

# Village Talk

FALL 2023



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**RANCHO SAHUARITA**  
It's ALL IN YOUR BACKYARD

[www.RanchoSahuarita.com](http://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 – 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](mailto:info@ranchosahuarita.com)

Club Rancho Sahuarita provides a full-service recreation center with dance and aerobic studios, a 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 Daily Hours of Operation\*

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

**\*Hours may be altered due to inactivity.**

# Resident Events

Fall 2023

## Labor Day End of Summer Celebration

**Saturday, September 2nd | 2:00 – 6:00 p.m.**

Join us Labor Day weekend for this fun filled event, and take advantage of the Splash Park before it closes for the 2023 season. Residents can also enjoy a poolside DJ and bubble balls on the Activities Lawn. Food vendors will be on site as well. Registration is not required for the event but is for the cornhole tournament, (visit ActiveNet for more details).

## Drive-In Movie Under the Stars

**Sunday, September 3rd | Events Lot (S. Rancho Sahuarita Blvd & S. Camino Lago Azul)**

The movie being shown will be "Super Pets". The film begins at 7:00 p.m. with the event area opening at 6:00 p.m. Food trucks will be on site, and there is no fee or registration required for this event.

## Popsicle Giveaway

**Monday, September 4th | 12:00 – 1:00 p.m.**

Cap off Labor Day weekend with a free refreshing popsicle. Giveaways will take place on the Terrace at Club Rancho Sahuarita. Registration is not required; while supplies last.

## Food Truck Roundup

**Tuesday, September 5th, October 3rd, November 7th, December 5th | 4:30- 7:00 p.m.**

Stop by Club Rancho Sahuarita as food trucks gather every first Tuesday of the month with a selection of food choices to enjoy.

## Coffee Social

**Friday, September 8th & 22nd, October 6th & 20th, November 3rd & 17th, December 1st, 15th & 29th | 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. Registration is not required for this event.

## Sunday Addition

**Sunday, September 10th, October 8th, November 12th | 2:00 p.m. – 4:00 p.m.**

Stop by every second Sunday 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 11th & 25th | October 9th & 23rd  
November 13th & 27th | December 11th**  
**Event begins 30 minutes prior to Kick-Off**

Welcome football fans! Join us in the Sports Bar every 1st and 3rd Monday for a Monday Night Football watch party, 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.

## Bingo Madness

**Tuesday, September 12th & 26th,  
October 10th & 24th, November 14th & 28th,  
December 12th & 26th**

Try your luck at a night of Bingo every 2nd and 4th Tuesday. Space is limited and entry will be based on a first-come first-served basis. The cost is \$2 per card, \$5 for (3) cards, \$12 for (7) cards, or \$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 between 6:00 – 6:30 p.m. Doors close promptly at 6:30 p.m. to begin games. Registration is not required for this event but space is limited and on a first-come, first-served basis. \*Open to all residents only; must be 18 years or older to participate.

## Storytime for Tots

**Thursday, September 14th, October 12th,  
November 9th, December 14th | 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.

## Mariachi & Folklorico Concert

**Saturday, September 16th | 7:00 – 8:30 p.m.  
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!





## Women & Wine

**Wednesday, September 20th, October 18th,  
November 15th, December 20th | 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.

## Coffee and Canines

**Friday, September 22nd | 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, and refreshments and treats will be available as well. Please note that no registration or fee is required for the event, but canines must be kept on a leash at all times.

## Movies Under the Stars

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

Sunday, September 3rd | “Super Pets”

Saturday, September 23rd | “Dungeons & Dragons” (At Parque Del Rio)

Saturday, October 7th | “The Super Mario Bros Movie”

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

## Toddler Techniques

**Thursday, September 28th, October 26th,  
December 28th | 10:30 a.m.**

Once a month, get your toddler out and join us for an hour of fun! This free event is perfect for children ages 3-6 years, and offers many different fine motor and sensory activities to help your toddlers grow. Activities vary from month to month, and while registration is not required, space is limited and on a first-come, first-served basis.

## Special Edition Movie Night

**Saturday, October 7th | 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.

## Rock Art

**Wednesday, October 11th & December 27th  
6:00 – 7:00 p.m.**

Be part of decorating your community with beautiful 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. Add your art to our Community Rock Garden at Club Rancho Sahuarita or choose to take it home. There is no fee for this event, and we provide all the necessary supplies required.

## I Can Cook for Kids: Baking Edition

**Friday, October 13th | 10:00 a.m. – 12:00 p.m.  
\$5 per person**

Please join our staff for this fun, hands-on class in which 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 7-12 years old.

## Teen Outing: Nightfall

**Friday, October 13th | 6:30 - 10:00 p.m.  
Price per person: \$30**

Teens, join us for a night at Nightfall at Old Tucson. The immersive experience combines terrifying mazes with classic stunt shows & a town full of interactive characters. Must be between the ages of 13-18 years old. This is a resident only event and registration with a fee is required.

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



### **American Red Cross Blood Drive**

**Saturday, October 14th & December 9th**

**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](http://redcrossblood.org) and enter the Sponsor Code as: RANCHO. Please remember identification is required to donate at all blood drives.

### **Neighbor-to-Neighbor Drop Off Collection Events**

**October 14th, December 9th | 9:00 – 11:00 a.m.**

This is the perfect opportunity to help fellow residents in need! Stop by Club Rancho Sahuarita and pick up a bag, then with every trip to the grocery store, purchase a non-perishable item to put in it. On the above dates, the accumulated items can be dropped off to benefit the Sahuarita Food Bank and Community Resource Center, which will be on site to pick them up.

### **Food Truck Fridays**

**Friday, October 20th | 5:00 – 8:00 p.m.**

**Club Rancho Sahuarita**

Bring out the whole family for a fun Food Truck Friday event at Club Rancho Sahuarita. Visit ActiveNet for a list of which food trucks will be there.

### **Friday Night Frights**

**Friday, October 20th | 7:00 – 10:00 p.m.**

Join us for a screening of the horror-thriller movie "M3GAN". Load up your 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 be available, and while registration is not required for this event, it is only open to residents 18+ years of age.

### **Halloween Chalk Art Contest**

**Saturday, October 28th | 8:00 a.m. - 12:00 p.m.**

Take part in Rancho Sahuarita's Halloween Chalk Art Contest and color your neighborhood Spooky! Contestants can register via ActiveNet to sign up for this at-home contest.

### **Halloween Dog Costume Contest**

**Saturday, October 28th | 10:00 a.m.**

**South Lawn of 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 also be given a special treat to take home with them.

### **21+ Outing: Roadrunners Ice Hockey**

**Friday, November 3rd | 6:00 – 10:00 p.m.**

**Price per person: \$25**

Join us for an exciting outing to watch the Roadrunners ice hockey game at the TCC. Registration and a fee are required via ActiveNet, and please note the fee includes transportation and ticket into the game.

### **Community Yard Sale**

**Saturday, November 4th | 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 to register. Maps showing all the participating sales will be distributed from Club Rancho Sahuarita to shoppers, and signs will also be placed throughout the community.

### **Coffee with a Vet**

**Saturday, November 11th | 8:00 – 9:30 a.m.**

**Armed Forces Tribute (Parque Del Rio)**

Calling all Veterans, Active-Duty Service Members, and residents: Stop by for a cup of joe to converse with our local heroes and thank them for their service! The morning includes complimentary coffee, pastries, along with a few healthier options. Registration is not required; please visit ActiveNet for more details.

### **Sahuarita Local Living**

**Saturday, November 11th | 10:00 a.m. – 3:00 p.m.**

Rancho Sahuarita - come meet all the local talent in your backyard! Spend the afternoon with us and experience local artists, local food vendors, and much more local everything! If you're interested in showcasing your talents or becoming a vendor, please contact the Events Department at 520-207-7730. All sign-ups will be on a first-come, first-served basis. Please visit ActiveNet for more information.







## **21+ Silent Disco**

**Friday, November 17th | 7:00 – 9:00 p.m.**

Mark your calendars for this special event, when residents are invited to a silent disco party featuring great music, fun and great company. Light appetizers and drinks will also be provided. Check ActiveNet for more details and to register.

## **Founders' Day**

**Saturday, November 18th | 5:30 – 7:30 p.m.**

### **Sahuarita Lake Amphitheater**

Commemorate the birth of our community with family entertainment, a live band, food trucks and tons of other activities. Celebrate the birth of the community you call home!

## **Letters to Santa Program**

**Friday, November 24th – Monday, December 11th**

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 to 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 24th – Sunday, December 24th**

The Rancho Sahuarita community tree will be on full display in the La Villita Lounge at Club Rancho Sahuarita. We invite residents to 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. Don't miss this opportunity to be part of something extra special this holiday season!

## **Indoor Movie**

**Saturday, November 25th | 1:00 – 3:00 p.m.**

We couldn't say goodbye to all our movie events, so we're hosting one more before the end of the year! The movie being shown is "Lightyear" and we'll host this one indoors at Club Rancho Sahuarita, with complimentary popcorn, goodie candy bags and hotdogs! Registration is required via ActiveNet.

## **Children's Holiday Express**

**Saturday, December 2nd | 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 older.

## **Character and Cookies**

**Friday, December 8th | 6:00 – 7:30 p.m.**

Warm up your holiday spirit and meet special holiday characters. Residents can also 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 Toy Drive**

**Sunday, December 10th | 11:00 a.m. – 1:00 p.m.**

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

## **Pet Pictures with Santa**

**Saturday, December 16th | 2:00 – 3:00 p.m.**

**\$7 per person**

Santa Claus is coming to Rancho Sahuarita - even for our furry four-legged friends! Residents are invited to bring their pets to have a photo with Santa. For \$7 you will receive a 5x7 and 4 wallet-sized pictures. Registration is required for this event and all dogs must be on a leash at all times.



## 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 Wednesdays | 11:00 a.m. - 12:00 p.m.**

Contact Elise Drapeau at [s.elise.drapeau@gmail.com](mailto:s.elise.drapeau@gmail.com).

### **Southern Dragon Taekwon-Do**

**Monday, Wednesday, Friday | 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](mailto: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](http://Sahuaritadance.net)

520-232-3753

[michele@sahuaritadance.com](mailto: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 lessons. Please contact Cynthia Chambers directly at [fadelgado1234@msn.com](mailto:fadelgado1234@msn.com) for information on cost and registration.

### **Afterschool 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: Karaoke Mixer**

**Friday, September 1st | 5:30 – 7:00 p.m.**

Join your fellow Saguaro Club Members for a fun night of Karaoke! Light appetizers & drinks will be provided. Space is limited and registration is required.

### **Saguaro Club: Dinner Date Night**

**Thursday, September 21st | 5:30 – 7:00 p.m.**

Bring your spouse, your partner, or your best friend to share in the festivities of Dinner Date Night. Enjoy a delicious catered Italian dinner, followed by a special live performance. Space is limited and registration is required.

### **Saguaro Club: Halloween Dance**

**Saturday, October 28th | 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. Dressed in your Halloween costumes or not - either way you're in for a spooky good time! Registration is required.

### **Saguaro Club Explore AZ: Bisbee Mariachi Festival**

**Saturday, November 4th | Time: TBA | Cost: TBA**

Explore AZ like never before! Join us for a trip to Bisbee for the 7th annual Mariachi Festival. Registration and a fee are required.

### **Saguaro Club: Christmas Party**

**Wednesday, December 13th | 6:00 – 8:00 p.m.**

Unwind from the holiday grind for a great evening with great company. Throw on your most festive sweater for this evening of fun! Members can expect activities like cookie decorating and wreath making. Light appetizers and desserts will also be provided. Registration is 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 [sgvfsn@gmail.com](mailto:sgvfsn@gmail.com).

### Homecoming for Families of Children with Special Needs

**Saturday, September 16th | 4:00 – 6:00 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 (\*designed for those 15 years and older).

### Halloween Dance for Families of Children with Special Needs

**Saturday, October 14th | 6:00 – 8:00 p.m.**

Join us for this Halloween celebration, where we invite you to wear your best costume and enjoy the costume contest, dancing, finger foods, and much more! All ages are welcome.

### Mom's Potluck

**Saturday, November 4th | 3:00 – 5:00 p.m.**

Sign up for this year's annual Thanksgiving Potluck. Moms - this is your chance to converse with other moms in a kid-free area, all while sharing and enjoying your favorite holiday dishes.

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

**Saturday, December 2nd | 12:00 p.m. – 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 welcome.

## COMMUNITY EVENTS

### Zombie Run

**Saturday, October 14th | 5:00 – 8:00 p.m.**

Take part in Sahuarita's "Zombie Run"! Experience the thrill of being chased down by bloodthirsty Zombies and see if you can survive the night. More details will be made available as the event approaches; registration is required through the Town of Sahuarita.

### Boo Bash Carnival & Trunk-or-Treat

**Saturday, October 21st | 5:00 – 7:30 p.m.**

Rancho Sahuarita is excited to partner again with Common Ground Church for this year's Carnival & Trunk-or-Treat, where attendees can 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, and then curb your appetites and grab a bite to eat at onsite 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 9th | 5:00 – 8:00 p.m.**

Who's ready to visit with Santa, Mrs. Claus and their friendly elves? We've made special requests to have the entire gang join us! Families can enjoy a festive and merry event that will include a craft corner, food trucks and a Holiday Shopping Village! Contact the Lifestyle Department at 207-7730 to register to be a vendor. We're also partnering again to give back! In the spirit of the holiday season, please bring donations of non-perishable goods to benefit the Sahuarita Food Bank and Community Resource Center. They will be onsite collecting donations the entire event. Registration is not required for this event, and it is open to all Rancho Sahuarita residents and their guests.

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





*Registration on ActiveNet is required for all classes.*

### **Sunrise Yoga with Marissa**

**Mondays at 5:30 a.m. | Vistoso Studio**

Greet the day with Sun Salutations for flexibility, strength, balance, and coordination.

### **Cycling with Tracy**

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

**Tuesdays at 5:00 a.m. | Wednesdays & Fridays at 6:30 a.m. | 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 with Katherine**

**Mondays at 9:00 a.m. | 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 Matwork with Katherine**

**Mondays at 10:00 a.m. | Multipurpose Room**

**Tuesdays at 5:00 p.m. | 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.

### **Yoga with Amy**

**Mondays at 6:00 p.m. | Vistoso Studio**

**Tuesdays and Thursdays at 7:00 a.m. Multipurpose Room**

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.

### **Cardio Kickboxing with Cecilia**

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

**Wednesdays at 7:15 p.m. | 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.

### **High Intensity Interval Training (HIIT) with Suzanne**

**Tuesdays at 9:00 a.m. | 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.

### **MixedFit with Suzanne**

**Tuesdays at 10:00 a.m. | Multipurpose Room**

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.

### **Barre Core Conditioning**

**Tuesdays at 10:45 a.m. | Vistoso Studio**

It's not a dance class...exactly. Barre classes use small, controlled movements, and light dumbbells to shape and lift the body. Improve strength and flexibility. Target core and lower body using body weight and 1-lb. weights for resistance. Use the barre for stability during standing exercises, and to keep aligned.

### **30-Minute Glutes with Christina**

**Tuesdays at 11:15 a.m. | Multipurpose Room**

An express 30 min class using weights and bodyweight exercises to tone and strengthen your glutes and legs. Please bring a water bottle.

### **Water Aerobics with Suzanne**

**Tuesdays and Thursdays at 11:30 a.m.**

**Parque Del Presidio Pool**

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.

*\*Beginning 10/3, this class moves to the main pool at Club Rancho Sahuarita and will be held at 12:30 p.m.*

### **Battle Ropes + with Haley**

**Tuesdays at 5:00 p.m. | Multipurpose Room**

Battle Ropes + utilizes thick ropes to increase full body strength and conditioning. Weights and body weight exercises will be incorporated for a full body workout to get your muscles burning and your heart pounding. All fitness levels are welcome.

### **Zumba™ with Haley**

**Tuesdays at 6:15 p.m. | 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.



### **Strength Circuit**

**Wednesdays at 9:00 a.m. | Multipurpose Room**

Station-based workout using dumbbells, body weight, and various other equipment for full-body conditioning.

### **Zumba™ with Marissa**

**Wednesdays at 9:00 a.m. | Thursdays at 8:00 a.m. 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.

### **Low Impact Cardio with Suzanne**

**Wednesdays at 10:00 a.m. | 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.

### **Contemporary Jazz with Marissa**

**Wednesdays at 10:00 a.m. | 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.

### **Water Aerobics with Katherine**

**Wednesdays, September 6th & 20th at 5:00 p.m. Parque Del Presidio Pool**

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.

### **Aqua Zumba with Marsha**

**Wednesdays, September 13th & 27th at 5:00 p.m. Parque Del Presidio Pool**

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Make a splash by adding this low-impact, high-energy aquatic exercise to your fitness routine.

### **Adult Ballet Beginner**

**Wednesdays at 6:00 p.m. | 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. | Thursdays at 5:00 a.m. Multipurpose Room**

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.

### **Active Recovery Fusion**

**Thursdays at 9:00 a.m. | Multipurpose Room**

Interval class that combines foam rolling, flexibility, and barre-inspired moves.



### **Balance and Body with Billie**

**Thursdays at 10:00 a.m. | Vistoso Studio**

Keep your heart pumping while balance building and increasing muscular endurance. A class for all ages and ability levels - modifications and supports to allow for full participation.

### **Movin' & Groovin'**

**Third Thursdays at 10:30 a.m.**

Designed for toddlers (ages 2-4 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; however, space is limited, and on a first-come, first-served basis.

### **Zumba™ with Marsha**

**Thursdays at 5:00 p.m. | Multipurpose Room**

**Saturdays at 10:00 a.m. | 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.

### **Yoga with Gail**

**Thursdays at 6:00 p.m. | 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.

### **Booty & More with Christina**

**Fridays at 8:00 a.m. | Multipurpose Room**

An intense muscle-building class that uses total body exercises to build your booty.

### **Strong Nation® with Haley**

**Fridays at 9:00 a.m. | 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!

### **Line Dancing with Lynn**

**Fridays at 9:00 a.m. | 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. | 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 Intermediate Ballet**

**Fridays at 10:30 a.m. | Multipurpose Room**

This Adult Intermediate Ballet class is designed for individuals with some ballet experience who want to challenge their strength and endurance while improving their Ballet technique. The class consists of a traditional ballet barre segment emphasizing general technique and artistry, followed by special pre-Pointe exercises intended to strengthen and develop the feet and ankles. Please wear athletic clothing and ballet shoes if you have them available. (If you do not have ballet shoes, please wear socks with texture, to prevent slipping).

### **Mommy and Me Aquafit**

**Every Second and Fourth Friday at 5:00 p.m.**

**Main Pool at Club Rancho Sahuarita**

Enjoy a full body workout and some fun with your 6-to-36-month-old child in the pool with our Mommy & Me Aquafit class. Come and meet other parents and babies, and enjoy the benefits of aquatic exercise. You will participate in 30 minutes of cardio, core and muscular endurance while incorporating your child through song and movement. All fitness levels are welcome. Please dress your child in an official swim diaper, and bring a water bottle. We will provide a floatie for your baby.

### **Family Friday Recess: Family Night Workouts**

**Third Fridays at 5:00 p.m.**

Smiles and laughter for the whole family are in store with non-competitive fun and games, and registration is not required.

### **Battle Ropes + with Suzanne**

**Saturdays at 8:00 a.m. | Multipurpose Room**

Battle Ropes + utilizes thick ropes to increase full body strength and conditioning. Weights and body weight exercises will be incorporated for a full body workout to get your muscles burning and your heart pounding. All fitness levels are welcome.

### **Bootcamp with Christina**

**Saturdays at 9:00 a.m. | 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**

**Saturdays at 9:00 a.m. | 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**

### **Healthy Living Series: Nutrition Workshops**

**Saturday September 9th, October 21st,  
November 11th\* & December 16th  
10:00 a.m. (\*11:00 a.m. on 11/11)**

Join Registered Nutrition and Dietetic Technician Jordan Frink, as she dives deep into how to keep our bodies happy, nourished, & healthy. Each month focuses on a different wellness topic. Registration via ActiveNet is required.

### **Health and Wellness Day**

**Saturday, September 30th | 9:00 a.m. – 1:00 p.m.**

Residents – come enjoy this special event featuring all things designed to help you “Create a Better Life”! Participate in outdoor activities and class demonstrations, then nourish yourself at onsite food vendors. There will also be raffles and giveaways at this event designed for the whole family. More details are available on ActiveNet, and registration is not required.

### **Fall Break Kids Camp**

**Monday, October 9th – Thursday, October 12th  
10:00 a.m. – 12:00 p.m.**

Children ages 6-12 are invited to join us for our annual free Fall Break Camp featuring fun activities and crafts. Snacks are also provided. Space is limited to 30 participants, and registration opens on Monday, September 11.

### **Training, Tricks and Treats**

**Monday, October 30th | 4:00 – 7:00 p.m.**

Join your fitness instructors for a ghoulish night of fitness and fun! Get inspired to perspire with a rotation of heart-pumping mini workouts like Zumba and Zumba Kids, Cardio Kick, MixxedFit, and Yoga. Registration is required via ActiveNet.

### **Champagne Boot Camp**

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

Residents will be taken through a series of bootcamp-style workouts at this event, where they can challenge themselves then relax with brunch-inspired appetizers paired with champagne, bellinis, and mimosas. Registration is required via ActiveNet, and residents must be 21 years of age or older to attend.

### **Restorative Workshop**

**Saturday December 16th | 12:00 – 2:00 p.m.**

Immerse yourself in the gentler side of fitness with yoga, meditation, pranayama, and self-healing practices. Please register on ActiveNet.







# Neighbor-to-Neighbor Sahuarita

## How Small Efforts Can Make a Big Difference in Your Community

Since kicking off in early August of 2021, Rancho Sahuarita's Neighbor-to-Neighbor *Sahuarita* program has changed hundreds of lives. Since that date, over 3,000 pounds of food have been collected from the generous donations of this incredible community for the Sahuarita Food Bank and Community Resource Center. Still, we know that as more families find themselves in need of a helping hand, the work does not end there.

Neighbor-to-Neighbor *Sahuarita* provides families the chance to help by asking each participating household to collect one or two non-perishable food items as part of their weekly shopping trip. Families are asked to save them for the special bi-monthly collection events at Club Rancho Sahuarita, when the food bank is onsite and picks up the food for distribution. It is a great way for one neighbor to help another neighbor in need!

Rancho Sahuarita resident, Chrissi Gomez, is now leading the effort with volunteers, and shares that she has made it her personal mission to do what she can to ensure that the work of and support for this great community program continues.

Since moving into the community in 2005, Chrissi has wasted no time getting involved. She teaches CCD classes at San Martin de Porres Parish, and is a member of the Rotary. She says that thanks in large part to the efforts of fellow resident, Lora Nastase, who helped to set up the program and foster resident involvement - along with the team at Club Rancho Sahuarita - she knows that the foundation of a great program is in place. But she says she also knows how busy life can get, and that reminding residents that there are people within our community in great need is a continuous effort. After personal interactions with hungry children in the community, she knew that she could not go another day without doing her part to try and change that.

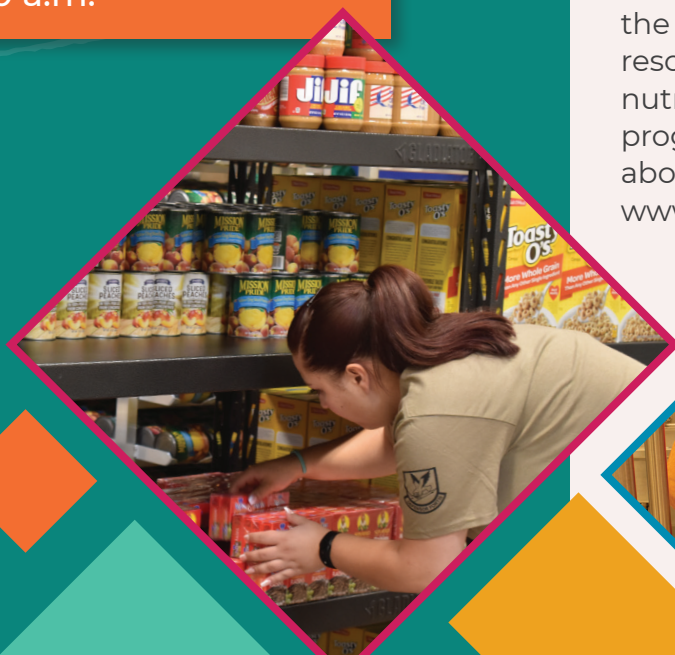
In addition to making the red donation bags available for families as much as possible, Chrissi shared how she is working with various Sahuarita communities, organizations, churches, and non-profits. Working together with fellow resident, Ryan Bond, and his organization, "Adventures with Friends," local adults with special needs are also able to participate in volunteer opportunities. She shares that they help her by distributing collection bags, and assisting at Food Bank events at Club Rancho Sahuarita. Thanks to her efforts reaching out to the Sahuarita Police Department, Green Valley Fire District, United Community Health Center, Northwest Medical Center Sahuarita, and others to set up drives, even more members of the community have been able to come together to make a huge impact.

When it comes to hunger, the need is ongoing. Yet so is the number of opportunities to give back in some way. The people in the community who give of their time, efforts and resources are so special, and just another element that help to make Rancho Sahuarita the community that it is.

To find out more information about Neighbor-to-Neighbor *Sahuarita* or how to get involved, residents can call 520-207-7730.

### **Drop Off Dates for Fall:**

October 14th & December 9th  
9:00 - 11:00 a.m.



### **About Sahuarita Food Bank & Community Resource Center (SFB-CRC)**

In January of 2022, the Sahuarita Food Bank & Community Resource Center (SFB-CRC) moved into its new home, just over a year after breaking ground. The project was completed after years of preparation, fundraising, and community support, and now provides them a crucial new space out of which to serve even more families in need.

The 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 goal being economic and family well-being. Founded in 2009, the Sahuarita Food Bank served over 12,000 individuals in 2022, with over 50,000 visits. Food Bank visitors received over 1,300,000 pounds of food.

Carlos Valles of SFB-CRC shared: "The SFB-CRC is extremely grateful for the continuous support from the residents of Rancho Sahuarita. We live in an incredible community where people care about their neighbors and it truly shows. Many thanks to Lora, Chrissi, and the wonderful staff and volunteers at the clubhouse that help make it all possible."

Thanks to the opening of its new space, the team can also provide area families resources for family support, health/nutrition, and workforce development programs. For more information about the classes offered, visit [www.sahuaritafoodbank.org](http://www.sahuaritafoodbank.org)





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