Rio Vista Gazette
July & August 2008

Volume 2, Issue 4

Rio Vista RECREATION CENTER
CITY OF PEORIA

8866A W Thunderbird
Peoria, AZ 85381
623-773-8600
www.peoriaaz.gov/riovista

SAVE THE DATE!

The Rio Vista Recreation Center will mark our one year anniversary with a celebration on

SATURDAY, SEPTEMBER 20, 2008

(We know, it 's hard to believe it 's been a year!)

FUN, FOOD, PRIZES, AND MORE!

Program flyers will be available on August 1st.

Mark your calendars!

What's New.....

FREE! Program that encourages walking and earns a pair of **AZ Diamondbacks** tickets. Sign up at the front desk, receive a FREE pedometer, record your steps and earn a pair of tickets after walking 96,000 steps! Ages 16 and older may participate. Promotion runs through August 31, 2008.

NEW! Plyoboxes COMING SOON in the fitness area! A set of plyoboxes will be arriving in late August/ early September. Plyoboxes can be used for strength training by using them as steps or jumping over them.

Be Active Bingo! Ages 5-15. Runs through September 1, 2008. Earn Bingo cards just for being active 60 minutes per day. Bingo party will be held on Friday, September 12. Great prizes and dinner. Sponsored by Sardino's Pizza, 91st Ave & Northern and Sentry Insurance, John Taylor agent.

Mommy, Me & Wii Bowling League! Ages 5-8. Tuesdays, July 8 — August 5. See front desk for more information.

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4TH OF JULY CENTER HOURS
10:00AM - 5:00PM

Teen Scene

Teen dodgeball

Friday Night Teen Dodgeball (13-17 years)

If you are a teenager and you haven't been to the Rio Vista Recreation Center's Friday Night Dodgeball Tournaments, you are missing out! Hang out with friends, earn prizes, goof off, enjoy some music, and have fun playing the greatest game ever…DODGEBALL!!! Teams are always randomly selected, so just show up, pay the Rec Center's admission, and we'll put the teams together. The tournament starts at 8pm on Fridays, but come a half an hour early to sign in and get your spot. Every week there is a different prize for the winning team! Thanks to the Desert Schools Coyotes Ice Center for their recent donation of free ice skating passes!

*RED BAND DODGEBALL (9-12 years) Saturdays 3:00-4:30pm

Rio Sponsors: Outback Steakhouse,

Vista Sponsors: Phoenix Coyotes, Desert Schools Coyote Center, Associated Fence of Glendale

Tell mom and dad.....

ADULT DODGEBALL TOURNAMENT
SATURDAY, SEPTEMBER 20TH
Look for flyer for more details after August 1st

AZ skatepark Tour Part deux

Get out of this crazy heat and see two unique skateparks in Northern Arizona on July 31st! The Teen TEAM's second Skatepark Tour will take us to the Sedona skatepark and the Prescott Valley skatepark. We will meet in the Rio Vista Recreation Center's lobby at 8am and will leave shortly after. Bring a few extra bucks for lunch and we will return to the Center at 5pm. This trip is for skaters ages 11-17 and the cost is $15 per participant. Helmets are REQUIRED recommended and don't forget to bring some water. For more information or to register, go to www.peoriaaz.gov/teenteam, barcode 50471 or call Steve Richardson @ 623-773-8620.

Teen movie Night

Get some buddies together and join us for Teen Movie Night at the Rio Vista Recreation Center on Saturday, August 2nd. We will be watching a new release **PG-13** DVD (to be determined) on the big screen in the Lakeview room. Enjoy some popcorn and soda, while hanging out with other teens ages 11-17. The movie will start at 7pm, but arrive early to get your seat. Best of all, this is a FREE event, so all you have to do is show up!!! For more information call Steve Richardson @ 623-773-8620.

Fitness Floor Forum

Summer is here and the sun is in full force! We know about protecting our skin, but do you protect your eyes? July is UV Awareness month and as Arizona has 271 sunny days a year it is important for us to take care of our eyes.

Harmful ultraviolet rays slowly take a toll on our eyes so it's easy to think that nothing is happening, but in truth, repeated exposure can result in cataracts or play a role in macular degeneration which shows up years later. The UV rays do damage called 'photokeratitis' which is a burning of the cornea (the clear surface of the eye) and symptoms of eye damage can range from excessive tearing and redness to extreme cases of temporary loss of vision. Harmful UV rays are reflected off sand, water and asphalt, so damage can be done even while sitting in the shade!

People who have had cataract surgery or have a retinal disorder are at a higher risk of eye damage from the sun and there are also certain medications that can make you more susceptible to eye damage such as tetracycline, sulfa drugs, birth control pills, diuretics and tranquilizers.

As hard as it can be to get kids to wear sunglasses, children are also at risk and need to learn to protect their eyes whenever they are outside playing—especially between the hours of 10am and 3pm. Also, don't forget to watch out for those July 4th sparklers—they account for over 30% of injuries to kids under the age of 6!

When choosing sunglasses make sure they block 99%—100% of UVA and UVB rays (be aware of cheap sunglasses that don't offer UV protection!) and the more they wrap around your eyes the more protection you'll get.

To your health,

Tracy-

tracy.deberge@peoriaaz.gov

623-773-8622

SUMMER SIZZLE is under way! It's not too late to play, sign up at the Fitness Desk. Exercise, burn calories and win prizes—it's that simple!

Ask a Personal Trainer……

I'm going on vacation and am afraid that I'll overeat and not exercise, what can I do?!

We love our daily routines that get us to the gym, make us pack a healthy lunch and that little time that helps us cope with stress, but any disruption in that routine can wreak havoc on our healthy plans! The good news is that there are ways to stay on track and still enjoy your vacation.

The first strategy is to make a plan. Think about where you'll be going and find out if there is a gym nearby or a beach or hiking trails that you could walk.

Next, decide how you'll account for the extra calories that always seem to present themselves when on vacation. As you look at these issues, write down how you'll address them when you're there.

Another helpful tool is to write out a calendar of when you're going to exercise, usually first thing in the morning is best that way it's done, and be sure to leave space somewhere to create a log for what you're eating.

Finally, don't forget about your friends and family—they can be great support to keep you on track and maybe get involved!

Vacations can be tough on our healthy lifestyles, but it can also be a time to reaffirm your commitment to that new you.

Fact or Fiction?

Drinking water can help you lose weight.

FACT! Physiologically drinking water can help you shed pounds. When we don't drink enough water our kidneys don't function properly and then the liver has to take over the job of removing toxins from the body. This is a problem because one of the liver's jobs is to metabolize fat, so if we have adequate water intake this makes sure that the kidneys are functioning properly and then allows the liver to do it's job of metabolizing fat before it gets stored!

Programs Offered by our Partners in Community Wellness

Health Programs Presented by Sun Health

Lifestyle Enrichment Series

4th Tuesday of each month
5:00-6:00pm
Please stop by the front desk or call the Sun Health Line at 623-876-5432 to register

July 22: CPR for friends & family, non-certification

August 26: Water; The importance of staying hydrated

Blood Pressure Screenings

Monday July 7
5:00-6:30pm

Tuesday, July 8
8:00-9:30am

Monday, August 4
5:00-6:30pm

Tuesday, August 12
8:00-9:30am

Nutrition & Weight Profiles

September 9 and September 16
5:30-6:30 pm
$10 per person, includes both classes

A computerized screening program evaluates health risks associated with being overweight. It encourages preventive actions and provides personalized guidance for reaching and maintaining a healthy weight. It is facilitated by Registered Dietitians. Must attend both classes.

Thank you to our Summer Volunteers

Tyler M
Tyler B
Joseph
Thomas
Alexis
Erin
Greta
Faelyn
Kristine
Daniella
Preston
Josie
AJ

DJ
Felicia
Jason
Martin
Ashley
Angela
Samantha
Meghan
Sarah
Megan
Chelsey
Terrence

Mountain Goat & Peak Challenge

Sponsored by Credit Union West

Congratulations to the newest participants completing the challenge:

(181 climbs) Mountain Goat:

- Taylor F.
- Nick F.

(363 climbs) Peak Challenge:

- Ben E.
- Sean M.
- Preston W.

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CITY OF PEORIA

July 2008

Put me on your fridge!

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Phone: 623-773-8600
Fax: 623-773-8628
Website: www.peoriaaz.gov/riovista

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Video Game Challenges 3-5pm	*2* Wallyball Challenge 2-5pm	*3* **Wiffleball 3-4:30pm 	*4* *Center Open 10am-5pm* 	*5* *Red Band Dodgeball 3-4:30pm
6 Kids' Corner Open Play with Parents 1-5pm	*7* **Kickball 3-4:30pm	*8* Video Game Challenges 3-5pm	*9* Wallyball Challenge 2-5pm	*10* **Wiffleball 3-4:30pm	*11* Teen Dodgeball (13-17) 7:45-9:30pm	*12* *Red Band Dodgeball 3-4:30pm
13 Kids' Corner Open Play with Parents 1-5pm	*14* **Kickball 3-4:30pm	*15* Video Game Challenges 3-5pm 	*16* Wallyball Challenge 2-5pm	*17* **Wiffleball 3-4:30pm	*18* Teen Dodgeball (13-17) 7:45-9:30pm	*19* *Red Band Dodgeball 3-4:30pm
20 Kids' Corner Open Play with Parents 1-5pm	*21* **Kickball 3-4:30pm	*22* Video Game Challenges 3-5pm Sun Health CPR	*23* Wallyball Challenge 2-5pm	*24* **Wiffleball 3-4:30pm	*25* Teen Dodgeball (13-17) 7:45-9:30pm	*26* *Red Band Dodgeball 3-4:30pm
27 Kids' Corner Open Play with Parents 1-5pm	*28* **Kickball 3-4:30pm	*29* Video Game Challenges 3-5pm	*30* Wallyball Challenge 2-5pm	*31* **Wiffleball 3-4:30pm		

***Pass Holders Only. 9-12 year olds must have adult in facility.**
Kids' Corner is for ages 8 and under
Wiffleball: 9-15 years
Monday—Friday Movies Noon—2pm (Check front desk for movie titles)

Turn Page
For
August Schedule →

August 2008

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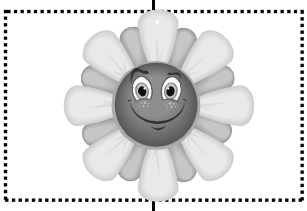
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					*1* Teen Dodgeball (13-17) 7:45-9:30pm	*2* *Red Band Dodgeball 3-4:30pm
3 Kids' Corner Open Play with Parents 1-5pm	*4* **Kickball 3-4:30pm FREE Blood Pressure Checks 5:00-6:30pm	*5* Video Game Challenges 3-5pm	*6* Wallyball Challenge 2-5pm	*7* **Wiffleball 3-4:30pm	*8* Teen Dodgeball (13-17) 7:45-9:30pm	*9* *Red Band Dodgeball 3-4:30pm
10 Kids' Corner Open Play with Parents	*11* *PUSD Back to School*	*12* FREE Blood Pressure Checks, 8:00-9:30am	*13*	*14*	*15* Teen Dodgeball (13-17) 7:45-9:30pm	*16* *Red Band Dodgeball 3-4:30pm
17 Kids' Corner Open Play with Parents 1-5pm	*18*	*19*	*20*	*21*	*22* Teen Dodgeball (13-17) 7:45-9:30pm	*23* *Red Band Dodgeball 3-4:30pm
24 Kids' Corner Open Play with Parents 1-5pm	*25*	*26* *Sun Health Water Class*	*27*	*28*	*29* Teen Dodgeball (13-17) 7:45-9:30pm	*30*

***Pass Holders Only. 9-12 year olds must have adult in facility.**

Kids' Corner is for ages 8 and under

****Wiffleball & Kickball: 9-15 years**

Monday—Friday Movies Noon—2pm until Aug. 8
(Check front desk for movie titles)