

735 Jefferson Ave
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December 2023

Hours of Operation
Monday-Friday 7:00am-9:00pm
Saturday & Sunday: 8:00am-5:00pm



Holiday Hours for the Club

The club will close at our regular time at 5:00 pm Sunday, December 24th and Sunday the 31st. We will be closed on Monday, Christmas Day and Monday, New Year's Day.

Stay Tuned...



Complimentary coffee and tea will be available at the club soon!



Giving Tree

The Giving Tree, a long-time tradition at ATFC, is an opportunity for club members to give directly to local children in need. Once again there will be ornaments on the tree from two different organizations.

Talent Elementary School and this year the Kiwanis Club will not be able to participate so we will be working directly with Walker Elementary School.

The ornaments will soon be placed on the tree. Each ornament will indicate the age and gender of the child and a list of requested items. Please take an ornament and return both the ornament and your unwrapped gifts to the club by December 12th. Your generosity will mean a lot for children who have very little.

Thank you!

Also a special "Thank you" to **Haywood** for setting up the tree again this year to **Gogi** for doing the holiday decorating!



Recycling at the Club

Many everyday products are recyclable, but very little waste gets recycled. Only about one-quarter of municipal solid waste is recycled in the United States. Part of the problem is that people put things in the trash that could go in the recycling bin. **Please help us recycle by making sure that all recyclable items are put into the recycling bin located by the water/ice dispenser rather than the trash cans.**

Focus on Fitness



Shannon's Scoop

Being healthy is often about finding balance in life. Balancing activity with resting time. Balancing purposeful endeavors with ease. After all, nature brings us the cycle of night and day and all the seasons so that we can have sometimes of the year be more inward-focused and other times focused on the world around us, whether it be nature or friends or work or whatever. Our body seeks balance in the fitness we pursue so that we can be strong and flexible. Can you take a moment to reflect on what keeps you in balance?

Poetry is inspiring thus I will share words from the famous poet Rumi.

Today, like every other day, we wake up empty and frightened.

Don't open the door to the study and begin reading.

Take down a musical instrument.

Let the beauty we love be what we do.

There are hundreds of ways to kneel and kiss the ground.

See you on the yoga mat or in the pool or on the courts.

Contributed by Shannon Rio



Tennis Ball Machine

Tennis ball machines are a game-changer in the world of fitness and education, providing numerous benefits for athletes looking to improve their physical fitness. Ball machines offer a safe way to practice specific movement and skills, as well as improving fitness and endurance. The Club offers the use of a ball machine for 1 hour and 15 minutes with all tennis memberships for a cost of \$8.00 plus a court fee. Please keep in mind when using the ball machine, you will need to leave some form of “collateral” at the front desk, and it is best to be on court 2 or court 3. Also make sure that after you are done that you pick up all the balls on the court and put them back in the ball machine bin. Unless there is someone else using it right after you, please sweep up if there is any ball residue left on the court and then put the machine back where you found it behind the curtain making sure to unplug it. **We try to maintain the quality and the quantity of the balls in the bin by checking them every week. Please do not add any of your own used balls into the bin. If you notice that the balls are getting old and the bin is low please let the front desk know.**

Ronda’s Roundup

Adult Tennis Mixer

Saturday, January 20th 6:15 – 8:15 pm

- \$10 for Members / \$22 Non-Member
- Balls provided
- Playing with a different partner each round - All Levels
- No need to sign up with a partner
- 20 players maximum
- Members have priority registration until January 6th
- Non-members may not sign up before January 7th



Sign up by January 18 at ATFC lobby. Contact Ronda for more information 541-517-9764.

UTR Flex League (or similar) Coming in January

We are putting together a type of flex league for the area starting mid to late January. Details to follow in an email once finalized.



Len’s Lesson

Happy Holidays!

Ronda and I would like to wish you all a Happy Holiday Season. We are grateful to be at a club with such caring and supportive members. We want you to know you are appreciated and the reason we get to do the jobs we love. Enjoy your holidays and stay safe.

Len and Ronda

Maslow Project Fundraiser

The Junior Ascension class be holding a Hit-a-Thon on December 15th at 6:15 pm for the Maslow project. Donations by the number of hits or a flat amount. If you haven't been approached by any of the juniors yet and would like to donate, you can reach out to Len, Zach or Cian. You're welcome to come by and support the juniors as they "rally" for Maslow on Dec 15. When donating to Maslow, make checks payable to "Maslow Project". You can leave your donation at the front desk along with the name of the junior you are sponsoring (if applicable). *Maslow Project is a 501 (c)(3) nonprofit advocacy organization providing goal-oriented, wrap-around support services to homeless children, teens & families in Jackson and Josephine County.* Maslow Tax ID#: 270734969. Tax receipts will be sent from Maslow directly so if the address on your check is not where you want the receipt mailed to, please indicate the correct address .

For more information about Maslow please follow the link provided. <https://www.maslowproject.com>



Riddle Me This

This month's riddles:

What did the Deer Queen say to her daughter as she turned 21?

What do reindeer say to Santa on cold nights?

Why do Dasher and Dancer take so many coffee breaks?



Last month's riddle Delilah says: I want to tell you about a girl who only eats plants.

What's her next line?

Answer: "You've probably never heard of herbivore..."

