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www.ashlandtfc.org



January 2024

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



“And now we welcome the new year. Full of things that have never been.” —*Rainer Maria Rilke, poet*

**Reminder the club will be closed at 5:00 pm on New Year’s Eve and closed on New Year’s Day.**



### **Giving Tree**

Once again thank you very much to everyone who contributed gift cards and gifts to children whose “ornaments” were on this year’s Giving Tree. Your generosity will surely bring a smile to the needy children at Walker and Talent Elementary Schools.



### **Disappearing Towels**

Our club has a perplexing mystery: the disappearing gym towel. A clean towel has been a feature of fitness centers for decades, an unremarkable amenity that gym members have come to expect. We are announcing a Towel Amnesty Program, allowing guests to relieve themselves of the guilt of "borrowing" a towel they forgot to return to the club. You may be asking yourself "Should I feel bad about keeping those tiny white towels from the gym because I find that they're much more useful as kitchen rags.". The answer is yes. The cost to replace these missing towels can add up quickly plus they are not available to other members who need to use them. We appreciate your efforts to keep the towels at the club!



## **Focus on Fitness**

A fitness class for all member types called Stretch & Strengthen; Movement Basics has started up every Wednesday and Friday and is from 5:30pm - 6:30pm in the upstairs fitness room. The class will be taught by Josh Masters. Josh is a licensed yoga instructor and has on occasion substituted for our other instructors. Please stop by and check it out!

The end of the year is coming soon – the time of year when a lot of people focus on their New Year’s resolutions. If you’re thinking of starting an exercise program in 2023, you’ll want to create a long-term plan, which is essential to sticking to your goal and boosting the possibility of success on your fitness journey. Keep these tips in mind when starting a new fitness plan to maximize success and long-term adherence:

1. **Assess your physical and mental readiness.**
2. **Create a plan.**
3. **Don’t compare yourself to those around you!**
4. **Be realistic.**
5. **Make it fun!**
6. **Find a support system.**
7. **Take it slow.**

Your New Year’s resolution to start exercising is achievable if you keep these simple steps in mind. It’s never too late to show up for yourself and become the best version of you!

*By FIU News*

## **Tennis in Mallorca, Anyone?**

Come join **Gail** for a tennis camp vacation in Mallorca next June, with the option of a second week in London during Wimbledon! Play tennis in the morning, swim in the sea or explore the island in the afternoon. The camp hotel is within walking distance of the beach and offers free bike rentals to guests. Daily breakfast and dinner are included in the package.

- Mallorca: June 25-July 2, 2024



- London: July 2-July 7, 2024



For more information, please contact Gail at the club or at [patton50@ashlandcreek.net](mailto:patton50@ashlandcreek.net)  
You may also contact Steve Vaughan at [www.wildwesttennis.com](http://www.wildwesttennis.com)

## Ronda's Roundup



SAVE THE DATE: January 13th

Spend some time with the UO Men's tennis team. Watch their practice and then join them on the court. Format to be determined based on the number of players attending. Details and registration info to follow, watch for an email.



## Len's Lesson

Maslow Fundraiser

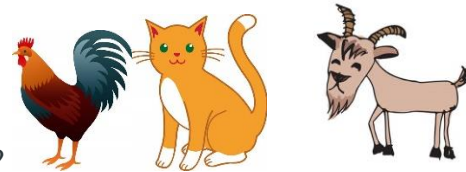
The Ascension junior tennis players held another hit-a-thon this year for the Maslow Project and raised approximately \$9,000 dollars! The money raised will help provide goal-oriented, wrap-around support services to homeless children, teens & families in Jackson and Josephine counties.

**GREAT JOB TEAM ASCENSION!**

Ascension juniors had the opportunity to attend 3 great holiday parties this fall...thank you to the hosts of each event. The team had a great time at all! Halloween hosted by Dana and Milo Smith, Thanksgiving hosted by Margo and Eric Herron and Christmas hosted by Anna and Tim Uschold.



## Riddle Me This



**This month's riddle:** What is  $\frac{3}{7}$  chicken,  $\frac{2}{3}$  cat, and  $\frac{2}{4}$  goat?



### **Last 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?

### **Answers:**

"It's your time to Reign, Deer."

"Freeze a Jolly Old Fellow."

They are Santa's Star Bucks...

