

Village Talk

FALL 2022

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RANCHO SAHUARITA
It's ALL IN YOUR BACKYARD

www.RanchoSahuarita.com



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CLUB RANCHO SAHUARITA

At the heart of the community is Club Rancho Sahuarita, where residents will find a variety of lifestyle-enhancing activities for any age or interest. Surrounded by vast and pristine green spaces, inviting walking and biking trails, and refreshing water in our pools, opportunities exist everywhere for residents to enjoy a healthy, fulfilling lifestyle.

Hours of Operation

Monday – Thursday: 5:00 a.m. – 9:30 p.m.

Friday: 5:00 a.m. – 9:30 p.m.

Saturday: 7:00 a.m. – 9:30 p.m.

Sunday: 8:00 a.m. – 9:30 p.m.

Contact

Phone: (520) 207-7730

Email: info@ranchosahuarita.com

Club Rancho Sahuarita provides a full-service recreation center with dance and aerobic studios, lounge, a culinary demonstration kitchen, an outdoor activities park, a full lap pool and the largest private splash park in Southern Arizona. The Clubhouse is available exclusively to Rancho Sahuarita residents and their guests. In addition to being a center for resident activity and recreation, various locations within our Clubhouse are available for rent and use by residents. For availability and pricing information, please call Club Rancho Sahuarita at **520-207-7730**.

FITNESS CENTER AT CLUB RANCHO SAHUARITA

Club Rancho Sahuarita's Fitness Center includes state-of-the-art cardio equipment, fixed weight machines, and strength training equipment (including dumbbells, barbells, free weights and cable machines). Residents must be 16 or older to use the Fitness Center. *(Children 13 to 15 years of age may use the Fitness Center but must stay with parents the whole time).*

Hours of Operation

Monday – Thursday: Open 24 Hours

Friday: 12:00 midnight – 9:30 p.m.

Saturday: 7:00 a.m. – 9:30 p.m.

Sunday: 7:00 a.m. – 12:00 midnight

KIDS TIME

While parents are using the Fitness Center or catching up on work, children can enjoy Kids Time. Rancho Sahuarita offers supervised child care at a cost of \$3.00 per hour per child (limit of two hours). This service is available for children 4 months to 6 years of age. (Parents must remain on the premises).

Hours of Operation

Monday – Thursday: 8:00 a.m. – 12:00 p.m. & 3:00 – 8:00 p.m.

Friday – Saturday: 8:00 a.m. – 12:00 p.m.

Sunday: Closed

PRE-TEEN ROOM

Available to children 6 to 12 years of age, this area provides a fun and safe environment for older children. While being supervised by Clubhouse staff, kids (and parents) can enjoy rich activities including board games, crafts, help with homework, video games, air hockey, and more. (Parents must remain on the premises).

Hours of Operation*

Monday – Friday: 3:00 – 8:00 p.m.

Saturday: 8:00 a.m. – 7:00 p.m.

Sunday: 10:00 a.m. – 7:00 p.m.

ADDITIONAL HOURS:

Flamingo Splash Pad Hours of Operation*

Beginning May 1st through October 1st

Monday – Sunday: 9:00 a.m. – 9:00 p.m.

Pools at Parque Del Rio and Parque Del Presidio Hours of Operation*

Beginning May 1st through October 1st

Monday – Sunday: 7:00 a.m. – 9:00 p.m.

***Special expanded hours of operation for summer, fall and spring breaks may apply.**

Resident Events

Fall 2022

Labor Day End of Summer Celebration

Saturday, September 3rd | 2:00 – 6:00 p.m.

Join us Labor Day weekend for a fun filled event. Take advantage of the Splash Park before it closes for the 2022 season, along with poolside DJ, a game truck, and a cornhole tournament on the Activities Lawn. Food vendors will be on site too! A limited number of spaces are available for cornhole teams; visit Club Rancho Sahuarita to register.

Drive-In Movie Under the Stars

Sunday, September 4th | Event Lot (S. Rancho Sahuarita Blvd & S. Camino Lago Azul)

Join us for a drive-in movie under the stars! The movie will begin at 7:00 p.m., while the event area will open at 6:00 p.m. There is no fee or registration required for this event.

Popsicle Giveaway

Monday, September 5th | 12:00 – 1:00 p.m.

Cap off Labor Day weekend with a free refreshing popsicle. Giveaway will be hosted at Club Rancho Sahuarita in the La Villita Lounge. Registration is not required; while supplies last.

Food Truck Roundup

Tuesday, September 6th, October 4th, November 1st, December 6th | 5:00 – 8:00 p.m.

The food trucks are back! Stop by Club Rancho Sahuarita as they gather every first Tuesday of the month. Until further notice, this will be a grab and go type event. You will order on-site, then enjoy your meal in the comfort of your home or vehicle.

Storytime for Tots

Thursday, September 8th, October 13th, November 10th, December 8th | 10:30 a.m.

Held every 2nd Thursday, guest readers will share their favorite children's stories and a craft or activity. This activity is perfect for children 3 years of age and older and their parents. Registration is not required for this free program, but space is limited and on a first-come, first-served basis.

Coffee Social

**Friday, September 9th, October 7th & 21st, November 4th & 18th, December 2nd & 16th
8:00 – 9:30 a.m.**

This resident favorite is held every other Friday and is free to our residents. The morning includes complimentary coffee, donuts, and bagels, along with a few healthier options (*while supplies last). Registration is not required for this event.

9/11 Commemorative Flag Folding Ceremony

Sunday, September 11th | 8:00 a.m.

At the Armed Forces Tribute

21 years ago, our Nation stood still in disbelief following the events that occurred on September 11th, 2001. For all the souls who are no longer with us, we honor them in a tribute ceremony held at the Armed Forces Tribute at Parque Del Rio. The ceremony to include a prayer, a flag folding ceremony, a 21 gun salute led by the Marine Corps League Detachment #1126, and light refreshments.

Sunday Addition

Sunday, September 11th, October 9th, November 13th | 2:00 – 4:00 p.m.

Stop by every second Sunday of the month for for some extra family fun. Activities will vary from month to month (*while supplies last). Registration is not required. Please visit ActiveNet for more details.

Monday Night Football

**September 12th & 26th | October 10th & 24th
November 14th & 28th | December 12th
Begins 30 minutes prior to Kick-Off**

Welcome all football fans! Join us in the Sports Bar every 2nd and 4th Monday for a Monday Night Football watch party, with beers, appetizers (while supplies last), and a good time! This is a free event, and registration is not required. *Open to residents only, must be 21 years of age or older to attend.

Bingo Madness

**Tuesday, September 13th & 27th,
October 11th & 25th, November 8th & 22nd,
December 13th & 27th | 6:00 - 8:00 p.m.**

Try your luck at a night of bingo every 2nd and 4th Tuesday. The cost is \$2 per card, or \$5 for (3) cards, \$12 for (7) cards, and \$15 for (9) cards. A total of seven Bingo games are played. Doors open at 6:00 p.m., and residents can purchase Bingo cards until 6:30 p.m. Doors close promptly at 6:30 p.m. to begin games. This event is open to residents only, and residents must be 18 years of age or older to participate. Registration is not required for this event but space is limited and on a first-come, first-served basis.



Women & Wine

**Wednesday, September 14th, October 12th,
November 9th, December 14th | 6:00-7:30 p.m.**

Ladies, join us for an evening of wine, appetizers, and friendships – new and old! Drop in anytime during this event to unwind or make it a date with your girlfriends to meet at Club Rancho Sahuarita. Registration is not required for this free program, but space is limited and on a first-come, first-served basis. *Open to residents only, and must be 21 years of age or older to attend.

Food Truck Fridays

**Friday, September 16th & November 18th
5:00 – 8:00 p.m. | At Various Rancho Sahuarita
Neighborhood Parks**

Don't know what to prepare for dinner after a very long week of work and school? Well, we've got you covered! Come enjoy an array of food trucks, each time at a different neighborhood park. Visit ActiveNet for exact addresses and a list of which food trucks will be at each month's event.

Mariachi & Folklorico Concert

**Saturday, September 17th | 7:00 – 8:30 p.m.
At the Sahuarita Lake Amphitheater**

Spend your evening with us and enjoy live mariachi entertainment and traditional folklorico dancers. Bring your blankets or lawn chairs and enjoy a beautiful evening under the night sky. Registration is not required for this event; visit ActiveNet for more details.

Toddler Techniques

**Thursday, September 22nd, October 27th,
December 22nd | 10:30 a.m.**

Once a month get your toddler out and join us at Club Rancho Sahuarita for this free event, perfect for children ages 3-6 years. Toddler Techniques will offer many different fine motor and sensory activities to help your toddlers grow. Activities will vary from month to month. For more information, please visit ActiveNet. Registration is not required, but space is limited and on a first-come, first-served basis.



Coffee and Canines

Friday, September 23rd | 8:00 – 9:30 a.m.

Residents and their furry, four-legged friends are invited to come out and enjoy complimentary coffee, donuts, bagels, and a few healthier options. Each canine will receive a complimentary treat bag to take home. Refreshments and treats will be available for them at the event as well. Please note that no registration or fee is required for this free event, but canines must be kept on a leash at all times.

Movies Under the Stars

**Our “Movies Under the Stars” series continues
through fall with these great hits:**

Sunday, September 4th | “American Underdog”
At the Event Lot (S. Rancho Sahuarita Blvd & S.
Camino Lago Azul)

Saturday, October 1st | “The Adams Family 2”
At North Santa Cruz Park

Films begin at 7:00 p.m. with the event area opening at 6:00 p.m. Complimentary popcorn will be available. This event is free to residents and their guests, and registration is not required.

Rock Art

**Wednesday, October 26th & November 30th
6:00 – 7:00 p.m.**

Be part of decorating your community with rock art. A team member will walk you through a set design, or choose to be creative and come up with one-of-a-kind piece. There is no fee for this event and we will provide all the necessary supplies required. Registration is not required for this free program, but space is limited and on a first come, first-served basis.

*Dates, times, and locations are subject to change. Please verify with ActiveNet for the most up-to-date information!



Dog Day at the Pool

Saturday, October 1st | 3:00 - 4:00 p.m.

Parque Del Rio & Parque Del Presidio

Residents are invited to bring out their furry, four legged friends to join us for a summer-ending dog only pool party to close out the region pools for the season. Visit ActiveNet to register and for more information. All canines will receive a treat bag and giveaways from Wags n' Whiskers and Petco. Donations will also be welcomed at the time of the event and 100% of all monies will go directly to the Animal League of Green Valley.

Special Edition Movie Night

Saturday, October 8th | 5:30 – 9:00 p.m.

Before the season ends, join us for our final Movies Under the Stars. Enjoy complimentary popcorn, food trucks on site, a photo booth, face painting and a balloon twister. The event begins at 5:30 p.m., and the movie will start at 7:00 p.m. The movie shown will be “The Nightmare Before Christmas” (Sing-A-Long).

Neighbor to Neighbor Sahuarita: Drop Off Dates

**Saturday, October 8th & December 10th
9:00 - 11:00 a.m.**

We are asking for the wonderful people of this community to pick up a bag and with every trip to the grocery store, purchase a non-perishable item to put in it. We will announce drop off dates where you will be able to drop off the accumulated items to the Sahuarita Food Bank and Community Resource Center. It is a great way for one neighbor to help a neighbor in need!

I Can Cook for Kids: Baking Edition

**Friday, October 14th | 10:00 a.m. – 12:00 p.m.
\$5 per person**

Please join our team for this fun, hands-on class, where young bakers will practice basic baking and preparation skills with a focus on preparing delicious kid-friendly baked goods. A fee and registration are required, and participants must be between the ages of 7 and 12 years old. Visit ActiveNet to register and for more info.

Teen Outing: Slaughter House

Friday, October 14th | 6:00 - 9:00 p.m.

Price per person: \$25

Teens, join us for a night at the haunted Slaughterhouse of Tucson. Experience bone chilling attractions like the boiler room, Cirque du Slay and the demented Voodoo Bayou. Residents must be between the ages of 13-18 years old. This is a resident only event and registration with a fee are required. Transportation and entry fee are included. Visit ActiveNet for more information!

American Red Cross Blood Drive

**Saturday, October 15th, December 10th
9:00 a.m. – 3:00 p.m.**

Give the gift of life by donating at one of our many blood drives held throughout the year. To register for a specific blood drive, please call 1-800-733-2767 or log on to redcrossblood.org and enter the sponsor code as: Rancho. Remember identification is required to donate at all blood drives.

Zombie Run

**Saturday, October 15th | Sahuarita Lake Park
5:00 -7:30 p.m.**

Take part in our first ever Zombie Run! Experience the thrill of being chased by Zombies and see if you can survive the night. Please check ActiveNet for more details as the event approaches. Registration is required.

Friday Night Frights

**Friday, October 28th | 7:00 – 10:00 p.m. | Event Lot
(S. Rancho Sahuarita Blvd & S. Camino Lago Azul)**

Join us in kicking off the Halloween weekend with a screening of the horror-thriller movie “The Boy.” Load up the car with blankets for this drive-in movie. Film begins at 8:00 p.m. with the event area opening at 7:00 p.m. Complimentary popcorn will also be available. Registration is not required for this event, but it is only open to residents and their guests 18 years of age and older.

Halloween Dog Costume Contest

Saturday, October 29th | 10:00 a.m.

On the South Lawn at Club Rancho Sahuarita

Dress up your furry friends and join us for our annual Dog Halloween Costume contest. There is no fee and no registration required; simply show up with your dog in costume and compete for prizes. There will be a category for big dogs and one for small dogs, and dogs will be given a special treat to take home with them. Our special guest judges are representatives from Petco & Wags n' Whiskers.

Halloween Chalk Art Contest

Saturday, October 29th | 8:00 a.m. - 12:00 p.m.

Take part in our next Rancho Sahuarita Chalk Art Contest. Register for your dedicated space at Club Rancho Sahuarita. Instead of displaying your art on your driveway, you'll be given space along the perimeter of the Activities lawn. This event is free to participate in, and all contestants will be given up to 4-hours to complete their art, beginning at 8:00 a.m. Judging will begin at 12:00 p.m. You are welcome to bring your own chalk, otherwise we will have some for you. Visit ActiveNet for more info or to register.

21+ Silent Disco Night

Friday, November 4th | 8:00 - 10:00 p.m.

Mark your calendars for a night of fun. Residents are invited to silent disco party featuring great music, fun and great company. Appetizers and drinks will also be provided. Visit ActiveNet for more information & to register. *Must be 21 years or older to attend.

Family Silent Disco

Saturday, November 5th | 2:00 - 4:00 p.m.

Bring out the whole family for a silent disco dance off! We'll provide the headphones, just bring out your best dance moves and compete for some fun prizes! Light appetizers & refreshments will be provided. Visit ActiveNet for more details and to register.

Community Yard Sale

Saturday, November 5th | 7:00 a.m. - 12:00 p.m.

Clean out the closets and gather your unwanted items for our Fall Community Yard Sale. Rancho Sahuarita will put out the welcome mat to hundreds of bargain shoppers. Participation is easy! Simply come by Club Rancho Sahuarita and register to be part of this great community event. Maps showing all the participating sales will be distributed at Club Rancho Sahuarita to shoppers. Signs will also be placed throughout the community. Hundreds of families participate in the yard sale each season, so don't miss it!

Coffee with a Vet

Friday, November 11th | 8:00 - 9:30 a.m.

At the Armed Forces Tribute

Calling all Veterans, Active-Duty members, and residents! Stop by for a cup of joe and converse with our local heroes. The morning includes complimentary coffee, pastries, along with a few healthier options. Registration is not required.

Sahuarita Local Living

Saturday, November 12th | 1:00 - 5:00 p.m.

Spend the afternoon with us and experience local artists, local food vendors and local businesses. If you are interested in showcasing your talents or becoming a vendor, please contact the Events Department at Club Rancho Sahuarita. All sign-ups will be on a first come, first-served basis. Please visit ActiveNet for more information!

Founders Day

Saturday, November 19th | 5:30 - 7:30 p.m.

Sahuarita Lake Amphitheater

Commemorate the birth of our community with family entertainment, a live band, food trucks and a variety of other activities. Visit ActiveNet for more information.

Letters to Santa Program

Friday, November 25th - Monday, December 12th

Through special negotiations with Santa, Rancho Sahuarita will be given a special mailbox for all letters addressed to Santa. Children can bring their letters for Santa into Club Rancho Sahuarita and deposit them into "Santa's Mailbox". Santa's elves will pick up the letters and deliver them straight to Santa. Letters received during this period will receive a special note from Santa, so please make sure all return addresses are legible.

Rancho Sahuarita Community Tree

Friday, November 25th - Saturday, December 24th

The Rancho Sahuarita community tree will be on full display in the La Villita Lounge at Club Rancho Sahuarita again this year. How can you be a part of this great tradition? It's simple! Create your own ornament at home and then come hang it on the tree. All ornaments should be in good taste and celebrate the spirit of the season. Be part of something extra special this holiday season!

Pet Pictures with Santa

Saturday, December 3rd | 2:00 - 3:00 p.m.

\$7 per person

Residents are invited to bring their furry four-legged friends to have their photo taken with Santa and get a tasty treat from him, too! For \$7.00 you will receive a 5x7 and 4 wallet-sized pictures. Registration is required for this event and all dogs will need to be on a leash at all times.

Children's Holiday Express

Saturday, December 3rd | 5:00 – 7:30 p.m.

\$12 per person

Join us for our annual Children's Holiday Party with a Polar Express twist! Visit with Santa, Mrs. Claus and all their merry elves. The evening includes crafts, dinner and a special ride on our Rancho Sahuarita Train. Although not required, create the ultimate Polar Express-Twist and wear your pajamas! Registration for children is required through ActiveNet, with a fee for ages 4 years and up.

Character and Cookies

Friday, December 9th | 6:00 – 7:30 p.m.

Warm up your holiday spirit and meet special holiday characters. Enjoy complimentary cookies and hot cocoa (*while supplies last). This is a free event and registration is not required. Parents, don't forget your cameras!

Brunch with Santa & Toys for Tots Drive

Sunday, December 11th | 11:00 a.m. – 1:00 p.m.

Rancho Sahuarita is proud to host another holiday event, along with Santa's Toy Drive at Club Rancho Sahuarita. Residents are asked to bring donations of new, unwrapped items for the Toys for Tots Toy Drive. All residents in attendance will then be treated to a complimentary pancake breakfast. Santa will also be making a special guest appearance for the event.

ADDITIONAL PROGRAMS

Rancho Sahuarita Homeschool Club

First and Third Fridays | 11:15 a.m. – 12:15 p.m.

Rancho Sahuarita Homeschool Club P.E.

Second and Fourth Wednesdays

11:00 a.m. - 12:00 p.m.

Contact Elise Drapeau at s.elise.drapeau@gmail.com

*On hiatus for June-August. Will reconvene in September.

Southern Dragon Taekwon-Do

Mondays, Wednesdays & Fridays | 4:00 - 6:00 p.m.

Ages: 5 and up. Traditional Taekwon-Do (ITF)

We are affiliated with Jun Tong Taekwon-Do Federation. To register and get more information contact: Levi Davis (520) 248-6377 or email southerndragontkd@gmail.com.

Sahuarita Dance

Creative Dance/Pre Ballet (3-5yrs)

Ballet/Jazz Combo Classes (5-12yrs)

Hip Hop (5-12yrs)

Tap (5-12 yrs)

For more information on days and times of programs and to register contact:

Michele Igasan

Sahuarita Dance Center | Sahuaritadance.net

520-232-3753 | michele@sahuaritadance.com

Zumbini

Wednesdays | 10:30-11:30 a.m. | In the Vistoso Studio

Moving, grooving, and growing for mom or dad and baby! Shana Chanel, with Creative Minds Art Center, is a licensed Zumbini instructor. Zumbini is an early childhood education program for ages 0-4. Created by Zumba and BabyFirst, the program combines music, dance and educational tools to promote cognitive, social, emotional, and motor skill development. This six-week program of 45-minute classes creates the ultimate bonding experience for kids and their caregivers alike. For more information and to register, please contact Shana at 917-681-1199 or shanacbrewer@gmail.com.

Music Lessons

Virtual Workshops or Individual Music Lessons

Have you ever wanted to learn how to play an instrument or take vocal lessons? This is your opportunity to take a workshop class or individual lessons with "Music Chambers" taught by Cynthia Chambers. Instrument lessons are offered for piano, guitar, violin and ukulele, or sign up for vocal lesson. Please contact Music Chambers directly at fadelgado1234@msn.com for information on cost and registration.

Lego Club is Back!

Afterschool Lego Club Begins August 10th

Wednesdays | 1:45 – 2:45 p.m.

This program is for children 6 to 12 years of age. Children are challenged to be creative as they build their Lego creations. Legos are supplied and no registration or fees are required for this club. Additional information is available through Kids Time at (520) 207-7008.

SAGUARO CLUB

**For Saguaro Club events, visit Club Rancho Sahuarita or ActiveNet to register.*

Saguaro Club: Dinner Date Night

Thursday, September 22nd | 5:30 – 7:00 p.m.

Saguaro Club members- bring your spouse, your partner, or your best friend to share in the festivities of Dinner Date Night. Enjoy a delicious dinner and entertainment at this special event. Space is limited and registration is required.

Saguaro Club: Bunco Night

Tuesday, October 4th | 6:00 p.m. - 8:00 p.m.

Let the good times roll! Join us for a night of Bunco with your fellow Saguaro Club members. If you don't know how to play, don't worry. If you can throw dice and count, we'll teach you the rest! Light appetizers and drinks will be provided. Visit ActiveNet for more details and to register.

Saguaro Club: Halloween Dance

Saturday, October 29th | 6:00 – 8:00 p.m.

Calling all Ghouls and Gals, join us for our annual Halloween Dance and enjoy festive music, sweet treats and boogie the night away. Whether you decide to come dressed in your Halloween costume or not, you're in for a spooky good time! Registration is required.

Saguaro Club Explore AZ:

Sunday Sippin' in Sonoita

Sunday, November 6th | 8:00 a.m. | Cost: \$35

Spend your Sunday sipping wine in beautiful Sonoita. Besides wine tasting, we'll tour a few vineyards and learn all about how to harvest and create wine. Transportation will be provided, and registration and a fee are required for this event.

Wrap and Wrwm Christmas Party

Thursday, December 8th | 6:00 -8:00 p.m.

Unwind from the holiday grind for a fun evening of wrapping presents with great company. Just bring your gifts and we'll provide the supplies –or bring your own. Light appetizers and drinks will be provided. Registration is required. Visit ActiveNet for more information.

EVENTS FOR CHILDREN WITH SPECIAL NEEDS

All special needs events are done through a partnership with the Sahuarita-Green Valley Family Support Network. **To register for these events or to obtain additional information, contact Jamie Comeau or Hania Medrano at sgvfn@gmail.com.**

Homecoming for Families of Children with Special Needs

Saturday, September 10th | 6:00 – 8:00 p.m.

Mark your calendars for this year's annual Homecoming for Families of Children with Special Needs. Join us for this fun event that includes food, dancing, and more. (This event is designed for those 15 years and older).

Halloween Dance for Families of Children with Special Needs

Saturday, October 15th | 6:00 – 8:00 p.m.

Join us for our Halloween celebration! Wear your best costume and enjoy the costume contest, dancing, finger foods, and more. All ages are welcome.

Polar Express and Visit with Santa for Families of Children with Special Needs

Saturday, December 3rd | 12:00 – 2:00 p.m.

Enjoy the holiday spirit and bring your family for a special ride on the Polar Express, visit with Santa, and enjoy food and crafts. All ages are welcome.

COMMUNITY EVENTS

Boo Bash Carnival & Trunk or Treat

Saturday, October 22nd | 5:00 – 7:00 p.m.

Rancho Sahuarita is excited to partner with Common Ground Church for this year's Boo Bash Carnival and Trunk-or-Treat. Step right up as Club Rancho Sahuarita becomes a house of Halloween fun!

Families can enjoy the trunk-or-treat area, carnival games and rides, then curb their appetite and grab a bite to eat at on-site food trucks. Registration is not required for this event, and it is open to all Rancho Sahuarita residents and their guests.

***If you are interested in participating in the Trunk-or-Treat, please register with Common Ground Church.*

Rancho Sahuarita Holiday Spectacular

Saturday, December 10th | 5:00 – 8:00 p.m.

Experience the magic of the holidays at Club Rancho Sahuarita! Families can enjoy a festive and merry event that will include an ice-skating rink, a craft corner, a visit from Santa and his merry elves, food trucks and other kinds of holiday fun.

Club Rancho Sahuarita is also excited to partner with the Sahuarita Food Bank and Community Resource Center at this event. In the spirit of the holiday giving, please bring along donations of non-perishable goods. The Sahuarita Food Bank will be onsite collecting donations the entire event. Registration is not required for this event and is open to all Rancho Sahuarita residents and their guests.

Health & Wellness

Fall 2022

Registration on ActiveNet is required for all classes.

Cycling with Tracy

Mondays at 6:30 a.m. & 6:00 p.m.

**Wednesdays at 6:30 a.m. | Fridays at 6:30 a.m.
In the Rio Bravo Room**

Join us for this calorie burning workout for first timers and experienced riders. Residents use stationary bikes to ride through climbs, races and sprints, all while listening to great music. Please bring water and a towel to class.

Strong Nation® With Haley

Mondays 7:15 p.m. | In the Multipurpose Room

"Stop counting the reps start training to the beat." This class combines body weight, muscle conditioning, cardio, and plyometric training moves synced to music, all designed to match the unique moves. With each move driven by the music, the class will help you stay motivated and committed to the very last rep!

Pre-Teen Tap/Ballet with Aurora

Mondays at 4:00 p.m. | In the Vistoso Studio

A great beginning class to introduce preteens (9 to 13-year-olds) to the beauty of dance! The first half of class is ballet, focusing on the foundations through barre work. The second half is tap, where children will be taught about the artistry of dance—where the magic happens! Proper ballet attire (tights, leotard, etc.) is not required, though it is recommended to have ballet flats and tap shoes (any shoe comfortable to dance in will be just fine).

Cardio Kickboxing with Cecelia

Mondays, Tuesdays & Thursdays at 6:15 p.m.

Wednesdays at 7:15 p.m.

In the Multipurpose Room

An intense, full-body interval routine that will empower and motivate you. The workout consists of boxing and kickboxing movements mixed with martial arts. Please bring hand weights if you desire, and a water bottle.

Adult Tap with Aurora

Mondays at 6:00 p.m. | In the Vistoso Studio

Calling all tappers of any age and experience level! This tap class is designed to be beginner-friendly, where we will focus on some of the foundations of tap such as the different steps and how to establish beats. Tap shoes are highly recommended, but sneakers are okay depending on your comfort level.

Yoga with Selina

Tuesdays at 7:00 a.m. | Thursdays at 7:00 a.m.

In the Vistoso Studio

Join us for classical style yoga for all skill levels. The basis of this class focuses on breathing, strength and flexibility while moving through different poses. Please bring water and, if desired, a mat, straps and block.

High Intensity Interval Training (HIIT) with Suzanne

Tuesdays at 8:30 a.m. | In the Multipurpose Room

Join us for this calorie burning workout for all skill levels. Get ready to be challenged and have fun in this full body high intensity workout class.

Water Aerobics with Suzanne

Tuesdays and Thursdays at 12:30 p.m.

At Parque Del Presidio (*Beginning 10/4, this class will be held at the Main Pool at Club Rancho Sahuarita)

Tone and sculpt your body with no impact on your joints. Water Aerobics is a swimming blend of cardio and resistance training that at times may incorporate water weights and noodles.

Zumba™ with Marissa

Tuesdays at 10:00 a.m. | In the Multipurpose Room

Wednesdays at 9:00 a.m. | In the Vistoso Studio

This class mixes body sculpting movements with Latin American dances. It includes routines featuring aerobic interval training with a combination of fast and slow rhythms. Low-impact options also offered for modifications. Please bring water to class.

Kids Yoga with Gail (Ages 8-12)

Tuesdays at 3:30 p.m. | In the Vistoso Studio

A yoga class designed for children ages 8-12! It's filled with activities that engage children and give them the tools to feel calmer, happier, and more peaceful inside! Children will learn yoga poses, breathing, and relaxation exercises which cultivate a calm mind, increase strength and flexibility.



Pound with Christina

Tuesdays at 5:00 p.m. | In the Multipurpose Room

Any fitness level can strengthen and sculpt infrequently used muscles and drum your way to a leaner, slimmer physique- all while rocking out to your favorite music. Please bring water and if desired, a yoga mat to class.

Zumba with Haley

Tuesdays at 6:00 p.m. | In the Vistoso Studio

This class mixes body sculpting movements with Latin American dances. It includes routines featuring aerobic interval training with a combination of fast and slow rhythms. Low-impact options also offered for modifications. Please bring water to class.

Contemporary Jazz Dance for Adults with Marissa

Wednesdays at 8:00 a.m. | In the Vistoso Studio

A fun fusion for all skill levels of contemporary dance styles with jazz, ballet and world dance influences. Class combines proper leg work and body alignment while building strength and flexibility all while enjoying rhythmic phrasing and fun self-expression.

Low Impact Cardio with Suzanne

Wednesdays at 9:30 a.m.

In the Multipurpose Room

This low impact workout is perfect for any age and skill level wanting little to no stress on their joints. It incorporates both cardio and light strength training. Please bring water, and if desired, a mat to class.

Adult Ballet Beginner

Wednesdays at 6:00 p.m.

Thursdays at 8:30 a.m. | In the Vistoso Studio

Classical Ballet is not just for the young and the athletic! Ballet can be enjoyed at any age and be adapted for different fitness levels. This beginners class will tone, lengthen, and stretch your muscles while engaging your whole body. In this class you will do barre work along with center work. Please wear athletic clothing and ballet shoes if you have them available. (If you do not have ballet shoes, please wear socks with some texture, to prevent slipping).

Core & More with Christina

Wednesdays at 6:15 p.m. | Fridays at 8:00 a.m.

In the Multipurpose Room

Thursdays at 5:00 a.m. | In the Vistoso Studio

A high intensity strength training class that uses balance and total body exercises to build your core. Please bring a yoga mat and a water bottle to class.

MixedFit with Suzanne

Thursdays at 8:00 a.m. | In the Vistoso Studio

MixedFit is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. This innovative dance-fitness class incorporates different elements, all of which are designed to tone, strengthen, and increase endurance.



Strength and Balance with a “Twist” with Gail

Thursdays at 10:00 a.m. | In the Vistoso Studio

Using light weights and gentle yoga poses, participants will tone muscle, strengthen the core, and improve balance while integrating low impact cardio throughout the workout. You can engage in light toning and can even challenge your body with heavier weights to build muscle. This is a class for all ages and ability levels - with modifications and supports to allow for full participation.

11:11 The Practice™ Yoga with Jessica

Thursdays at 6:00 p.m. | In the Vistoso Studio

This urban yoga methodology uses palindromes to create unique power yoga sequences. Instead of moving right to left, sequences are done in reverse order. All classes utilize 11 primary poses chosen to warm up the body and target specific muscle groups. Strategically placed cardio bursts keep the body in fat burn mode. Students will move through 11 sun salutations, bringing awareness to all 7 chakras and fire up the core. All classes are infused with upbeat music and positive intentions to attract current goals and release what no longer serves. This hot new workout out of Scottsdale, Arizona is fun for all ages!

Line Dancing with Lynn

Fridays at 9:00 a.m. | In the Vistoso Studio

Learn the art of line dancing from an instructor with over 20 years of experience. This class combines the love of music with choreographed dance moves. The moves are done in a repeated sequence of steps by individuals in a group. This is a great low-impact exercise where you can make new friends while dancing to the latest country and western music. Please wear comfortable clothing that allows you to move and shoes that let you slide/glide on the wood flooring. This class is great for residents 18 to 90 years of age! Please bring a water bottle with you to class.

Zumba with Suzanne

Fridays at 10:00 a.m.

In the Multipurpose Room

This class mixes body sculpting movements with Latin American dances. It includes routines featuring aerobic interval training with a combination of fast and slow rhythms. Low-impact options also offered for modifications. Please bring water to class.

Pre-Teen Ballet/Contemporary with Aurora

Fridays at 4:00 p.m. | In the Vistoso Studio

A great beginning class to introduce preteens (9 to 13-year-olds) to the beauty of dance! The first half of class is ballet, focusing on the foundations through barre work. The second half is contemporary, where children will be taught about the artistry of dance—where the magic happens! Proper ballet attire (tights, leotard, etc.) is not required, though it is recommended to have ballet flats (any shoe comfortable to dance in will be fine).

Bootcamp with Christina

Saturdays at 9:00 a.m.

In the Multipurpose Room

Come start off your Saturdays with a series of full body workouts, in this fun yet challenging 45-minute class. All fitness levels are welcome.

Kid Fit with Suzanne (Ages 8-12)

Saturdays at 9:00 a.m. | In the Vistoso Studio

The fun comes first and we guarantee there is a lot of it during this fitness program for kids ages 8-12! Games, dance, play and movement—it's all there and designed to make kids stronger, faster, and more agile.

HEALTH AND WELLNESS EVENTS

Meditation Workshop: “Meditation Demystified”

Saturday, September 10th | 1:00 – 3:00 p.m.

You will be immersed in different types of meditation practices that are easy to use and find one or more that you can easily add to your daily life. The session will include a meet-and-greet and a meditation, followed by refreshments including relaxing teas. Registration is required through ActiveNet.

Movin’ & Groovin’

**Thursday, September 15th, October 20th,
November 17th, December 15th | 10:30 a.m.**

Designed for toddlers (ages 2 to 4 years old), this unique program combines music with movement to challenge your child physically and cognitively while building crucial social skills. Each month features a different themed program. Registration is not required for this free event, but space is limited and on a first-come, first-served basis.

Boys Bootcamp

Saturday, October 1st | 10:00 a.m. – 12:00 p.m.

Calling all young men, ages 8-14 years! Join us at Club Rancho Sahuarita for an afternoon just for the boys. Get ready to get down and dirty with some fun outdoor bootcamp-like activities. Registration is required; visit ActiveNet to register and for more information.

Kids Fall Safari Camp

**Monday, October 10th – Thursday, October 13th
10:00 a.m. – 12:00 p.m.**

This free camp is offered for kids 6-12 years of age, and is held at the Safari Park. The camp will offer many different activities including sports, games, and crafts. Space is limited and registration is required on ActiveNet.

Champagne Bootcamp

Saturday, November 12th | 9:00 – 11:00 a.m.

Residents will be taken through a series of bootcamp-style workouts. Come challenge yourself and then relax with brunch-style appetizers paired with champagne, bellinis, and mimosas. This is a 21 and over event and residents must register through ActiveNet.



Rancho Sahuarita

Reaches Out

Resident Relations Team Building Connections from the Start

At Club Rancho Sahuarita, the team is committed to serving residents from the first day they move into the community. One of the first touches a new resident has is with a member of the Resident Relations Team, who look forward to welcoming new residents, helping connect them with community resources, and serving as the ultimate resource for any questions, comments or concerns that should arise during their time in Rancho Sahuarita.

Getting Settled

When a new resident first moves into the community, the Resident Relations Team invites them to stop by Club Rancho Sahuarita to get registered, so they can start enjoying all the amenities available to them. To register with Club Rancho Sahuarita, residents can call to set up a registration appointment. At that time, a team member will share the list of necessary documentation required to make the process as seamless and easy as possible. They also work to get residents connected through the community's app, email blasts and ActiveNet.

If a new resident has not yet had a tour, a member of Resident Relations is also available to give both potential and new-resident tours as needed. Once registered and informed on all the community has to offer, you'll be ready to start enjoying Rancho Sahuarita as soon as possible!

Feel Welcomed

As part of their ongoing efforts, the team is also planning brand new programming in the coming months, designed to connect with new residents and to help them build connections with each other. A new welcome program, complete with personal reach-outs, tour invitations, helpful information packets and a sweet welcome gift delivery to each new home are planned as part of this. Pocket Park Parties will also make their return with the favorable fall weather, giving residents of various neighborhoods an invitation to meet their new neighbors, while enjoying food, music, games and more at a nearby park.

Stay Engaged

Beyond welcoming new residents to the community, the Resident Relations Team is committed to ensuring continued resident satisfaction. Whether that may be addressing comments and concerns, being a go-to for resources and upcoming events in the community, or going the extra mile to help new residents get acclimated and feel at home, a member of Resident Relations will be ready and happy to help!

For more information or to speak with one of our friendly team members, feel free to contact Club Rancho Sahuarita at 520-207-7730, or email welcome.center@ranchosahuarita.com.





Kick Your Healthy Habits into High Gear this Fall

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All throughout the year, Rancho Sahuarita is proud to offer an expansive selection of health and wellness classes and programs to residents. The team is constantly working to grow and evolve the offering, so that residents of all ages and skill levels can find a class to challenge them and help them feel their best. This fall, some resident-favorites will return and some new classes and programs will begin, all aimed at helping give residents the opportunity to create their best, healthiest life.

In addition to tried-and-true classics like Cardio Kickboxing, Zumba, Water Aerobics and Cycling, some new additions will diversify the programs available even more. New Strong Nation® With Haley will combine body weight, muscle conditioning, cardio and plyometric training moves, all set to awesome music. Strength and Balance with a “Twist”, another new class on the schedule, will use light weights and gentle yoga poses, as participants will tone muscle, strengthen the core, and improve balance while integrating low impact cardio throughout the workout.

With the season of fall around the corner, arguably some of the best weather year-round in Arizona is also due to arrive. That means it's the perfect time to get outside, and take advantage of the trails in the community or the parks perfectly placed throughout the neighborhoods.

Whether a resident is looking for a brisk jog or a relaxing stroll next to Sahuarita Lake, there are plenty of venues to get or stay fit while taking in the fresh fall air.

The team at Rancho Sahuarita also recognizes that health and wellness is not just about fitness and moving, but also about nutrition and wellness from the inside out. For those interested in healthy habits for food, fun, and daily life, our Healthy Living Series is returning this fall.

Each session will offer helpful tips on how to stay healthy through proper nutrition and positive eating habits. Drawing on a background in nutrition education of our very own Jordan Frink, the multi-part educational series will cover various ways that individuals can tweak their lifestyle to live healthier. Session topics will vary from month to month and are planned to include food demos, fitness practices, and household habits.

For more details on each session's topic, as well as any of the other classes or programs available, visit [ActiveNet](#).



Create Your Best Life

IN RANCHO SAHUARITA

Find your dream home in Rancho Sahuarita, with beautiful homes in our newest neighborhoods, Entrada La Coraza and Entrada Del Rio, from award-winning builders.



AWARD WINNING SCHOOLS



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