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October 2025



### THINGS TO KNOW ABOUT OCTOBER

- **October 1** marks the start of [Yom Kippur](#) at sundown.
- **October 13 Indigenous Peoples' Day (U.S.)**—a holiday that celebrates the history and cultures of indigenous peoples native to what is today the United States. [Read more about Indigenous Peoples' Day.](#)
- **October 20** is [Diwali](#), the Indian “Festival of Lights.”
- **October 24** is [United Nations Day](#), which aims to bring awareness to the work of the United Nations worldwide.
- **October 31** is [Halloween \(All Hallows' Eve\)](#)! Do you know the true history of Halloween? It's not as frightful as you might think...

### FOCUS ON FITNESS

Don't wait until New Year's resolutions to start getting healthier or losing weight. Here are some reasons why October is the perfect time to get started:

- 1) Prepare for the upcoming holidays-As we all know, gaining weight during the months of November through January is extremely common. But if you start healthier habits and commit to exercise in October, it helps as you head into the holiday season.
- 2) Delicious fall produce-Lots of healthy fruits and vegetables are at their peak in the fall. Take advantage of these seasonal fresh fall vegetables. Pumpkins are in abundance right now and many people don't realize that pumpkins are a superfood as well as decorations. They're rich in fiber, potassium, and beta-carotene. Look for recipes online, you'll find delicious pumpkin chilis, soups, and more.
- 3) Fall is the perfect time to develop routines-As the lazy days of summer fade, fall is the perfect time to establish new routines. The shift in seasons provides a natural opportunity to refocus your energy and get back on track with your goals.
- 4) Indoor workouts-It's going to be cold and rainy, so it's a great time to bring your workouts indoors. You'll find plenty of options to stay active at the club. Be sure to check out the [fitness](#) and [tennis](#) schedules to see what's available.

## YOGA FOR EVERYONE



Move into Fall and Winter with ease and join us for Gentle Hatha Yoga Tuesdays 9:30 am for an hour of relaxing stretches directed by the breath and focused attention.

Class includes standing, seated and floor postures working with balance and strengthening of the body. Taught with support and guidance give yourself a moment to find relief from the stresses of daily life.

Bring a foldable towel or blanket for a 10-minute-deep relaxation at the end of the class.

## GUEST POLICY AT THE CLUB

To be a guest at our club, you must meet one of the following criteria:

- You live at least 45 miles away from the club.
- You live within 45 miles of the club but are visiting for the first time.
- You are a member of a club in Medford or Grants Pass.
- You are a former junior member who is currently a college student living away from home.

Guests have access to the following amenities and services:

- Fitness areas and classes
- Swimming pools
- Locker rooms
- Court reservations, which can be made only up to six days in advance
- Ball machine use
- Tennis lessons and clinics (for an additional fee)

Please note that guests are required to pay guest fees as well as any applicable court, lesson, clinic, or ball machine fees. You do not need to pay for a guest pass to get your racquet strung at the club but will need to pay the extra \$9 non-member stringing fee.

## RIDDLE ME THIS

**This month's riddle:**

What do you call a sleep-walking nun?



**Last month's riddle:**

**Question:** What is that thing which you can hold without touching it?



**Answer:** Your breath

