

Village Talk

WINTER/SPRING 2023

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ISSUE

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Community Events

Saguaro Club

Health and Wellness
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is Growing

Community Builders



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:

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

Beginning Monday, March 13th

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

Winter/Spring 2023

Monday Night Football

Monday, January 2nd | Begins 30 minutes prior to Kick-Off

Welcome, all football fans! Join us in the Sports Bar to watch the last Monday Night Football game of the 2022/2023 season, with beers, appetizers and a good time! This is a free event, and registration is not required. *Open to residents only, must be 21 years or older to attend.

Food Truck Roundup

Tuesday, January 3rd, February 7th, March 7th & April 4th | 4:30 – 7:00 p.m.

Stop by Club Rancho Sahuarita as Food Trucks gather every first Tuesday of the month. Until further notice, this will be a grab and go type event. You'll order on-site, then enjoy your meal in the comfort of your home or vehicle.

Women & Wine

Wednesday, January 4th, February 1st, March 1st & April 5th | 6:00 – 7:30 p.m.

Ladies, you are cordially invited to join us for an evening of wine, appetizers, and friendship. Drop in anytime during this event to unwind, or make a date with your girlfriends to meet at Club Rancho Sahuarita for this special event, designed for just women. Although this is a free event and registration is not required, 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.

Coffee Social

Friday, January 6th & 20th, February 3rd & 17th, March 3rd, April 7th & 21st | 8:00 – 9:30 a.m.

This resident favorite is held every first and third Friday of the month 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.

Sunday Addition

Sunday, January 8th, February 12th, March 12th & April 9th | 2:00 – 4:00 p.m.

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

Bingo Madness

Tuesday, January 10th & 24th, February 14th & 28th, March 14th & 28th, April 11th & 25th | 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, \$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 up until 6:30 p.m., when doors will be promptly shut to begin games. This event is open to all residents and their guests. Residents must be 18 years of age or older to participate. Registration is not required, but space is limited and on a first-come, first-served basis.

Storytime for Tots

Thursday, January 12th, February 9th, March 9th & April 13th | 10:30 – 11:30 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 event, but space is limited and on a first-come, first-served basis.

Strawberry Ice Cream Giveaway

Sunday, January 15th | 1:00 – 2:00 p.m.

It's National Strawberry Ice Cream Day and that means a free ice cream giveaway! Stop by Club Rancho Sahuarita for a free scoop of strawberry ice cream, plus toppings! The Events Team will be set up indoors in the La Villita Lounge. *Ice cream available while supplies last.

Food Truck Friday

Friday, January 20th & April 21st 5:00 – 7:00 p.m. | At Parque Del Rio

Bring out the whole family for our quarterly Food Truck Friday event at Parque Del Rio. Please check ActiveNet for more details.

Toddler Techniques

Thursday, January 26th, February 23rd, March 23rd & April 27th | 10:30 – 11:30 a.m.

Once a month get your toddler out and join us 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 for this free event, but space is limited and on a first-come, first-served basis.

Father-Daughter Dance

Saturday, February 4th | 5:00 – 7:30 p.m.

At the Rancho Resort Ballroom (15900 S. Rancho Resort Boulevard) | \$18 per person

You're invited to a Masquerade Ball! Join us for our annual Father-Daughter dance at the Rancho Resort Ballroom, where your special night will include music, dinner, dancing, and along with each daughter's registration, a complimentary 5x7 photo. Space is limited to 180 people, so please don't wait to reserve your spot via ActiveNet. When registering, please be sure to add yourself and your favorite girl.

Sahuarita Food Bank: Neighbor to Neighbor Sahuarita - Drop Off Dates

**Saturday, February 11th & April 15th
8:00 – 10:00 a.m.**

We are asking for the wonderful people of this community to stop by Club Rancho Sahuarita and pick up a bag. With every trip to the grocery store, purchase a non-perishable item to put in it. On the above date you will be able to drop off the accumulated items to the Sahuarita Food Bank and Community Resource Center, which will be set up in the Parking lot of Club Rancho Sahuarita. It is a great way for one neighbor to help another neighbor in need!

Adult Outing: Axe Throwing

Friday, February 17th | Time: TBA

Come out for a night of Axe Throwing and perfecting your aim. Registration and a fee are required. Visit ActiveNet for more details!

It's a Good Day to Trail

Saturday, February 18th | 9:00 – 10:30 a.m.

At the Safari Park

Grab the family and kick up the dust on your community trails, all while enjoying a book swap, giveaway and more! Along your trails, enjoy quirky walking, skipping, hopping activities, then stop by refuel & hydration stations. In honor of Love of Reading month, beginning February 1st, if you have any books you'd like to donate please drop them off at Club Rancho Sahuarita or bring them the day of the event. Any leftover books from the event will be donated.

American Red Cross Blood Drive

**Saturday, February 18th & April 22nd
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.

Special Edition Movie Night: Rodeo Event

Friday, February 24th | 6:30 – 8:30 p.m.

Join us for a special Rodeo edition of our Movies Under the Stars series. Families can enjoy spending this night of their Rodeo Break with special cowboy and cowgirl activities. The family fun kicks off at 5:00 p.m., and the movie is scheduled to begin at 6:30 p.m. Food trucks will also be on site for families to purchase food items.

Rodeo Roundup

Saturday, February 25th | 11:00 a.m. – 3:00 p.m.

Celebrate our western heritage with the Rancho Sahuarita Rodeo Round Up! The day will feature pony rides, a live country band, mechanical bull, petting zoo and more! Dust off your cowboy boots for a good time! *The first 100 children will receive a complimentary Cowboy Hat.

Teen Outing: Skate Country

Saturday, March 11th | 7:00 p.m.

Teens - join us for another exciting outing as we head to Skate Country! Enjoy an evening of skating and light appetizers. Transportation will be provided, as a bus will pick the group up from Club Rancho Sahuarita and return us back at the end of the event. Registration and a fee are required per teen attending. Please do not wait to register, as limited slots are available. Adults, would you like to chaperone? If so, please contact an Events Team Member at (520) 207-7730 or at events@ranchosahuarita.com.

Rock Art

Wednesday, March 15th | 6:00 – 7:00 p.m.

Be part of beautifully 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 a one-of-a-kind piece, then add it to our Community Rock Garden here at Club Rancho Sahuarita! There is no fee for this event and we will provide all the necessary supplies required. This event is open to all residents, and registration is not required 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!



Coffee & Canines

Friday, March 17th | 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 also a few healthier options. Each canine will receive a complimentary pupachino and treat bag. All dogs must be on a leash at all times. Visit ActiveNet for more information.

I Can Cook for Kids

Friday, March 17th | 11:00 a.m. – 1:00 p.m.

Please join our staff for this fun, hands-on class, where young chefs will practice basic cooking and preparation skills with a focus on preparing delicious kid-friendly recipes. A fee and registration are required, and participants must be between the ages of 7 and 12 years old.

Princess Tea Party

Saturday, March 18th | 11:00 a.m. – 1:00 p.m.

At the Rancho Resort Ballroom (15900 S. Rancho Resort Boulevard) | \$12.00 per person

Calling all Princesses: Please join us for an afternoon of tea time, appetizers and other fun! To commemorate this special event, each princess will receive a complimentary 5"x7" photograph. When registering your beauty on ActiveNet, please be sure to register the accompanying adult as well.

Community Yard Sale

Saturday, April 1st | 7:00 a.m. – 12:00 p.m.

Clean out the closets and gather your unwanted items for our spring 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, and signs will also be placed throughout the community. Hundreds of families participate in the yard sale each season, so don't miss it.

Breakfast with the Bunny

Saturday, April 8th | 8:00 – 10:00 a.m.

No Easter would be complete without the Easter Bunny! Join us at Club Rancho Sahuarita for a complimentary pancake breakfast. The morning will include children's crafts, activities and a visit with the Easter Bunny. Parents don't forget your cameras! This event is free and registration is not required. Visit ActiveNet for more details.

Earth Day Event

Saturday, April 22nd

Join us for a special event in celebration of Earth Day. More details will be available as the date approaches, so please check ActiveNet for more info!

Movies Under the Stars

Our "Movies Under the Stars" series kicks off for the season this April. The movie will begin at 8:00 p.m., and the event area opens one hour prior to showtime.

Saturday, April 22nd

"The Bad Guys"

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.

For all Homeschool Programs, contact Dennise Avendaño Jarvis at dennisejarvis@gmail.com.

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

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

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: "Twist and Shout" Mixer

Saturday, January 28th | 4:00 – 6:00 p.m.

Enjoy an afternoon of appetizers and adult beverages - Sock Hop style! Have a light bite to eat and drink while taking in live entertainment. This event is open to all Saguaro Club members and any active adult over the age of 50 years that would like to learn more about the Saguaro Club. Registration is NOT required for this free event.

Saguaro Club: Sweetheart Social Hour

Monday, February 13th | 5:00 – 6:00 p.m.

Celebrate Valentine's Day a day early with a couple of adult beverages (or non-alcoholic beverages) and some oh-so-sweet desserts! Although this event is free, registration is required.

Saguaro Club Explore AZ: Heard Museum

Saturday, March 4th | Time: 8:00 a.m. – 4:00 p.m.

Cost: \$25 per person

Explore AZ like never before! The 64th Annual Heard Museum Guild Indian Fair & Market returns to the Heard Museum! This world-acclaimed cultural event is Arizona's largest American Indian art fair with more than 600 of the nation's most outstanding and successful American Indian artists. Transportation is provided to and from the event, and registration is required.

Saguaro Club: Bunco Night

Tuesday, March 22nd | 6:00 – 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 take care of the rest! Desserts and both alcoholic and non-alcoholic drinks will be provided. Registration is required.

Saguaro Club: Poker Night

Friday, April 14th | 6:00 - 8:00 p.m.

Enjoy an evening of complimentary appetizers, and alcoholic and non-alcoholic drinks while playing some poker! It's another great opportunity to have some fun with your fellow Saguaro Club members. Registration is required on ActiveNet or by visiting Club Rancho Sahuarita if you intend to play as there are limited seats; if you plan to just be a spectator, registration is not required.

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.

Valentine's Dance for Families of Children with Special Needs

Sunday, February 11th | 1:00 – 3:00 p.m.

Bring your favorite lovelies to Club Rancho Sahuarita for a Valentine's Day Dance, appetizers and refreshments. Registration is required for this event.

Autism Awareness Day

Sunday, April 2nd | 5:30 – 7:00 p.m.

At Parque Del Rio

World Autism Awareness Day seeks to raise awareness of the autism spectrum disorders and improve the lives of those currently living with autism. Please join us this day to help raise awareness about autism. Additional information will be available on ActiveNet as the event approaches.

Easter Egg Hunt

Sunday, April 9th | 1:00 – 3:00 p.m.

All families with special needs children are invited to a free Easter egg hunt at Club Rancho Sahuarita. Please remember to bring your Easter baskets and your camera. The egg hunt begins promptly at 1:00 p.m. The gathering will also include a visit from the Easter Bunny! Registration is required.

COMMUNITY EVENTS

Fiesta Sahuarita

Saturday, March 25th | Time: TBA

Don't miss the best small-town festival in Southern Arizona! Attendees can enjoy food vendors, live music, inflatables, arts & crafts for sale, information booths and other fun family activities.

Relay for Life

Saturday, April 1st | 8:00 a.m. – 8:00 p.m.

At Rancho Resort (15900 S. Rancho Resort Boulevard)

The American Cancer Society's Relay for Life is back in Sahuarita. Join us at this event to bring communities together, to remember loved ones lost, honor survivors of all cancers, and raise money to help the American Cancer Society make a global impact on cancer. For more information, please go to www.relayforlife.org.



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

Health & Wellness

Winter/Spring 2023

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.

Basic Step & Sculpt

Mondays at 9:00 a.m. | In the Multipurpose Room

Join us for high-energy and basic step combos, with the bonus of muscular conditioning using dumbbells and or/resistance equipment. Perfect for all fitness levels, this class is guaranteed to help you get fit and have fun!

Pilates with Katherine

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

Join Katherine for Pilates matwork. Based on the work of Joseph Pilates, this class creates optimal strength through muscular balance with an emphasis on core strength and flexibility.

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).

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.

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.

Yoga with Gail

Mondays at 7:00 p.m. | Thursdays at 6:00 p.m.

In the Vistoso Studio

Join Gail for this all-levels gentle yoga class. You'll focus on breathing, strength, and flexibility while moving through different poses/postures. Please bring water and, if desired, a mat, strap, and block.

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.

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.

Water Aerobics with Suzanne

Tuesdays and Thursdays at 12:30 p.m.

At Main Pool at Club Rancho Sahuarita

(*Beginning 3/20, this class will be held at the pool at Parque Del Presidio)

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.



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.

Strong Nation® with Haley

Wednesdays at 5:00 a.m.

In the Multipurpose Room

"Stop counting the reps - and 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!

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.

Kid's Yoga Stretch and Conditioning with Katherine (Ages 8-12)

Wednesdays at 2:45 p.m.

In the Multipurpose Room

A yoga class designed for children ages 8-12. It's filled with exercises to engage children and offer tools to feel calmer, happier, and more peaceful inside! Students will learn yoga poses to cultivate a calm mind, as well as increase strength and flexibility.

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 support to allow for full participation.

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.

Adult Ballet Intermediate

Fridays at 10:30 a.m. | In the Vistoso Studio

This Intermediate level class is designed for students with some ballet experience who want to challenge their strength and endurance while improving technique. 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).

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 fullbody 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

Saturday, January 7th | 1:00 – 3:00 p.m.

A rest for body and mind plus a chance for self-awareness. You will be immersed in a variety of meditation techniques that are easy to learn and use. Discover one or more to add to your daily life. Please register on ActiveNet.

T-Ball Clinic

**Saturday, January 14th, 21st & 28th
10:00 – 11:00 a.m.**

Children ages 4-6 years old are welcome to participate in this free T-Ball clinic for beginners. The clinic will run in a series of three Saturday mornings that will build on the prior week's lessons with the last session being a no score 'game day'. The clinic will focus on the fundamentals and the fun of T-Ball before the official spring season begins. Registration is required due to limited space. *Participants must bring their own glove.

Movin' & Groovin'

**Thursday, January 19th, February 16th,
March 16th & April 20th | 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.

Fitness for Two

Friday, February 10th | 6:00 – 8:30 p.m.

Grab a partner and join us for a fun, sweat-filled, heart-pumping workout! Partners will be taken through a series of workouts and to finish strong, enjoy adult beverages and appetizers afterwards! There is a 2-drink maximum, and registration is required for the free event. *Residents must be 21 years or older to attend.

Spring Break Camp

**Monday, March 13th – Thursday, March 16th
10:00 a.m. – 12:00 p.m.**

This free camp is offered for kids ages 7-12 years, and is held at Club Rancho Sahuarita. The camp will offer many different activities, including kids' fitness classes, outdoor activities, educational programs, and arts & crafts. Space is limited and registration is required.

Zumbathon

Saturday, April 15th | 6:00 p.m.

Join us to dance for a cause at our Zumbathon Dance Party Charity Event, benefiting The Animal League of Green Valley. Dancing is always more fun with friends, so grab your Zumba bestie and meet us on the dance floor to sweat, shimmy, shake, and raise money! No Zumba experience is necessary, and the cost is \$5 per person. Registration is required. (Doors will open at 5:30 p.m.)

"Healthy Living Series"

Nutrition Workshops

**Saturday, January 14th, February 11th,
March 11th & April 29th | 10:00 a.m.**

Join us each month for a nutrition workshop offering helpful tips on how to stay healthy through proper nutrition and positive eating habits. Session topics will vary from month to month, and will include food demos, fitness practices, and household habits. For more details on each session's topic, visit ActiveNet.





Rancho Sahuarita is Growing

New Neighborhoods, New Homes, and New Neighbors to Meet!

Over 20 years ago, the first founding families took a chance on a growing community and decided to make Rancho Sahuarita their home. Since then, the community has welcomed thousands more from all parts of the country and the world. Young families, active seniors, and bustling young professionals make up the fabric of life here. Now fast forward to today, as the team at Rancho Sahuarita is hard at work to bring more neighborhoods, more businesses, and more opportunities to meet and connect to the area.

In addition to the new neighborhood of Entrada La Coraza, (located south of Sahuarita Rd., on both sides of Rancho Sahuarita Blvd.), Entrada Del Pueblo opened adjacent to that in the fall. Combined, both neighborhoods offer beautiful new home options from five community home builders, including Centex, KB Home, Lennar, Meritage Homes and Richmond American Homes. The new development south of Sahuarita Rd. offers families proximity to schools, as well as to commercial, dining and key services located in the growing Sahuarita Town Center.

As the community's population grows, the neighborhood, amenity, retail, commercial and dining options available to residents will continue to grow along with it. In addition to the five new businesses opening or recently opened at The Corner, Rancho Sahuarita Self Storage and RV is opening soon. The Rancho Sahuarita Team is also in talks with other users about remaining commercial land and spaces available for sale or lease in the community, as well as planning the trails, green spaces and amenities that will be located south of Sahuarita Rd to serve both current and future residents. More details will be shared as new businesses are announced and plans are finalized.

For additional information and specifics about the homes available in either Entrada La Coraza or Entrada Del Pueblo, buyers can join the interest list and learn more by visiting www.ranchosahuarita.com.

**Did you know you can run
a new home search *today?***

Residents Create a Better Life in

Rancho Sahuarita

with “Community Builders” at the Heart

Rancho Sahuarita is a special community, with a wealth of diverse residents who call it home. While each resident has their own story and the reason for moving here, there are certain groups of residents who work hard each day to give back to the community they call home. Those who collectively take action to make a difference for their fellow residents, enrich experiences and work to create better lives and build true community.

Here are some of their stories:

Sahuarita-Green Valley Family Support Network (SGVFSN)

For over ten years, the Sahuarita Green Valley Family Support Network, now run by residents and community members, Jamie Comeau and Hania Medrano, has provided a support group for local families with kids, teens, and adults with special needs. The partnership now allows for the occurrence of many special events throughout the year, which allow the families to enjoy the spaces and event activities, without the typical crowds and noise that come with them. Comeau and Medrano shared: “Once upon a time we all felt alone in our journeys and at times even helpless. But with this group, we have made some amazing connections with other families going through the same struggles. We’ve made lifelong friends who just get it, and our kids have found a place where regardless of their different abilities and diagnoses, they simply belong!”

Veterans in Sahuarita

Coming together on a regular basis, veterans of Sahuarita and surrounding communities unite, all with the goal of helping others. A past commander of a Disabled American Veterans (DAV) chapter in Seattle, resident Ron Bryant acts with the DAV, bringing together these individuals; helping and connecting to each other and to the support and resources they may need. They meet regularly to share, lend an ear, and offer their time and dedication to help. You will find them at events, and volunteering throughout the community as mentors, with organizations like the Sahuarita Food Bank and Community Resource Center, in schools and with the Town of Sahuarita. “We are dedicated veterans helping veterans, their families and friends.”

Sahuarita Homeschool Group

The Sahuarita Homeschool Group is a group organized by parents in the community that believe in home-education. The group has a virtual community on social media where parents can support each other on their individual journeys. They also have Homeschool PE twice a month, which is sponsored by and hosted at Club Rancho Sahuarita. In addition, two times a month the group gets together for various student activities. Lead organizer Dennise Avendaño Jarvis shared that the group “has been a blessing for families looking for a social outlet for their students that are learning from home.” She spoke of how the group is a “community of families that are

at different steps of their home-education journey coming together to support each other and celebrate the freedom of learning at home,” and how all students, whether homeschooling or home-educating under ESA or a virtual school are welcome. Parents interested in learning more can contact Dennise directly at dennisejarvis@gmail.com.

Saguaro Club for Active Adults

The Saguaro Club is a membership-based club designed especially for residents ages 50+ of Rancho Sahuarita, Rancho Resort and Sonora del Webb. The club offers exclusive events, including mixers, seasonal events, Explore AZ excursions and more. Resident Carole Maluf, who has been a resident of Rancho Sahuarita since 2008 and a member of the club since 2015 and is very active in the club’s events shared: “As an active member of the Saguaro Club, I love that we have many different activities to choose from. The traveling Van Gogh show at the Scottsdale Museum, the really funny Halloween Dance at Club Rancho Sahuarita, and our wonderful wine tasting bus trip to Sonoita are just a few functions that I have attended. Feeling welcomed, meeting friends, as well as creating new friendships - all while attending the events - really keeps me energized and young at heart!”

To get more information about joining the Saguaro Club, contact any member of the Lifestyle Team at Club Rancho Sahuarita at events@ranchosahuarita.com.

Sahuarita Food Bank and Community Resource Center (SFB-CRC)

The Sahuarita Food Bank and Community Resource Center’s mission is to provide support to strengthen families, health/nutrition programs, and many workshops and training programs to help people learn new job skills and get employment; with the ultimate goal being economic and family well-being. Founded in 2009, the Sahuarita Food Bank served over 10,000 individuals last year, with over 50,000 visits. Food Bank visitors received over 1,300,000 pounds of food. Now thanks to

the support of numerous community residents, the Sahuarita Food Bank also spearheads “Neighbor-to-Neighbor Sahuarita”. As part of this special program, each participating household collects one or two non-perishable food items as part of their weekly shopping trip and saves them for regular Saturday collection events. The food bank then picks up the food for distribution to their visitors.

Executive Director of the SFB-CRC, Carlos Valles shared: “Lora Nastase spearheaded the Neighbor to Neighbor Sahuarita program in Rancho Sahuarita over a year ago. Together with the wonderful staff at Club Rancho Sahuarita, the program has collected over a thousand pounds of food for our neighbors in need. The Sahuarita Food Bank & Community Resource Center is grateful for the support from the Rancho Sahuarita residents.”





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