

735 Jefferson Avenue
Ashland, OR 97520
541-482-4073
www.ashland.tfc.org



September 2025



What to watch for in September

- **September 1**—the first Monday of the month—is [Labor Day](#).
- **September 2** starts [Rosh Hashanah](#), a Jewish holiday that marks the beginning of the new year.
- **September 7** is [Grandparents Day](#) this year. Honor your grandparents today—and every day!
- **September 11** is [Patriot Day](#), held in honor and remembrance of those who died in the September 11, 2001 terrorist attacks.
- **September 17** is [Constitution Day](#). This day celebrates the adoption of the U.S. Constitution, which occurred on September 17.
- **September 21** is recognized as the annual [International Day of Peace](#). Observances range from a moment of silence at noon to events such as peace walks, concerts, and volunteering in the community.
- **September 22** marks the start of fall! This year's [Autumnal Equinox](#) occurs at 2:19 P.M. EDT. On this date, there are approximately equal hours of daylight and darkness.

FOCUS ON FITNESS

Why You Should Start Fitness Goals in September

As we transition from the lazy, hazy days of summer into the crisp, structured routines of September, it's the perfect time to refocus on our fitness goals. September is not just a month; it's a mindset. It's a chance to harness the energy of a fresh start and make significant strides in our wellness journey. September is an ideal time to refocus and shed those summer habits that might not align with our wellness objectives. It's about finding balance and integrating fitness into our daily lives in a sustainable way.

By Exclusive Movement



COURT REPORT



Adult Tennis Exchange in Redding

September 20th
12-4 pm'

Mixed/Co-ed Doubles
2.5 - 3.5

Free Event -Sign Up at the club



JUNIOR DEVELOPMENT PROGRAM FALL/WINTER

Aug 26, 2025 – Feb 26, 2026

Beginner

Tuesday & Thursday
3:45– 4:45 pm

Intermediate & High School

Tuesday & Thursday
3:45 – 4:45 pm

Advanced

Tuesday / Wednesday / Thursday
4:45 – 6:15 pm

RIDDLE ME THIS

This month's riddle:

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



Last month's riddle:

Question: What has cities but no houses, forests but no trees, and rivers but no water?



Answer: A map

