

# Rancho Sahuarita

## November 2022 Upcoming Events and Classes

### Food Truck Roundup

**Tuesday, November 1st | 5:00 p.m. - 8:00 p.m.**

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

### Coffee Social

**Friday, November 4th & 18th | 8:00 – 9:30 a.m.**

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

### 21+ Silent Disco Night

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

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

### Community Yard Sale

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

Clean out the closets and gather your unwanted items for our Fall Community Yard Sale. Rancho Sahuarita will put out the welcome mat to hundreds of bargain shoppers. Participation is easy! Simply come by Club Rancho Sahuarita and register to be part of this great community event. Maps showing all the participating sales will be distributed at Club

Rancho Sahuarita to shoppers. Signs will also be placed throughout the community. Hundreds of families participate in the yard sale each season, so don't miss it!

### Family Silent Disco

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

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

### Saguaro Club: Explore AZ- Sunday Sippin' in Sonoita

**Sunday, November 6th | Cost \$35 per person**

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

### Bingo Madness

**Tuesday, November 8th & 22nd | 6:00 - 8:00 p.m.**

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



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### Women & Wine

**Wednesday, November 9th | 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.

### Storytime for Tots

**Thursday, November 10th | 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.

### Coffee with a Vet

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

#### At the Armed Forces Tribute

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

### Champagne Bootcamp

**Saturday, November 12th | 9:00 - 11:00 a.m. | Registration required**

Residents will be taken through a series of

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

### Sahuarita Local Living

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

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

### Sunday Addition

**Sunday, November 13th | 2:00 – 4:00 p.m.**

Stop by every second Sunday of the month 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

**November 14th & 28th | Begins 30 minutes prior to Kick-Off**

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



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

**Thursday, November 17th | 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.

### **Food Truck Fridays**

**Friday, November 18th | 5:00 - 8:00 p.m.**

**At Parque Del Rio**

Don't know what to prepare for dinner after a very long week of work and school? Well, we've got you covered! Come enjoy an array of food trucks, each time at a different neighborhood park.

### **Founders Day**

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

**At Sahuarita Lake Amphitheater**

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

### **Letters to Santa Program**

**Friday, November 25th – Monday, December 12th**

Through special negotiations with Santa, Rancho Sahuarita will be given a special mailbox for all letters addressed to Santa. Children can bring their letters for Santa into Club Rancho Sahuarita and deposit them into "Santa's Mailbox". Santa's elves will pick up the letters and deliver them straight

to Santa. Letters received during this period will receive a special note from Santa, so please make sure all return addresses are legible.

### **Rancho Sahuarita Community Tree**

**Friday, November 25th – Saturday, December 24th**

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

### **Rock Art**

**Wednesday, November 30th | 6:00 - 7:00 p.m.**

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



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**\*Please visit [ActiveNet](#) to register for all classes, and for more details on what to expect. Please note, no walk-ins are permitted at this time\***

### **Cycling with Tracy**

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

#### **In the Rio Bravo Room**

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

### **Strong Nation® With Haley**

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

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

### **Pre-Teen Tap/Ballet with Aurora**

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

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

### **Cardio Kickboxing with Cecelia (\*NO CLASS 11/24)**

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

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

**In the Multipurpose Room**

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

### **Adult Tap with Aurora**

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

Calling all tappers of any age and experience level!

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

### **Yoga with Selina (\*NO CLASS 11/24)**

**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.



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### **Water Aerobics with Suzanne (\*NO CLASS 11/24)**

**Tuesdays and Thursdays at 12:30 p.m. | At the Main Pool at Club Rancho Sahuarita**

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

### **Zumba™ with Marissa**

**Tuesdays at 10:00 a.m. | In the Multipurpose Room Wednesdays at 9:00 a.m. | In the Vistoso Studio**

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

### **Pound with Christina**

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

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

### **Zumba with Haley**

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

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

### **Contemporary Jazz Dance for Adults with Marissa**

**Wednesdays at 8:00 a.m.**

**| In the Vistoso Studio**

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

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

**Wednesdays at 9:30 a.m.**

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

### **Kids Yoga Stretch and Conditioning with Katherine (Ages 8-12)**

**Wednesdays at 2:45 p.m. | Multipurpose Room**

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



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### **Adult Ballet Beginner (\*NO CLASS 11/24)** **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 (\*NO CLASS 11/24)**

**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 (\*NO CLASS 11/24)**

**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 (\*NO CLASS 11/24)**

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

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

### **Yoga with Gail (\*NO CLASS 11/24)**

**Thursdays at 6:00 p.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.

### **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.



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### **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.

### **Bootcamp with Christina**

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

#### **In the Multipurpose Room**

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

### **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).

### **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.

