


See the GVR Club Pullout Section



KGvy
1080 AM Green Valley
101.5 FM Sahuarita
Familiar Favorites

KGvy Radio & The Community Quarterly Invites you to join us on November 4th for our 24th Annual Sr/Boomer Info Fair. 9AM – 1PM at Desert Hills Lutheran Church, 2150 S. Camino Del Sol, Green Valley.

Each year, KGvy puts on this community event to thank you for listening to KGvy, reading our publications, and patronizing our local businesses that use KGvy for their advertising.

Be sure to join us on November 4th. As you visit with our community businesses, be sure to let them know that shopping and doing business locally is important to you.


Of course, as we have in past years, KGvy will be serving a huge variety of complimentary breakfast, lunch and snack food!!

Free health screenings will be available. Visit over 50 local businesses ready to tell you about their services. Pima County Health Department will be offering both COVID and Flu shots through your insurance plan.


Please bring a non-perishable food donation to help the Community Food Bank gear up for the holiday season.

Special thanks go to Desert Hills Lutheran Church for hosting our event over the years. Our sponsors this year are UCHC, TMC Health Cancer Center, and Origen Orthopedics for helping to make this possible.


Hope to see you there!!



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Preserving Pictures in a Digital Age

Scanning old photos stored in boxes and albums safeguards your family history while making them easier to back up and share online

Written by Andy Taylor, Special to The Home, Health and Life

them required extra patience. Back then, tackling a box of photos felt overwhelming.

From Shoebox to Scanner: Why Preserving Photos Matters More Than Ever

How Far We’ve Come

For generations, family memories lived in shoeboxes, albums, or envelopes tucked in drawers. These prints—birthdays, weddings, vacations, and everyday snapshots—are more than just paper. They’re stories, emotions, and pieces of our history. But as sturdy as they may seem, physical photos are fragile. Fire, flooding, mold, or the slow fade of time can erase them forever.

Where to Start


If tackling hundreds of prints feels overwhelming, you don’t have to do it alone. National services like **ScanMyPhotos.com** make it easy to box up and digitize entire collections. The company is known for its One Day Service for those putting together Memorials for photos that were never digitized. In Southern Arizona, **Andy Taylor Media** offers professional photo scanning and preservation services locally.

Whether you do it yourself or enlist some help, the most important step is to start—before those memories become damaged, lost or fade away.

Continued on page 19

The Early Days of Scanning

When home scanning first arrived, it wasn’t simple. My first scanner was a **Microtek**, a huge flatbed type scanner which cost about \$700 and was slow to use. Each photo took minutes to digitize and organizing



The Epson FF680W has made the process of Batch Scanning Easier

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HERE ARE OLSON'S
TOP TIPS FOR
AVOIDING THE MANY
SCAMS OUT THERE:

1- MAKE SURE
THERE IS A PLAN

Most timeshare exit companies will try to cancel a timeshare as there are no buyers. The only guaranteed way out is to find someone else willing to become the new owner.

2- THERE IS NO
RESALE MARKET

Accept that there are thousands of timeshares not selling for one penny. Timeshare is outdated and there is no market for resale. Do not pay timeshare listing companies to advertise something that will never sell.

ENDING YOUR TIMESHARE JUST GOT EASIER, THE REAL
DEAL HAS ARRIVED.

By Laura Kelly

Thousands of timeshare owners have successfully ended their timeshares through a proven resource, We Want Your Timeshare. The company has a unique model which is centered around a transaction with a major bonus, every client receives a 10-year membership to a travel club! In essence, your timeshare is traded into a travel club that will be able to use it. The previous owner is then able to enjoy a couple years of unrestricted travel without the hassle of timesharing systems. Offering education and resources for avoiding timeshare exit scams is a passion for their CEO Alexandra Olson.



Whether estate planning, sick of the never-ending cycle of rising maintenance fees, or just tired of dealing with the archaic, expensive exchange system, there are plenty of reasons folks are looking to dump their timeshare. When asked about We Want Your Timeshare, Olson shares “our mission is to revolutionize the timeshare exit industry by providing a zero-risk option for timeshare owners that want out! We’re very transparent about it. No risk, an amazing replacement product and a legal timeshare exit so you can be done with your timeshare forever. We’re very proud of that!”

“In an industry riddled with deceit and fraud, we give our knowledge freely and hope, if nothing else, that we can help the masses avoid being the victim of a scam.”

Olson will be presenting her popular seminar again at the Quailcreek Country Club on Thursday Oct 2nd and Friday Oct 3rd at 9 am. To secure a space (limited) interested timeshare owners can call 602-734-5590.

As a 15-year veteran of the timeshare industry, Olson has catapulted into the spotlight as the leading industry expert on timeshare and exit scams. It even landed her on FOX 10 Phoenix, ABC 15, The Arizona Republic and the Phoenix Business Journal.



We Want Your Timeshare

Timeshare Solutions Experts

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YOUR TIMESHARE?
We Want It!
LEARN MORE AT OUR FREE SEMINAR

- ✓ How to Avoid Scams
- ✓ Understanding Your Options for Selling
- ✓ How to Rent Your Timeshare In the Public Sector
- ✓ Alternatives to Exchange Companies
- ✓ How the Timeshare Industry Has Changed
- ✓ Question and Answers

Whatever your goals are
with your timeshare, we
offer answers and solutions.

RSVP required please
call 602-734-5590



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OR
FRIDAY, OCT 3RD, 9 AM

Quail Creek, Kino Conference Center
1490 E Quail Range Loop,
Green Valley, AZ 85614

Out of Your Comfort Zone (and into the Wild)

Written by Karl Kannstadter
Bon Voyage Travel

It's like a whisper from the earth urging us to leave behind the familiar and step into the extraordinary. For those who hunger for the thrill of remote frontiers and the beauty of untouched nature (without forgoing too many creature comforts), adventure awaits in the most inaccessible corners of the globe. Whether it's traversing the icy expanse of the Arctic with the power of an icebreaker, or a self-propelled trek in the rugged terrain of the Grand Canyon, these experiences promise to push your limits and enrich your soul.

Canada's Most Intimate Polar Bear Encounters

Head north to Churchill, Manitoba, where exclusive small-group expeditions—capped at just 16 guests—allow you to witness the world's greatest concentration of polar bears as they gather in anticipation of the Hudson Bay freeze-up. Get closer to the bears aboard the latest Polar Rovers, featuring expansive windows and a transparent steel outdoor viewing deck that gets you right into the action. As night falls, embark on a tundra excursion under the stars, where a clear sky might just reveal the breathtaking aurora in this frozen wilderness. Ideal for wildlife enthusiasts and intrepid adventurers alike, this journey offers an intimate, immersive encounter with one of nature's most majestic spectacles.

Cruising to the North Pole

Imagine cruising into the heart of Arctic desolation aboard PONANT's state-of-the-art icebreaker *le Commandant Charcot*, where luxury meets raw wilderness. This expedition invites intrepid travelers to witness shimmering ice fields and elusive polar wildlife in an environment where nature reigns supreme. Ideal for seasoned explorers and those with a taste for high-end adventure, PONANT's North

Pole cruise offers comfort amid the extremes of the polar world, making it a perfect blend of expeditionary spirit and refined indulgence.

Wildlife and Culture in "The Jewel of Africa"

Step into the heart of Zimbabwe with African Travel, Inc. and experience a safari that brings you face-to-face with the continent's renowned wildlife amid expansive savannahs. This journey offers thrilling game drives, intimate bush walks, and culturally immersive village visits, all designed to reveal the authentic beauty and rich heritage of Zimbabwe. Ideal for adventurous travelers seeking an authentic and action-packed safari, this expedition combines the exhilaration of wildlife encounters with the chance to connect deeply with Africa's vibrant landscapes and traditions.

With Jaguars in Brazil's Wetlands

Discover the Pantanal, the world's largest tropical wetland through the lens of Abercrombie & Kent. This expedition uncovers a landscape teeming with life, where jaguars stealthily prowl amidst lush marshes and vibrant birdlife colors the sky. Merging luxury with adventure, this journey is best suited for travelers who desire an exquisite blend of comfort, exclusivity, and raw natural beauty. Ideal for discerning adventurers and wildlife aficionados, this trip offers a chance to engage with Brazil's wild side while enjoying the impeccable service and attention to detail that Abercrombie & Kent is renowned for.

Each of these adventures beckons to those willing to step out of their comfort zones and into nature's embrace. Whether you are drawn to icy polar expeditions or the raw thrill of African safaris, the world's wildest places await your discovery. Call Bon Voyage Travel or visit bvtravel.com to learn more.

CANADA



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Call Bon Voyage Travel or visit bvtravel.com to learn more.

Green Valley Gardeners ~ Community Service Activities

Written by Chuck Parsons
Board President

It's been a really HOT summer! Certainly not news for the full-time residents, and I assume winter-residents have been tracking the weather so are aware we didn't experience our typical "monsoon season" in Green Valley this past summer. An unpleasant experience for us humans and our pets, brutal for wildlife and stressful for plants!

Next month the garden club will be hosting two events at Desert Meadows Park, 999 S La Huerta, Green Valley. We have planned new offerings for you at each event. Please mark your calendar. Seminars begin again in October. And, a new project is underway at Desert Meadows Park.

Fall Plant Sale ~ October 17 and 18th ~ 9 am to 2 pm

As mentioned, this past summer has been difficult for wildlife. Each of us has an opportunity to contribute to native habitat by planting native species within our landscapes or even in pots on our patio. The garden club will be featuring a large variety of native species at their fall plant sale.

A committee of garden club volunteers has prepared a pamphlet that will be available at the sale ~ "Designing a Habitat Garden, 5 easy steps for welcoming wildlife into your yard". Club members will be at the sale to answer questions and help with plant selection.

In addition, the garden club is collaborating with Tucson Bird Alliance and the University of Arizona, Pima County Cooperative Extension. Both organizations will participate for your benefit. Tucson Bird Alliance will have information about their "Habitat at Home" program. You can learn how to certify your yard as a wildlife habitat. The Cooperative Extension will have Master Gardeners available to answer questions and to provide information on how to continually obtain their expertise.

When we personally commit to take action for the benefit of wildlife, we benefit humanity as well! I encourage you to make a visit to Arivaca. You can see first hand the result of individual community residents working together for the benefit of wildlife. Take their walking tour of the "Arivaca Pollinator Pathway Project". You can

also get useful information from their website: www.arivacapollinatorpathway.org. A great example of what we could achieve in our community by working together.

Art-in-the-Park ~ October 18th ~ 9 am to 2 pm

This year's event is co-sponsored to enhance the experience for participants. The garden club's goal was to make it easier for you to attend. You'll have 3 new options:

La Posada will provide off-site parking at Madera Plaza with bus shuttles to the park.

If you like to bicycle, there will be bicycle parking available across the street from the park. An attendant will be present. Made possible with funding from Greater Green Valley Community Foundation (GGVCF).

The off-street parking in the field South of the park has been expanded. Six passenger golf cart shuttles will be available. The field is made available by Vista Pointe of Green Valley, and the shuttles by GGVCF.

Music for the event will be provided by Silver City Jam Band in the Barrio Garden from 10 am to 1 pm. We expect to have 7 food trucks this year. Popular repeats from last year include Special Eats, La Bufadora Fish & Shrimp Tacos, Sweet Blessings Ice Cream and Longhorn BBQ. New this year are Nandi's Sonoran Hot Dogs, Little Llama Donuts and Levan Cinnamon Rolls.

Expect to enjoy over 80 local artists. Returning and very popular is the exhibit set up by Sahuarita 4H. Who can resist kids and their animals? This year the Quail Creek Photography Club will have a display. The garden club will have the vegetable garden plots open and members available to answer questions. Art-in-the-Park has become

a great community event to socialize with friends and neighbors!

Seminars

Seminars sponsored by the garden club will begin again in October. Thursday, October 2nd Greg Starr's topic will be "Cool Cacti & Succulents for Hot Gardens" the title of his new book. Thursday, October 9th Eric Stiegler will highlight some of the plants you'll find at the Fall Plant Sale. The seminars are open to the public at no charge. Both will be held at the GVR West Center at 9:30 am. You can also obtain seminar information from the garden club website calendar ~ <https://greenvallygardeners.com/events/>.

The garden club is adding a new feature to Desert Meadows Park

The garden club board of directors set a goal for 2025 to designate a pathway at Desert Meadows Park for improved walker and wheelchair accessibility. This pathway will start at the wheelchair ramp installed by Pima County and provides access to the Sunset Pavilion (#6 on the map). We identified seven park features to highlight along this path that would be of interest.



Some native plants provide nectar ~ Queen butterfly feeding on Gregg's Mist-flower *Conoclinium greggii*. Photo Credit: Debbie Gilliam

These features will provide education, socialization, picnicking and/or wildlife observation.

Fran Chapman, a garden club member, heard about the project. She had experienced difficulty in bringing her husband Har to the park in his wheelchair. Har was a Vietnam POW and had recently passed. The Chapman family has made a significant donation to fund the project in honor of Har and Vietnam POW's.

Park volunteers will use a polymer material to stabilize decomposed granite on this path. The product is "Dominador XL Mulch Anchor" manufactured by Black Diamond Coatings which is a veteran owned company. When the president of Black Diamond became aware of the project she offered a substantial



The food trucks provide great menu options ~ and an opportunity to sit and socialize. All the food trucks are parked in the Southwest corner of the park.

discount to help with the funding.

Construction will take place in September. When done the club will produce a pamphlet to promote this feature at Desert Meadows Park. In addition, the pamphlet will also promote the hard surfaced pathways currently available at the Arid Garden.



Some native plants provide materials for nests ~ hummingbird feeding young. Desert willow *Chilopsis linearis* and Desert Globemallow *Sphaeralcea ambigua* are two examples used by hummingbirds. Photo Credit: Lyn Ferguson



Without bees, it would lead to significant disruptions in global food systems and potentially cause widespread famine among humans. Pollen covered honeybee with Desert Globemallow *Sphaeralcea ambigua*. Photo Credit: Sumikophoto



Moths provide night pollination. Especially important for our native saguaro *Carnegiea gigantea*. Photo Credit: Onirama



Some native plants provide seed ~ Lesser Goldfinch benefits from Desert Marigold *Baileya multiradiata*. Photo Credit: Lyn Ferguson



You will find several local artists selling their pottery. The work of Suzzy McCafferty is always popular. Might want to visit her booth early for a good selection!



A successful habitat will provide a source for water. It can simply be a dish. Photo Credit: Lyn Ferguson



Each year club member Greg Hugie sells woodcrafts that he makes from wood scraps. Very popular are his hummingbird feeders. Woodworkers of GVR provide the wood scraps.



The Valley Fiber Art Guild artists will be doing various demonstrations again this year.

Insiders View into Restaurant Life!

Thoughts from the owners of Arizona Family Restaurant

Submitted by AZ Family

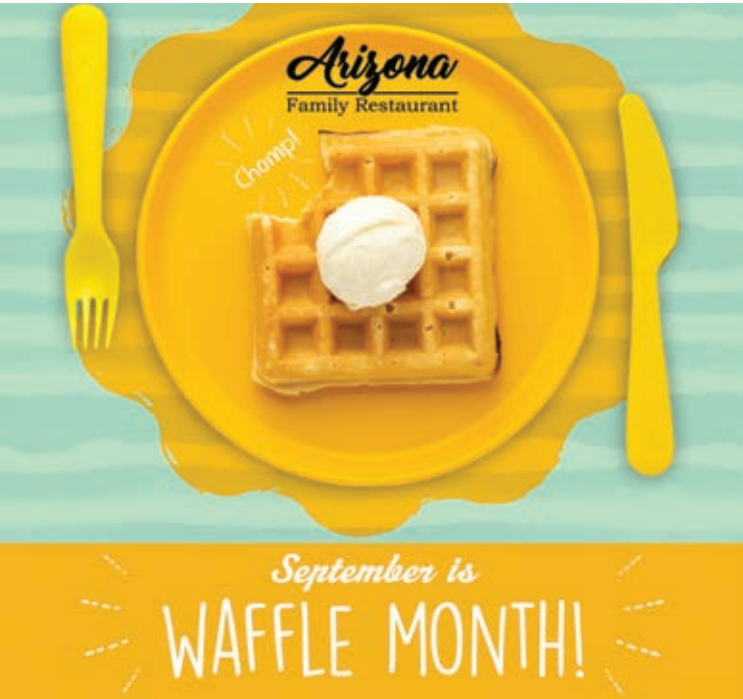
One of my favorite parts of the week is walking through the front doors of our restaurant, first thing in the morning, and smelling the fresh coffee and bacon wafting through the air. This sounds so corny, but it just feels like a hug, or like that warm fuzzy feeling you get on Thanksgiving when you're surrounded by your favorite people. In the end, that's what we're trying to do; serve feel-good food and friendly smiles (for nearly 50 years)! If you haven't been into the restaurant in a while here's some of the things I love, aside from the heavenly smells. From our family to yours, warmest wishes, *Brad & Katie*

These Are a Few of My Favorite Things

- **WAFFLE MONTH and Pi Day:** When my husband and I took over Arizona Family Restaurant nearly 4 years ago we started up these fun traditions. I look forward to September every year because it's

Waffle Month! If you haven't enjoyed Waffle Month yet think: fluffy Belgian waffles, gourmet toppings, mix and match flavors. It's delicious and SO MUCH FUN. And of course Pi Day on March 14th is such a fun day to share with our community, full of pie and happy bellies!

- **House-Made Goodness:** Fluffy pancakes, juicy burgers, and daily specials made from scratch in our kitchen! We make SO much food from scratch, daily, in our kitchen. And nothing beats the Arizona heat like one of our enormous, fresh salads!
- **Breakfast Whenever You Want:** Craving eggs or waffles for dinner? No problem! We're serving up breakfast all day, every day—omelets, waffles, and eggs cooked just the way you



- like them. I'm a sucker for our Turkey Eggs Benedict!
- **Super Friendly Folks:** Our team knows your name, your usual order, and exactly how you like your coffee. At Arizona Family Restaurant you're so much more than a customer, you're our neighbor! We're here to serve you and help you enjoy a relaxing meal. We genuinely love our guests!

- **Events:** Join us on Tuesday and Thursday for Karaoke or Wednesdays for Trivia. Got a birthday or a special occasion? We'd love to host your next celebration—just give us a call to make that party room reservation. Our staff excels at catering to large groups! We're open every holiday, except Christmas, and have stellar specials for those special days!

Hours & Location

- We're open every day: 7:00 am – 9:00 pm
- Find us at: 80 West Esperanza Blvd, right off I-19
- Give us a ring: (520) 625-3680
- Stay in the loop: Follow us on Instagram or facebook
- www.ArizonaFamilyRestaurant.com

Arizona Family Restaurant

HOURS
7AM – 9PM

UPCOMING EVENTS:

Every Tuesday & Thursday:
Karaoke – 6-9PM

TRIVIA:
Every Wednesday from 6-8 pm. Michael will be hosting this fun and FREE event! Play along from your phone to win prizes. This is a family friendly event, so bring the kids.

September is Waffle Month
Join us all month long for a sweet treat! Order one of our specialty waffles or create your own!

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Expires 12/31/2025

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Can't make this event? Visit our website to see our more events.

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Protecting Your Home from Subterranean Termites in Southern Arizona

Written by Ryan Bennett,
Bills Home Service Co.

Subterranean termites are one of the most destructive pests in Southern Arizona. They live underground, enter homes through cracks as small as a credit card's thickness, and can cause thousands of dollars in damage before you even know they're there. Because they thrive in our desert climate, especially during and after the rainy season, protecting your home with a professional termite treatment is essential. Two of the most effective methods used in our area are liquid perimeter treatments and Sentricon® termite baiting systems.

Liquid Perimeter Treatments

A liquid perimeter treatment involves creating a continuous treated barrier in the soil around your home. This barrier works in two ways:

- 1. Preventing termites from entering** – Any termites attempting to pass through the treated soil come into contact with the termiticide and are eliminated.



- 2. Eliminating existing colonies** – Termites that encounter the treatment carry the product back to the colony, helping eliminate it at the source.

Benefits:

- Immediate protection** – Works quickly to stop ongoing termite activity.
- Great for active infestations** – Highly effective at stopping existing termite damage.

This treatment is often recommended for homeowners who want a fast-acting, proven solution and for

structures with easy access around the foundation.

Sentricon® Termite Baiting Systems

The Sentricon® system takes a different approach. Instead of creating a chemical barrier, stations containing bait are strategically placed in the ground around your home. Termites find the bait, consume it, and share it with the rest of the colony. The active ingredient disrupts their ability to grow and reproduce, leading to colony elimination.

Benefits:

- Environmentally friendly** – Uses targeted bait instead of widespread chemical applications.
- Continuous monitoring** – Stations are inspected regularly to detect and address activity early.
- Colony elimination** – Destroys the entire termite colony, not just the ones you see.

This system is ideal for homeowners who want proactive, ongoing

protection with less impact on the surrounding environment and a solution that's always at work.

Choosing the Right Treatment

Both liquid perimeter treatments and Sentricon® systems are highly effective against subterranean termites in Southern Arizona. The right choice depends on factors like your home's construction, current termite activity, and your preferences for maintenance and environmental considerations.

Subterranean termites aren't going away on their own. The best way to protect your investment is to have your home inspected annually by a licensed professional who can recommend the right treatment for your specific situation. Whether it's a fast-acting liquid barrier or the proven Sentricon® baiting system, taking action now can save you costly repairs down the road.

For more information about subterranean termites or to schedule a complimentary termite inspection, visit www.BillsHomeService.com or call 520-376-1477.

Valley Assistance Services Caring for Our Community

Please contact our office if you would like to volunteer or donate.
Fundraising events: Kicking Up Your Heels Hoedown Saturday, January 10, 2016



Stay Healthy:
Fall Prevention
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Valley Assistance Services • 520-625-5966
3950 S. Camino del Heroe • Green Valley, AZ 85614
(M-F 8:00-5) Email: info@valleyassistanceservices.org
Satellite office: Tubac Community Center 50 Bridge Rd. • Tubac, AZ
Website: www.valleyassistanceservices.org

This column is provided by Dr. Tait with ORIGEN Orthopedics + Optimal Health in Tucson

medicalnews

IS THE DEATH OF JOINT REPLACEMENT SURGERY NEAR?

The first knee joint replacement in the world was performed in 1968.

An ambitious French Orthopedic Surgeon, Dr. Phillipe Hernigou quickly adopted this new surgical technology and capability to transform the lives of his patients. He performed his first knee replacement in 1975. 50 years ago!

Since that time, he has done more than 10,000 knee replacement surgeries in his practice. Now here's the plot twist.

By 1989, he was an established, skilled, "middle age" Orthopedic surgeon, still performing joint replacement surgeries routinely. However, in parallel, he began conducting research with stem cell treatments for his patients.

What he was really curious about - could he delay the need for surgical replacement by doing something far less invasive first?

By the early 1990s he was publishing his research. Treating very difficult situations such as osteonecrosis (death of cartilage) in hips and knees, his group showed the positive effects of stem cell treatments. In fact, delaying the need for surgical replacement of many of the treated patients.

Jump in the time machine...

In March 2025 I had the pleasure of seeing Dr. Hernigou present his research at one of the largest Regenerative Medicine conferences in the world, right here in Scottsdale.

[The Interventional Orthobiologics Foundation (IOF) brings together a unique combination of surgeons and non-operative Orthopedic specialists to share the latest research.]

Now a spry 80 years of age, Dr. Hernigou is still sharp as a tack, witty, and unapologetic about the sky-rocketing rate of surgery in the U.S. - compared to his native France, and most of Europe.

In a one-of-a-kind, and probably never to be repeated research study, he compared joint replacement to stem cell treatment in the same patient.

- 140 adults, age 65-90, had de-

generative knee osteoarthritis that qualified to have BOTH knees replaced

- They had "comparable pain" in both knees and accepted randomization to get joint replacement or **their bone marrow stem cells** injected into the other knee
- What was so unique in this study is that they did this **at the same time, on the same patient**, i.e. they had one knee replaced, and the other received stem cells while they were under anesthesia.

Of course, the patient could not be "blinded" to the treatment because they had a massive surgical scar on one knee, and a simple poke hole on the other, but that is what makes this study so powerful.

People often get their shorts all twisted in knots talking about double-blind (meaning the physician doesn't know what they used, and neither does the patient), randomized controlled trials (RCTs) as the gold standard for clinical studies.

For some things, like a pharmaceutical drug trials, yes RCTs are the standard. They are also easy to conduct when the only variable is to pop and pill and measure what happens.

For many other applications in medicine, it is a flawed model because it does not model, or apply to patients in, real life situations

In the case of these 65-90 year olds, "real life" was: being able to walk their dog, carry groceries home and up a flight of stairs, get on the floor and play with their grandkids, go for a bike ride, or play a round of golf - without pain!

BTW: That is also real life for many of my own "middle age older" patients that seek me out for less invasive treatments.

Back to the research study. After the procedures, they waited. Then, they waited. And waited some more.

With the mean follow-up for this group, at the time they published their findings in 2021, being an astounding 15 years!

Most "good studies" may follow

patients for 3, very few reach 5-year follow-up.

What were the results?

- 1) The MRI findings of the knee osteoarthritis, measured by swelling in the bone, improved
- 2) **A total of 25 (only 18%) of the patients elected to have the other knee replaced**
- 3) The patient's pain reduction and overall satisfaction scores were higher *for the knee treated with stem cells*.

Drop the baguette and read that again.

These patients met all criteria to have their knee replaced based on severity. They had significant pain and compromised function. They were old!

Yet, after a single injection of stem cells into their knee, 72% of the patients followed out an average of 15 years, still had not needed to get their other knee replaced.

Meaning they had freedom from pain, and quality of life restored with a single injection. They were able to return to "real life" the way they wanted to - with many never having to have the other knee replaced. Plus, the follow-up data showed that they were happier with the knee that did not have replacement!

This is a remarkable study, demonstrating the immense power you have within your own body to heal.

It also demonstrates how completely "behind the times" our U.S. healthcare system continues to be, compared to what progressive surgeons like Dr. Hernigou have been doing for patients - ***for decades.***

So, my friends. I wrote this to shine the light on a true pioneer in the field of Regenerative Orthopedic Medicine, and to hold out hope for a brighter future here in the U.S. At least that is what I hope to see become commonplace in our U.S. healthcare system well before I'm 80!

Research like this proves that less invasive approaches to surgery should be the mainstay of treatment, and only when one fails to get the result *they want*, should we move on to more invasive surgical intervention.

If you or someone you know is considering joint replacement surgery, you don't have to travel to France to seek out this treatment. *We are the only dedicated Orthopedic clinic in Southwest Arizona exclusively focused on non-surgical treatments, including stem cell treatments.*

Au revoir!

References:

1. *Human bone marrow mesenchymal stem cell injection in subchondral lesions of knee osteoarthritis: a prospective randomized study versus contralateral arthroplasty at a mean fifteen year follow-up. Int Orthopedics. 2021 Feb. <https://pubmed.ncbi.nlm.nih.gov/32322943/>*

Educating the Community



Dr. John Tait, D.O.

Dr. Tait is the founder and Chief Health Strategist at ORIGEN Orthopedics + Optimal Health in Tucson, Arizona. The only dedicated Orthopedic clinic in the region exclusively focused on non-surgical treatments. To learn more about Dr. Tait and non-surgical Orthobiologic treatments, please visit www.origenortho.com. To learn more visit www.origenortho.com, and @DrJohnTait on YouTube

Staying Social After Retirement: How Green Valley Retirees are Making it Happen

Written by Sydney Watts

Sue Nelson

When Sue Nelson first moved to the area, she jumped right into community life through volunteering at the chamber of commerce, where she organized special events, monthly coffees, and cocktail hours. “I used to put on all the big events,” she recalls. “Planning, decorating, and organizing meals. I got to meet a lot of people that way.”

Today, Sue stays active by belonging to CPAC (Community Performance and Art Center), playing cards with weekly groups, and spending time at the American Legion. After more than four decades working as a nurse, she knows she thrives on staying connected: “I have to be busy. I have to be around people. If I stay home two or three days, I’m going stir crazy.”

Her advice to others who feel hesitant about getting involved? Start small. “Maybe start out with a friend and just go somewhere. It’s just making that first step of going across the threshold—you just have to put the wall down for a minute,” she says. From churches and the Legion to CPAC or even events at the library, Sue believes opportunities to meet others are everywhere. “Just sitting beside somebody is a good way; you can find you have something in common,” Sue says.

Sue recalls how she met a dear friend at the Green Valley Gardeners “Gardening in the Desert” seminar. Sue had been wanting to go to Dragoon for a festival but didn’t want to drive that far by herself. At the seminar, she overheard someone say that she wanted to go to Dragoon but her car was broken down. Sue turned around and said, “I have been wanting to go to Dragoon. If I drive, will you go with me?” That chance encounter grew into a lasting bond. “She is one of my best friends now.”

Ron and Blanca Bear

Ron and Blanca are about to celebrate 60 years together, and much of that time has been spent staying active and connected

to others. “A lot of our social aspects are involved in church and the people we know in church,” Ron explained.

The couple recently returned to the Green Valley area after living in Show Low and taking an extended trip to Pennsylvania. Ron is an avid cyclist and is looking forward to getting his new bike and exploring the local trails. Together they’re starting to reconnect with community life through GVR and getting to know their neighbors.

Over the years, they have volunteered in many ways, including Meals on Wheels, at the hospital, and at the Animal League. “We may volunteer again at the Animal League. I like to walk the big dogs,” Ron said with a smile.

For Ron and Blanca, socializing has a positive impact on their well-being. “We don’t need to be hermits,” Ron said simply. They look forward to getting more involved in familiar groups and new opportunities around town once they get re-settled into their new home.

Neal Engbloom, George Anderson, Dan Carlson, Lowell Kramer, and Harry Olson

Neal, George, Dan, Lowell, and Harry are retired pastors from Desert Hills Lutheran Church. They have built lasting friendships through their shared interests and



Sue Nelson

involvement in Green Valley. Over time, their group evolved into a tight-knit community. “The group evolved...we used to meet at the Arizona Family Restaurant and we had some retired people from Tucson join us,” one explained, “it’s been going on for more than 25 years.”

Volunteering is central to how they stay active. Harry dedicates three days a week to the Sahuarita Food Bank, while others help out at church estate sales or serve on the church’s foundation board. A few of them even sing in the church choir. In past years, some have been involved in the camera club, the computer club, softball club, and volunteered at Friends In Deed. “It keeps you active, you gotta get up and go...you get to know people and develop friendships. At this point in my life, that’s very important,” one member shared.

The group also enjoys hosting and

attending social gatherings. “Neal and Lana do a lot of hosting of parties,” another said, “the patio is big; sometimes we have pretty large groups.” “It’s party central,” the men agreed while laughing. Golf is another long-time shared interest, with some members playing twice a week in a group they call ‘The Jenson Group.’ They’ve maintained the group for over 25 years. “In the social activities, the relationships that you develop with people is vital; it’s those activities with people that keep life interesting and make you want to keep going,” another explained.

“It’s just plain necessary. If you want to stay alive, you gotta be interacting with people. Otherwise, you just go flat,” one concluded. From volunteering, clubs, social gatherings, golf, and being heavily involved in their church, these men have found that staying social keeps them going, keeps them well, and makes life worth living.

Tom & Nelda Lobb

Nelda and Tom moved to La Posada about eight months ago, and they’ve been busier than ever. “Since we moved here, we’ve had more social meals with people than we had in 10 years,” Nelda said. Dining out with friends is central to their week, and they often share meals with other couples two or three times per week. “We get together with our

continued on page 11



Ron and Blanca Bear



Tom and Nelda Lobb

GVR Clubs

Something for everyone!

Arts & Crafts

- Artisans' Shop
- Arts & Crafts Association
- Card Crafters Club
- Ceramics Club
- Clay Studio
- Glass Artists Club
- Lapidary & Silversmith Club
- Metal Working Crafts Club
- Needlearts Club
- Santa Rita Art League
- Woodworkers Club

Cards & Games

- Bridge Clubs
- Desert Hills Ladies Bridge
- Duplicate Bridge (Sanctioned)
- Friday Social Bridge
- Monday Informal Duplicate Bridge

- Canasta Club
- Chess Club
- Cribbage Club
- Euchre Card Club
- Hearts Club
- National Mah Jongg Club
- Pinochle Club
- Poker Club
- Sheepshead Card Club

Dance

- Line Dancers Club
- Saturday Night Dance Club
- Square & Round Dance Club

Social

- Amigas Club
- AmigOs Men's Club
- Canadian Club
- Green Bay Packers Club
- Italian Club
- Michigan Club
- Minnesota Club
- Pacific Northwest Club
- Singles Club

Special Interest

- Canine Club
- Computer Club
- Forum Club
- Meditation Club
- Photography Club

Sports

- Aquabelles
- Billiards Club
- Bocce Club
- Cycling Club
- Hiking Club
- Hunting & Fishing Club
- Pickleball Club
- Racquetball Club
- Shuffleboard Club
- Swim Club
- Table Tennis Club
- Tai Chi Arts Club
- Tennis Club
- Volleyball Club
- Wallyball Club



50+ clubs!

Something for everyone!





GVR Clubs have long been the heart of a recreation program that is unsurpassed in Arizona, and perhaps, in the US.

Almost sixty clubs provide member-volunteer driven opportunities for high quality leisure and recreation opportunities. Clubs work with GVR staff and governance volunteers to ensure equipment and spaces are developed and maintained for a high-value experience. Each GVR club is a non-profit business entity with bylaws and a governing board.

Inside this catalog you will find descriptions and contact information for the following club types:

Arts & Crafts (11)

Cards & Games (13)

Dance (3)

Social (9)

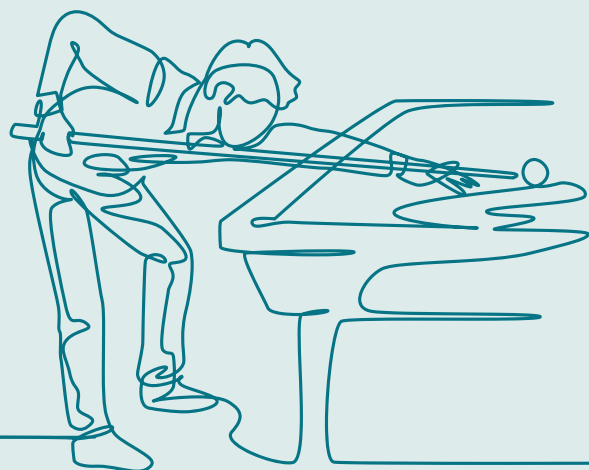
Special Interest (5)

Sports (15)

There's something for everyone!

GVR provides ten clubs with *dedicated space*. These are hobby shops such as the wood shop and clay studio, designed and equipped for their special needs. While sports courts are not dedicated for club use, sports clubs do advocate for, and sometimes raise funds for, equipment and facilities that benefit all GVR members and their guests.

With average annual club dues falling under \$15, joining a GVR club is a great, affordable way for any GVR member to meet like-minded folks, explore new interests, and develop existing interests in new directions.



Explore your interests: joining GVR clubs is easy!

Curious about GVR clubs but not sure where to start? Here's how to explore your options, connect with clubs, and try them out before joining:

1. **Reflect on Your Interests:** Think about what excites you or what you've always wanted to try—chances are, there's a club for it!
2. **Browse GVR Clubs:** Explore the full list of GVR clubs to find ones that match your hobbies or spark new interests.
3. **Check Out Club Info:** Visit their websites or send an email—most clubs share details on membership, activities, and events.
4. **Ask About Trial Opportunities:** Many clubs welcome prospective members to attend a session or two before committing. Just ask!
5. **Join an Event or Meeting:** Watch for open events or club meetings. They're a great way to meet members, ask questions, and get a feel for the club.

Arts & Crafts

Artisans’ Shop

Discover many treasures at the GVR Artisans’ Shop: a club with a unique retail space displaying and selling handcrafted items created by GVR artisans. The shop provides a venue for members of lapidary, glass, woodworking, silversmithing, ceramics, and other clubs to sell the creations made in their homes, specific shops, and studios.

Location and schedule: West Center courtyard; summer schedule: May through September, Wednesday–Saturday, 10am–2pm; winter schedule: October through April, Monday–Friday, 9am–4pm, Saturday, 10am–2pm.

Contact: artisansofgvr@gmail.com



Arts and Crafts Association

The GVR Arts and Crafts Association was formed 50+ years ago to create a wider interest in the arts and crafts by sponsoring exhibits and speakers to bring the various clubs together. Today the club continues this goal with monthly meetings at Desert Hills Center and sponsorship of the February Arts and Crafts Festival at West Center.

Location and schedule: Desert Hills auditorium; October–May, first Wednesday of each month, 1–4pm. Desert Hills room A; Wednesdays, June–August, 1–4pm

Website: gvrartsandcrafts.com

Contact: gvrartsandcrafts@gmail.com



Card Crafters Club

The GVR Card Crafters enjoy making cards for all occasions, welcoming members from beginners to seasoned experts. The club provides all the tools and supplies needed, making it easy to create beautiful cards; and other members are eager to share ideas and techniques. Join the club and make cards while making friends.

Location and schedule: Abrego North Rec Room; May–September, Tuesdays, 9am–3pm; October–April, Tuesdays, 9am–4pm

Contact: GVRCardCraftersClub@gmail.com



Ceramics Club

The GVR Ceramics Club pours, glazes, and fires ceramics in the studio. Members may participate in a variety of activities including choosing from a large selection of molds, attending a workshop/demonstration, or learning techniques in hand building. Join the friendly family of ceramics!

Location and schedule: Desert Hills; seven days per week, 8am–4pm

Contact: gvrceramics1@gmail.com



Clay Studio

The GVR Clay Studio offers opportunities for creative expression in clay with flexible workspaces for both beginners and experienced potters. It provides a clean, safe environment with kilns, glazes, tools, and an educational library. Separate rooms for instruction, hand building, sculpture, and wheel throwing allow members to focus on their specific interests.

Location and schedule: Santa Rita Springs; Mondays, Noon–7pm; Tuesday–Friday, 8am–7pm; Saturday–Sunday, 8am–4pm

Website: claystudiogvaz.com

Contact: gvrclaystudio@claystudiogvaz.com





Glass Artists Club

Love the way light plays on glass? You'll enjoy creating art in fused glass, glass mosaics, or stained glass in our well-equipped, inviting studio. Our members readily share techniques, tips, and often glass with each other. The club welcomes all levels of expertise and creativity, and cheers each member's progress.

Location and schedule: Santa Rita Springs (lower level); please see the club website for hours.

Website: gvrglassartists.com

Contact: gvrglassartists1@gmail.com



Lapidary & Silversmith Club

The GVR Lapidary Club provides a welcoming atmosphere to GVR members who are interested in learning lapidary, silversmithing, fused-glass jewelry, metal clay, chain maille, wire wrapping, and other jewelry arts. The club's three centers offer a wide variety of classes year-round. Don't miss the November Artisans' Festival at West Center proudly sponsored by the Lapidary Club.

Location and schedules: Please see the club website.

Website: gvrlapidaryclub.org

Contact: contact.us@gvrlapidaryclub.org



Metal Working Crafts Club

If you're a seasoned pro or just getting started the Metal Working club provides a welcome space for individuals of all skill levels to explore the world of metalworking. Whether your interest is in welding techniques, metal fabrication, or machining, the GVR Metal Working Crafts Club is the place to create your next project.

Location and schedule: Behind GVR Administrative Office, 1070 S Calle de las Casitas; summer hours: May–September, Monday and Friday, 7:30–10:30am; winter hours: October–April, Monday, Wednesday, and Friday, 8–11:30am.

Contact: gvrmwcc1070@gmail.com



Needlearts Club

The Needlearts Club is expanding in both membership and the definition of needle arts. Members enjoy counted cross-stitch, needlepoint, embroidery, knitting, and crocheting. The club includes a Swedish weaver, a Temari balls maker, and hand quilting experts. Men are welcome to join and experience the relaxing fun of needle arts.

Location and schedule: Casa Paloma I; second Wednesday of the month, 1–4pm, and the fourth Friday, 1–4pm

Contact: gvrneedlearts@gmail.com



Santa Rita Art League

The Santa Rita Art League (SRAL) offers a professional studio, a library of over 900 videos and art books, and monthly meetings with demonstrations by proficient artists. Members can participate in open and juried exhibitions. SRAL membership gives you access to introductory classes, mini-workshops, and special interest groups in various mediums like watercolor, portraiture, life drawing, plein air, abstract, pastel, oil, acrylic, collage, mixed media, printmaking, and assemblage.

Location and schedule: Santa Rita Springs Center; daily, 9am–8pm when studio monitors are available

Website: SantaRitaArt.org

Contact: sralcommunications1@gmail.com

Woodworkers Club

The GVR Woodworkers Club provides a safe, well-maintained, organized wood shop where GVR members can explore woodworking crafts. The 5800-square-foot shop is well-equipped and includes project layout areas and outdoor spaces for sanding and finishing. The club offers its members classes from November through April.

Location and schedule: West Center; Mondays, 8am–2pm; Tuesday–Saturday, 8am–4pm

Website: wwgvr.org

Contact: secretary@wwgvr.org



Cards & Games



Cards & Games

Bridge Clubs

GVR offers four bridge groups:

1. Desert Hills Ladies Bridge—Desert Hills Auditorium; Thursdays, Noon–4pm

2. Duplicate Bridge (Sanctioned)

The GVR Duplicate Bridge Club hosts ACBL-sanctioned games for all skill levels, with pre-dealt hands, electronic scoring, and director assistance. They offer regular, charity, and championship games, along with seasonal classes. Members of all skill levels participate.

Location and schedule: Canoa Hills Center; Mondays, Thursdays, and Fridays, 1–4pm

Website: gvbridge.com/Bridge/Bridge.htm

Contact: gvrdupbridge@gmail.com

3. Friday Social Bridge—Desert Hills Auditorium; Noon–3:30pm

4. Monday Informal Duplicate Bridge—Santa Rita Springs Anza room; Noon–4:30pm

Go to GVRec.org and select the Clubs button for details on all the bridge clubs.



Canasta Club

The GVR Canasta Club, one of GVR’s longest-running card clubs with over 75 members, offers a friendly environment for playing Canasta. Newcomers and those needing a refresher can join a training table. Open to all GVR members, the club also hosts weekly games and special social events throughout the year.

Location and schedule: East Center; Friday and Sunday afternoons with doors opening at noon for practice games. Club play runs from 1–4pm.

Website: sites.google.com/view/gvrcanastaclub

Contact: canastagvr@gmail.com

Chess Club

The GVR Chess Club welcomes all GVR members. Beginners can learn to play chess, while experts have the opportunity to teach others. Open to all skill levels, the club fosters a friendly environment for learning and playing chess. Join the Chess Club to improve your skills and enjoy the game.

Location and schedule: East Center; Wednesdays at 1pm.

Contact: gvrchess.club@yahoo.com



Cribbage Club

Cribbage is an entertaining card game that combines strategy and luck. The thrill lies in knowing which moves to make and when. Both new and experienced players are welcome to join, but a basic knowledge of cribbage is required. Enjoy the excitement and challenge of this timeless game!

Location and schedule: East Center; Mondays, 5–9pm

Contact: gvrcribbageclub@gmail.com



Euchre Card Club

If you want to have fun, meet people, and play cards, the Euchre Club might be right for you. Enjoy camaraderie and an annual banquet celebrating the year’s games. Join the Euchre Club for entertainment, laughter, and prize money. \$4 to join, \$0.50 to play. Best deal in town!

Location and schedule: East Center; Fridays, 5:30–6pm practice, 6–8:30pm play

Contact: gvreuchreclub@gmail.com



Hearts Club

Looking for some fun? Join the GVR Hearts Club! All skill levels are welcome, and we provide cards, water, and candy. Feel free to bring your own refreshments. Plus, we offer lunch once or twice a year. Give it a try—you won’t regret it.

Location and schedule: Las Campanas; Wednesdays, 12:30–3pm

Contact: GVRheartsclub@gmail.com



National Mah Jongg Club

The GVR National Mah Jongg Club is a friendly group who welcome all experienced and seasoned players. The top six high scores receive prizes. The club uses the current National Mah Jongg card and follows their rules and does not teach Mah Jongg.

Location and schedule: East Center auditorium; Wednesdays, 12:30–4pm

Contact: gvmahjonggclub@gmail.com



Pinochle Club

The GVR Pinochle Club offers single- and double-deck play, along with occasional social gatherings. Its unique 48-card setup and scoring methods make it immensely enjoyable. Free lessons are available in the winter for those interested in learning or refreshing their skills in Single-Deck Pinochle.

Location and schedule: East Center; Tuesdays, Wednesdays, and Thursdays, 5:45–9pm

Contact: gvrpinochle@gmail.com



Poker Club

The GVR Poker Club, formed in 1998, is open to all GVR members, offering a friendly environment for players of all experience levels. Regularly playing nine different Hi-Low Poker games, with a \$15 buy-in and a high-hand pot, the club also hosts an annual poker tournament featuring no limit hold ‘em and Omaha Hi-Lo Poker.

Location and schedule: Desert Hills; weekdays, 12:25–3:55pm

Website: gvrpokerclub.com

Contact: info@gvrpokerclub.com

Sheepshead (Schafskopf) Card Club

The Sheepshead Club welcomes GVR members to enjoy the challenging five or three-handed card game. New players are encouraged to join with straightforward instructions provided. Fun fact: Despite its name meaning *sheepshead* in German, the game has nothing to do with sheep; likely a mistranslation from Middle High German referring to playing cards on a barrel head.

Location and schedule: Las Campanas; Tuesdays, 5:30pm

Contact: gvrsheepsheadclub@gmail.com



Dance

Dance



Line Dancers Club

Love to dance and exercise your body and mind? The GVR Line Dancers Club offers ten activities each week where we dance to the work of many choreographers from a wide variety of musical genres in our repertoire of more than 50 dances. No partner required. We also hold socials—don’t miss out!*

Location and schedule: Canoa Hills Palo Verde room; Mondays and Fridays, 8–10:30am; Tuesdays, 12:15–4pm; and Saturdays, 8–Noon

Website: gvrlinedancers.org

Contact: gvrlinedancers@gmail.com

**Completion of Line Dance I & II required. These classes are offered through GVR.*



Saturday Night Dance Club

Love to dance? This club is perfect for you. Our mission is to provide a unique and extraordinary dance experience specifically catering to partnered touch dancing. Music format includes country, Latin, big band, oldies, and Motown. Dress code: no jeans or shorts; men, collared shirts and slacks; women, dressy casual evening attire.

Location and schedule: Santa Rita Springs Anza Room; peak season: September–April (2nd and 4th Saturdays), off-peak season: May–August (4th Saturday of the month). Doors open at 6pm, dancing from 6:30–8:45pm.

Contact: gvrdanceclub@gmail.com




Square and Round Dance Club

The GVR Square and Round Dance Club extends an invitation to a social activity that promotes both mental and physical wellness. Following a seven-week class, “Introduction to Modern Square Dancing”, newcomers gradually join the weekly club square dance, which includes round dancing components.

Location and schedule: Canoa Hills Center; Mondays starting October 27, 7–9pm (Club dance). Monday, November 3 6:30–8:30pm (FREE introductory square dance). Las Campanas; Tuesdays starting November 4, 1:15–4:30pm (Practice dances and class). Las Campanas; Wednesdays starting November 5, 2–5pm (Club round dance).

Website: sardasa.com

Contact: greenvalleysquares@gmail.com



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Saturday,
October 25th

Live entertainment during this
sale. The artists participate
Thursday-Saturday.

December 12th, 2025

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Enjoy Holiday decorated
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Winter

SIDEWALK SALE

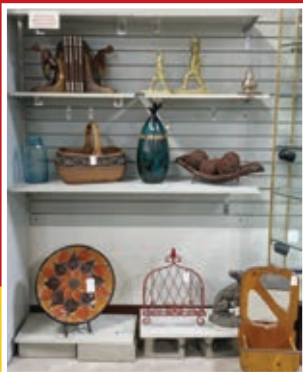
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NOVEMBER 22nd, 2025 • 11am-4pm

Entrance to This Event is Free
Tastings for Wine & Beer are \$30.per person for 10 Tastings

We're excited to hold this year's event at Historic Canoa Ranch Conservation Park, located just minutes south of Green Valley. The festivities will include regional wineries craft breweries, a festive Fall Holiday Market featuring vendors, food trucks, live music and non-profit booths.

For Tickets Go To www.ggvcf.org/events or Call (520) 307-7367

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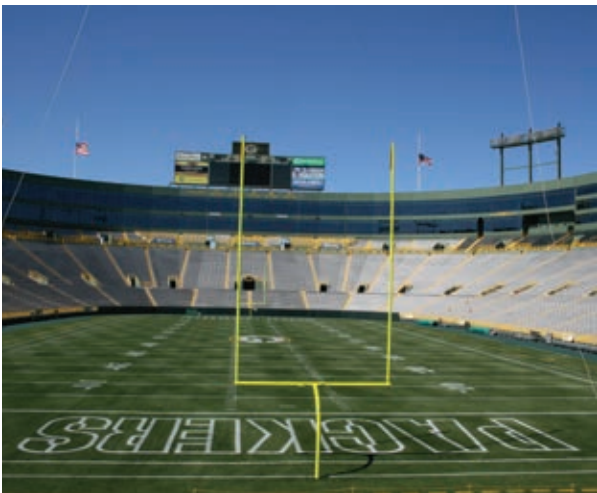
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Social

Amigas Club

The GVR Amigas Club welcomes GVR women and provides opportunities to connect and form lasting friendships. Seasonal parties, monthly Meet & Greet and Coffee Times are scheduled throughout the year. The club also offers over 50 special-interest groups: arts and crafts, wine tasting, bunco, hiking, and more. *We’re neighbors, let’s be friends.*

Location and schedule: Santa Rita Springs Anza Room; Coffee Times are the third Saturday of the month, 9–10:30am, and Meet & Greet are the first Thursday of the month, 4–5:30pm. Please see the club website for additional activities.

Website: gvramigas.org

Contact: gvramigasclub@gmail.com

AmigOs Men’s Club

The GVR AmigOs Men’s Club, inspired by the successful Amigas Club, offers male GVR members a social platform to make friends, join interest groups, and discover southern Arizona. Monthly Meet and Greet include guest speakers and socializing. The club organizes regular events like the *First Saturday Breakfast* and monthly day trips. Special interest groups cover diverse topics, led by volunteer members.

Location and schedule: East Center; please see the club website.

Website: gvramigos.com

Contact: GVRamigos@gmail.com

Canadian Club

The GVR Canadian Club welcomes GVR members interested in meeting other people from Canada. Join us for our gatherings—a welcome party in November, wine & cheese in January, pizza party in February, and golf tournament in March. See the club website for dates and locations.

Location and schedule: Please see the club website.

Website: gvrcanadianclub.com

Contact: CanadianClubGVR@gmail.com

Green Bay Packers Club

The GVR Green Bay Packers Club gathers to watch Sunday morning/afternoon Packers games on a big screen via satellite TV when the games are not locally televised. Fans come together for an authentic game day experience, cheering on their team and enjoying the camaraderie of fellow Packers enthusiasts.

Location and schedule: Las Campanas; please contact the club for times.

Contact: GBPCofgvr@gmail.com

Italian Club

The GVR Italian Club aims to educate members on Italian culture, cuisine, and country. Open to all GVR members, regardless of Italian descent. The club offers social gatherings for those interested in exploring Italy’s rich heritage. Join us to deepen your knowledge and appreciation of Italian traditions!

Location and schedule: Please email the club.

Contact: GVRItalianClub@gmail.com

Michigan Club

The GVR Michigan Club welcomes all GVR members for an evening of fellowship, dinner, and entertainment. Whether you have experienced Michigan or just want to meet new and exciting people, join us for our gatherings. Meetings are once a month from December through April with dinner, entertainment, and an annual silent auction.

Location and schedule: Please see the club website for meeting details.

Website: michiganclub.org

Contact: miclubcontact@gmail.com



Minnesota Club

The GVR Minnesota Club gathers Minnesotans monthly for an evening of camaraderie, dinner, and entertainment. Enjoy a delicious meal, live music, and perhaps even dancing. Give it a try!

Location and schedule: West Center; November–April, monthly meeting with catered dinner or potluck

Contact: gvmnclub@gmail.com



Pacific Northwest Club

The GVR Pacific Northwest Club, for those with ties to Idaho, Oregon, and Washington, fosters fellowship and camaraderie. Meeting from September through April for potluck dinners and interesting presentations and music, it’s a perfect way to reminisce about the Northwest experiences and forge new friendships and enhance existing ones in a welcoming environment. The club is open to any GVR member that is interested in the Pacific Northwest. Come, join the club.

Location and schedule: Desert Hills; second Saturday of every month from September to April.

Contact: gvrpacificnwclub@gmail.com

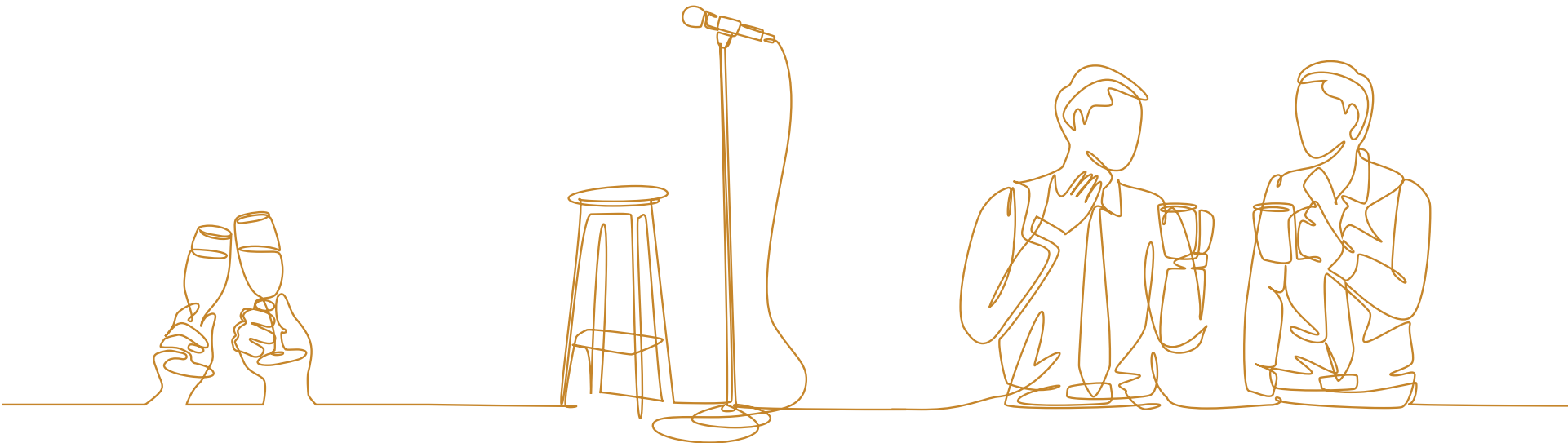


Singles Club

The Singles Club, comprised of single GVR members, fosters social connections through various activities. Members enjoy a newsletter, social hours, dinners at local restaurants, regional trips, presentations, and weekend breakfasts. The club prioritizes expanding social circles within the community, emphasizing camaraderie over dating.

Location and schedule: Desert Hills; Mondays at 9:30am for social hour, 10:30 for the meeting

Contact: GVRsingles@gmail.com



Special Interest



Canine Club

The GVR Canine Club fosters social connections and educates members on dog behavior to enhance their physical and mental well-being. Our activities include educational sessions, guest speakers, website resources, and enjoyable events like group walks. We promote responsible dog ownership to benefit the Green Valley community. All GVR members, dog owners, and enthusiasts are welcome.

Location and schedule: Please see the club website.

Website: gvrcanine.org

Contact: info@gvrcanine.org



Computer Club

The GVR Computer Club offers help, information sharing, both on-site and Zoom classes, and equipment to GVR Computer Club members keen on PCs, Macs, tablets, smartphones, and software. It caters to those interested in improving their skills or learning more about these devices and programs.

Location and schedule: Santa Rita Springs Computer Club room; Monday–Friday, 8am–Noon

Website: ccgvaz.org

Contact: gvrcomputerclub@gmail.com



Forum Club

The GVR Forum Club aims to entertain, enlighten, engage, and occasionally educate its members through captivating presentations, a tradition upheld since 1976. It offers a wide array of topics, all listed on the club’s website, including AZ Rangers, Homelessness, Local Art, and Metaphysics. Members are welcome to attend as frequently or infrequently as they wish, selecting topics of personal interest to them.

Location and schedule: Desert Hills; October–April, most Wednesdays, 9–10am

Website: gvrforumclub.com

Contact: gvrforumclub@gmail.com



Meditation Club

The GVR Meditation Club provides information on meditation and relaxation techniques, teaches various meditation methods, hosts guest speakers, engages in stimulating discussions, and offers silent group meditation sessions. The Metaphysical subgroup features informative presentations and group experiences on diverse metaphysical topics. The club is non-sectarian and welcomes everyone.

Location and schedule: Las Campanas; Thursdays, 3–4pm

Contact: gvrmeditationclub@gmail.com



Photography Club

The GVR Photography Club welcomes all photography enthusiasts, whether you use a camera or a smartphone. Specialized groups offer classes to help members enhance their skills in taking, editing, and presenting photos and videos. Club members also enjoy field trips to fascinating locations. Additionally, Showtime, Travelogue, and the Speaker Series presentations are open to all GVR members.

Location and schedule: Santa Rita Springs; October–April, Monday–Friday, 9am–3pm and May–September, Monday–Friday, 9am–Noon. Event times vary.

Website: gvrphotographyclub.org

Contact: gvrphotographyclub@gmail.com

Sports

Aquabelles

Established in 1965, the Aquabelles are the oldest club in Green Valley. From May to September, the club’s synchronized swimmers practice rigorously for their annual performance. Whether you’re a seasoned swimmer or a novice, there’s a place for everyone in this enduring group. Aquabeaus are also encouraged to join.

Location and schedule: East Center pool; May–July: Wednesday–Friday, 8–10am; August–September: Mondays, Wednesdays, and Fridays, 8–10am. The annual show is September 12 and 13, 2025 at 4pm.

Contact: gvrAquabelles@gmail.com



Billiards Club

GVR offers multiple billiards locations for all members and their guests. Club members enjoy both recreational and competitive play, with established schedules for women’s games and scrambles. The club organizes and participates in tournaments throughout the season. Classes are offered through GVR for those looking to enhance their skills. Regular maintenance ensures top quality tables, complete with cues and chalk.

Location and schedule: West Center, East Center, and Del Sol Clubhouse; please see the club website for schedules.

Website: billiardsclubofgvr.com

Contact: billiardsclubgvr@gmail.com



Bocce Club

From humble beginnings with three dirt courts 25 years ago, the club has grown into the expansive venue at Canoa Hills Center, featuring carpeted, shaded courts. Enjoy year-round bocce and camaraderie, blending social connections with sportsmanship. Participate in the annual tournament and experience the low-impact fun of bocce, open to all GVR members.

Location and schedule: Canoa Hills bocce courts; every weekday morning. Wednesdays are reserved for women. Social gatherings are held in November or December.

Contact: GVRBocceClub@gmail.com



Cycling Club

Established in 2020, the GVR Cycling Club boasts over 80 members. The club organizes meetings and events and publishes a monthly newsletter. Engaging in cycling advocacy and serving as an informative hub, the club supports the Tucson Bicycle Classic and El Tour de Tucson races. The club welcomes GVR cyclists of all levels.

Location and schedule: The second Wednesday of the month at 3pm. See website for information about meetings and group rides.

Website: gvrCycling.org

Contact: gvrCycling@gmail.com





Hiking Club

With over 300 GVR members, the GVR Hiking Club explores the stunning Sky Island mountain ranges, valleys, and deserts of southern Arizona. The club offers hikes of diverse terrain and difficulty levels, along with opportunities to learn about the region’s history, flora, and fauna. Each hike is led by experienced leaders and assistants.

Location and schedule: West Center parking lot; Thursdays, August–June

Website: gvrhc.org

Contact: gvrhikingclub@gmail.com



Hunting and Fishing Club

The GVR Hunting and Fishing Club offers members opportunities for socializing, learning about hunting and fishing in the Southwest and Mexico, sharing outdoor experiences, promoting these activities among local youth, and sponsoring wildlife conservation projects in the Green Valley area.

Location and schedule: East Center; September to April on the third Wednesday of the month. Please confirm by visiting the club’s website.

Website: gvrhuntfish.com

Contact: gvrhuntfish@gmail.com



Pickleball Club

The GVR Pickleball Club has over 1000 recreational and competitive members engaging in social and friendly play on 36 courts. Throughout the year, the club organizes skills, drills, ratings testing, round robins, intramurals, tournaments, and social gatherings. GVR.org instructional classes led by club members are available October–April.

Location and schedule: East Center, Canoa Ranch, and the Pickleball Center—schedules can be found on the club website.

Website: gvrpickleball.org

Contact: greenvalleypickleballclub@gmail.com



Racquetball Club

The GVR Racquetball Club boasts over 60 enthusiastic men and women playing at various skill levels, actively engaging six days a week. With a diverse membership, the club offers dynamic matches and a supportive community for players of all abilities.

Location and schedule: Las Campanas racquetball center; Monday–Saturday, 9am–Noon.

Contact: GVRracquetballclub@gmail.com



Shuffleboard Club

The GVR Shuffleboard Club welcomes players of all levels to enjoy the strategic blend of skill and luck in shuffleboard. Beginners find simplicity and laughter in learning, while seasoned members discover increasing fascination with advanced strategy. Accessible to all ages and abilities, it’s a fantastic way to make friends and hone skills without additional gear. Competitive spirits thrive in the club’s fall and winter leagues.

Location and schedule: West Center, Abrego South, Casa Paloma I, Casa Paloma II, and Madera Vista; free lessons at West Center, October–April, Mondays, 10am

Contact: ShuffleGVR@gmail.com

Swim Club

At the GVR Swim Club, members enjoy a blend of sunshine, fun, health, discipline, laughter, and teamwork. With over 50 members, including lifelong swimmers and newcomers rediscovering their passion, it's a vibrant community. Alongside regular workouts, the club organizes social gatherings and themed swim events like *Fun-in-the Sun* and *Reindeer Games* relays during the snowbird season.

Location and schedule: West Center Pool; **Schedule:** Mondays, Wednesdays, and Fridays from 8am–12pm. Each swim session includes three workout sessions: The first workout starts at 8am and is a 3000+ yard posted workout, and is swam as a group. The second workout starts at 9:30am with a 2200+ yard posted workout, and is coached from the deck. The third workout begins at 10:45am for swimmers that want uncoached workouts.

Website: gvrswimclub.com

Contact: gvrswimclub@gmail.com



Table Tennis Club

Established in the early 1980s, the GVR Table Tennis Club welcomes members of all skill levels. Emphasizing camaraderie, novices receive instruction while experienced players enjoy the challenge. With eight high-quality tables, including one with a robotic ball server, the club offers both doubles and singles play, promoting hand-eye coordination and aerobic exercise, ideal for indoor enjoyment in any weather.

Location and schedule: West Center auditorium; Mondays, Wednesdays, and Fridays, 8am–Noon

Website: greenvalleyttc.com

Contact: greenvalleyttc@gmail.com



Tai Chi Arts Club

The GVR Tai Chi Arts Club offers a welcoming gathering place for members who wish to enhance their physical and emotional well-being, boost strength and balance, sharpen memory and focus, and learn basic self-defense skills. We specialize in Yang style Tai Chi, but also feature Qi Gong and other paths towards good health and mindfulness.

Location and schedule: Desert Hills fitness studio; Mondays, 2–3pm. Santa Rita Springs Anza room; Wednesdays, 2–3pm and Fridays, 10–11am. Add one hour each for the winter schedule.

Website: gvrtaichiarts.com

Contact: gvmartialarts@gmail.com



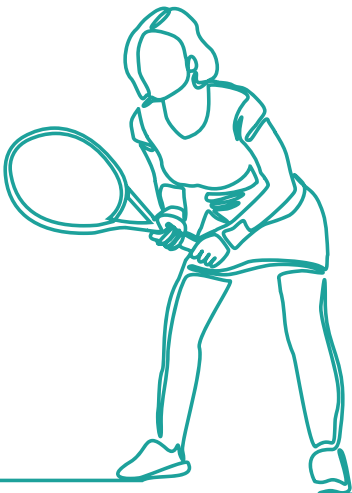
Tennis Club

The GVR Tennis Club was established in 1979 with POP tennis added in 2023. We have about 370 members of all skill levels and 17 courts in six locations. Programs exist for all levels. Drop-ins, leagues, access to two ball machines and competitive teams are available. Social events are planned year-round.

Location and schedule: West Center, Desert Hills, Canoa Hills, Las Campanas, East Center, and Madera Vista. Please see the club website or email for more information.

Website: gvtennis.com

Contact: GVR_Tennis_Club@gvtennis.com





Volleyball Club

Join the GVR Volleyball Club for camaraderie, fun, and exercise! Enjoy three different variations of volleyball: water, sand, and court. No previous experience necessary. Enjoy periodic social gatherings throughout the year. Please check us out. The ball is in your court!

Location and schedule: Sand and water are played at Abrego South; court is played at the Las Campanas racquetball building. See the club website for play days and times.

Website: gvrvolleyball.org

Contact: greenvalleyvolleyball@gmail.com



Wallyball Club

Wallyball is a sport that is like volleyball, but the walls in the racquetball center are used to play an angle shot hit off the walls. Everyone has fun learning to play this very active game. Social events are regularly scheduled.

Location and schedule: Las Campanas, Racquetball Building. Please contact club for times.

Contact: gvrwallyball@gmail.com

Why Join a Club?

- **Social Connection:** GVR clubs offer a great way to meet new people, build friendships, and stay socially engaged within the community.
- **Skill Development:** Whether it’s art, sports, cards, or technology, clubs provide opportunities to learn new skills or improve existing ones through shared activities and workshops.
- **Active Lifestyle:** Many clubs encourage physical and mental activity, helping members stay healthy, engaged, and energized.
- **Sense of Purpose:** Being part of a club gives members something to look forward to, a way to contribute, and a greater sense of belonging in the GVR community.

Use your phone’s camera to scan the code on the right. This will take you to the clubs’ page on the GVR website (GVRec.org), where you can read about each club, find contact information, view general meeting details, and more.

GVR clubs are reserved for GVR members, tenants, and sometimes card-carrying guests.



Staying Social
 continued from page 10

friends, play cards, and laugh like children,” Nelda says.

“We are very active in our church,” Nelda says. One of Nelda’s church activities involves the Patio Sale. “Everybody’s gathering, putting up tables, laughing and talking. It’s just 50 or 60 people at a time, doing a good thing for a good cause but also enjoying each other.”

Nelda also volunteers at the White Elephant while Tom volunteers at SAV. “You’re doing a good thing for a good cause, but the benefit is the people you’re volunteering with,” Nelda shared. Tom also finds social connection through his coin business. “I socialize that way. I also go to coin club meetings. After 18 months of my business, which is social, I can honestly say it helped bring back some of my memory. Socializing has played a key role in keeping me mentally healthy,” Tom says.

“Once you retire, you lose a huge social life, because when you’re around for 40–50 hours a week, you’re around people and some of them become your best friends in your business. You lose that, and you need to continue that in your retirement; you need to socialize. Socializing has a clear role in keeping you mentally fit.”

“It’s critical that you don’t just retreat to your lazy boy recliner,” Nelda emphasized. Tom added, “Men especially are prone to be loners. A retirement community can offer a lot of social opportunities. Even just going to dinner, you can sit down with somebody new and enjoy a meal together.”

JC & Carolyn Congdon

JC and Carolyn are very active at the Green Valley Baptist Church. Much of their social life revolves

around church activities. JC explained, “It’s a senior church; they have so many activities for seniors and retired folks, so that’s where we focus our activities.” He describes Bible study groups, game days, projects revolving around the church’s preschool, Veterans Day dinner, and even group lunches, adding, “Every other week we go out as a group to lunch, usually 15 to 20 of us.”

Carolyn teaches Sunday School. “We have a Sunday School for adults, and I teach a ladies’ class. Our ladies’ class has a group that meets every Friday afternoon; it’s a sewing, crafting group. We made several mattresses out of plastic bags and gave them to the homeless. Now we’re working on blue jean quilts for foster teenagers, something they can call their own.”

In the past, Carolyn has participated in a grandparent reading program. “Grandmas and Grandpas can come and read books to the children. It keeps you socializing; you get to know the children. Being around them makes a difference,” Carolyn says.

Family is another key part of their social life. With teenage grandchildren nearby, they often help with school activities and transportation. As Carolyn put it, “When mom and dad can’t do it, then Grandma and Grandpa do it.”

When asked about how staying social has affected their well-being, JC said, “It’s 200%; it’s exciting, it keeps our minds going and young.



Harry Olson, Lowell Kramer, Dan Carlson, George Anderson and Neal Engbloom

You don’t just give up and die when you retire. It stimulates your mind and keeps you from hibernating.” Carolyn added, “You may be quitting your job, but it doesn’t mean you quit life. You find other outlets.”

JC’s advice to others on getting involved: “For me, I would tell them first, go to Green Valley Baptist Church. Spiritual life becomes very important as people age. Don’t hibernate; you have to get involved.” Carolyn added, “Explore until you find your niche. There’s always a place for everyone to be involved. And when you find where you fit in, you’ll embrace the people who


are there, and they will embrace you. And there’s an outlet if you’re a loner: get a good book, keep up with the news. Just don’t isolate yourself from the whole world.”

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JC and Carolyn Congdon

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Rethinking the “Right Time” to Move to a Senior Living Community

Submitted by Silver Springs

It’s common for older adults exploring senior living options to say they’re planning to move “when the time is right.” Often, there are concerns about cost, the stress of downsizing, uncertainty about community life, or simply the fear of change. While these feelings are valid, they can become barriers to a more fulfilling lifestyle. Misconceptions about what senior living actually entails may prevent individuals from recognizing the many advantages of making the move sooner rather than later.

Senior living today is not what it was a generation ago. At communities like Silver Springs, an active retirement community nestled against the backdrop of the Santa Rita Mountains, the focus is on maximizing independence, offering choice and supporting overall well-being. Rather than representing a loss of freedom, the transition often brings renewed energy, purpose and connection.

Daily tasks such as grocery shopping, cooking, home maintenance and coordinating repairs are handled by a dedicated team of professionals. Without the burdens of day-to-day responsibilities, residents have more time to spend doing what they truly enjoy, such as pursuing hobbies, developing friendships and participating in Zest, the community’s wellness initiative designed to engage the mind, body and soul. In addition, Silver Springs residents can take advantage of a complimentary Green Valley Recreation membership, enjoying access to 13 recreation centers throughout the area.

“I didn’t realize how much energy was going into just keeping up with everything my home involved, like the rising costs and coordinating repairs,” said resident Barbara Poltl. “Now that I’m here, I feel more independent, not less. I have the freedom to focus on the things I love.”

There’s also value in being proactive with a move instead of waiting for a health crisis to occur. Research shows that seniors who actively participate in the moving decision and who are still active and engaged typically have a smoother transition and a more rewarding experience. They are able to build connections, develop routines and fully settle in on their own terms.

Amenities such as chef-prepared meals, wellness classes, lectures,

arts programming and social events create a vibrant environment that supports physical, intellectual and emotional well-being. And with both Independent and Assisted Living options available on the same campus, residents can age in place with peace of mind, knowing support is available if needed in the future.

Another common concern about a move to a senior living community is the process of downsizing. Sorting through years of belongings and preparing for a move can feel overwhelming. However, most senior living communities provide resources and guidance to ease that burden. Move-in coordinators, downsizing specialists or relocation services can help simplify the process. It’s also important to think beyond the square footage of a residence. Senior living communities often include shared amenities such as a library—eliminating the need for a home library—private dining rooms for hosting family gatherings and fitness centers that replace the need for personal gym equipment. These thoughtfully designed spaces expand residents’ living environment far beyond the walls of their individual apartments.

While senior living may seem expensive at first glance, it’s important to consider what’s included, such as housing, utilities, meals, transportation, entertainment and maintenance. When compared to the cumulative cost of staying in a home and paying separately for these services, senior living can be a financially sound choice, particularly when factoring in future health needs.

“One of the most persistent myths about senior living is that it’s only appropriate for ‘those who need help.’ In reality, those who move in early often enjoy the greatest benefits,” said Cynthia Valencia, Silver Springs’ Director of Sales. “They engage in community life, form lasting friendships and experience a boost in well-being. For many, senior living becomes not a last resort, but a first step toward more intentional and enjoyable living.”

Rather than waiting for a “right time,” older adults may benefit from asking a more empowering question: “What might I gain by making this move now?” The answer may reveal more possibilities than previously imagined: freedom, peace of mind, connection and a renewed sense of purpose.

As one resident at Silver Springs put it, “I thought I was giving up something, but I ended up gaining



so much more.”

Located in Green Valley with the Santa Rita Mountains as a scenic backdrop, Silver Springs offers independent living and assisted living lifestyle options. The CARF-accredited community has a full

range of services and amenities, including 12-hour restaurant dining, transportation, housekeeping, activities, and personalized, holistic health and wellness programs for residents. For more information, please call (520) 277-8514 or visit SilverSpringsRetirement.com.

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What's on Your Plate?

How Nutrition Affects Cancer Risk

Written by Molly Grassman,
PA-C, TMC Health Cancer Center

What if you knew certain foods could help reduce your risk of developing cancer? Simply modifying parts of your lifestyle, such as adjusting your eating habits, may do just that. While no food, diet or supplement can prevent cancer, here are nine foods you can try incorporating into your daily routine that have been shown to reduce the risk of one or more types of cancer.

- 1. Apples:** Apples have a high amount of fiber and vitamin C which have been associated with a decreased risk of breast cancer and many gastrointestinal tract cancers. They may also help with cancer treatment recovery due to their levels of potassium, which helps to prevent harmful fluid retention.
- 2. Beans:** Many types of beans are high in fiber, protein and iron. Add whole beans into soups and stews, or blend and use pureed beans as a base for dips. Beans are associated with a lower risk of breast and colon cancers.
- 3. Coffee and tea:** These drinks are full of antioxidants and anti-inflammatory agents including caffeine. Studies have indicated that this is linked to reducing the risk of head, neck, liver, breast and endometrial cancers.
- 4. Berries:** All berries are high in antioxidants which help protect against cell damage that can cause skin, bladder, lung and esophageal cancers. Berries help support a happy and healthy brain. Add them to yogurt, or cottage cheese, or use frozen inside smoothies.
- 5. Dark leafy greens:** These superfoods and their low calorie and low glycemic index make them ideal for helping to maintain a healthy body weight. They are a good source of fiber, folic acid and antioxidants. Use them to make salads or add to smoothies.

- 6. Dairy:** Eating or drinking dairy products can have an impact on reducing the risk of colon cancer.
- 7. Nuts/seeds:** These low-carb options are high in fat and a good source of magnesium. Routine consumption has been linked to a decreased risk of breast and colon cancers.
- 8. Popcorn:** This is a high-fiber whole grain, and when air-popped and lightly seasoned, can help reduce the risk of several types of cancer due to the high concentration of naturally occurring nutrients called polyphenols.
- 9. Whole grains:** Whole grains are high in fiber and plant compounds. They also keep you full longer, which helps balance eating patterns and maintain a healthy weight. Eating more whole grains is associated with a lower risk of breast, liver and colon cancers.

Here are some additional healthy snack combination ideas:

- Low-fat yogurt with nuts and/or seeds and berries
- Cucumbers, tomatoes, 2% cottage cheese
- Whole grain crackers, olives, cheese
- Watermelon slices, cheese, nuts
- Hard-boiled egg, cheese, grapes/berries

Again, no single food item can prevent cancer, however healthy habits can help reduce cancer risk. Daily lifestyle choices such as eating a balanced diet rich in vitamins, fiber and antioxidants, along with staying active and maintaining a healthy weight can contribute to reducing your overall risk of developing certain cancers.

Molly Grassman, PA-C

TMC Health Cancer Center

Molly Grassman, PA-C, has practiced as a physician assistant in Arizona since 2013. She has experience with a broad spectrum of hematologic disorders, including benign and malignant blood and bone marrow findings, such as abnormal blood counts, iron deficiency, lymphoma, leukemia and multiple myeloma. Molly also has experience with solid tumor cancers like breast, colorectal, lung, prostate and gastrointestinal cancers.

Molly is active in health care education and has written several articles for local publications on cancer-related topics, health and wellness. She has also participated in a community lecture series where she spoke to small groups about fitness, caregiver burnout and palliative care.

Molly has lived in Arizona for over a decade and enjoys being able to spend most of the year being active outside. She is an avid runner and has completed several marathons with her husband.

Molly has two young daughters who keep her busy and on her toes! In her free time, she volunteers at Pima Animal Care Center and currently has two shelter rescues of her own.



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DECISIONS, DECISIONS, DECISIONS...

Do you meal prep for the week? Click list for easy pick up? Order dinner through an app or a meal prep service? Fast food or convenience store on the way home? Is dinner based on refrigerator or freezer cleanouts? Do you shop the sales or the food bank? Do you open the fridge hoping to seek out one more day of a bagged salad? Are you one of those people that can whip up a beautiful dinner with what's in the fridge? Consider dedicating 15 minutes out of the day for meal planning/meal prep for optimal health outcomes.

Decision making is a huge part of everyday life, but for those diagnosed with diabetes, decision making and routine are so necessary for tight blood sugar control. Constant decision making can become overwhelming and often leads to surrender. Consider what is driving your intake decisions: emotional eating, boredom, habit? Human nature is to want what we can't have (or shouldn't); think dopamine response! Justice Sonia Sotomayor is a well-known Type 1 diabetic and has been inspirational to me in helping my patients. 'As I grew older, I realized that my diabetes is integral to who I am. It's taught me so much about discipline, about moderation, about things that most people should do themselves without diabetes... (type1strong.erg)

- My blood sugar is high this morning, so I know I should have a veggie omelet, but I am working three jobs to pay the rent and don't have time to cook, so I'll just go through the drive thru.
- I'm meeting my family for dinner after work and there is nothing diabetic friendly on the menu!

Anxiety and sleep interruption can interfere with blood sugar control. This is not uncommon and is often bidirectional in nature, especially in these times of excessive use of electronics. Quit the internet searches and comparing yourselves with others, whose health journey may be and likely is different than yours. Exercise is free of



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charge and a wonderful way to alleviate stress AND decrease blood sugar; set aside time for yourself daily, with no exception! Think about how much time you spend scrolling in a 24 hour period and dedicate 15 minutes of that time to movement!

- I can't afford to pay my electric bill, so I'm not sleeping from the heat and my blood sugar is always high.

Make a plan! Goal setting is one of life's most valuable tools, especially for someone diagnosed with diabetes. It can break down each day into manageable portions, to prevent the surrender from being overwhelmed. So make a plan for the day and consider your carbohydrate goal as part of the plan in keeping your blood sugar within the target range throughout the day.

- I'm going to lunch with a friend, so saving all my carbs for lunch and skipping breakfast and dinner.
- I'll eat a light breakfast, light lunch and a light dinner to keep my blood sugar in a steady state.

Circumstances beyond our control can often lead to increase in Hemoglobin A1C. One must consider the current economy and life events and stressors in relation to those numbers for a full understanding of the resultant value.

- I live in a food desert and can only afford to go into town once a month, so I can't buy the healthy fresh foods I know I need to control my blood sugar.
- I take so many medications, I can't afford the copays for all of them, so I've been taking them every other day instead of daily to make them stretch.

- There was a death in the family recently and everyone brought food to the house!

Sometimes diabetes is just out of our control due to genetics and individual health circumstances, so control what you can! Quit spending money on foods with 'O' health benefits and no more sugary drinks! If finances are an issue, make a budget and stick to it. Track how much you are spending on healthy foods v prepared, packaged foods and then make some decisions about how to move forward. If medication copays are an issue, consider contributing more to your food budget for healthier foods, in order to pay less for medication in the long run, as blood glucose and cholesterol levels decrease with improved intake. How much are you spending on dietary supplements that have no supporting research or studies to support their use? Educate yourself and consider calling or going online to register for FREE Prescription for Health classes through the Sahuarita Food Bank.

I have so many patients coming in that report their own diabetic com-

plications (ie. 'I bought new shoes to go on vacation and I've come home with a blister!' or 'I woke up this morning and can't see out of my Left eye!'), or a family member who experienced life changing complications from diabetes. What is your motivation? Prevention of vision loss, need for dialysis or amputations? Improvement in quality of life? Do you want to see your children get married? Are you striving to be a good example for your children in making good choices, so they can prevent diabetic diagnosis? (My youngest patient thus far was 8 years old; her diagnosis was the result of a divorce) Whatever your reason, focus on the outcome to get you through each day.

United Community Health Center has been proudly serving the rural communities of Southern Arizona for over 40 years. For more information visit us at UCHCAZ.ORG.

Educating the Community

**Written by Diabetic Educator,
Deborah Ardrey**

I am a Certified Diabetes Care and Education Specialist and also Diabetes Wound Certified with my RN and BSN. I have lived in Tucson for over 30 years where I raised my two daughters after a car accident that took the life of my husband. My passion is serving the elderly and the underserved. I walk and pray daily before work to keep myself grounded and keep busy gardening and taking care of my 4 grandsons in my off time.

Deborah currently sees patients at our UCHC Three Points and UCHC Green Valley Hospital

To learn more about us go to uchcaz.org



WELCOME TO LA POSADA'S *Memory Cafe*

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780 S. Park Centre Ave. Green Valley
www.LaPosadaGreenValley.org

Upcoming Cafe Events:

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RSVPs are encouraged: Vicki Roy
VRoy@casagv.org (520) 393-6800
LaPosadaGreenValley.org



Green Valley Decorative Rock

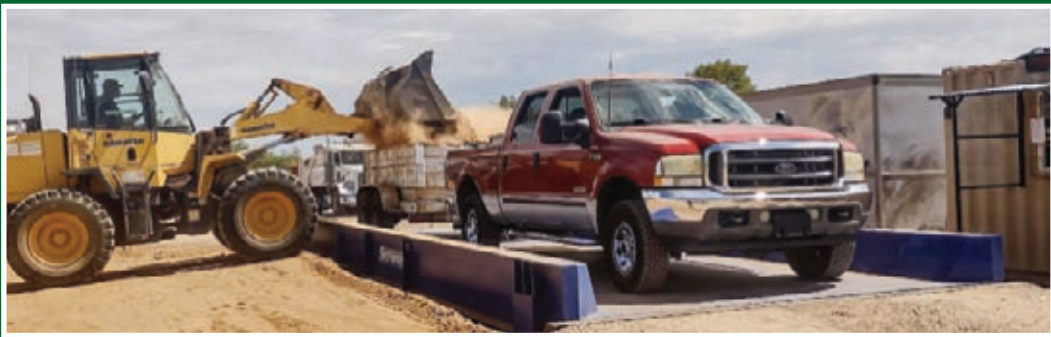
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This column is submitted by U of A, PCCE Master Gardeners Green Valley

gardening tips

MASTER GARDENERS: GREEN VALLEY'S HIDDEN GEM

Do you know where the University of Arizona, Pima County Cooperative Extension, Green Valley Master Gardeners hide? Who are we? We'll share this well-kept secret.

Master Gardeners are at 530 E. Whitehouse Canyon Rd. We like to play in the gardens, propagate plants for sale, answer gardening questions and most of all, help you!

You can stop by Mondays, Wednesday or Fridays between 9am to 12noon, call 520-648-0808 or email, uacemg@gmail.com

We are educated and certified through the University of Arizona. When you come to us, you will receive current, proven, and researched based information for all of your gardening questions.

Have you heard of the Asian Citrus Psyllid bug? It is becoming more active in Green Valley. We have the bug, not the Greening Disease that they can carry. Like mosquitoes, just because they can carry a disease, does not mean they have it.

While you are out looking for the Psyllid, keep your eyes open for Stinknet. It is a pretty yellow plant but very invasive. Stop by/call and get up to date information on these nuisances.

Now...let us garden!

September in the garden is a special time. This month marks the end of the monsoon season's intense heat and humidity. The mercury is beginning to fall, especially overnight. Now is a good time to clean up any monsoon damage from storms or wind and clean up all debris around your plants/

beds and prepare your beds for new seeds/plants. Discard split citrus and pomegranate fruit. Fruit splitting usually happens when water is irregular and/or sun damaged rinds. It is important for these trees to have a consistent watering schedule.

When watering, plants need deep watering, not frequent, shallow daily watering. Water must go deep for the roots to follow and anchor. Plants do better with long, slow, deep water. You want water to go twenty-four inches deep for shrubs and thirty-six inches for trees. Never water at the trunk, always water at the drip line (canopy edge). More frequently in summer, less to none in the winter, and always keep the same water duration. Plants will adapt and do better with deep and not shallow watering.

Help plants recover from summer heat by pruning off dead, dried branches. Lightly prune roses and remove old or dead canes. Deadhead spent blooms and prune back leggy plants. Pull weeds before they set seed. If you have not already done the third citrus feeding, now is a good time.

Cooler temperatures in October mean that

you can finally spend more time in your garden. This month you can plant a wide variety of flowers, trees, cacti, cool-season vegetables, and shrubs. It is a great time to implement plans for mulching, water harvesting, and hardscaping projects. Annual flower seeds set in October



Butterfly garden. Photo courtesy of University of Arizona Master Gardener, Cassie Burrue

can bring an explosion of color to your spring garden! Seed balls of a wildflower mixture is a great way to disperse the seeds. (Spring-flowering wildflowers such as California and Mexican poppies, Cowpen daisies, Desert Bluebells and Desert marigolds to name a few). Be sure to choose a location that will not be too shaded when Spring comes; wildflowers love sun.

Be aware of the potential for frost late in the month and if necessary, protect any newly planted plants with frost cloth (we sale shade and frost cloth) or move tender plants indoors. Plant trees and shrubs of all types this month. Plant as deep as the root ball and twice as wide, scoring the edges of the planting hole. **Never add any soil amendments.** If you feel compelled to add something, then add a bit of compost. Always plant using that horrible native soil. Yes - native soil. Your trees and shrubs will do better and live longer. Adding too many amendments will create a cozy pot in the ground. The roots will never venture out into the native soil, and eventually the plant dies.

Although it may seem counter-intuitive, trees in smaller 5-15-gallon containers will establish and grow faster than the larger containers. Never fertilize or prune the first year of planting, we want the plant to establish its roots, not put on new growth. Should colder temperatures appear, be sure

to cover freshly planted citrus trees. Reminder: Raised beds have different soil and needs.

Early this month, sow seeds outdoors (or plant starts) of vegetables such as arugula, beets, broccoli, carrots, brussels sprouts, cabbage, cauliflower, chard, spinach, kale, lettuce, leeks, bok choy, and spinach. By mid-month, sow herb seeds such as cilantro, dill, Mexican oregano, parsley, sage, rosemary, and thyme. Space them appropriately to allow for plant and root growth.

When November sneaks up on us, you can still sow seeds into the ground for your cold vegetable crops. Or... you can transplant broccoli, cabbage and cauliflower starts into the ground or raised beds. This is still a good time to sow wildflower seeds into the ground or throw seedballs. Plant flowering perennials such as Gaura and Angelita Daisy. You can plant spring-flowering bulbs such as Bearded Iris, Hyacinth, Crocus, Daffodils, and Narcissus for a burst of color after winter. November is still a good month to plant trees, shrubs, ground covers, vines, herbs, and winter vegetables purchased from nurseries before the first frost.

This and much more is available at the U of A, Master Gardener's office, 530 E. Whitehouse Canyon Rd. We look forward to helping you with all your gardening needs.



Asian Citrus Psyllid bug. Photo courtesy TCPDMC, Hiedi Arteaga



Stinknet. Photo courtesy of University of Arizona, Sue Carnahan

ARROYO GARDENS

INDEPENDENT & ASSISTED LIVING

FALL PREVENTION AND AWARENESS HEALTH FAIR

Friday, September 26, 2025 • 10AM-3PM

Schedule of Events

10:00 AM	Welcome with Senator Rosanna Gabaldon
10:15 AM	Dr. Saljuqi, MD, DrPH Falls Prevention
10:50 AM	Pharmacy overview of medications and falls
11:05 AM	Chair Zumba with Annette Meza
11:35AM	How to fall “safely” and how to get up with Marianne Ryberg PTA
1:50 PM	Tai Chi with Bill and Ann

Multiple vendors with falls risk testing

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Light lunch to be served

Preserving Memories
 Continued from page 1

The 3-2-1 Backup Rule

A great guideline for protecting your digitized photos is the **3-2-1 rule**:

- **3 copies** of every photo (your master copy plus two backups).
- **2 different types of storage** (for example, an external hard drive and the cloud).
- **1 copy off-site**, stored somewhere safe and separate from your home.

By following this rule, your family’s history is protected no matter what happens.

Sharing Memories Made Easy

One of the best benefits of scanning is the ability to share. Once digitized, your images can be uploaded to a **shared Google Drive, Dropbox, or iCloud folder** where family members can access, download, and even contribute their own photos. No more keeping memories locked away in a single box—now they can live online, accessible to loved ones across the globe.

Learning the Tech Lingo

If you’re new to scanning, a few terms will pop up:

- **DPI (Dots Per Inch):** 300 DPI works for everyday sharing; 600 DPI or higher is best for archiving and enlargements.
- File Formats:
 - **JPEG (.jpg):** Compressed, smaller, best for sharing.
 - **TIFF (.tif):** Uncompressed, larger, best for long-term preservation.
 - **PNG (.png):** A good balance of size and quality.
- **Metadata:** Adding names, dates, and places to files ensures photos remain meaningful for future generations.

Closing Thought

Every old photo is a fragile time capsule. Left in albums or boxes, they can be destroyed in seconds by disaster or fade away slowly with age. But once scanned, they can be backed up, shared, and safeguarded. Thanks to today’s technology, preserving your memories is faster, easier, and more affordable than ever. Don’t wait until it’s too late—digitize your shoebox memories, back them up using the 3-2-1 rule, and share them with your family so your story lives on for generations.

1. Gather & Sort – Collect shoeboxes, albums, and envelopes. Or-

ganize by year, event, or family member.

2. Choose a Scanning Method – *Andy Taylor is a media profession-*

Use a photo scanner (fast and high quality), a flat-bed scanner (for delicate/oversized prints), or smartphone apps like Google PhotoScan for a quick start.

3. Scan Smart – 300 DPI is fine for everyday sharing, but use 600 DPI or higher for archiving and enlargements.

4. Save in the Right Format – JPEG for sharing, TIFF for long-term preservation, PNG as a balanced option.

5. Organize Files – Rename scans with dates/events, and add metadata (names, places, dates) so future generations know the story.

6. Backup with the 3-2-1 Rule – Three copies, two different storage types, one copy kept off-site.

7. Share with Family – Upload to a shared Google Drive, Dropbox, or iCloud folder so everyone can enjoy and contribute.

• Pro Tip: Don’t forget to **print a few favorites**. Technology changes,

but a physical photo in a frame or album still has lasting power.



Do It Yourself Digital Scanning can Help Preserve those Special Moments

al based in Southern Arizona and the founder of Andy Taylor Media, where he helps families understand technology, manages websites, creates Videos and advocates for families to digitize and preserve their photo collections for future generations. Visit the Website <https://www.andytaylormedia.com>



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Friday & Saturday
October 17 & 18th
9 am to 2 pm

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Local Artists ~ Food Trucks
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