

735 Jefferson Ave
Ashland, OR 97520
(541) 482-4073
www.ashlandtfc.org



January 2025

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



January is named after Janus, the Roman god of gates, doors, and beginnings. Janus is depicted with two faces looking in opposite directions. Holidays in January include: New Year's Day and World Day of Peace January 1, Martin Luther King Jr. Day - January 20 and International Holocaust Remembrance Day - January 27.



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. Also thank you to Kathleen and Haywood for the beautiful Christmas tree!

Focus on Fitness – The Best Workouts To Stay Active This Winter

If you prefer to stay indoors, there are lots of ways to stay active during the winter. Getting off the couch might be a challenge, but, if you can find a satisfying, new indoor activity, you may find it generates a different kind of warmth. Exercise warms you up physically, of course, and it can also contribute to mental health benefits like reducing stress. Many indoor winter activities can be explored at local fitness centers or at home with the help of fitness apps and online resources. A few of these options which are all available at the Club are listed below:

- Indoor tennis
- Weightlifting or bodyweight exercises
- Yoga
- Pilates mat classes
- Dance workouts
- Stationary cycling
- Indoor swimming
- Rowing machine

By Forbes Health



Fee Adjustments (Effective January 1, 2025)

Due to continuing increases in operating costs, effective January 01, 2025, the following fee adjustments will take effect:

ALL MEMBERS: Each club member will see a \$2 per month increase in dues

TENNIS MEMBERS:

*Private lessons with Len (individual, semi-private and group privates) will increase \$5 per hour (from \$70 to \$75) – all clinic prices remain the same.

*Private lessons with Cian (individual, semi-private and group privates) will increase \$5 per hour (from \$60 to \$65) – all clinic prices remain the same.

*Adult (Basic)** - Court Fees will increase \$1 (from \$3 to \$4)

*Junior & Young Adult (Basic) ** - Court Fees will increase \$.50 (from \$2.00 to \$2.50)

If you're interested in exploring upgrading your membership from "basic" to "premium" please contact: Valerie at billing.atfc@mind.net.

Thank you for your ongoing support of the club.



Mallorca/Paris Tennis Vacation

Come join Gail Patton, Steve Vaughan and other certified tennis professionals for a 7-night stay at the ProTur Sa Coma Playa resort in Sa Coma, Mallorca. Spain May 20-27, 2025. Breakfast and dinner are included in the hotel package. The camp includes 10 1/2 hours of Tennis Camp in Sa Coma plus a trip to the Rafael Nadal Tennis Academy with a museum tour, gourmet lunch and court time with the Nadal Academy staff. There is also plenty of time for exploring the surrounding towns and beaches by foot or free bike rental (This is Option #1). If you are not yet ready to return to Ashland join the group for 5 nights in Paris. Transfers and airfare from Mallorca are included in the price. Explore the sights of Paris and join other group members to cheer on your favorite players at Roland Garros. (This is Option #2 May 20-June 1, 2025) For more information contact Gail or go to Wildwesttennis.com (please note: this is not a club sponsored event).

Ronda's Roundup



Junior Friday Night Play January 24

Ascension 1 & 2 (Beginner & Intermediate)

6:30 - 8:30 pm

\$15 per member / \$20 per non-member.

Pizza and Beverages included.

Sign up in the lobby at the club by Jan 23rd.

Upcoming Dates for Junior Friday Night Play: February 14

Ascension 1 & 2 (Beginner & Intermediate)

This date will be a bit longer, 6:30-9:00, to allow parents/guardians a chance for a night out on Valentines Day.

March 14 Ascension 1 & 2 (Beginner & Intermediate)

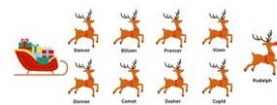
Riddle Me This

This month's riddle:



Question: What do you call a paternity testing facility in Indiana?

Last month's riddle:



Question: What's the difference between a knight and Santa's reindeer?

Answer: The knight slays a dragon, and the reindeer is draggin' a sleigh.