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November 2025



THINGS TO KNOW ABOUT NOVEMBER

- **November 1** is [All Saints' Day](#).
- **November 2** at 2 A.M. is the **end of Daylight-Saving Time**. Set your clocks back one hour on Saturday night at bedtime! [See more about DST](#).
- **November 4** is also [Election Day](#) Don't forget to vote in state and federal elections! Every vote counts.
- **November 11** is [Veterans Day](#)
- **November 27** is **Thanksgiving Day** . [Understand the history and origins of Thanksgiving](#).

WELCOME TO MADELYN RICHARDS



The club is happy to announce that Madelyn has joined our front desk staff. Originally from the East Coast, Madelyn moved to the Rogue Valley about ten years ago in search of stronger educational opportunities. As a part-time student, Madelyn is currently working towards her Associate of Arts Oregon Transfer (AAOT) degree, with a science focus, at RCC. Outside of work, she enjoys being outdoors, hiking, fishing, and practicing yoga at home. Madelyn is "grateful to be part of such a supportive team and enjoys creating a welcoming environment for all our members."

FOCUS ON FITNESS



Why November is the most important month to workout.

Finding the motivation to keep ourselves moving could be more important at this time of year than any other. The mornings are dark, the weather is cold and while we're still in mourning that summer is 100 per cent over, it's too early to be putting up the Christmas decs and throwing ourselves into party season too.

Prevents low winter mood

When the days get shorter and the amount of sunlight we see declines, the reduction in vitamin D and daylight can disrupt our brains in a way that impacts our mood. Exercising regularly is one of the NHS listed ways of helping to prevent this hormone imbalance.

Creates winter motivation

Our bodies and minds are used to waking up to bright sunlight and nice warm conditions, so this drastic change can mean it's a lot harder to convince ourselves to "get up and move" than normal.

Helps you maintain a healthy weight

[Research](#) has long shown that winter weight gain is an evolutionary occurrence with studies finding that the average winter weight gain in the UK is 4.5lbs.

Improves immunity during colder months

Colds, flu and this year, Covid-19 thrive, making our chances of catching illness much more likely, which is why it's more important than ever to build a strong immune system at the start of winter. Regular exercise helps to boost our immune system and fight off infections as exercise helps our immune cells to perform more effectively and efficiently.

Helps us sleep

Sleep is incredibly important in keeping us healthy, helping us to maintain a healthy weight and keeping our motivation levels high.

You get a head start

November is known as one of the lowest months for people signing up new exercise plans - despite it being one of the most important months for us to do so. Keeping up regular exercise at the start of, and during, winter, means you don't have to dig deep and start healthy exercise habits all over again, as you'll already be well in your fitness stride.

By: Jenny Francis, RWL

THANKSGIVING HOLIDAY HOURS

Closing early, at 5 PM, on Wednesday November 26

Closed Thanksgiving Day Thursday November 27

Open regular hours 8:00 am – 5:00 pm

Friday through Sunday Thanksgiving weekend

MALLORCA 2026

Still thinking about your vacation plans for 2026? Come join Gail and other ATFC club members for a Wild West Tennis Vacation on the Spanish island of Mallorca June 22-29, 2026.

The package includes 4 days of tennis camp including a visit to the Rafael Nadal Academy where we enjoy a museum tour, lunch and a hitting session with Academy pros.

Breakfast and dinner are included in our stay at the ProTour Playa Resort and it is a short walk to the Sa Coma beach and shopping area. In addition to our camp Welcome and Bon Voyage parties there is nightly entertainment at the hotel.

If you have a spouse or friend who is not a tennis player we have put together an adventure package of guided tours and golf for their enjoyment.

If you would like more information about the trip Gail will be in the ATFC lobby Friday 11/7 from 11:30-12pm to answer questions and show you photo books of previous trips.

You can also call Gail at 541 601-5129 or visit www.wildwesttennis.com



RIDDLE ME THIS

This month's riddles:



Why did the turkey get arrested?



Why did the scarecrow win a Nobel Prize?

Last month's riddle:

Question: What do you call a sleep-walking nun?



Answer: A roaming Catholic