

# SCOTTSDALE SHADOWS

## NEWSLETTER

Mother's Day Breakfast

Las Vegas

Sleeping Beauty

Musical Instrument Museum

The  
**Onion**  
A True **SUPERFOOD**

## FROM THE GENERAL MANAGER'S DESK

**W**ell, it's that time of year again when most of our winter residents have decided it is in their best interests to escape the slow but inevitable increase in temperature that seems to sap the energy and willpower of many of those who call the Shadows and Arizona their permanent home. As always, it is important for residents new to Arizona and those who have braved our summers before, that **YOU MUST STAY HYDRATED**. Never take the intake of fluids, preferably water, for granted. If you are not used to the weather here, you will soon learn that if you don't drink enough (and that probably means much more than you are used to), you may begin to experience subtle changes in yourself that you can't quite explain; things like being a bit *off*, or a bit unsteady, slightly parched lips, perhaps a bit light-headed, nausea, rapid heartbeat, or just plain tiredness. These are all signs of dehydration and once you are aware of any of these symptoms either individually or alone, you should immediately find the closest water hole and drink heartily. You don't tend to perspire here so that you may not be fully aware of what is going on inside your body, however, if you are in the sun too long or don't drink enough you are internally drying up like a prune. Water is the best *solution*. Coffee, carbonated beverages and the like tend to cause the symptoms to worsen, they dehydrate you more. Remember when you were a baby your mom always had a bottle for you. Well, now that we are on our own we have to carry our own bottle so whether it is a bottle of water purchased at the store or one that you filled yourself *don't leave home without it!!!*

### Scottsdale Shadows In Good Standing

At the RCI Board meeting held on April 5<sup>th</sup>, a Board member of one of the Regimes announced that RCI was no longer a viable entity in that it had been administratively dissolved. This was as a result of confusion

## Staff Column

### Administration Office:

General Manager: Roger Friedman  
Controller: Ann Marsh  
Accountant: Sherry Rodriguez  
Office Receptionist: Linda Donahue  
480-994-0433

### Maintenance:

Supervisor: Benito Higareda  
Coordinator: Nadia Mendoza  
480-994-2067  
Coordinator: Lorrie Stoffel  
480-994-2080

### Custodial:

Supervisor: Raul Medrano  
480-994-2065

### Landscaping:

Supervisor: Jesus Morphin

### Community Services:

Supervisor: Steve Cook  
480-994-1590

### Activities/Records & Registration:

Supervisor: Ramiro Wong  
480-994-2073  
Coordinator: Lori Hammond  
480-994-2063

Front Cover Photo by Sara Wong  
[sarawongphotography.com](http://sarawongphotography.com)

## RCI BOARD OF DIRECTORS

President: Mike Caponetto

Vice-President: Robert Howes

Secretary/Treasurer: Charles Thomas



Photo by Nadia M.

in which it was believed that the agent for RCI had filed the required annual report, which had apparently been overlooked. The Corporation Commission no longer sends out reminders and forms that the annual report is due and this kind of easily curable administrative failure occurs with many corporations. **The cure is very simple and the next morning on April 6<sup>th</sup>, the matter was resolved and the Corporation is IN GOOD STANDING, with a Certificate of Good Standing having been issued by the Commission.**

### **Southwest Gas**

Southwest Gas has, basically completed its repairs and installation of the new gas pipeline and, as you may have noticed, removed all of their vehicles and material from the property including the back of the property. We are now waiting for their repair of the driveway and will coordinate that project with them.

### **Lounge/Navajo Room Facelift**

New blinds and shades have been installed in both the Lounge and Navajo room, the prior blinds having suffered too much wear and tear. Thanks to Ramiro Wong and Lori Hammond who chose the new material, the Lounge and Navajo room have been given a very pleasing facelift.

### **Re-Alignment**

I am proud to announce that with the unanimous approval of the RCI Board of Directors, Mr. Ramiro Wong (Director of Activities) is now Assistant to the General Manager. There were several reasons for this decision. The first was that the increase in workload, because of how our community has, and continues to, change. It makes it impossible for one person to handle all RCI and Regime related matters. Mr. Wong's initial responsibility will be to handle all matters involving Regime Issues that RCI may have some connection with. This does not mean that if a resident has an issue with a Regime that that resident should contact Mr. Wong. In such case, the resident should contact his/her Regime President or Building Administrator since all Regime issues between Regimes and Residents are handled by the Regime itself. Mr. Wong will retain his position as Director of the Activities Department and continue to publish the monthly newsletter. The other reason for this decision is that there will now be another person fully familiar with the databases, the website and all other issues handled by the General Manager and guarantees uninterrupted continuation of RCI responsibilities in the event the General Manager is away or unavailable for any reason.

Our Receptionist, Linda Donohue, will be assuming additional duties as well



inasmuch as she will be handling many of the responsibilities of the Registration and Records Department. I have, as General Manager, volunteered so as to not cause any increase in our budget for salaries, to take a reasonable pay cut to absorb any additional increases that these changes might cause. There will be no increase in payroll as a result of these changes; however, I feel that our Community will be better served because of them.

### **Pending Tennis Courts Repairs**

There will come a time in the not too distant future when some repairs may have to be made to the Tennis Courts. This may result in these courts being closed for a short period of time. Look for additional information in upcoming newsletters or as may be posted around the Community.

### **Elevator Repairs**

You may have noticed that the elevators in our buildings have been undergoing more than usual servicing. This is because our recently retained elevator company is, at its own expense, changing many worn and outdated parts with new ones, something that should have been done years ago. Instead of being reactive to breakdowns, our new company tries to avoid such mechanical problems by being proactive and replacing worn parts, as needed.

### **Exploring New System**

We are in the process of investigating the replacement of our current automobile and gatehouse bar-code system. The reason is because our current system is old and prone to failure, and is operated with a camera system that is sensitive to both heat and sunlight. The new system, if implemented would operate electronically, no cameras, and would be much less prone to breakdown or failure. A sticker (smaller than the current bar code) would be placed inside the top left or right portion of the windshield. The code would be read electronically, not by camera, and would register each and every automobile passing through the resident side of the gate eliminating the need to manually keep track of those entering. No decision has been made as yet, the matter is merely in the investigation stage. I will keep you updated on developments.

### **Happy Mother's Day!**

May I wish all mothers a very Happy Mother's Day, and wish everyone, on behalf of myself, our staff and members of all of our Boards of Directors, a pleasant, safe and healthy summer. ◆

Sincerely,  
Roger M. Friedman

# Movies of the Month

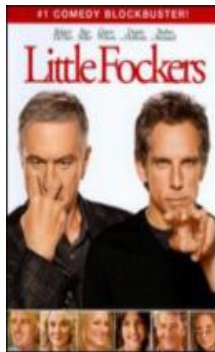
Friday at 12 Noon

May 13



***The Secretariat*** running time 123 minutes **PG**  
**Starring: Diane Lane & John Malkovich.** A house wife with little knowledge of horse-racing fosters one of the greatest race horses of all time as the story of the 1973 Triple Crown winner comes to the screen in this inspirational underdog drama based on the novel Secretariat.

May 20



***Little Fockers*** running time 98 minutes **PG-13**  
**Starring: Robert DeNiro & Ben Stiller.** A birthday party for the twins gives Greg an opportunity to redeem himself after he takes a job that raises the suspicions of his over bearing father-in-law, Jack (Robert De Niro), in this installment of the hit comedy series. Greg and Pam have been together for ten years, and now they're the proud parents of two adorable twins.

May 27



***The Backup Plan*** running time 104 minutes  
**PG-13 Starring: Jennifer Lopez & Alex O'Loughlin**  
 Zoe (Jennifer Lopez) is well aware that her biological clock is ticking, but she just can't find the type of guy she'd want to settle down and start a family with. Eventually, she makes the decision to become a single mother. The very same day that Zoe follows through on her plan, however, she meets Stan (Alex O'Loughlin), a single charmer whom she thinks would make a great father.

# Events in May

## **Mother's Day Breakfast**

**When:** Friday, May 6th  
**Where:** Lounge  
**Time:** 10 AM  
**Cost:** \$1

## **Las Vegas**

**When:** May 9th - 11th  
**Where:** 4 Queens  
**Time:** TBA  
**Cost:** \$99 per person (single)  
\$149 per person (double)

## **Sleeping Beauty**

**When:** Sunday, May 15th  
**Where:** Chandler Center for the Arts  
**Time:** Bus departs @ 1 PM  
**Cost:** \$14

## **Musical Instrument Museum**

**When:** Thursday, May 26th  
**Where:** Phoenix  
**Time:** Bus departs @ 1 PM  
**Cost:** \$10

## **Advertise in the Scottsdale Shadows Newsletter Today!**

### Black and White Ads

Small Ad: \$25  
Half Page: \$100  
Full Page: \$150

### Color Ads

Small Ad: \$50  
Half Page: \$150  
Full Page: \$200

### Back Cover

\$300

DEADLINE FOR ADS IN THE NEWSLETTER IS ALWAYS THE 21ST OF THE MONTH.  
Except in Nov./Dec. - it's the 15th

## Saturday Golf Tournament

**Date:** Saturday, May 28th **Time:** Meet in the Lounge at 8:30 AM  
**Cost:** Free



Winners determined on most points & low individual score (medalist)  
Individuals or teams welcomed. Cut-Off date is May 27th. Sign-Up in the Activities Office.

# The Classified



## Century 21

### Arizona Foothills

33765 N. Scottsdale Rd., Bldg. B.

Suite 130 Scottsdale, AZ 85266

Business (480) 889-2151

Fax (480) 889-2961



**ALYSE LAUREN**

**(480) 559-4995**

**[www.AlyseLauren.com](http://www.AlyseLauren.com)**

**[www.Century21.com](http://www.Century21.com)**

**29 Condos For Sale - \$59,900 - \$315,000**

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*Proud Resident  
Of  
The Shadows*

### **Brand New - Fabulous Mountain Views!**

- 1.) Large 2,000 plus Sq. Ft. - 2 Master Suites, private Laundry, split bedroom plan - HURRY!
- 2.) Lush, Unobstructed Park-Like views of Golf Course, Private Laundry - Serene & Lovely!

**Just Sold - Bldg. 21 Unit 607**

**Pending - Bldg. 33 Unit 201**

**Just Leased - Bldg. 30 Unit 102  
Bldg. 27 Unit 603  
Bldg. 26 Unit 108**

# The Classifieds

**Orphanage Home in Scottsdale  
Donations Needed!**

Donations are needed for less fortunate kids who are living in Orphanage Center. If you have gently used clothing (NO SHOES) electronic equipment, furniture then we love to hear from you. **THESE KIDS HAVE NOTHING.**

For more information or arrange for a pick up please call:

**Janice Romero at 480-949-5518**  
THANK YOU

**COMFORCARE Senior Services  
Non-Medical  
Homecare Services**

Supporting Independence, Dignity, and Quality of Life.

Assistance with all needs including:

- Bathing & Dressing
- Transportation
- Companion Services
- Medication Set-up by a Nurse
- Light Housekeeping/Meal Preparation

*Hourly or Live-In Services Available  
Bonded & Insured*

14809 N. 73rd. Street, Suite 104  
Scottsdale, AZ 85260  
**480-998-0668**

**Reasonable Rates.**

Excellent References.  
Honest & Friendly.  
Transport to and from airport (Safe Driver),  
Shopping, Excellent Cook,  
Doctors Appointments, etc.  
1 hour minimum.  
Short notice OK.

**Steve Lackoff**  
**Resident/Owner**  
**(602) 369-9524**

I serve as a personal assistant to senior citizens that need help with their errands, going to appointments, etc. Currently I charge \$12/hour. I provide safe transportation and confidential assistance. I have excellent references from Town of Paradise Valley residents.

**Please contact Michele at:**  
**(480) 650-3247**  
if you require my services.



**Ella Cohen**

*Licensed / Bonded / Insured  
Screened / Certified Employees*

**24/7 Emergency Services**  
**602-840-4500**

- Water & Sewage Extraction
- Mold Remediation & Prevention
- Fire Damage, clean up & repair

**Complete Renovations**  
**602-791-8886**

- Kitchen & Bathroom remodeling
- Carpet, Tile, Wood Flooring
- Odor Removal
- Painting

**A/C Service**

Serving Scottsdale Shadows Residents for 23 years

**“We Do It Right”**

Repair \* Maintenance \* Replacement

**Air Temp Systems 480-922-3556**

Are You A Registered Arizona  
**INDEPENDENT** voter?

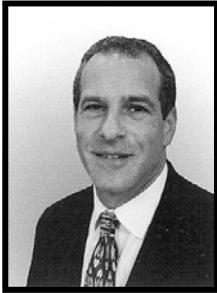
Its is much more fun to be a committed voter. An independent has no say in the choosing of a Presidential candidate. Why limit yourself to voting for someone that somebody else chooses for you! Telephone 480-874-9071. for information on becoming a committed voter with a say on what goes on politically in your city, your county, your State and your Presidential and Vice Presidential elections.

Remember - you cannot complain if you do not participate!

**Katey Angelis - SS Bldg. 24 #711.**

# The Classifieds

## How much is your home really worth in today's market?



**Gene Ross**  
Associate Broker

Can't find a qualified buyer? Tired of lowball offers? There are better approaches and strategies. Call me for a **Free** comparative market analysis and evaluation of your property.

**Fact is, I've negotiated many of the highest prices paid for Scottsdale Shadows condos in the last year.**

Right now I'm representing several buyers, sellers, investors, and renters to satisfy their real estate needs. How can I help you? Call me today for your Free consultation.

Office Phone: **480-994-0800**

Cell Phone: **602-908-1111**

E-mail: **gene4azhomes@cox.net**



## “Honest Answer + Plain Talk Only” From Abe Stolberg Associate Broker Realty One Group

Area resident and area specialist at Scottsdale Shadows since 1989. Over 460 closed transactions with 34 years of EXPERIENCE in the Real Estate Industry. Always there for all of my friends and Neighbors at Scottsdale Shadows. Call me with any questions or a Free Market Analysis, anytime.

**Home Office: 480-946-7470 Cell 480-510-7003 E/Mail - abestolberg@cox.net**

**Pending Sale:** *Bldg. 32 # 301* 2 BR / 2BA Navajo Model 1369 Sq. Ft. Closing date End of April 2011.

**Recent Sales:** *Bldg. 21 #211* Navajo Model 1369 Sq. Ft. Closed-04/19/2011.

**For Sale Now:** *Bldg. 21* Apache Model 2BR / 2BA 1200 Sq. Ft., MLS# 4570169. A real bargain call for information.

*Bldg. 29 # 507* Santa Clara Model - Views, views, & more view. Outstanding condo 3BR / 3BA 2130 Sq. Ft. Call me to show. You'll love it!! MLS# 4537069. Not a short sale. Priced to sell. Also available for long term lease.

*Bldg. 30* (Newest Bldg.) *#404* 3BR 3BA 2130 Sq. Ft. Wetbury Model Golf Course Condo Unobstructed views of the N/E Beautiful Unit please call me to show MLS# 4565346.

**There are 29 Listings Available in MLS Services at Scottsdale Shadows starting at \$59,500.00 to \$315,000.00 Call for information.**

# The Classifieds



Hourly & Live-in Care Light Housekeeping, Hygiene, Family Respite, Shopping, Hospital Recovery, Lunch & Movie Friend  
*Qualified & Compassionate Caregivers*

**All Levels of Care**  
Call for a Free Appointment  
**(480) 951-4083**  
[www.Ineedanangel.org](http://www.Ineedanangel.org)

**Need A Ride To**  
The Airport, Doctor, Shopping, etc.....

**Call Sunny Raymond**  
**480-990-1039** (Bldg. 24)

**Excellent, Safe, Driver**  
**Reasonable Rates!**

24/7 hours of care for couple at your residences  
Priority;  
MS, Parkinson's Arthritis, Back pain,  
and all neurological diseases.  
Possibility;  
In July 2011 Successfully,  
\*Several Centuries Old\* Natural Spa Rehabilitation;  
**Cal Olga:480-252-8218**  
[www.academyforcaregivers.com](http://www.academyforcaregivers.com)

**DeNova**  
*Hair Design*

**480-945-5345**

7540 E. 6th Ave.  
Scottsdale, AZ 85251  
[rickzwijacz@yahoo.com](mailto:rickzwijacz@yahoo.com) / [gmamickeyjr80@yahoo.com](mailto:gmamickeyjr80@yahoo.com)

**25% off** any hair service with Rick  
~ Tuesday through Saturday ~  
**50% off** manicures & pedicures  
~ on Tuesday with Mickey ~  
~ New Clients only ~



- Meal Preparation
- Housekeeping
- Laundry Assistance
- Transportation
- Bathing & Dressing
- Companionship
- Respite Care
- Much Much More

*Our experienced & compassionate caregivers are here to help*

**Free In-Home Assessments**

**(480) 264-5252**

[www.valleyofthesunhomecare.com](http://www.valleyofthesunhomecare.com)  
Mention this ad for a resident discount

**Hello, my name is Mike Konenko.**  
**I am your Scottsdale Handyman. I have lived and worked in Scottsdale for 36 years. Please call me if you need.....**

- Kitchen and bathroom remodeling
- Electrical
- Plumbing repairs and installation
- Flooring - Carpet/Ceramic
- Leak and water damage repairs
- Tile/Laminate/Wood
- Painting & wall texturing
- Sales and Installation

Small jobs welcome. References available from Scottsdale Shadows Residents.  
**Please call me at 480-220-8966**

**Carmen Lewis**

Certified Caregiver.  
Resident of the Shadows.  
Excellent References!

**Home: 480-874-1557**  
**Cell: 480-221-3961**

# The Classifieds

<p><b>Certified caregivers with over 10 years of experience</b></p> <p><b>Assistance with:</b> Meal Prep / Housekeeping Transportation / Bathing - Dressing Companionship and much more.</p> <p>Dependable and Honest Good references, we want to be of service to you as soon as needed</p> <p>Please give us a call: <b>Judit Szakal - 602-550-1103</b> <b>Michelle Cinupeun - 602-793-5449</b> We look forward to assist you.</p>	<p><b>Pet Lover / Dog Walker</b></p> <p>\$4 Per Long Exercise Walk \$5 Emergency Walk</p> <p>Available Day or Night Weekend and Holiday(s) Pet Sitting</p> <p><b>Liz Andrade</b> <b>631-356-3145 (cell)</b> <b>480-275-8870 (Hm.)</b></p>	<p><b>Gorgeous Totally Remodeled Contemporary</b></p> <ul style="list-style-type: none"> <li>• 2BD/2BA/Bldg. 25</li> <li>• Third Floor Hardwood floors</li> <li>• Berber carpet.</li> <li>• New Appliances</li> <li>• \$1125/mo.</li> <li>• Parking space included</li> </ul> <p><b>Call 602-391-0832</b></p>
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## SHADOWS NEWS AD DISCLAIMER

The Advertisers in this Newsletter are neither solicited nor endorsed by RCI or any of the Regimes (HOA) encompassing the Community known as Scottsdale Shadows. Neither RCI, nor any of the Regimes (HOA) comprising Scottsdale Shadows, assume any responsibility of any nature whatsoever in connection with the retention of any advertiser herein by any Homeowner, Renter, or other Resident who may, as a result of these advertisements, retain their services. No endorsement shall be hereby implied or assumed by reason of the advertising or its content, and the hiring, retention, or otherwise by anyone of any advertiser herein shall be at his, her, or their own risk. In addition, should there be any advertisement in this Newsletter involving the rental or sale of any unit within Scottsdale Shadows, such advertisement and its contents solely represent the advertisement of either the broker, agent or unit owner, whichever the case may be. Neither RCI, nor any of the Regimes I-VII advertises, sells or rents any unit located within Scottsdale Shadows. All sales or rentals are conducted through either brokers, agents or directly with the owner of the unit in question, and neither RCI nor Regimes I-VII have any connection with same except to make certain that all Community (RCI and Regime) rules are fully complied with.

## Father's Day Breakfast

*Thursday, June 16th \* 10 AM \* Lounge \* \$1*

**Menu:** Fruit Tray, Yogurt, Assorted Pastries, Bagels & Cream Cheese, Waffles with Berries & Whipped Cream!

# Activities Corner

Hello to the Residents here at Scottsdale Shadows, from the Activities Department. I would like to update you on a few of the most recent Activities.



## Art All Around Us

has always been a very informative look at Art. We studied the Stars in March and in April we looked at two 17<sup>th</sup> Century Artists and their very interesting history in Baroque Painting.

We went to the **Cubs vs. Giants** game on the 1<sup>st</sup>, had great weather and enjoyed the game over at the Scottsdale Stadium.

Our first **BBQ by the Pool** event had Hot dogs, chips and soda provided by RCI. In addition each resident who attended brought a dish to share; it was really fun to see the different foods that were brought. We also had a Caricature Artist-who drew each resident who wanted their Caricature drawn. It was a great time with 80 plus people signed up. **St. Patrick's Day's Breakfast** in the Lounge brought in 73 people with a special menu of Green eggs and Ham. The cost was a mere \$1! **Body Worlds** on the 22<sup>nd</sup> was a very interesting opportunity for those science lovers, or just people who are curious to see how we look like from the Inside out.



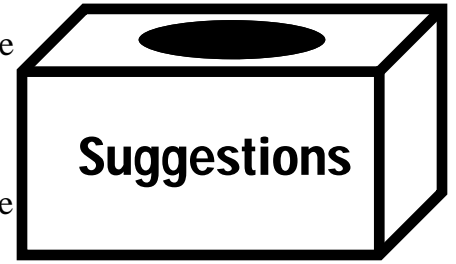
**Golf** on the last Saturday of the month has been a HUGE success! We have had great attendance since the beginning of the year. We really appreciate all of our great volunteers, and for this event we have had Bradley Davis's dedication to heading up this activity!

**Thanks Bradley!!**

April 9<sup>th</sup>, was our second **BBQ by the Pool**, even though it was reported to rain, we did not cancel the event! We had a great turnout, everyone who signed up, showed up! Bill Hammond happily volunteered to do the barbequing, again. We truly appreciate him coming out to these Saturday events.

**Mazatzal Casino** is scheduled for April 28<sup>th</sup>, that is always a very inexpensive way to get out of town, and hopefully win some money!

We definitely feel the change in attendance in Activities with the Winter Visitors leaving to go home; however, we still offer many events for the Residents who stay here year round! So please look at all your bulletin boards, Newsletters, and don't forget about Facebook. We offer prizes, from time to time, for people who hit the "like" on the Scottsdale Shadows page.



Thank you,  
*Lori Hammond,* ♦  
Activities Department  
480-994-2063

# Coming in June

## Kids Movie Day



**When:**  
Friday, June 3rd

**Where:**  
Navajo Room

**Time:**  
7 PM

**Cost:**  
Free



## TALIESIN *West* *Tour*

**When:** Tuesday, June 7th

**Where:** Scottsdale      **Time:** 9:30 AM

**Cost:** \$28 (covers bus/event)



## Ice Cream Social

**When:** Tuesday, June 21st

**Where:** Lounge      **Time:** 1PM

**Cost:** FREE!! (Sign-up is Required)



## Father's Day Breakfast

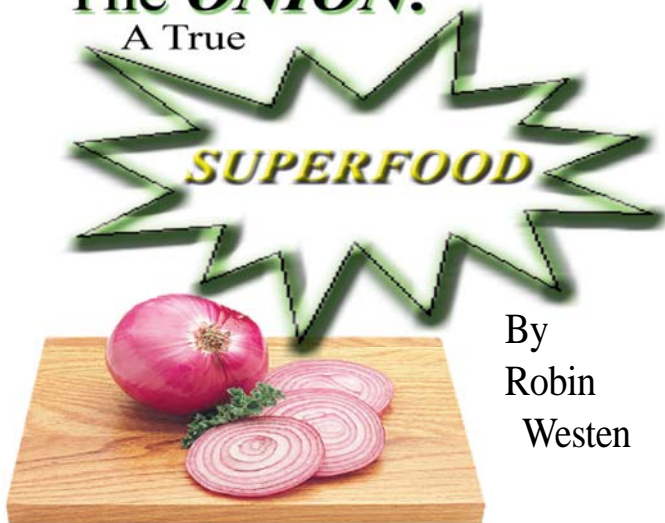
**When:** Friday, June 17

**Where:** Lounge      **Time:** 10 AM

**Cost:** \$1



## The **ONION**: A True



By  
Robin  
Westen

The onion: it makes your breath stinky and when you slice one, it may make you cry. But that's not all the onion does. It turns out that the simple onion is the king of nutritional benefits, and its perks have been known for thousands of years. Historical records reveal that onions have been used as far back as 4000 B.C. as a cure-all for many illnesses. In WW II, the vapors of onion paste were used to reduce the pain and accelerated the healing of soldiers' wounds.

The onion today is no less powerful. Here's a look at why you should make at least one medium-sized onion a staple in your daily diet.

Onions are high in sulfur, chromium and vitamin B6, all of which studies show help to lower cholesterol and blood pressure. And, according to the Journal of Nutrition, onions also reduce the risk of heart attack and heart failure.

The allyl propyl disulfide in onions is believed to increase insulin in the body and as a result, stabilize our blood sugar level in our bodies.

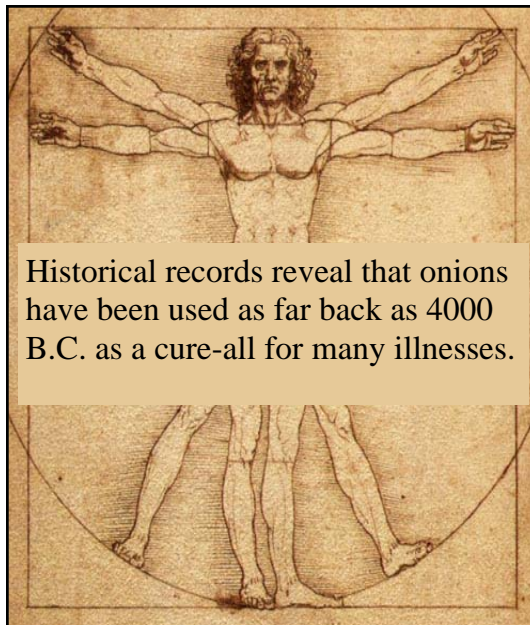
According to a study published in Clinical Gastroenterology and Hepatology, the antioxidant quercetin found in onions has been known to prevent colon cancer, and in one study the antioxidants have been shown to cure pre-cancerous lesions in the stomach.

In a study reported in the Journal of Agricultural and Food Chemistry, a compound called GPCS found that yellow onions in particular were shown to keep bones from weakening.

Research published in Nutrition and Food Science reveals that onions act as an anti-inflammatory for the joints. This helps reduce pain caused by arthritis and similar medical conditions.

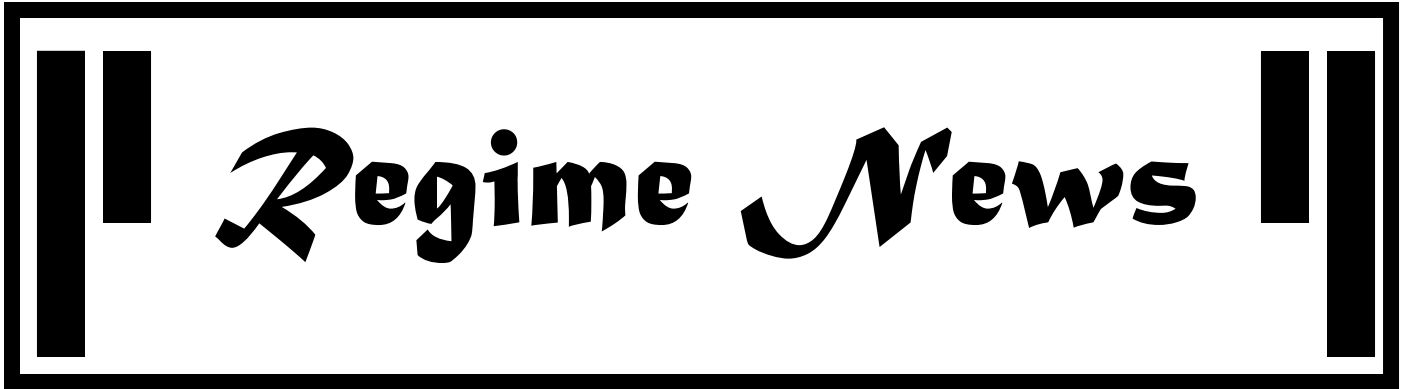
Other studies have shown onions act as an antiseptic, fighting infectious bacteria including e coli and salmonella.

To get the most benefit, purchase well shaped onions that have dry and crisp outer skins. Pass on the ones that are already sprouting, are wilting or have discolored tops. Store onions at room temperature but keep them in a well-ventilated area and away from light to keep their roots from sprouting. Don't put them together with potatoes because they'll absorb the moisture and will rot sooner. Stir fry onions or chop and slice them raw (for toppings) to maintain the onions' impressive nutritional value.



Historical records reveal that onions have been used as far back as 4000 B.C. as a cure-all for many illnesses.

Robin Westen is ThirdAges medical reporter. ◆



# Regime News

**Regime I** - Nothing to Report.

**Regime II** - Nothing to Report.

**Regime III** - Nothing to Report.

**Regime IV** - Nothing to Report.

**Regime V** - Wednesday, May 11th. Navajo 7 PM.

**Regime VI** - Nothing to Report.

**Regime VII** - Thursday, May 19th. Navajo 7 PM.

# Community Board

Pool 1 - 5AM - 11PM  
 Pool 2 - 6AM - 10PM  
 Pool 3 - 7AM - 10PM

Library  
 Hours  
 6:30 AM  
 to  
 10 PM

**REMINDER:**

NO REFUNDS WILL BE GIVEN  
 ON ANY EVENT, ONCE EVENT HAS  
 BEEN PAID FOR BY RCI.

Please understand that once we pay for an event we, RCI, do not get  
 the money back. We cannot be responsible for refunds.  
 Thank you for your understanding.

RCI has Free Notary Services.

**Please CALL for an appointment**  
**Lori Hammond 480-994-2063**

*Records and Registration*

**Pool Aerobics**  
**Instructor Bobbie Levine**  
**POOL 1 7 days a week Starts @ 10 AM**

**ART DONATIONS NEEDED !**  
 "Bringing Art Home"

Donations of art are needed for the less fortunate who are living in group homes here in the Valley. If you have an older or newer piece of art that can be hung or placed in a resident's room or living area, then we would love to hear from you. Needed are framed prints, photographs, as well as framed original art & pieces of sculpture.

These donations will be enjoyed by those residents suffering and recovering from mental & emotional illness & trauma.

For more information on  
 "Bringing Art Home",  
 or to arrange for a pick up, donation or drop off,  
 please call Dee Link at 480-421-1905  
 Many Thanks!

**THANKS FROM THE ART STUDIO**

Scottsdale Shadows Art Exhibitors wish to thank all of the staff & volunteers who helped to make our first Spring Art Show a wonderful success.

We wish to express our gratitude to the 100 plus residents & their guests who signed our guest book. In addition; to those who attended our two day show, and enjoyed refreshments while mingling with our dedicated artists.

For your attendance, encouraging comments, & positive feedback, we are most grateful.

These are just a few quoted comments expressed during the show:

- " Never knew all this was here."
- "You have really brightened up this room."
- "Great display of artistic talent."
- "I never use to see anyone in this room, but now it is alive with color & promise."
- "Looks fantastic."

Members of the Art Studio look forward to seeing you all once again & will welcome those residents who were unable to attend to our next Art Show!

Stay tuned for future details!

**Check us out on FACEBOOK!**

Get up to date information on the activity events going on in your community.

**Just type in *Scottsdale Shadows.***  
 Look for online specials!

May 2011

# Scottsdale Shadows

May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Monday Night Bridge	3	4 Game Day @ 12 Noon	5 Knit Wits @ 10 AM	6 Mothers Day Breakfast 10 AM Lounge Movie @ 7PM <i>Tangled (Navajo Rm)</i> G 100 Minutes	7
8	9 <b>Las Vegas - \$99 (S) / \$149 (D) Per</b> Monday Night Bridge	10	11 Game Day @ 12 Noon Regime V 7 PM Navajo	12 Knit Wits @ 10 AM Bingo @ 7 PM	13 Movie Day @ 12PM <i>Secretariat</i> PG 123 Minutes	14
15 Sleeping Beauty Bus Departs @ 1 PM	16 Monday Night Bridge	17	18 Game Day @ 12 Noon	19 Knit Wits @ 10 AM Regime VII 7 PM Navajo	20 Park N' Swap Bus departs 8 AM Movie Day @ 12PM <i>Little Fockers</i> PG-13 98 Minutes	21
22	23 Monday Night Bridge	24 Fort McDowell Casino Bus Departs @ 11 AM	25 Game Day @ 12 Noon	26 Knit Wits @ 10 AM Musical Museum Bus Departs @ 1PM Bingo @ 7 PM	27 Movie Day @ 12PM <i>The Back-Up Plan</i> PG-13 104 Minutes	28 Golf Tournament 8:30AM
29	30 Offices Closed In Observation of Memorial Day	31			Pool Aerobics 7 Days a Week 10 AM Pool 1 <b>Bobby Levine</b> <i>Instructor</i>	<b>Activities</b> Lori Hammond <b>994-2063</b>
<b>Activities</b>			<b>RCI</b>		<b>Activities</b>	

## Personal Meal Plan

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