly	3/16	10:50am	West Center
	500	3/16	7am	West Center
	500	3/16	11am	West Center
Table Tennis	Singles	3/16	9am	West Center
	Doubles	3/16	9am	West Center
Tennis	Men - Doubles	3/19-21	9am	West Center
	Women - Doubles	3/19-21	9am	West Center
	Mixed - Doubles	3/26-28	9am	West Center
Texas Hold 'Em	Practice	3/1	1pm	Casa Paloma I
	Competition	3/8	1pm	Casa Paloma I
Volleyball	Sand	3/9	8:30am	Abrego South
	Water	3/16	10am	Abrego South
Wallyball	Court	3/6	12pm	Las Campanas
	Recreation	3/7	12pm	Las Campanas
	Rules	3/8	12pm	Las Campanas

# 35<sup>th</sup> Southern Arizona

M	Sunday	Monday	Tuesday	Wednesday
<b>A</b> <b>R</b> <b>C</b> <b>H</b>  <b>2</b> <b>0</b> <b>1</b> <b>9</b>	<b>Event Venues</b>			
	ABS - Abrego South CF - Copper Fitness CH - Canoa Hills CP1 - Casa Paloma 1	CR - Canoa Ranch CS - Continental School DH - Desert Hills EC - East Center	LC - Las Campanas QC - Quail Creek TB - Torres Blancas WC - West Center	
	<b>3</b>	<b>4</b> Cribbage - 2H @ DH Nat'l Mah Jongg @ SRS Shuffleboard - Dbl @ WC Billiards - W-8B-Sgl @ WC	<b>5</b> Horseshoes - Sgl @ ABS Shuffleboard - Dbl @ WC Pickleball - M-Dbl-3/5 @ QC	<b>6</b> Sheepshead @ LC Wallyball - Ct @ LC Billiards - W-8B-Dbl @ WC Pickleball - Mxd-Dbl-3/5 @ QC
	<b>10</b> Pickleball - Mxd-Dbl-2.5 @ EC	<b>11</b> Raquetball @ LC Cribbage - 4H @ DH Shuffleboard - Sgl @ WC Billiards - M-8B-Sgl @ WC	<b>12</b> Euchre @ DH Raquetball @ LC Shuffleboard - Sgl @ WC	<b>13</b> Golf Skills @ TB Raquetball @ LC Bocce - Singles @ CH
	<b>17</b>	<b>18</b> Bocce - Dbl @ CH Billiards - Mxd-8B-Dbl @ WC	<b>19</b> Bocce - Dbl @ CH Tennis - M/W-Dbl @ WC	<b>20</b> Bocce - Dbl @ CH Tennis - M/W-Dbl @ WC Billiards - M-8B-Dbl @ WC
<b>24</b> Chess @ SRS	<b>25</b>	<b>26</b> Tennis - Mxd-Dbl @ WC	<b>27</b> Tennis - Mxd-Dbl @ WC  <b>Closing Event</b>	
<b>31</b>				



# MARCH

# 2019

SUN	MON	TUE	WED
3	<b>Health Fair</b> <ul style="list-style-type: none"><li>8am-12pm, WC</li></ul> 4	5	<b>GVR Lectures</b> <ul style="list-style-type: none"><li>NW Medical Center, 9am, EC</li><li>Tucson Orthopaedic Institute, 2pm, EC</li></ul> 6
<b>GVR Live! - Quarteto Nuevo</b> <ul style="list-style-type: none"><li>6pm, CH Picnic Area</li></ul> 10	<b>GVR Lecture</b> <ul style="list-style-type: none"><li>SCVR Hospital, 9am, SRS</li></ul> <b>SOS Seminar - Fall Prevention</b> <ul style="list-style-type: none"><li>10am, SRS</li></ul> 11	<b>GVR Live! - Goitse</b> <ul style="list-style-type: none"><li>7pm, WC</li></ul> 12	<b>GVR Lecture</b> <ul style="list-style-type: none"><li>Whipple Observatory 9am, WC</li></ul> <b>CPR/AED Training</b> <ul style="list-style-type: none"><li>6pm, DH</li></ul> <b>SOS Discussion Group</b> <ul style="list-style-type: none"><li>2pm, DH</li></ul> 13
17	18	19	20
24	<b>SOS Volunteer Training</b> <ul style="list-style-type: none"><li>2pm, WC</li></ul> 25	<b>SOS Discussion Group</b> <ul style="list-style-type: none"><li>2pm, ABN</li></ul> <b>CPR/AED Training</b> <ul style="list-style-type: none"><li>2pm, DH</li></ul> 26	27
31			



**THU****FRI****SAT**

# Notes

*Governance Calendar on page 26*

*Meeting times and locations often change. Please be sure to check [gvrec.org](http://gvrec.org) to find the most up-to-date schedules.*



## Abbreviation Key

- ABN - Abrego North**
- ABS - Abrego South**
- CH - Canoa Hills**
- CP1 - Casa Paloma 1**
- CP2 - Casa Paloma 2**
- CR - Canoa Ranch**
- CV - Continental Vistas**
- DH - Desert Hills**
- EC - East Center**
- LC - Las Campanas**
- MV - Madera Vistas**
- SRS - Santa Rita Springs**
- WC - West Center**

**GVR Lecture** **1**

- GV Parkinson's Support Group, 1pm, EC

**GVR Lecture** **2**

- Tucson Audubon Society, 10am, DH

**GVR Lecture** **7**

- GV Gardeners, 9:30am, DH

**SOS Seminar - AZ Poisonous Critters**

- 10am, SRS

**GVR Live! - TSO**

- 7:30pm, WC

**GVR Lecture** **8**

- Carondelet, 10am, WC

**GVR Live! - Dance w/ Uncorked the Band**

- 7pm, CH

**CPR/AED Training** **9**

- 10am, DH

**GVR Lecture** **14**

- Green Valley Gardeners, 9:30am, DH

**SOS Discussion Group** **15**

- 10am, SRS

**16**

**GVR Lecture** **21**

- Sarver Heart, 10am, CH

**GVR Lecture** **22**

- Kidney Smart, 10am, WC

**23**

**GVR Lecture** **28**

- Sarver Heart, 10am, CH

**GVR Live! - Jay Unger & Molly Mason**

- 7pm, WC

**29**

**30**

# Governance

**\*NOTE - This schedule is current as of 2/12/19. For the most up-to-date schedule, visit [gvrec.org](http://gvrec.org).**

Meeting	Day	Date	Time	Center	Room
P & E Sub - Captial Projects Evaluation ....	Fri .....	3/8.....	9:00am .....	Las Campanas .....	Ironwood
P & E Committee .....	Thurs.....	3/14.....	1:30pm .....	East Center .....	Auditorium
Board Affairs - Work Session (Closed) .....	Mon .....	3/18 .....	1:30pm .....	Santa Rita Springs.....	Fiesta
Board of Directors.....	Tues.....	3/19 .....	1:30pm .....	West Center.....	Auditorium
Annual Meeting of the Corporation .....	Tues .....	3/26 .....	9:00am .....	West Center.....	Auditorium

## News From Your GVR Foundation

*by Richard Kidwell, President, GVR Foundation*

March is an exciting month for your GVR Foundation, with a few important events on the slate:

1. Fri., March 1st, the 35th Annual Southern Arizona Senior Games kick-off with 32 separate events and nearly 1000 participants.
2. Sat., March 2nd, the 3rd Annual CultureFest will occur from 1pm-7pm. This year the CultureFest will be held in Tubac, with many of the local merchants participating. Join us for food, entertainment and exhibits.
3. Wed., March 27th, 9am-12pm in the Santa Rita Springs Anza room, we will hold our annual "Write-A-Will

Workshop." Our expert presenters will discuss estate planning issues and how to provide for charitable giving. The event is free, but **registration is required**. To reserve your seat, please call (520) 625-4556 or email [exd@ggvcf.org](mailto:exd@ggvcf.org)



And finally, there is an important GVR Board of Directors election in process, and the key factor is likely to be the turnout of voters. I personally urge you to study the applications of the candidates and select wisely. Urge your friends and neighbors to vote. Discuss the election at your HOA and GVR club meetings. But most of all – VOTE!

# Write-A-Will Workshop

March 27, 2019 ~Wednesday~ 9 am – Noon  
GVR Santa Rita Springs Center - Anza Room - 921 W Via Fuerte

The presenters will discuss estate planning issues  
and how to provide for charitable giving.

**Refreshments will be served.**

Workshop is free, but Registration is required as seating is limited!

## Guest Presenters

Duffield Adamson & Helenbolt, P.C.

*Andrew Heideman, Attorney at Law*

W.F. Stevens Financial Advisors, LLC

*William F. Stevens, Jr., Wealth Advisor*

*Debra L. Green, CFP® , CRPC®*

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To reserve your Seat

Please call: 520.625.4556 or Email: [exd@ggvcf.org](mailto:exd@ggvcf.org)

## Water Aerobics Instructors Lunch & Workshop - March 2

Free, drop-in water aerobics classes are taught by volunteer instructors at nine of GVR's 13 pools, plus a class at night at Canoa Ranch. Some classes have over 40 participants on a daily basis! GVR water aerobics instructors have a big job!

In recognition of their hard work and dedication, a workshop and luncheon is scheduled for water aerobics instructors on Saturday, March 2, 11:30am, at Canoa Ranch. Instructors may register at GVR offices; please reference CR #43120. If you have any questions, call Maureen McCarthy at (520) 838-0160.

---

## Volunteer Spring Lunch Saturday, March 9

GVR will host the Annual Spring Volunteer Lunch on Sat., March 9 at 11:30am at West Center.

Invited volunteers include SOS, Administrative, Program, Pool, Fitness Center, Water Aerobics Instructors, Clubs, GVR Foundation, Senior Games, Special Events, GVR Committees, and GVR Board of Directors.

Tickets are available on a first-come, first-served basis, so register early with a Customer Service Representative at West Center, East Center, Santa Rita Springs, Las Campanas or Canoa Hills. Reference CR# 43104.

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## Two SOS Seminars in March



Green Valley Recreation’s SOS program consists of monthly one-hour Safety Orientation Seminars conducted by community experts. Discussions are held shortly thereafter at various GVR centers. Individuals attending these discussions are encouraged to become SOS Volunteers, willing to step-up in case of emergencies. Their knowledge of what to do hopefully will help make clubs, classes, concerts, sports courts, fitness centers, pools, HOAs, churches, special events and other community activities safer places to be.

### “Arizona Poisonous Creatures”

Thurs., March 7 at 10am

Presented by the Arizona Poison and Drug Information Center at UA College of Pharmacy, we will detail how to identify poisonous creatures – incl. rattlesnakes, Gila monsters, scorpions, spiders and more – and what to do (and not to do) in the event of bites and stings!

### “Fall Prevention”

Mon., March 11 at 10am

Presented by Valley Assistance Services, this encore presentation includes information on their services which promote safety, prevent falls, encourage communication with physicians, and connect individuals to resources that promote the independence to remain safe at home.

## February SOS Program Schedule

Event	Center	Room	Date	Time	CR #
“AZ Poisonous Creatures”	Santa Rita Springs	Anza	3/7/2019	10am	42716
“Fall Prevention”	Santa Rita Springs	Fiesta	3/11/2019	10am	42717
Discussion Group	Desert Hills	Auditorium	3/13/2019	2pm	42719
Discussion Group	Santa Rita Springs	Anza	3/15/2019	10am	42720
SOS Volunteer Training	West Center	Auditorium	3/25/2019	2pm	42718
Discussion Group	Abrego North	Recreation	3/26/2019	2pm	42721

To learn more and register for upcoming seminars, discussion groups and volunteer training, contact Maureen McCarthy, coordinator of volunteer programs, at 520-838-0160 or at [maureen@gvrec.org](mailto:maureen@gvrec.org).



GREEN VALLEY RECREATION, INC.

## Advertise with GVR

Advertising with Green Valley Recreation, Inc. allows your business or organization to directly reach GVR’s 23,000 members with information about your product or service. GVR offers print advertising in its popular Course Catalogs and Arts & Entertainment brochures, its weekly eblast GVR Update!, as well as banner ads on its sports courts. For more information, including space reservation deadlines, visit GVR’s website at [www.gvrec.org/advertise-with-gvr/](http://www.gvrec.org/advertise-with-gvr/)

## Do's and Don'ts of Attracting Hummingbirds

*By BPT*

Watching a hummingbird is enchanting. Their tiny size and incredible speed make them a natural wonder. Flapping their wings an estimated 70 times per second, they can move in every direction, or simply float majestically in midair.

You may have observed hummingbirds in the wild, but you can increase your chances of seeing these delicate dynamos at home. You can even get one to land on your hand, with patience and persistence. However, before that can happen, you need to transform your backyard into a hummingbird haven.

The National Audubon Society says to sustain their supercharged metabolisms, hummingbirds must eat once every 10 to 15 minutes and visit between 1,000 and 2,000 flowers per day. When you provide a safe, reliable food source, it's like putting out a welcome mat for hummingbirds.

Some flowering plants are particularly attractive to hummingbirds, such as trumpet honeysuckle, bee balm and sage. A hummingbird feeder is a must-have and one of the most effective ways to consistently entice and encourage hummingbirds to visit your yard.

Keep in mind, not all feeders are created equal. The Cole's Hummer High Rise Feeder is a smart choice. Scientifically designed with elevated perches, these feeders make hummingbirds feel safe and comfortable, which encourages them to consistently return. Hang in a tree, patio or garden spaces.

Although other hummingbird feeders tend to attract bees and ants, the Cole's feeder is uniquely designed to keep pests at bay. It does not drip so large bees can't get to the sweet stuff. What's more, the Cole's feeder has a built-in ant moat. Keep it filled with plain water and ants won't be able to reach the nectar.

As for food, you can use traditional sugar water to feed hummingbirds, but to mimic the nectar they eat in the wild, you'll want a liquid feed that replicates the natural sugars found in flowers. Then, you'll be giving your favorite avian visitors a true treat.

It's easy to make a few common mistakes when you first start welcoming hummingbirds to your yard. Here's a few tips:

- Be conscious of beneficial insects: Small insects are an important part of a hummingbird's diet, providing essential protein to complement the nectar they drink. Try using manual or natural insect control in the afternoon when insect populations decrease.
- Do provide a water feature: Hummingbirds adore bathing. If you add a drip fountain or mister to your yard, they'll bask in the wet wonder.
- Don't put anything but plain water into the ant moat: Water alone will stop ants on the Hummer High Rise Feeder. Other birds may stop and take a drink from the liquid in the moat, so never use any type of repellent or additive to the water.
- Do check feeders regularly: Check at least bi-weekly to ensure a steady supply of fresh food. Clean the feeder as needed with one part white vinegar to four parts water.
- Don't add red coloring to food: While hummers are attracted to red, adding dye to their food is unnecessary and could be harmful to their health.
- Do hang feeders in shade: Too much sunshine and warmth can cause fermentation of sugar-based liquids. To prevent this, always hang feeders in the shade.

Once your feeder is in regular use, it's exciting to try to get one to land on your hand. Sit near your feeder when typically in use. Remain still as the birds must realize you're not a threat. Repeat this several times a day for a few days, wearing the same clothing. Move a little closer each day until you're sitting right next to the feeder.

Once the bird is comfortable having you nearby, you can try holding the feeder or cupping your hand to use as a perch underneath the feeding ports. This can take several weeks, but with consistency and patience, you'll be able to enjoy a close-up encounter with the uniquely exquisite hummingbird.

**Many Green Valley Recreation, Inc. programs and services are supported through advertising by local businesses. Please support our business friends who advertise with GVR!**

around **GVR**

## March 11: Santa Cruz Valley Regional Hospital - Report to the Community



Join Kelly Adams, CEO of Santa Cruz Valley Regional Hospital, for a report to the community:

Mon., March 11, 2019 at 9am  
Santa Rita Springs Social Center  
921 W. Via Rio Fuerte (1/4 mile north of hospital)

Learn about:

- new physicians, specialists and services
- enhanced patient communication
- plans for a refreshed website

A Question & Answer will follow.

CEO Kelly Adams brings nearly 40 years of experience to the hospital. He holds a MPA in Health Administration from Tennessee State University, a BA degree from Brigham Young University and has received a Health-Trust fellowship.



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## Free Fitness Orientations

Fitness Center orientation sessions are free and provide information on the value of exercise and how to properly use equipment. To reserve a spot in a class, members must register at a GVR office or by calling 625-3440. Fitness orientations last approximately 2 hours, and you must attend the entire orientation. Please proceed directly to the meeting room listed above for the first part of the orientation. Fitness orientations are conducted by Certified Personal Trainers. Orientations start with a "Fitness Assessment" that demonstrates how your personal fitness compares to the national average for people in your age group. Afterwards, you will go to the fitness room where trainers will demonstrate how to use equipment. Please wear appropriate clothes and shoes.

\*Schedule is subject to change.



**Fitness Centers are open from 5:30am to 9pm year round. For information regarding personal training, please call Miles Waterbury, Fitness Coordinator, at (520) 838-0164.**

Fitness Facility	Date	Meeting Room	Time	CR #
Canoa Ranch.....	Fri., Mar. 1.....	Amado .....	10am .....	43074
Las Campanas.....	Fri., Mar. 1.....	Acacia .....	2pm .....	43075
Santa Rita Springs.....	Tues., Mar. 12 .....	Santa Cruz.....	10am .....	43079
Canoa Hills .....	Tues., Mar. 12 .....	Mesquite.....	2pm .....	43076
Desert Hills.....	Fri., Mar. 15 .....	Auditorium.....	10am .....	43077
East Center .....	Fri., Mar. 15 .....	Auditorium.....	2pm .....	43078

### Here's to our unsung heroes.



Every day, thousands of Arizonans perform a great labor of love: caring for loved ones so they can live independently at home. These family caregivers are often on duty 24/7. Help us recognize these unsung heroes.

 **Caregivers**  
[www.aarp.org/caregivers](http://www.aarp.org/caregivers)

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## The Power to Stop Leaks - With Your Phone!

One of your worst nightmares as a homeowner happened: mold...and lots of it. Unbeknownst to you, there has been a slow leak in your attic for months. It's been just small enough to go unnoticed, but large enough to cause a lot of damage. Now, your drywall needs replacing, and you need to make a trip to the doctor's office. Queue the weeks of costly repair it's going to take to make sure your home goes back to being mold-free.

It's situations like this that make you wish that there was an easier way of keeping track of what's going on behind the scenes in your home, especially when it comes to something like plumbing. Yes, a leaky faucet is obvious and easy to fix, but when the leak is occurring in places that you can't see, the damage has all the time it needs to start stacking up before it becomes

obvious. Wouldn't it be great to know about a leak before the damage starts to show?

That's why the Flo system was created – to help you be wiser about your plumbing. Simply put, Flo is an automated smart device that is designed to control and monitor the water in your home. Flo is installed right to the main line of your water system and is able to monitor how the water is flowing through your pipes! Flo is able to detect even the smallest of leaks from anywhere in your home – even behind the walls! The best part? Flo is controlled right from your phone, giving you complete control over your water system anytime, anywhere! You'll be able to keep track of your water usage and get in front of leaks before they start causing major damage. Water management has never been so easy with Flo!



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**Promo: PNL**

around **GVR**

## Free Water Aerobics



Pool	Day(s)	Time
Abrego North	Mon. - Sat.	10:30am <i>Pool remains open. 2 northern lap lanes are reserved for water aerobics.</i>
Abrego South	Mon. & Thurs. Mon. & Thurs.	8:30am 9:40am
Casa Paloma II	Mon. - Sat.	9am <i>Pool will be closed periodically for installation of solar panels.</i>
Canoa Ranch	Tues., Thurs., Sat. Wed.	8:30am 6pm <i>Two lap lanes will remain open.</i>
Continental Vistas	Mon., Wed. & Fri. Tues., Thurs. & Sat.	9am 9am
Desert Hills	Mon., Thurs. & Sat. Mon. & Thurs.	8:45am 10am
East Center	Mon. & Thurs.	10am
Las Campanas	Mon. - Fri.	9am
Santa Rita Springs	Mon. - Sat.	9am

**Water aerobics is a free drop-in activity for GVR members, run by volunteers. No registration needed. Except for Abrego North and Canoa Ranch, pools are closed to other uses during scheduled water aerobics. Spas remain available. Members, guests, and visitors who use GVR facilities and equipment, do so at their own risk, and shall indemnify and hold harmless GVR, its employees and agents.**

## A New Home for the New Year: Local Horse Rescue & Sanctuary Takes in More Wild Horses

Equine Voices Rescue & Sanctuary has once again stepped up to answer the call for help for horses in need. This time they were 10 mustangs, called the Devil's Garden Wild Mustangs, who once ran free in the Modoc National Forest of Northern California.

The controversial roundup of 1,000 wild horses, some of which could wind up being sold for slaughter, began in October 2018. All of the horses were put up for adoption, although the animals that were at least 10 years old were also put up for sale "without limitation" for \$1 apiece if they weren't adopted within 30 days.

When they arrived at Equine Voices on December 29, 2018, many of the horses appeared in poor health. "They are not in the best of condition in my opinion. From a distance, I can see their ribs even though they have a thick winter coat," said Pomroy. "We keep food and water in front of them at all times. We should see a remarkable change in only a few weeks."



But all of that hay and water comes at a high price. Donations are needed to help to continue to care for the horses. Equine Voices is seeking sponsors to help support the horses through donations, sponsorship and even adoption.

For more information about these horses and sponsorship, please visit [www.equinevoices.org](http://www.equinevoices.org).



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## 1,951 New Homeowners in 2018!\*

*By Thao Tiedt, Green Valley Council*

Green Valley is known as a friendly and welcoming community. The homeowners who live close by the house that just sold have the first opportunity to welcome new neighbors. A warm welcome is more than just a nice gesture, it makes newcomers feel they made the right decision in choosing Green Valley for retirement. Tell them about their new community...

- Your HOA/POA, its purpose and why homeowner membership is important
- The Green Valley Council which enables Green Valley to be a "volunteer-managed" community

They will also have questions...

- Where do you shop?
- Where to get their GVR card?
- Where to get their new driver's license?
- What do all the acronyms, like GVC and GVR, mean?
- You remember the rest of the questions...

### Homeowner / Property Owner Associations

Because Green Valley is unincorporated and has no local government, it is a community of HOAs and POAs, non-profit corporations with basically the same objectives:

- To self-govern their neighborhood
- Maintain the property value of their homeowner members
- The HOA's/POA's CC&Rs provide guidelines that enable homeowners to live together in harmony

### The Green Valley Council

In the absence of local government, the Green Valley Council enables residents to volunteer, making Green

Valley a "volunteer-managed" community. Over 200 residents volunteer 5,000+ hours a year carrying out the work of the Council.

- The Council is a membership organization of HOAs and POAs, Businesses and Investors
- Members have a seat on the Board of Representatives, the Council's governing body. The Board of Representatives meets monthly, Sept. - May
- In the absence of local government, the Council functions much like a town council
- The work of the Council is carried out by Committees
- All Council & Committee meetings are open to public
- Pima County provides basic community services to unincorporated communities. Five Council committees work closely with the Pima County Departments that provide these services, giving residents a local office to call to complain, seek help, ask questions and get answers
- As the Voice of the Valley, the Council commands Pima County's attention when communicating service needs and concerns
- The Green Valley Council gives Green Valley access to Pima County leaders and the boots on the ground people, clout with Board of Supervisors and commands respect for Green Valley

Green Valley is a unique community of active and involved retirees that focus on senior interests and is proudly volunteer managed.

\*Reported by the Green Valley Association of Realtors.




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**Acrylic Painting -  
Just for Fun!**

**Sat., March 2, 2019  
4pm-7pm at GVR East Center**

Meet the Artists, see their work and enjoy a glass of bubbly and snacks! Artwork will be on display the entire month of March at East Center.

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## Green Valley ★ ARIZONA

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### Leading Active Adult Community in US

2018

- Forbes.com
- USA Today
- CNBC

2017

- TopRetirements.com
- IdealLiving Magazine

*Introducing Green Valley, Arizona and the Santa Cruz Valley AZ-19 Corridor to the US & World*

#### Highlights from the Event Calendar:

Mar  
02

Tucson Festival of Books

March 2

Mar  
17

St. Patrick's Day Parade & Festival

March 17

Mar  
22

50th Annual Fourth Avenue Spring  
Street Fair

March 22

#### What can you do on RetireArizona.org?

- ▶ List your events - FREE in 2019  
(Must submit at least two weeks prior to event)
- ▶ Share your story in a blog
- ▶ List homes for sale/rent - FREE in 2019
- ▶ Purchase a business ad
- ▶ For more information, visit: [RetireArizona.org](http://RetireArizona.org)

**Sudoku Solutions**

1	7	6	5	4	9	2	8	3
8	5	3	1	7	2	4	9	6
2	9	4	3	8	6	1	5	7
5	4	2	7	9	1	3	6	8
9	3	8	6	2	5	7	4	1
6	1	7	4	3	8	9	2	5
4	6	5	9	1	7	8	3	2
3	2	1	8	6	4	5	7	9
7	8	9	2	5	3	6	1	4

**Word Search Solutions**

G	E	P	O	J	H	S	C	K	F	U	A	N	O	N
O	F	B	Y	O	S	H	S	O	H	W	I	C	L	U
O	H	A	M	I	S	C	H	I	E	F	R	R	I	H
D	B	O	Q	B	Y	N	G	N	K	N	I	P	M	A
L	M	S	J	X	L	S	W	E	S	J	S	G	E	S
U	D	L	S	J	O	A	F	R	Y	W	H	O	R	A
C	A	G	E	H	F	A	R	O	A	Z	C	L	I	I
K	N	U	E	P	A	L	M	N	P	I	V	D	C	N
R	C	A	A	T	R	M	A	I	E	O	N	T	K	T
E	E	W	A	Y	X	E	R	W	X	Y	K	B	Y	Q
P	A	T	R	I	C	K	C	O	I	D	Q	X	O	M
W	J	I	Q	Q	C	R	H	H	C	L	M	E	D	W
R	E	C	H	C	N	H	K	J	A	K	D	U	Z	L
I	G	W	C	I	U	Q	O	T	C	U	S	Z	S	V
G	E	W	P	A	R	A	D	E	B	C	N	E	X	N

**Crossword Puzzle Solutions**

**Ted Hendrickson**  
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# Tips for Talking About Alzheimer's with a Family Member

by BPT

It's a conversation no family wants to have, but one that can be vitally important - talking to a loved one about memory loss or cognitive decline.

Mary Foss of Eagan, Minnesota, said she knew it was time to broach this sensitive topic with her husband Darrell when she noticed he was having difficulty with home improvement projects he had enjoyed all his life. "Darrell would spend hours building and fixing things around the house - it was his hobby," Mary said. "But it got to point where he was having trouble doing even routine tasks. He would get frustrated and soon began doing less and less. I knew something was wrong, but dismissed it for a while."

As Darrell's retreat from activities he once loved grew, so did Mary's concern. Eventually, Mary and the couple's adult daughter, Michele, decided to share their concerns. "We just told him that something is not right and you need to see a doctor and figure out what it is," Foss said. "I thought maybe he had a mini-stroke or a brain tumor. We were shocked when the diagnosis came back as mild cognitive impairment, possibly Alzheimer's."

The Foss' story is not uncommon. Talking about memory or cognition problems with a family member can be daunting for many families. Denial, fear and difficulty initiating conversations about this sensitive subject are common barriers.

"Alzheimer's disease is challenging, but talking about it doesn't have to be," said Ruth Drew, director of Information and Support Services at the Alzheimer's Association. "Family members are typically the first to notice when something is not quite right and it's important to discuss these concerns and follow up with your doctor."

The Alzheimer's Association is offering these six tips to help families facilitate conversations about Alzheimer's and other dementias:

1. Have the conversation as early as possible - Addressing memory or cognition problems early offers an

opportunity to identify the cause and take action before a crisis situation occurs.

2. Think about who's best suited to initiate the conversation - If there is a family member, close friend or trusted adviser who holds sway, include them in the conversation.

3. Practice conversation starters - Be thoughtful in your approach. For example, consider an open-ended question such as, "I've noticed a few changes in your behavior lately, and I wanted to see if you've noticed these changes as well?"

4. Offer your support and companionship - Let your family member or friend know that you're willing to accompany them to the doctor and offer your continuous support throughout the diagnosis process.

5. Anticipate gaps in self-awareness - Someone experiencing cognitive decline may be unaware of problems. Be prepared to navigate confusion, denial and withdrawal, as people may not want to acknowledge their mental functioning is declining.

6. Recognize the conversation may not go as planned - A family member may not be open to discussion. They may get angry, upset or simply refuse to engage. Unless it's a crisis situation, don't force the conversation. Take a step back, regroup and revisit the subject in a week or two.

While receiving the diagnosis was difficult, Mary Foss said it also provided a path forward. "As difficult as it was to receive Darrell's diagnosis, it provided an answer to what we're facing," Foss said. "We took a few days to grieve, but then we focused our attention on getting educated about the disease and what we can do to fight it. We are staying active and focusing on the things that are most important to us."

For more info, visit [alz.org/6Tips](http://alz.org/6Tips) or [www.alz.org](http://www.alz.org).



## GVR Live!



### TSO - Gomez Plays Mozart

Thursday, March 7 at 7:30pm, West Center

Maestro José Luis Gomez makes his TSO performing debut as first violin in Mozart's Serenade for Strings. A showcase for the winds, Mozart's Wind Serenade was written in 1782 for pairs of winds: 2 oboes, 2 clarinets, 2 horns, and 2 bassoons. It is nicknamed "Drumroll" because of the solo drumroll in the timpani that begins the piece. The solo drumroll appears again near the end of the first movement but never returns for the remainder of the piece. The second movement was so well-received at the premiere that it was performed twice.

Members \$38/\$34, Guests \$41/\$37, Gen. Public \$46/\$42

#### West Center Box Office Hours

8am-4pm M-F, 10am-2pm weekends and holidays, and one hour prior to performances for ticket sales and performance-related issues only. Box Office phone: (520)625-0288

## GVR Live! Outdoor Stage



### Quarteto Nuevo

Sunday, March 10 at 6pm, Canoa Hills Picnic Area

The master musicians of Quarteto Nuevo excite audiences with their unique brand of music. As if rebelling against the boundaries between genres - Western classical, European folk, Latin, and jazz - soprano saxophonist Damon Zick, cellist Jacob Szekely, guitarist Kenton Youngstrom and percussionist Felipe Fraga recombine elements into an entirely new genre they have coined "world chamber jazz". Quarteto Nuevo travels a musical journey from Erik Satie and Chick Corea to their own stunning originals.

Members \$5, Guests \$8, General Public \$10

#### NOTE:

The above event is located at Canoa Hills, instead of the usual West Center location. It is being held outdoors at the picnic area with minimal cover, so please dress accordingly for your comfort.





## GVR Live!



### Goitse

Tues., March 12 at 7pm, West Center

Goitse (Go-wit-cha) is an informal Gaelic Irish greeting meaning 'come here'. The popular and multi-award-winning quintet, Goitse, was forged in the white-hot creative crucible of Limerick's Irish World Academy. Named Live Ireland's "Traditional Group of the Year" and Chicago Irish American News' "Group of the Year", Goitse has become a leader of the new generation of traditional Irish ensembles. Their distinctive sound lies in the quality of their own compositions, interspersed with traditional tunes from the countryside of Ireland and abroad, which make each performance unique.

Members \$32/\$28, Guests \$35/\$31, Gen. Public \$40/\$36



### Jay Ungar & Molly Mason

Thursday, March 28 at 7pm, West Center

Jay Ungar and Molly Mason achieved international acclaim when their performance of Jay's composition, "Ashokan Farewell", became the musical hallmark of Ken Burns: The Civil War on PBS. The soundtrack won a Grammy, and "Ashokan Farewell" was nominated for an Emmy. Jay and Molly are musicians of enormous talent who draw their repertoire and inspiration from a wide range of styles: 19th-century classics, lively Appalachian, Cajun, Celtic fiddle tunes, and favorites from the golden age of country and swing, along with their own songs, fiddle tunes, and orchestral compositions.

Members \$38/\$34, Guests \$41/\$37, Gen. Public \$46/\$42



### Connect with us on Facebook!

"Like" Green Valley Recreation, Inc. on Facebook to get the latest news, information and happenings at GVR.





## GVR Live!



### Piano Battle

Tuesday, April 2 at 7pm, West Center

The brainchild of internationally accomplished pianists, Andreas Kern and Paul Cibis, the PIANO BATTLE sees the duo go head-to-head on stage, charming and enchanting the audience with a variety of classical pieces. The two artists, with distinctly different performance styles, take turns to perform pieces by composers such as Chopin, Liszt, and Debussy. They will even improvise based on the tunes you request.

#### Paul Cibis

Educated in Hanover, Berlin, and London, Paul Cibis has performed on five continents and established an international presence. He has been invited to inter-

national festivals in the UK, Germany, USA, South Africa, Hong Kong, China, Taiwan, Australia, and New Zealand. He has also been featured in radio and television programs around the world.

#### Andreas Kern

Born in South Africa, Andreas Kern studied piano in Cologne and Berlin with Günter Ludwig and Pascal Devoyon. As a soloist and chamber musician, he has extensive experience in Europe, Canada, Hong Kong, China, Japan, India, and South Africa. Keen to present classical music in unconventional ways, he has successfully drawn a much wider and younger audience.

Members \$36/\$32, Guests \$39/\$35, General Public \$44/\$40



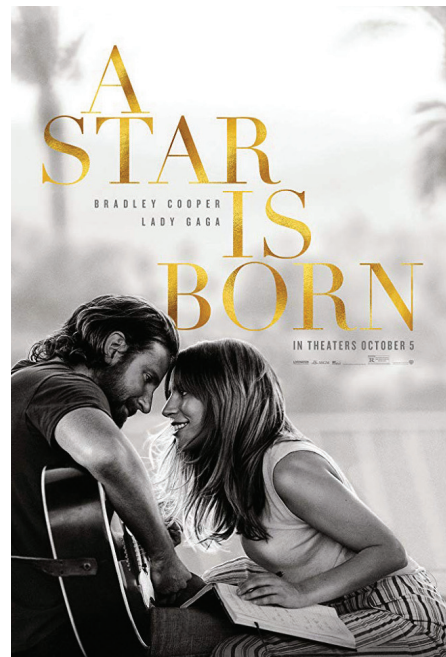
## Upcoming Movies



### Old Man and the Gun

Tues., March 5 at 2pm  
(Open Captioning) and 7pm

Based on the true story of Forrest Tucker and his escape from San Quentin at the age of 70 to an unprecedented string of heists that confounded authorities and enchanted the public. Starring Robert Redford and Sissy Spacek. Directed by David Lowery. Rated PG-13. 1 hr. 33 mins. Fox Searchlight Pictures. 2018.



### A Star is Born

Thurs., March 21 at 2pm  
(Open Captioning) and 7pm

A musician helps a young singer find fame, even as age and alcoholism send his own career into a downward spiral. Starring Lady Gaga, Bradley Cooper, and Sam Elliott. Directed by Bradley Cooper. Rated R for language throughout, some sexuality/nudity and substance abuse. 2 hrs. 16 mins. Warner Bros. 2018.

#### **Movies are FREE to GVR members and guests**

Tickets are required for admission. Advance ticket reservations are recommended. Members can obtain tickets at the West Center Box Office and other major staffed centers. Concessions available for purchase. Show times are 2pm (Open Captioning) and 7pm.

## Ticket Policy

### Registration:

Registration for classes and trips is available to our members in the following ways: online at [www.gvrec.org](http://www.gvrec.org), in person at any major social center office during normal business hours, or by calling any of the major social centers. All tickets and registrations are on a first come first served basis. Members may purchase items on their own account only.

### Ticket Purchases:

Tickets for the GVR Live! 2018/2019 season on sale beginning September 1, 2018. **GVR members** may purchase tickets in person at any major social center office during normal business hours, or by calling any of the major social centers. Members may purchase up to four guest tickets per household at the guest price. **General public** tickets must be purchased through the box office by calling (520) 625-0288 or in person at West Center Box Office, 1111 GVR Drive. Online ticket sales are not available at this time. Patrons are encouraged to purchase in advance for all events. Tickets may be purchased at the door at the West Service Center and Box Office one hour prior to the event (subject to availability). Tickets are not available at the door for sold out events.

### Refunds/Exchanges:

There are no refunds for season, individual member, guest, or general public tickets. All sales are final. GVR offers season ticket exchanges up to 24 hours prior to an event. Season tickets may be exchanged for any other performance in the performing arts series. Tickets must be present in order to process an exchange. Upgrade fees may apply. Refunds will not be given if exchanging ticket(s) for a less expensive performance. Tickets may be exchanged in person at the West Center Box Office, 1111 GVR Drive Monday-Friday, 8am-4pm. Tickets can be mailed to GVR Member Services Center, Attn: Season Ticket Exchange, PO Box 586, Green Valley, AZ 85622. Please see Class Catalog for information regarding refunds for classes, trips & tours.



## GVR Camera Club



We have DVD duplication capabilities, 8mm movie duplication to digital capabilities, 1-second hard copy photo duplication capabilities, new computers, new monitors, new software and library covering all of your photo needs.

Classes, guest speakers, field trips... Check out the club website: [dev.gvcamerclub.org](http://dev.gvcamerclub.org) - call 648-1315 or drop by the upper level of the Santa Rita Springs Center (Back parking lot across the footbridge).

## GVR Dance Club



We conduct Saturday Night Dance Parties twice per month. These Dances will feature Rock, Ballroom, Latin, Country, Motown &

Golden Oldie Music tailored to Dancers 55+. We promote the mental & physical wellness achieved via social dancing. Open to the public for \$8/pp - GVR Dance Club Members \$5/pp. Location TBA for each Dance Party.

Must be a GVR Member to belong to the GVR Dance Club. Annual dues are \$12. Club meetings coincide with monthly dance events. More info - contact Kathy Simmons at 520-303-6591 or [jimabides@hotmail.com](mailto:jimabides@hotmail.com)

## ANIMAL CARE CENTER OF GREEN VALLEY

*Wag more, purr louder, live better™.*



Dr. Andrea Hilden

**We're bringing the workshops out into the community!**  
**Free & open to all pet owners (Please leave pets at home).**

**Date:** Thurs., March 7, 2019 **Time:** 6pm

**Place:** Quail Creek Country Club

**Madera Clubhouse, Crystal Ballroom**

**2055 E. Quail Crossing Blvd., Green Valley, AZ 85614**

**Speaker:** Andrea Hilden, DVM

**Register:** Email or call to reserve your seat

Contact@AnimalCareCenter.com | 520-625-0433

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








## Healthy Pet Workshop

### Veterinary Health Care - Wellness vs. Crisis

Presented by: **Andrea Hilden, DVM**

Join us at a Healthy Pet Workshop where we will explain the differences between wellness care and crisis care within the world of veterinary medicine. We'll talk about what you can do to help your pet stay healthy and avoid a crisis, and explain why we ask so many questions when you bring your pet to us!

**We aim to answer questions such as these:**

-  Why your answers to all of our questions are so important.
-  Understanding the role of pet parent/caretaker.
-  What does it mean to prevent disease?
-  Nutrigenomics - The role of a good diet.
-  Why your veterinarian makes recommendations.

This workshop is sponsored by: **IDEXX**



## ARTS & CRAFTS

### GVR Artisans Shop

Gail Decker (520) 401-6989  
The GVR Artisans shop sells a wide assortment of beautiful and unique gift items handmade by GVR members.

- Monday-Friday 9am-4pm
- Saturday 10am-2pm

### GVR Arts & Crafts Association

www.gvrartsandcrafts.org  
Yearly Craft Show held in February at West Center.

- Meet at Desert Hills first Wed. of each month at 1pm.

### GVR Card Crafters Club

Our members design & create greeting cards. Workshops to develop new ideas and techniques held the last Tuesday of the month. Must sign up to attend. Annual dues \$5.00

- Meet at Desert Hills Art Room Tuesdays 9am - 4pm.

### GVR Clay Studio

www.claystudiogvaz.com or (520) 399-2755  
Located at Santa Rita Springs Hobby studio with extensive facilities to enable and encourage people to create functional and artistic pieces in clay.

### GVR Decorative Painting Club

Cheryl Walters (419) 204-9045  
Fabric painting opens up endless opportunities for transforming not only your wardrobe but also your home.

- Meet at DH Art Room Mondays, 9am - 4pm.

### GVR Glass Artist Club

GVRGlassArtists@gmail.com  
Offering GVR members the opportunity to work with stained and fused glass projects and glass mosaics.

- Studio Hours are Thurs. 12pm-9pm and Fri. 8am - 5:30pm.

### GVR Lapidary & Silversmith Club www.gvlclub.org

For members interested in learning lapidary, silversmithing, casting, PMC (precious metal clay), dichroic glass, wire wrapping and chain making.

- Dedicated space
- Desert Hills (520)399-2370, East Center (520)399-1989, West Center (520)648-1726

Lapidary Hours:

West Center- M-F 9am-1pm  
Desert Hills- M-F 11am-3pm  
East Center- M-F 9am-1pm

### GVR Metal Working Crafts Club

Dave VanAbel (520) 336-4773  
We provide an outlet for creative and artistic talent of GVR members through expression in metal crafts.  
http://metalshop.gvrclubs.org/

### GVR Needlearts Club

Barb Mauser (520) 393-3659,  
Vicki Mournian (520) 269-7587  
We provide the opportunity for members who cross-stitch, needlepoint, embroider, knit, crochet to meet and socialize.

- Meets 2<sup>nd</sup> Wed. and 4<sup>th</sup> Fri. at 2pm

### Ceramics Club of GVR

Studio Phone: (520) 399-2818  
Desert Hills Rec Center has a ceramic studio available to all GVR members who have completed the Beginning Ceramics class. Once a member you may come in to work on your projects and use the club's paints and kilns. Club's dedicated space is located at Desert Hills, Upper Level.

### Desert Scraprats GVR Quilting Club

The Desert ScrapRats welcomes all quilters and fiber artists to join Desert ScrapRats. The meetings are held on the second and fourth Tuesday of each month at Las Campanas in the Juniper Room starting at 1 pm. All GVR members are welcome and dues are only \$5.00 per year. Please join us.

- Meetings at Las Campanas, on 2nd & 4th Tuesdays at 1 pm

### Santa Rita Art League of GVR

www.srart.org  
Welcome to artists using all two dimensional mediums, including beginners, intermediate and advanced. SRAL offers a fully-equipped professional studio, gallery and library for member use. Visit srart.org or check message monitors at GVR Ctrs.

- Permanent exhibits at Canoa Hills and Desert Hills.
- Open 9am-8pm daily if a monitor is present.

### Woodworkers of GVR

www.woodshop.gvrclubs.org  
Woodworking shop for the pleasure and convenience of its members

- Dedicated space at West Center
- Monday-Saturday 8 am-4 pm

## CARDS and GAMES

### Abrego South Thursday Ladies GVR Bridge Club

Ladies social bridge group

- Meets at Abrego South Thurs. at 12:15pm

### GVR Canasta Club

Lu Griffin (520) 449-1258  
Co-ed social canasta players

- Meet at East Center
- Fri. and Sun., sign-in at 12:30pm, short business at 12:45pm and play starts at 1pm Training/refresher table always available.

### GVR Chess Club

Jim Clark (520) 347-7706  
Co-ed social chess players

- Meet at East Ctr Weds at 1pm

### GVR Cribbage Club

Co-ed social Cribbage players. Friendly games and all are welcome, whether new to the game or coming back after a hiatus.

- Meet at East Ctr Mon at 6pm

### GVR DH Ladies Bridge Club

Ladies social bridge group

- Meet at Desert Hills Thurs. at 12:30pm

### GVR Duplicate Bridge (Sanctioned)

Co-ed duplicate bridge players

- Meet at Canoa Hills 1pm
- Mon., Thurs. & Fri. at East Ctr

### Duplicate Bridge Club

Ray Austin (520) 400-5327  
Non-Sanctioned co-ed bridge players

- Meet at East Ctr Tues at 1pm

### GVR East Center Monday Ladies Social Bridge Group

- Meet at East Ctr Mon at 12:15pm

### GVR DH Midweek Progressive Bridge

Cathy Musacchia (520) 648-1373  
Co-ed social bridge group

- Meet at Desert Hills Thurs. at 6pm

### GVR Euchre Card Club

Darla Wolfe (541) 653-7979  
Co-Ed social euchre players

- Meet at Desert Hills Fri. at 6pm

### GVR Friday Social Bridge Club

Joan Morrow (520) 399-2897  
Co-ed social bridge group

- Meet at Desert Hills on Fri. at 12:30pm

### GVR Hearts Club

Marty Allen (520) 625-9279  
Co-ed social heart players

- Meet at Las Campanas Wed. at 1pm

### GVR Informal Duplicate Bridge

Bob Dahm (520) 777-7827  
Co-ed Bridge players

- Meet at Santa Rita Springs Mon. at 1pm

### GVR Men's Poker Club

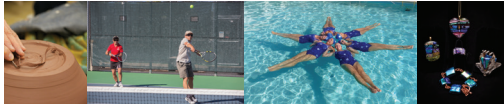
John Tune (520) 300-4806,  
Bob Northrup (520) 207-6745  
Enjoy the game of Poker

- Meet at Desert Hills, Rm C on lower level
- Monday - Friday, sign in at 12pm, play at 12:30pm

### GVR National Mah Jongg Club

Pat Duiven (303) 883-1370 (Cont'd pg 46)

**Did you know that GVR's CEO, Kent Blumenthal, writes a weekly article for the 'GVR Updates' eBlast?**  
We encourage you to check it out! If you're not already signed up to receive the eBlasts, visit [www.gvrec.org](http://www.gvrec.org) and click "Get our weekly eBlasts!", then fill in your name and email address - it's easy!



Social group of experienced National Mah Jongg players. Must bring current Standard Hands & Rules card.

- Meet at Santa Rita Springs, Fiesta Rm., Wed. 12:55pm - 4pm

#### **GVR Pinochle Club**

Dean Capes (520) 647-9916

Social Group of Co-ed Pinochle Players. Play Single Deck each night – and Double Deck on Wednesday and Thursday evenings.

- Meet at East Center Tuesdays, Wednesdays and Thursdays at 6 pm

#### **GVR Sheepshead Card Club**

Bill Worth (520) 269-6844

The Sheepshead Club is looking for both men and women to join us for friendly games of cards.

- Meet at Las Campanas Tues. at 6pm

#### **Wright-Patterson Mah Jongg Club of GVR**

Primary Contact:

Penny Smith – (505) 807-2892

Lois Wilhelm (520) 818-1600

Year round fun, relaxed, social group of Wright-Patterson Mah Jongg players. We play a challenging version without Jokers and 85 hands from which to choose.

- Meet at Las Campanas, Tuesdays 12:30-3:30pm
- Observers are always welcome

## DANCE CLUBS

#### **GVR Argentine Tango Club**

Chuck Soukup – (520)625-3488

Email: admin@saztango.info

Website: tinyurl.com/yb39xvne

Weekly Argentine tango classes through GVR. Monthly social dances (2nd Sat.) and dance practice (3rd Sun.) year-round. Everyone welcome to all dance events.

#### **GVR Dance Club**

Kathy Simmons – (520)303-6591

Email: jimabides@hotmail.com

Saturday Night Dance Parties on 1st and 3rd Sat. all year. Featuring a variety of music including Rock, R&B,

Big Band, Latin, Motown and Country. GVR Dance Club member \$5, Gen. Public \$8. BYOB and snacks.

#### **GVR Line Dance Club**

Marsha Lukomski (520) 777-7889

We offer line dance opportunities four days/week which include workshops and club dance sessions. GVR classes, Line Dance 1 & 2, must be completed before joining our large, welcoming club. No partner needed, just get in line!

#### **GVR Square & Round Dance Club**

David Flatt (785) 207-0819

Local square and round dance club is active year around.

- Club Dances every Monday night, 6:30pm at Canoa Hills

## SPECIAL INTEREST

#### **GVR Camera Club**

www.dev.gvcameraclub.org or

(520) 648-1315 Classes, Lectures, field trips, and latest photo-editing hardware plus software. Located on up-

per level at Santa Rita Springs Center.

- Winter Hrs: M-F 9a-4p, Sat. 9a-12p

#### **GVR Computer Club of Green Valley**

www.ccgvaz.org

Check our website for complete info on: Hands-On classes, Lectures, Special Interest Groups, Meetings, Software Applications, Upgrades, Club Location & Hrs.

#### **GVR Forum Club**

Weekly presentations & programs that are mind-expanding, informative, challenging & quite often just entertaining.

- Forum Club meets September- May

#### **GVR Travel Club**

Marcia Lickei (520) 207-5584

Cindy Mc Cain (360)568-8886

Group of Green Valley residents who love to travel or enjoy hearing about the adventures of others.

- Meet at Las Campanas 3rd Friday at 9am, Oct. – Nov. and Jan. – Apr.

#### **GVR Valley Players**

www.greenvalleyplayers.com



# MONDAYS ARE GETTING A WHOLE LOT BETTER

**AT DESERT DIAMOND CASINO SAHUARITA**

**Diamond Rewards members 55 & up:  
Mondays are all about you!**

- **Swipe your Rewards Card at the promotional kiosk 6AM to 11:59PM to get 2X points**
- **Win up to \$100 in hot seats every 30 minutes from 1PM-5PM**
- **\$1.99 Breakfast Special**



See Rewards Center for details. Desert Diamond Casino Rewards Card necessary to participate. Must be 21 to enter bars and gaming areas. Management reserves the right to alter/cancel without notice. Please play responsibly. An Enterprise of the Tohono O'odham Nation.



Open to GVR members interested in community theater - on-stage, back stage, singers, musicians, writers. Newcomers or experienced theater folks, join the fun!

## SPORTS CLUBS

### Billiards Club of GVR

Lisa Wilding – (970) 590-9215  
Tom Keller – (360) 789-5930  
Billiard Hall Locations: East Center, West Center, and Desert Hills (this center also has a snooker table). For more information: [www.billiardsclubofgvr.com](http://www.billiardsclubofgvr.com). Promoting recreational and competitive billiard playing, be it pool or snooker. Billiards rooms located at East Ctr., West Ctr., Desert Hills

### GVR Aquabelles Club

Joyce Finkelstein (520) 393-0317  
Promoting synchronized swimming.

### GVR Bocce Club

Questions Call: (520) 396-3949  
A group of bocce players who host weekly games and tournaments  
• Meet at Canoa Hills Center

### GVR Hiking Club

<http://gvrhc.org>  
The Hiking Club represents over 400 hikers who enjoy hiking the beautiful sky islands, valleys, and deserts of Southern Arizona. Membership is open to all GVR members and those with valid GVR Tenant Cards. Potential and new members must attend an orientation session at GVR's East Center. Please bring member or tenant card. Additional information on orientation, club hikes and activities, as well as photos of hiking locations is available on the club website.  
• Hikes leave from West Center parking lot on Thursday mornings.

### GVR Hunting and Fishing Club

Dick Toltzmann (520) 904-8673  
[gvrhuntfish@gmail.com](mailto:gvrhuntfish@gmail.com)  
[www.gvrhuntingandfishingclub.org](http://www.gvrhuntingandfishingclub.org)  
Learn more about fishing and hunting opportunities in Arizona. Also share your hunting and fishing experiences.

### GVR Pickleball Club

Questions?  
Call Jeff Harrell (520) 307-5701

[www.gvrpickleball.org](http://www.gvrpickleball.org)

We are dedicated to the promotion of pickleball in the Green Valley Recreation community. Join fellow pickleball players for recreational and competitive play. Visit our website at [www.gvrpickleball.org](http://www.gvrpickleball.org) for court locations and play schedules. Want to learn? Click on pickleball orientations.

### GVR Racquetball Club

Wayne Ferreira (520) 260-1470  
Racquetball for fun and competition for all ages and skill levels  
• Las Campanas racquetball courts  
• Monday-Saturday 9am - 11am

### GVR Shuffleboard Club

Free lessons Mondays Nov 1-Mar 31. Round Robin (fun play) Thursdays during League Season. Round Robin continues in the summer on Thursdays and Saturdays. For more info: [ShuffleGVR@gmail.com](mailto:ShuffleGVR@gmail.com)

### GVR Swim Club

Organized workouts for fitness and master's competition  
• West Center pool, Mon-Wed-Fri 8am -10:30am. [www.gvrswimclub.org](http://www.gvrswimclub.org)

### GVR Table Tennis Club

Pat Burke (319) 231-9774  
[www.greenvalleyttc.com](http://www.greenvalleyttc.com)  
The club has many levels of players and the club provides all the equipment. The Table Tennis Club has 8-10 tables and can accommodate 40 doubles players at a time. Beginners are invited and can receive instruction. Our club dues are \$10 per year.  
• Meet at West Center 8am  
• Check website or call for dates

### GVR Tennis Club

[www.gvtennis.com](http://www.gvtennis.com)  
The Tennis Club promotes tennis for all GVR members, handles court reservations, and runs leagues, drop in tennis and other tennis activities. See upcoming events on the website. Events are also posted on bulletin boards at all tennis courts. Membership and tournament forms are available at the West Center Tennis Hut. For help, please contact the ambassador, Marge Garneau at [mgarneau00@gmail.com](mailto:mgarneau00@gmail.com)  
• Clinics - Mon, Wed 2pm at Desert Hills (Oct-March)

### GVR Volleyball Club

A social group of sand, water and wallyball players  
• Sand - Abrego South Mon., Tues., Thurs. & Sat. at 9am  
• Water - Abrego South Tues., Wed., Fri. & Sat. 11am-1pm  
• Wallyball - Las Campanas Mon. -Fri. 2-4pm & Sat. 1-3pm

## SOCIAL CLUBS

### Canadian Club of GVR

[www.greenvalleycanadianclub.com](http://www.greenvalleycanadianclub.com)  
(520) 207-7695

### GVR Amigas Club

[www.GVRamigas.org](http://www.GVRamigas.org)  
A wonderful way for women of Green Valley to meet other women with similar interests, make new friends and share community.

### GVR Amigos Men's Club

• Meet at Santa Rita Springs, Fiesta Room 3rd Sat. 8:30 am

### GVR Colorado Club

Carol Snyder (520) 648-0730  
Fun social group of current and past residents of Colorado.  
• Meet 1st Sat. of each month

### Green Bay Packers Club of GVR

James Chisolm (520) 777-8334  
Social group of the Green Bay Packers football team who watch the games on the big screen at Las Campanas.

### GVR LGBT & Friends Club

(520) 399-2591  
This club welcomes lesbian, gay, bisexual and transgender GVR members and friends to meet, socialize and support one another.

### GVR Michigan Club

[gvmichiganclub@gmail.com](mailto:gvmichiganclub@gmail.com)  
(520) 777-8145  
Share fun-filled get togethers with food and entertainment with fellow present and past Michiganders at 5 pm the first Wed. of the month, Nov.-Apr. at West Center.

### GVR New England Club

[gvrnewenglandclub@gmail.com](mailto:gvrnewenglandclub@gmail.com)  
Membership is open to all GVR Members who love the New England states.

### GVR Minnesota Club

Tom & Mary Johnson (520) 207-8408  
Social group of current and past residents of Minnesota

### GVR Pacific Northwest Club

Joe Longo (509)945-4993  
[longojv5@gmail.com](mailto:longojv5@gmail.com)  
Social group of current/past residents of OR., WA. and ID.

### GVR Singles Club

Social singles group of GVR members meet wkly 9:30am on Mon. at Desert Hills. Monthly newsletter, social hours, weekend breakfasts & more!

## Announce Your Club Events in GVR's eBlast

**Do you have a club event or activity that you'd like to announce? If so, let GVR help you publicize it in our eBlast!**

Please include all pertinent information and keep your event announcements brief at 100 words or less. Submit your info at least 10 days prior to the event to [hotline@gvrec.org](mailto:hotline@gvrec.org). Your item will appear in the eBlast scheduled the week prior to the event and may be edited. Only events open to all GVR members will be published.



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