

# Roadrunner

The Roadrunner is published twice a month by the Rio Verde Community Association

Next Issue April 4

Issue No. 25-6 - March 21, 2025

## Rio Verde's Website

[www.rioverdearizona.com](http://www.rioverdearizona.com)

## Next Roadrunner

### Deadline:

9 a.m. Sunday,  
March 30



## RVCA Board Meeting:

Next meeting  
3 p.m. Thursday,  
Apr. 17 in  
Community  
Center  
All Welcome



**Club News:**  
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## CRC March 29

### Car Show:

9 a.m. to 1 p.m.  
in Community  
Center parking  
lot - See page 3  
for details

## Recycling Information:

**What Is Accepted & What is Not**  
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## 2025-2026...

### Rio Verde Community Association Board of Directors

**Front Row:** Nancy Clifford, Connie Sick, Steve McGuire, Nancy Werner and Tom Stegmann

**Middle Row:** Dru Renschler, Jill Arnold, George McCone and Bob Johnson

**Back Row:** Rhonda Pepper, Bobbie Craven, Curtis Parvin, Pete Wick, Rick Lindenberger and Kathleen Mayer

### 2025-2026 Officers...

Immediately following the RVCA Annual Meeting on Mar. 18 the new Board met in the Church Choir Room. Top agenda item was the election of officers: President Steve McGuire, Vice President Jill Arnold, Treasurer Nancy Werner and Secretary Bobbie Craven.

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### International Dark Sky Discovery Center Lecture:

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April classes - page 10

## From the Club...

### Project Renew Phase 2 Starts Apr. 15

Phase 2 of the Rio Verde Country Club's Project Renew is set to begin this summer, focusing on upgrades to Quail Run's irrigation system, turf reduction, brown spot remediation, and pond restoration. Crews from Landscape Unlimited will return to complete this phase, with work expected to begin in early April.

### Quail Run To Close on Apr. 15

Quail Run will close on Apr. 15 and remain closed until the Fall overseed. During the closure no cart and walking traffic will be allowed. The area will be an active construction zone due to open trenches and heavy equipment.

### Summer Course Tours

Organized course tours will be scheduled throughout the summer, allowing members to view the project's progress. Weekly updates will also be provided as the start date approaches.

## Our Community...

**Health Alert!** With the number of flu & cold cases on the rise, just an important reminder to stay home if you don't feel good to prevent infecting other residents.

**With Sympathy:** Rio Verde is saddened to learn of the deaths of Rob Ryan and former residents Dick Barr and Bill Donaldson.

**The Roadrunner is published twice a month by**

**The Rio Verde Community Association**

**Editor: Linda Hefter**

**Association Staff:**

**Kevin Hearty, Connie Sauter & Angelita Vargas**

**Rio Verde is an Active Adult Community for Persons Age 55 and Older**



**Thank You Frank!** A huge thank you to Frank Haggard for organizing another thought-provoking and inspiring ASU Lecture Series. The 2025 Series was the 18th organized by Frank. In the photo with Frank and Judy Haggard are Dr. Wesley Skinner of the ASU School of Music and Meng Yuan of the Cleveland Institute of Music who presented a Tour of French Music for Cello and Piano on Mar. 4, date of the final 2025 lecture.

## Rio Verde Annual Landscape Tour: Wednesday, April 9

The RVCA Property Appearance Committee invites all Rio Verde residents to join the Annual Landscape Home Tour from 3 to 5 p.m. Wednesday, April 9. This event offers a unique opportunity to explore a number of Rio Verde's stunning home landscapes featuring innovative designs. On display will also be the commitment of our community to sustainable and aesthetic outdoor spaces.

### Event Highlights Include:

Guided tours of each landscape

Discussions with homeowners about their decisions on plant selection, design and maintenance tailored to our Sonoran Desert environment

Opportunity to view before and after landscape renovation photos

### Tour Details:

**Date & Time:** Wednesday April 9, from 3 to 5 p.m. (Rain Date April 16)

**Starting Location:** Attendees should arrive at the Community Center parking lot by 2:30 p.m. Volunteers will line up golf carts behind the six lead carts. Lead carts will be responsible for directing participants to each location, ensuring a smooth and organized experience.

**Note:** If you don't have a golf cart, plan to ride with a friend or come to the Community Center parking lot at 2:30 p.m. and the committee will find you a ride.

### Additional Information:

Attendees are advised to wear comfortable walking shoes, bring water, and dress appropriately for the weather. Please have respect for each unique landscape and ask the owner for permission before taking photos.

Join the Property Appearance Committee on April 9 to celebrate the beauty and resilience of Rio Verde's landscapes and discover how you can contribute to a more sustainable future. **No advance registration required.**



## Community Relations Committee (CRC) News...



### Rio Verde Car Show: Saturday, March 29

CRC will host a Rio Verde Car Show from 10 a.m. to 1 p.m. Saturday, Mar. 29, in the Community Center Parking Lot.

All cool cars welcome including antique cars, muscle cars, 60s convertibles and more. Trucks are also welcome.

Register your vehicle today and join in the fun. Email Brad Nydahl at [bradn45@gmail.com](mailto:bradn45@gmail.com).



### FYI...

#### Check Out CRC's New Website

Check out CRC's new website at [rioverdecr.com](http://rioverdecr.com) where you can easily sign up for CRC events and get more information about CRC's many activities.

#### Calling All Techies!

CRC is in dire need of help from someone with expertise using Google Docs and Square for payments. No need to join the CRC Board. This is a short term time commitment. If you can help, contact Teresa Nydahl at [teresa.nyd@gmail.com](mailto:teresa.nyd@gmail.com) or 503-569-6900.

#### Coming in April...Easter Egg Hunt

9:45 a.m. Saturday, Apr. 19, at the Country Club for children 7 & younger

### Baby Furniture & More

[Click Here](#) to register and place your order for car seats, highchairs, toys & games, bikes, blow-up mattresses and lots more for your visiting guests.

**Note:** Pick Ups and Returns are on Mondays only from 3 to 4 p.m. in the Community Church basement. Steps down to the basement entrance are on the east side of the parking lot.

Be sure to place your order early for visitors here for Spring Break and Easter. This is a very busy time of the year!

The Baby Furniture & More lending program relies on the generous contributions from our community for continuance of this popular service. Your donations and support are greatly appreciated!



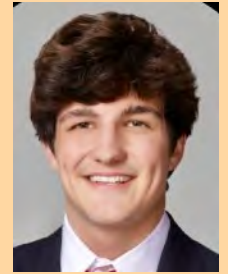
#### Questions/Help

For questions or help with your order email Amy Ruggeri at [mdmomx2@aol.com](mailto:mdmomx2@aol.com) or Deb Donald at [debdonald98@gmail.com](mailto:debdonald98@gmail.com).

## Rio Verde Community Foundation News...

### Scholarship Update

Nolan Wriston, son of Maya Pelle, the Club's Director of Member Experience, was a recipient of a scholarship from the Rio Verde Community Foundation (RVCF) in 2024.



Since receiving the scholarship money, Nolan has received an EMT certification and became a caregiver. This has also helped with his school costs at the University of Arizona.

Nolan is studying to become a nurse, a profession that truly suits his kind heart and gentle nature. He is grateful for the scholarship and the donors who made this possible. This money made his successes more obtainable. He is focused on his school and work schedule and making us proud.

### Foundation Purpose

The purpose of the RVCF is to raise funds for charitable projects that provide benefits and opportunities for Rio Verde.

To date, part of the Foundation's charitable funds has gone to scholarships for employees or employees' children who work here. Scholarships are vital investments in individuals, easing the financial burden of education, empowering students to pursue their goals and fostering a more skilled and diverse workforce.

### For More Information

For more information, visit [rioverdecommunityfoundation.org](http://rioverdecommunityfoundation.org)

"Give Where You Live"

**Note:** The Rio Verde Community Foundation is totally separate from the RVCA and the RVCC.

## Fun Things To Do...

### Let's Hike...

#### **Butcher Jones Trail at Saguaro Lake: Wednesday, March 26**

Join Kathy and David Fridovich for a moderate 6 mile hike on Wednesday, March 26. The Butcher Jones Trail can be rocky and narrow, but it meanders through varied terrain and along the lake with scenic views. Elevation gain is 639 feet with mainly rolling hills.

Meet at the Community Center parking lot by 8 a.m. for carpooling. Drive to trailhead is 40 minutes, with return by early afternoon. Bring plenty of water and a snack or lunch. Hiking boots and poles are recommended.

A Tonto National Forest Pass or America the Beautiful Pass is required. If you have one, please bring for your car or bring \$8.

Questions? Call or email, [kathyfrido1@aol.com](mailto:kathyfrido1@aol.com) or 808-551-9184.

#### **Mt. Ord in the Mazatzals: Tuesday, April 1**

Join Doug Lindsay on Tuesday, April 1, for a moderately difficult hike in the Mazatzals. The 8 mile hike has an elevation change of 1,800 feet over a Forest Service dirt road with beautiful views of Four Peaks, Roosevelt Lake, Horseshoe Reservoir, Bartlett Lake, Mogollon Rim & Humphreys Peak unmarred by communications towers at the top of the second highest peak in the Mazatzals.

Meet in the Community Center parking lot by 8 a.m. for carpooling. Drive to parking spot on Forest Road 626 is 1 hour, with return mid-afternoon. Please reimburse drivers for gas.

Bring 2 to 3 liters of water & lunch or snack. Hiking boots are recommended, poles are optional.

Questions? Doug: 312-339-7907 or [douglasalindsay@att.net](mailto:douglasalindsay@att.net).

### Let's Stitch...

#### **Sit & Stitch: Every Tuesday**

Come create with the Rio Verde Stitchers. We meet every Tuesday in the Community Center Card Room from 9 a.m. until noon. Arrive and depart as your schedule permits.

All handcrafts and skill levels are represented. Sewing machines can be accommodated. Questions? Contact Tonie Lindenberger, 480-361-8958 (landline).

**Photo:** Linda Babcock inherited this afghan that was being made for her daughter by a relative who passed away suddenly. Linda finished it creating a beautiful family heirloom.



#### **Verdes Blood Drive: Tuesday, March 25**

To meet the continuing high demand for blood the Rotary Club of the Verdes is teaming up with Vitalant to hold a Spring Blood Drive for Rio and Tonto residents from 11 a.m. to 4 p.m. Tuesday, March 25, in the Community Center Multi-Purpose Room.

The room will be cool so be sure to wear long sleeves and pants.

**Needed 40 more donors to meet goal Please sign up today!**

#### **How to Sign Up To Donate:**

- Log into [www.bloodhero.com](http://www.bloodhero.com)
- If you are a new donor click Sign Up to register
- If you are a returning donor use your previous login email or username and password
- Location: Multi-Purpose Room Rio Verde Community Center
- Date: March 25, 2025
- Select a donation time slot.

**Questions?** Contact Joan Nerz at [registeredaz@gmail.com](mailto:registeredaz@gmail.com) or 480-659-8776.

### Save the Date...

#### **2025 Recycling and Shredding Event: Thursday, April 24**

Rio Verde's Annual Recycling & Shredding Event is scheduled for 9 a.m. to Noon Thursday, Apr. 24, in the Community Center parking lot.

In addition to paper shredding Republic Services will be accepting electronics for recycling.

They will also have a roll-off container for disposal of large items.

**Note:** Hazardous waste will not be accepted this year. Watch for posting of details.



## At the Club...



## WGA Charity Event Thank You!

The March 4 WGA Charity Golf Event was a huge success. Thanks to the generosity of the community the event raised \$52,464 for the Sojourner Center which has been a safe haven for adults and children affected by domestic violence since 1977. Special thanks to the Rio Verde Community Foundation for its donation of \$3,000.

Co-Chairs were Mary Jo Krizman and Beverly Oleson who headed up a 17 member committee. The event was attended by 127 women. A Silent auction, raffle and live auction followed golf and lunch.

**Top Photo:** Barbara Baker presents the Foundation check to Sojourner Center Co-Director Julie Peterson. In the photo with Barbara is Laura Buckley, Tricia Wolber, Peg Zarlengo and Kirsten Sundahl.

**Middle Photo:** "Who Had the Most Fun Zero Coke" Winners Ann Holdahl, Margy Lee, Jean Olson, Kele Thompson, Joan Bertelsen and Jan Schilep.

**Bottom Photo:** "100,000 Grand Candy Bar" Winners - Susan Albright, Bobbie Craven, Mary Walker, Ann Jensen, Pat Peterson and Kim Gleason.

## Clubhouse Dining

### Verde Pub:

11 a.m. - 7 p.m.  
Tuesday-Sunday  
Monday 3 to 6 p.m. Apres Golf

### Box Bar Grille:

11 a.m. - 8 p.m.  
Tuesday-Saturday  
Lunch 11 a.m. to 4 p.m.  
Dinner 5 to 8 p.m.

### Sunday Brunch:

10 a.m. to 2 p.m.

### Reservations

[Click Here](#) for  
Dining Reservations & Menus

### Take Out

For Take Out Call the Club at  
480-471-1050

### ► Food & Beverage Questions

Email [foodbev@rioverde.com](mailto:foodbev@rioverde.com)



**Congratulations!** Jane & Pete Wick (right) and their guests Bill & Luann Crain won the tournament shootout to become the grand winners of the Sonoran Couples Invitational.



## Community Church of the Verdes...



### The Rotary Club of the Verdes Makes Lifesaving Device Donation to Community Church

On Tuesday, Mar. 4, Rotary Club members John Colucci and Hans Schols met with Pastor Cathy Northrup and presented the Church with a LifeVac System that will be available in Founders Hall.

The LifeVac devices are specifically designed to save a child or adult from choking from food or small object getting lodged in the throat. As of March 2025 these life saving devices have saved 3,642 lives.

Past President John Colucci notes that "Rotarians are ordinary people doing extraordinary things. When the idea of donating LifeVac units was brought up at a club meeting, we knew it made perfect sense to provide each food serving entity in Rio Verde, as well as the Fountain Hills schools, these units.

The devices are very simple to use by any adult. LifeVac has saved many lives and our club is honored to provide units that will assist in keeping Rio Verde residents and visitors safe."

#### For More Information about LiveVac Devices

Visit <https://www.lifevac.net>.

### Deep Dive Church Art Tour: Saturday, Apr. 12

A Deep Dive Art Tour is scheduled for 2 p.m. Saturday, Apr. 12.

Come discover the art of looking and really seeing art. This guided tour will take a close look at three works of art. Participants are encouraged to slow down, look closely and share their thoughts and perspectives.

No reservations required. All are welcome! Meet in the Courtyard.



### Community Church of the Verdes Update...

#### Sunday Worship:

Sunday Services at 8:30 a.m. Also available at [www.verdefaith.org](http://www.verdefaith.org). All are welcome.

#### Questions?

Contact

[officemanager@verdefaith.org](mailto:officemanager@verdefaith.org) or  
Pastor Cathy Northrup at  
[pastor@verdefaith.org](mailto:pastor@verdefaith.org).

#### Office Hours:

9 a.m. to 3 p.m. Monday through  
Thursday, Friday 9 a.m. to 12 p.m.  
Phone: 480-471-7239.

### St. Dominic Catholic Mission Update...

#### Sunday Mass:

10 a.m. Every Sunday

#### Stations of the Cross Fridays:

Every Friday at 5 p.m. through  
Apr. 11 in the Courtyard

#### Questions?

St. Dominic's secretary/bookkeeper  
Leslie Rugh is in the Office  
Tuesdays & Thursdays from 10 a.m.  
to 2 p.m.

Office Phone: 480-471-2112 - Email  
address:

[stdominicmission@outlook.com](mailto:stdominicmission@outlook.com).

After hours or in an emergency  
contact Joanne Wamer, Parish Life  
Coordinator, at 480-490-8955 or  
[josiewamer@gmail.com](mailto:josiewamer@gmail.com).



## Dog Walkers Group Having Fun!

A group of Rio residents and their dogs enjoy morning walks together. Their T-shirts read "Rio Dog Pack" with pictures of each dog breed in their group.

**In the photo left to right:** Elisa Kendal-Ward (Huckleberry Hound & Emmet), Pamela Sorin holding Finnegan, Jenny Lidback (holding Lola, Abby on the ground), Kristi Hatfield (Rocket), Martha Nause (Loki, one of Rocket's pups), Vanessa Seljeskog, LuAnn Nystrom (Sami) and Janet Moore (Diego & Rio).

## Make Your Reservation Today...

### The Peter & Will Anderson Quartet Dinner Concert: Thursday, April 17

Don't miss this opportunity to hear the Peter & Will Anderson Quartet play the music of Cole Porter on Thursday, Apr. 17, at the Club. This special evening will start with cocktails at 5:30 p.m. followed by an Italian themed dinner at 6 p.m. The concert will start at 7 p.m. Cost is \$50++ [Click Here](#) for reservations.



Virtuosos on the clarinet and saxophone, identical twins Peter and Will Anderson are one of the most extraordinary musical acts performing captivating classic jazz today. They have performed to sell-out crowds in over 40 U.S. states including recent concerts at the MIM here in Phoenix.

### Rotary Club of the Verdes Community Presentation... International Dark Sky Discovery Center: Monday, April 7

Everyone is invited to come learn about the \$27 million project underway in Fountain Hills at 4 p.m. Monday, Apr. 7, in the Club Sundance Room.

The 23,000 square foot observatory will house the largest telescopes in the Metro Phoenix area along with: Hyperspace Planetarium, Inspiration Theatre, Immersion Zone Exhibit Hall and Einstein Exploration Station.

Lecture will be presented by Tony Pisilli, Night Sky Exhibit Hall Champion and Discovery Center Board Member.

For more information about the International Dark Sky Discovery Center visit [www.darkskycenter.org](http://www.darkskycenter.org).



### Tonto Verde Home Tour: Friday, Mar. 28

Everyone is invited to register for the Tonto Verde Home Tour on Friday, Mar. 28.

From 12 to 4 p.m. come explore six beautiful homes that offer a perfect blend of charm and elegance.

Cost is \$25 in advance or \$30 at the door (cash or Venmo). To register email [TVLendingCloset@gmail.com](mailto:TVLendingCloset@gmail.com).

Confirmation of your registration will include community access info, Tour map and other details.

All proceeds will benefit the Tonto Lending Closet.





## Neighbors Helping Neighbors...

### Serving Our Verde Communities

VerdeCares is your 501(c)(3) nonprofit serving our Verde Communities. VerdeCares provides non-medical, life changing services through a team of trained and empowered community volunteers.

### We are here for You when you need us with...

Medical Transportation, Hospital Home Support, Caregiver Relief, Medical Equipment, Mobile Meals, Support Groups, Prescription Pickup, Social Activities, Medication/Wound Management, Grocery Shopping, Minor Handyman Support and more.

Donations Empower our Mission. Your financial donations enable us to provide the above services. Your support is much appreciated. Donations made to VerdeCares are tax deductible.

### Ways to Donate:

#### For Arizona State Tax Filers

VerdeCares is a qualifying Charitable Organization (QCO) with the QCO Code: 22644. This allows our community members to redirect their tax dollars to support our mission. This program provides a dollar-for-dollar tax credit on your Arizona state income tax, allowing for contributions of up to \$470 for individual filers and \$938 for joint filers.

#### Estate Planning Bequests

Consider making a gift to VerdeCares in your will. You can continue to enjoy your property and assets that you will leave to our charity for the rest of your life. You can be comforted knowing that you are leaving a lasting legacy and memory.

Bequests can be made in many ways: a specific dollar amount, percentage of your estate, a specific property from the residual balance of your estate. You should speak with your attorney for assistance in planning a bequest to VerdeCares.

#### Other Ways to Donate

Donate by mail with a check

Donate Online - Visit our website at [www.verdecares.org/donate-online](http://www.verdecares.org/donate-online)

Donate Stock

Fry's Community Rewards Program

Matching Gifts

#### Questions

We are proud to be an integral part of our Verde communities. We are here for you when you need us. If you have any questions, please contact the Office at 480-471-8944.

**Vicki Beseke, Founder | Director, VerdeCares Inc.**

**Doris Findling, Executive Director, VerdeCares Inc.**

## Make a Reservation Today for Mar. 26 Hall of Fame Reception...

Rio Verde residents Steve Graham and Cathy Northrup will be inducted into the Lower Verde Valley Hall of Fame on Wednesday, Mar. 26, at a reception from 5-8 p.m. at the Rio Verde Country Club.

Steve is being honored for his work with VerdeCares. Cathy is being honored for her Verdes community outreach work. Also being honored is the Rio Verde Roadrunner which will receive the Verdes 2025 Legacy award.

Cost is \$50 (price includes heavy appetizers, drink tickets will be \$10). For reservations [Click Here](#). Don't wait. Event is expected to be a sell out.

The Lower Verde Valley Hall of Fame was founded in 2004 by the River of Time Museum Foundation for the purpose of recognizing outstanding community volunteers and leaders from Fountain Hills, Fort McDowell Yavapai Nation and the Verde Communities.

### Dumpster Use Reminder...

A reminder to all Rio Verde residents that the dumpsters are for residents use only.

Please tell your remodeling contractors and your landscapers that they are not allowed to use the dumpsters.

Also do not leave items on the ground outside of the dumpsters. Republic Services drivers will not pick them up.

Of concern are reports that other communities are using the dumpsters. Republic services charges the Community Association for overfull dumpsters.





**Beautiful Rio Verde!** George Gruel took this spectacular photo of the snow covered Four Peaks on Mar. 7. While Rio Verde received much needed rain, the surrounding mountains were dusted with snow.

## Verdes Art League Lecture Series...

### “Under the Influence” 2 p.m. Friday, March 21

Everyone is invited to the Art League’s March lecture at 2 p.m. Friday, Mar. 21, in the Community Center Multi-Purpose Room. Presenting the lecture will be Phoenix Art Museum Docent Gail Rittenhouse whose topic is “Under the Influence.” Come learn about the fascinating ways in which artists have been influenced to create their wonderful works of art.



**Photo:** Edouard Manet, “A Bar at the Folies-Bergere,” 1882

## Hidden In Rio Patio Art Tour: Sunday, April 13

### Patio Tour 1 to 4 p.m.

The Verdes Art League (VAL) invites you and your family and friends to a self-guided Rio Verde patio art tour from 1 to 4 p.m. on Apr. 13 p.m. Visit the patios of seven Rio Verde homes where VAL artists will display their work and demonstrate technique. Several patios will feature interactive art opportunities such as painting, clay, and jewelry making for children and adults.

### Reception 4:30 to 6 p.m.

Next, head to a reception from 4:30 to 6 p.m. at the home of Tricia Wolber who has graciously offered to host the reception at her house on Vado Court. This fabulous house boasts a spectacular location with an expansive deck overlooking stunning views that lead your eye across the Golf Course directly up to Four Peaks.

At the reception enjoy music by guitarist Jack Hinerman and check out the Silent Auction and Raffle of works donated by Verde artists.

### Cost, Map and Registration Details

The Patio Tour is free. Cost of the Reception is \$15. For reception tickets contact Toni Lowden at 775-772-0844 of Betsy Pare’ at 207-315-5302.



## Verdes Art League Sunday Night Suppers Soup & Cinema

March 30 5:00 - 8:00 p.m.

April 27 5:00 - 8:00 p.m.

May 25 5:00 - 8:00 p.m.

Verde Art League members and guests are invited to attend the Art League’s free Sunday Night Soup & Cinema social events.

A different homemade soup will be served prior to watching a movie chosen to highlight the lives and stories of famous and not so famous artists.

### Treasures from the Rubble

The Mar. 30 film is “Treasures from the Rubble,” the story of an art rebel. In 1905 Lois Wilson is born into deep poverty in the rural south. She moves to Yonkers where they are bulldozing the slums around her. Wilson spends the rest of her life creating art from found objects.

Through Jack Black, a Fayette, Alabama newspaperman, she gives 2600 pieces of art to her hometown. Black spends 35 years of his life shepherding the Fayette Art Museum.

For more information about the Sunday Night Suppers or any of the Art League’s events and classes visit [www.verdesartleague.org](http://www.verdesartleague.org).

### RSVP

If you would like to attend the Mar. 30 Sunday Night Supper RSVP to Betsy Pare’ at [betsypare56@gmail.com](mailto:betsypare56@gmail.com) or 207-315-5302.

## ASU Osher Lifelong Learning Institute (OLLI)...

### ASU/OLLI Rio Verde Partnership Spring Term Update...

Thanks to the 62 Rio Verde residents who have signed up for current ASU OLLI memberships.



#### New Sign-Ups

Rio Verde residents can still sign up for spring OLLI memberships. Contact OLLI Director Jared Swerzenski at [jared.swerzenski@asu.edu](mailto:jared.swerzenski@asu.edu).

#### Spring Free Zoom Classes

As part of the ASU OLLI and Rio Verde partnership, the following online classes are available free of charge for Rio Verde OLLI members. To register log in to your ASU OLLI account.

##### ●094 | Radical Endurance: Growing Old in an Age of Longevity

Why are so many of us afraid of growing old? In this online lecture, we'll explore inspiring stories, quiet our fears of aging, and learn to resist ageism in our daily lives. Join Dr. Andrea Gilats, writer and educator, for thought-provoking insights and conversations.

**Format:** Online via Zoom

**Day:** Tuesday, March 25

**Time:** 10:30 a.m. – 12:00 p.m.

##### ●108 | A Cultural History of the Passport

Explore the fascinating history of passports—from ancient civilizations to modern refugee camps. Professor Patrick Bixby examines how these documents shape narratives of identity, mobility, and citizenship.

**Format:** Online via Zoom

**Days:** Wednesdays, April 2 and April 9

**Time:** 1:00 p.m. – 2:30 p.m.

##### ●109 | Bird Migration Through the Sonoran Desert

Discover the incredible journeys of migratory birds along the Pacific Flyway. Learn from ornithologist Kurt Leuschner about the science and wonder behind these annual migrations.

**Format:** Online via Zoom

**Day:** Thursday, April 3

**Time:** 10:30 a.m. – 12:00 p.m.

#### From Jared Swerzenski, Director ASU OLLI

"For those who may not be familiar with ASU OLLI, we are a community of individuals aged 50 and better who are passionate about lifelong learning. Our members come from diverse backgrounds—whether retired or still working—and share a commitment to enriching their lives through education, travel, social engagement, and volunteer opportunities. As part of the Watts College of Public Service and Community Solutions, we aim to build vibrant, healthy, and equitable communities. Our partnership with Rio Verde provides your community with exclusive classes and opportunities!"

Questions? Contact Jared Swerzenski at [jared.swerzenski@asu.edu](mailto:jared.swerzenski@asu.edu).

## Health & Wellness News...

**Spooner PT Lecture:  
How Physical Therapy Can Help Improve Balance**



**Thursday, Apr. 17**

The next free lecture by the Fountain Hills Spooner Physical Therapy team will be held from 4:15 to 5 p.m. Thursday, Apr. 17, in the Community Center Board Room. Apr. 17 topic is "How Physical Therapy Can Help Improve Balance." Presenting the lecture will be Abbey Schmidt, PTA and McKenzie Giancola, PT, DPT.

#### Spooner Physical Therapy Free Injury Screenings:

The next free 15 minute injury screening by Spooner PT Clinic Director John Kline is Thursday, Mar. 27, from 8 to 9:30 a.m. in the Community Center Small Conference Room. Sign up on the counter next to the RVCA Office window. Check out aches and pains before they become big problems.

#### Wellness Class Every Thursday:

Life & Wellness Coach Dr. Josephine Gross teaches a Wellness Class from 11 a.m. to 11:50 a.m. every Thursday in the Community Center Multi-Purpose or Flex Room. Cost: \$10 per class.

#### March 27 Topic:

Laughing Yoga: Learn to laugh with a purpose to relieve stress and update your body's chemistry

#### Questions?

Call Josephine at 818-331-7573 or email her at [josephine@networkingtimes.com](mailto:josephine@networkingtimes.com)





### Save the Date...

### Annual Mason Cup Golf Tournament: Tuesday, Aug. 12

Plan now to join your friends and neighbors in Park City, Utah, on Aug. 12, for the Annual Mason Cup Golf Tournament at Wasatch Mountain Lakes Course. The Mason Cup is named after Rio Verde pioneers Bob & Dotty Mason and has been played here for 30 years.

Play golf with the group or just attend a festive dinner at the Blue Boar Inn following golf. It's a great way to make new Rio Verde friends and enjoy cooler weather!

### Exploring Scenic Utah and Park City

Desert landscapes of red rocks, hoodoos and rock arches are the natural wonders of Arches, Bryce Canyon, Capitol Reef, Canyonlands and Zion national parks - [Click Here](#)

The well-known Mountain and Lake courses at Wasatch Mountain State Park are consistently ranked among the most popular, affordable, and scenic in Utah - [Click Here](#)

Blue Boar Inn & Restaurant is an old-style European chateau - [Click Here](#)

12 thing fun to do at Park City, Kimball Junction - [Click Here](#)

### Information on Park City and Nearby Midway Lodging

Park City Lodging - [Click Here](#)

Midway Lodging - [Click Here](#)

Questions/Sign Up?

Contact Rosanna Williams at [rosanna.wallace@yahoo.com](mailto:rosanna.wallace@yahoo.com) or Diane Kovach at [diane@tannerfarms.com](mailto:diane@tannerfarms.com).

### The Roadrunner Would Like to Hear From You!

Do you have news and photos to share? Do you have a question you'd like answered? Email Editor Linda Hefter at [hefteraz@cox.net](mailto:hefteraz@cox.net). The next issue of the *Roadrunner* will be published on Apr. 4 - deadline for news is 9 a.m. Sunday, Mar. 30. Special thanks to all the *Roadrunner* contributors.



### You're Invited... Questers Special Program: Saturday, Mar. 22

Join the Four Peaks Questers Chapter on Saturday, Mar. 22, in the Community Center Multi-Purpose Room for a special program with Marilyn Peterson Schroeder, a Scandinavian Hardanger textile expert specializing in restoring and repurposing vintage linen and lace.

Learn what you can do with the beautiful pieces of old textiles you have had in a drawer for years. Turn them into priceless heirlooms for future generations of your family.

### Silent Auction

Following the presentation, there will be a silent auction featuring more than 25 collections of antiques and memorabilia, including the vintage kitchen items shown in the above photo.

### Program Schedule

Doors open at noon for the auction preview, with the textile program beginning at 1 p.m. The silent auction begins at 2:30 p.m. Refreshments will be available.

### Tickets \$10

Tickets are \$10 and can be purchased at the door. Funds raised from this activity will be used to purchase books for elementary and middle schools detailing the history of the Merci Train.

### Questions?

Contact Betty Crisanti at [bcris1027@gmail.com](mailto:bcris1027@gmail.com) or 480-622-6646.

## Health & Wellness News...

### ► Exercise Class Schedule:

#### ● Power Up Strength Training for Ladies

8:30 to 9:30 a.m. M-W-F - \$50/Month or \$6/Class

Instructor: Kirsten Sundahl

#### ● Water Workout - Co-Ed

10 to 11 a.m. M-W-F - \$50/Month or \$6/Class

Instructors: Kirsten Sundahl and Linda Hefter

#### ● Co-Ed Strength & Flexibility Training

7:30 to 8:30 a.m. T-Th-Sa - \$50/Month or \$6/Class

Instructors: Kirsten Sundahl and Kay Birdsell

#### ● Active Seniors: Strength, Balance & Flexibility

Exercises done sitting or standing - No floor work

8:45 to 9:30 a.m. T-Th-Sa - \$50/Month or \$6/Class

Instructor: Linda Hefter

#### ● Strength & Balance Yoga with Ann

4:30 to 5:30 p.m. Mondays & Thursdays - \$10 drop-in or \$90 for 10 sessions

Instructor: Ann Collette

#### ● Yogalates & Mobility Class - Tuesdays

9:45 to 10:45 a.m. Tuesdays - \$10 per class or \$90 for 10 sessions

Instructors: Ann Collette and Melanie Boulanger

#### ● Chair Yoga - Thursday

9:45 to 10:45 a.m. Thursdays - \$10 drop-in or \$90 for 10 sessions

Instructor: Josephine Gross

#### ● Wellness Class - Thursdays

11 to 11:50 a.m. Thursdays - Drop in fee \$10

Instructor: Josephine Gross - See page 10 for details

### ► Physical Therapy:

Physical Therapist Danielle McConnell sees clients by appointment in the Community Center Flex Room from 9 a.m. to 12 p.m. on Tuesdays and Thursdays (other times may be available). Appointments: Danielle at 602-999-0475 or [sundevilgirl99@me.com](mailto:sundevilgirl99@me.com). Cost: \$60 per 30 min - \$100 per 60 min - Discounted rate for multiple sessions - Dry Needling: \$50

### ► Massage Therapy:

Contact Lawrence Scott to schedule a massage on Monday, Thursday or Friday (other days may be available). Call or text 480-550-0599 or email [lawrencescott1157@gmail.com](mailto:lawrencescott1157@gmail.com) - **Note the addition of Monday appointments**

Contact Shauna Hansen to schedule a massage on Saturday or Sunday. Call 480-861-1105 or email [shauna@tri2bfitaz.com](mailto:shauna@tri2bfitaz.com)

Cost: \$90 for 1 hour and \$125 for 90 minutes.

## Health & Wellness Team

### Fitness Instructors:

• Linda Hefter:  
[hfeferaz@cox.net](mailto:hfeferaz@cox.net)  
H: 480-471-2190 - C: 480-766-1342

• Kirsten Sundahl:  
[kirstensundahl1@aol.com](mailto:kirstensundahl1@aol.com)  
480-339-9033

• Kay Birdsell:  
[kaybirdsell@icloud.com](mailto:kaybirdsell@icloud.com)  
505-690-5451

• Ann Collette:  
[happybaby1959@gmail.com](mailto:happybaby1959@gmail.com)  
703-282-3070

• Josephine Gross:  
[josephine@networkingtimes.com](mailto:josephine@networkingtimes.com)  
818-331-7573

• Melanie Boulanger  
[melboula@gmail.com](mailto:melboula@gmail.com)  
262-844-6385

### Personal Trainers:

• Sandy Rzasz:  
[sandyrzasz@hotmail.com](mailto:sandyrzasz@hotmail.com)  
480-206-8368

• Michelle Myatt:  
[michelle@totalufitness.com](mailto:michelle@totalufitness.com)  
815-530-6368

• Kim Hines:  
[kim@fitnessventures.org](mailto:kim@fitnessventures.org)  
602-799-2259

### Massage Therapists:

• Lawrence Scott  
[lawrencescott1157@gmail.com](mailto:lawrencescott1157@gmail.com)  
480-550-0599

• Shauna Hansen:  
[shauna@tri2bfitaz.com](mailto:shauna@tri2bfitaz.com)  
480-861-1105

### Physical Therapist:

• Danielle McConnell  
[sundevilgirl99@me.com](mailto:sundevilgirl99@me.com)  
602-999-0475

### FYI...

- All exercise classes except M-W-F 8:30 a.m. Ladies Power Up class are open to men & women.
- No advance sign up required, just show up.



# Recycling Information

## ✓ Acceptable Items



### Plastics

Recycle plastics #1, #2 and #5. Look on the bottom of containers for the number inside the recycling arrows.



### Metal Cans

Recycle all food and beverage metal cans—steel, tin, bi-metal and aluminum.



### Cardboard, Newspaper & Magazines

Recycle newspaper inserts, catalogs, paperback books, phone books and brochures.



### Paper Food Containers & Cartons

Recycle juice boxes, egg, ice cream and milk cartons, and cereal and pasta boxes.



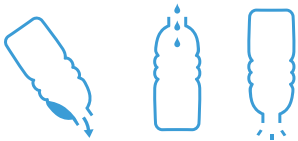
### Paper

Recycle envelopes, office paper, junk mail, greeting cards and file folders. Shredded paper should be put in a paper bag.



### Glass

Recycle clear, brown and green bottles and jars.



Empty. Clean. Dry.

Please make sure your recyclables are **empty, clean and dry** before placing them in your recycling cart.

## Recycling Made Easy

- ✓ Please be sure your recycling cart is at the curb by 7 a.m. on your collection day.
- ✓ All your recyclables can be placed together in the recycling cart. Place your cart 2 feet away from the street so it can easily be seen by the driver.

## How to Recycle Properly

- ✓ All types of recyclables may be placed together in your recycling cart.
- ✓ If it looks like rain, be sure to close the cart lid. Wet paper products cannot be recycled.
- ✓ Rinse plastic, aluminum and metal cans; remove lids.

## ✗ Unacceptable Items

- ✗ Aluminum foil
- ✗ Appliances
- ✗ Batteries
- ✗ Bubble wrap
- ✗ Christmas lights
- ✗ Coat hangers
- ✗ Electrical cords
- ✗ Food waste
- ✗ Food wrap
- ✗ Garden hoses
- ✗ Plastic bags
- ✗ Polystyrene foam
- ✗ Rubber balls
- ✗ Sports equipment
- ✗ Stuffed animals
- ✗ Syringes/razor blades
- ✗ Waxed cartons
- ✗ Wood/yard waste

Visit [RecyclingSimplified.com](https://www.RecyclingSimplified.com) for more information.

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Sustainability in Action