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April 2026

Hours of Operation
Monday-Friday 7:00am-9:00pm
Saturday & Sunday: 8:00am-5:00pm



THINGS TO KNOW ABOUT APRIL

- **April 1** is All Fools' Day—otherwise known as “**April Fools' Day.**” [Where did this silly day come from?](#)
- April's full Pink Micromoon will rise on Wednesday, April 1, reaching peak illumination at 10:12 P.M. Eastern Time. [Learn more about April's full Moon here!](#)
- **April 1** also marks the beginning of [Passover](#).
- **April 3** is **Good Friday**. [Learn more about Good Friday.](#)
- **April 5** is Easter Sunday. [Did you know that Easter's date is related to the full Moon?](#)
- **April 22** is **Earth Day**. To celebrate, see some [Earth Day ideas and activities](#).
- **April 24** is the [birthday of Robert B. Thomas, the founder of *The Old Farmer's Almanac*!](#)
- **April 24** is also **National Arbor Day**. Find out [who started Arbor Day](#) and how we observe this day honoring trees.

COURT REPORT



SAVE THE DATES

Friday Night Doubles Mixers
April 3 & 17, May 1, 15 & 29
6:15-8:15 pm
Levels 3.0-3.5
Women and Men

***Details and Registration information posted in the lobby at the club.**

BIG AL'S 51ST ANNUAL TENNIS TOURNAMENT

July 10-12 ADULTS
July 18-19 JUNIORS

***See attached flyer for more details.**

FOCUS ON FITNESS

April is the perfect time to shake off the winter blues and embrace movement with Move More April! This month-long initiative is all about encouraging people to get up, get active, and enjoy the many benefits of regular physical activity. Whether you're looking to improve your fitness, boost your mood, or just have some fun, there are countless ways to move more this April.

Staying active is essential for overall well-being. Regular physical activity can:

Improve cardiovascular health, strengthen muscles and bones, boost mental health and reduce stress, enhance flexibility and balance, increase energy levels and help with weight management.

Easy ways to move this April:

1. **Take a Daily Walk** – Whether it's a short stroll around your neighborhood or a nature hike, walking is an easy and effective way to stay active.
2. **Try a New Workout** – Explore [yoga](#), [Pilates](#), [aqua fit](#), [strength training](#) or [tennis](#) to keep things interesting.
3. **Use Active Transportation** – Walk or bike instead of driving when possible.
4. **Stretch and Move at Work** – Stand up and stretch every hour, take the stairs, or go for a quick walk during breaks.
5. **Join a Community Event** – Many local organizations host fitness challenges, runs, or group exercise classes in April.
6. **Make it Social** – Get friends or family involved in activities like hiking, playing a sport, or even dancing at home.

By Memorial Hospital Carbon County

OPTIMIZE YOUR PERFORMANCE WITH PROFESSIONAL MASSAGE THERAPY

Massage Therapy is an essential part of athletic performance and recovery. Moira Volz, LMT is a Licensed Massage Therapist with training in Orthopedic massage techniques, offering targeted treatment for tennis players and active individuals. Whether you're managing muscle tension, recovering from a match, or addressing a specific injury, each session is customized to support joint mobility, reduce pain, and improve performance.

Located on site, Moira is available to schedule Wednesday 11:30-6pm and Saturday 11:30-4pm

Moira is now offering 30 minute sessions! This massage is best booked to focus specifically on one area of pain and stress. To schedule please call or text Moira at 971-276-0145

RIDDLE ME THIS



This month's riddle:

What do you get when you cross a rabbit with a shellfish?

Last month's riddle :

Penny has 5 children, 1st is January, 2nd kid February, 3rd is called March , 4th is April. What is the name of the 5th.



Answer: The name of Penny's fifth child is "What".