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December 2025

Monday-Friday: 7am-9pm  
Saturday & Sunday: 8am-5pm



### THINGS TO KNOW ABOUT DECEMBER

- **December 6** is [Saint Nicholas Day](#). The patron saint of children is the model for Santa Claus and gift-giving.
- **December 7** is [National Pearl Harbor Remembrance Day](#).
- **December 14** marks the beginning of [Hanukkah](#) this year, the 8-day Jewish festival of lights.
- **December 21** is the [Winter Solstice](#)—the astronomical day when the hemisphere is tilted as far away from the Sun as possible. Starting in ancient times, people celebrated the rebirth of the Sun event through [Yule](#).
- **December 25** is [Christmas Day](#), a Christian holiday commemorating the birth of Jesus Christ.
- **December 26** is [Boxing Day](#) (Canada, UK) and the first day of [Kwanzaa](#).
- **December 31**, Discover [New Year's traditions from around the world](#).

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### FOCUS ON FITNESS

#### Why December is the Best Time go to the Gym

##### Beat the crowd

Every year, people around the world make New Year's resolutions to improve the quality of their lives Beginning on December 1 will allow you to not only beat the crowds, whether it's [swimming laps](#) in the pool, taking a [fitness class](#) or [playing tennis](#) the club has something for everyone.

##### Get ahead on a new routine

There's no better time than now. Set specific, measurable, attainable, realistic and timely (SMART) goals and get into your routine early. It takes anywhere from [18-254 days for a form a new habit](#) and [66 days](#) for a new habit to become automatic.

##### Managed stress for the holidays

Whether it's gift-giving, grocery shopping or figuring out which family will sleep where there's a lot of stress to manage! Undoubtedly, exercise improves your overall health and wellbeing and helps to decrease the negative side effects of stress. Moving 30 minutes a day, 5 times a week is the general recommendation to reap the benefits of movement. Take advantage of our sauna, [spa](#) and [massage therapists](#) to help reduce your stress and make this truly the most wonderful time of the year!

## ANNUAL GIVING TREE



The Giving Tree, a long-time tradition at ATFC, is an opportunity for club members to give directly to local children in need. Once again there will be ornaments on the tree from two different organizations, Talent Elementary School and Walker Elementary School. The ornaments will be placed on the tree and each ornament will indicate the age and gender of the child and a list of requested items. **Please take an ornament and return both the ornament and your unwrapped gifts to the club by December 14<sup>th</sup>.** Your generosity will mean a lot to children who have very little!



### CHRISTMAS HOLIDAY HOURS

Closing early, at 5 PM, on Wednesday **December 24** (Christmas Eve)

Closed Christmas Day Thursday **December 25**

Open regular hours Friday through Sunday **Christmas weekend**

Closing early at 5:00 pm on **Wednesday the 31<sup>st</sup>** (New Year's Eve)

**Open for 4 hours, from 8:00 am -12:00 pm, on Thursday January 1<sup>st</sup>** (New Year's Day) for those who may want to kick off the new year with some tennis or a gym work out or a swim.

## Give the Gift of Ashland Tennis & Fitness Club This Holiday Season!

The holiday season is just around the corner, bringing with it the annual quest for the perfect gift. This year, skip the stress and give a gift that is always the right size, color, and fit: a Gift Certificate.

Our gift certificates are available in any amount and can be for members or non-members.



## IN CASE OF BAD WEATHER



For the safety of our Members and Staff, hazardous conditions may cause a delayed opening, or early closure, of the club. In extreme weather conditions, please call the club before venturing out.

If, after several rings, a staff person does not answer the phone please wait a minute or two and call again. If a live person still does not answer the phone, you can assume that, in the interest of everyone's safety, the club has either delaying its opening or has closed early.

Even if the club is open, in extreme conditions, please consider whether you think it's advisable for you to make the trip and always make your safety your first priority.

In slippery conditions, whenever the club is open, the staff takes steps to make the parking lot as safe as possible but please, do watch your step and use extra caution when walking to and from the front door.



## COURT REPORT

### INTERSECTIONALS

Congratulations to ATFC owner Lexi Packer and ATFC tennis pro Gail Patton for representing the Pacific Northwest (PNW) Section at the National Intersectional Tournament in Phoenix, AZ November 11-14, 2025. Both were selected to a 5-player team that competed in singles and doubles against age related players from the other 16 Sections across the United States. As a team the PNW placed 5th. In singles Lexi and Gail were undefeated in their matches.

### USTA LEAGUE PLAY

Two ATFC teams participated in USTA league play in the southern Oregon division for the season that ended November 23: **Womens' 7.0 55+** captained by Ginny Whitener. Club members on the team were: Tricia DeFelice, Cheryl Fuller, Carol Yirak, SuAnne Cleveland, Pat Schroeder, Seline Pierson, Jessica Price and Lexi Packer. The team finished 7<sup>th</sup> out of 10 teams. **Womens' 8.0 55+** captained by Gail Patton. Club members on the team were: Gogi Villanueva, Carol Yirak, Joanne Beckett, Nora Know, Kate McNerny, Denise Poisson, Elizabeth Schoenleber, Deborah Herron and Dana Yearsley. The team finished 2<sup>nd</sup> out of 4 teams

Thank you to the captains for stepping up and congratulation to all of the participating club members.



## RIDDLE ME THIS

### **This month's riddle:**

Estelle was planning to fly to Boston with her friend Rudolph but found herself fearful about one aspect of the trip: she was afraid to share a car with Rudolph to go through the Callahan tunnel to get to their hotel. Rudolph convinced her to see a therapist to try to get to the bottom of Estelle's fear. What was the therapist's diagnosis?

### **Last month's riddles:**



Why did the turkey get arrested?

**Answer:** Fowl play was suspected



Why did the scarecrow win a Nobel Prize?

**Answer:** He was outstanding in his field