



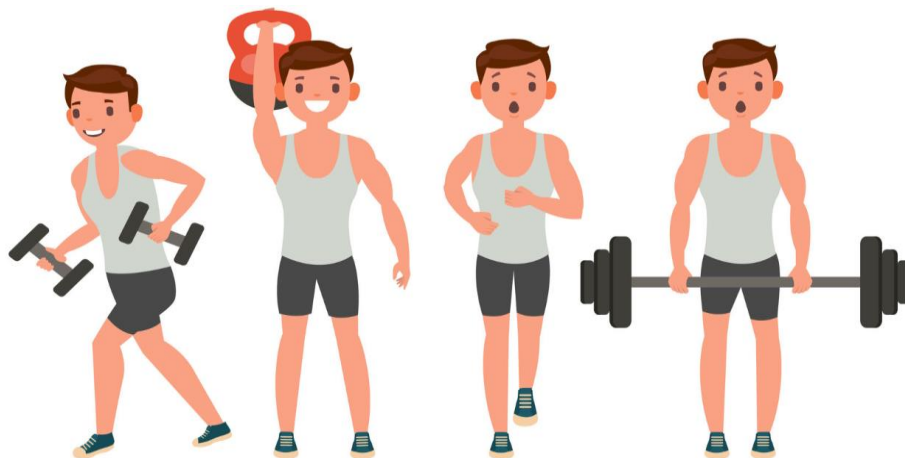
Holidays we celebrate in May

- **May 1** is [May Day](#). Mark the return of spring. May Day is also “Lei Day” in Hawaii.
- **May 5** is **Cinco de Mayo** (“The Fifth of May”). This day celebrates the victory of the Mexican army over the French army in 1862. Discover Mexican-American recipes and ways to celebrate [Cinco de Mayo](#)!
- **May 11** is [Mother’s Day](#)—don’t forget! [Learn about the history of Mother’s Day](#).
- **May 17** is [Armed Forces Day](#), which honors those who serve in all branches of the United States military.
- **May 26** is [Memorial Day](#)—It’s tradition to raise the flag on this day; [know how to fly your American flag properly](#).

FOCUS ON FITNESS

During the month of May [National Physical Fitness & Sports Month](#) provides an opportunity to celebrate and promote physical activity and the benefits of sports participation.

Physical activity is key to maintaining health and well-being. Getting active can improve fitness and reduce stress, reduce risk for many chronic diseases, and ease symptoms of anxiety and depression. Youth sports can help kids and teens get active and develop leadership, time management, and relationship-building skills. Use the interactive [Move Your Way Activity Planner](#).





MEMBER APPRECIATION OPEN HOUSE & BBQ

We truly value your membership, and we'd love to show our appreciation with a fun Open House & BBQ on Saturday, May 31st from 4:30 PM to 6:30 PM.

Join us for some delicious food, drinks, fun activities, good company, and a chance to connect with fellow members and our team.

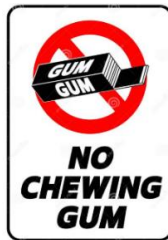
The food menu includes: hamburgers, veggie burgers, hot dogs, potato & pasta salad, fruit & cookies. Various beverages will also be available. We can't wait to celebrate you!

- All areas of the club open to all members
- Pool open for family swim (only)
- Tennis drills on all courts



WELCOME TO SANDI

Sandi has joined the front desk staff and will be covering Friday mornings and Sunday afternoons. Sandi has lived in Oregon since 1990 and moved to Ashland in 2021. She has worked in the fitness industry on and off throughout her career. She is now enjoying as much time as possible outdoors with her dog Molly. She is really looking forward to getting to know the members here at ATFC.



GUM ON THE COURTS

We've noticed some chewing gum making its way onto our lovely tennis courts lately, and as you know, getting it off can be a real pain. To keep our courts in tip-top shape for everyone to enjoy, we'd really appreciate it if you could please avoid chewing gum while you're playing. Thanks so much for your understanding and help in keeping our courts beautiful!

UPCOMING CLUB CLOSURE FOR CLEANING & MAINTENANCE



To ensure a clean and well-maintained environment, the club will be closed from Thursday, June 5th to Sunday, June 8th for deep cleaning, sanitization, and repairs. This will allow us to address tasks that are difficult to manage during daily operations.

TENNIS HAPPENINGS



Celebrating
50 Years
of Tennis
in Ashland



July 10-13, 2025

DIVISIONS

- Adult Men's Singles & Doubles - Level Based Draws (18+)
- Adult Women's Singles & Doubles - Level Based Draws (18+)
- Mixed Doubles - Level Based Draws (All Ages - Juniors and Adults Combined)
- Open Singles - UTR 5.0 and above (All Ages - Men and Women Combined)
- Junior Boys Singles & Doubles - Level Based Draws
- Junior Girls Singles & Doubles - Level Based Draws

HIGHLIGHTS

- ★ Complimentary T-shirt for Every Player
- ★ Complimentary Saturday Night Dinner for Every Player
- ★ Complimentary Goodie Bag for Every Player
- ★ Exhibition Match During Dinner (players TBA)
- ★ Food Trucks Friday, Saturday and Sunday
- ★ Face Painting on Saturday

50 YEARS

Hosted By
ASHLAND TENNIS & FITNESS CLUB

To register and for more information about the tournament, please scan the QR code or go to:
<https://tenniscircuits.com/tournament-register/Nzc=>

Contact Ronda Spencer for more information
541-517-9764 Events.atfc@mind.net
Ask about sponsorship opportunities.

Register



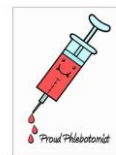
RIDDLE ME THIS

This month's riddle:

What time is it when an elephant sits on your fence?



Last month's riddle:



Question: Why did the phlebotomist get fired?

Answer: Because she was "A Negative " person...