

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



June 2026

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

THINGS TO KNOW ABOUT JUNE

- **June 5** is [World Environment Day](#)—a day meant to raise environmental awareness across the globe.
- **June 4 Club Closure for cleaning through June 8th.**
- **June 14** is [Flag Day](#) (U.S.). Be sure to raise the flag! Learn about the [U.S. Flag Code](#), which provides guidelines for displaying the American flag properly.
- **June 19** is [Juneteenth](#) (also known as **Freedom Day** or **Emancipation Day**)
- **June 20 Ashley & Cian's wedding reception at the club 5pm-7pm.**
- **June 21** is the [summer solstice](#), which heralds the start of summer in the Northern Hemisphere. It's the day with the most hours of daylight.
- **June 21** is **Father's Day** this year. Find activity ideas and learn about the history of [Father's Day](#).
- **June 24** brings **Midsummer Day**, Learn all about [Midsummer traditions](#).
- **June 28** is the anniversary of the 1969 Stonewall Riots—a watershed



REMINDER CLOSURE FOR CLEANING & MAINTENANCE

To ensure a clean and well-maintained environment, the club will be closed for a total of 5 days from June 4th-8th (Thursday through Monday). This year we will have a much longer list in addition to the regular deep cleaning, sanitization, and repairs. These 5 days will allow us to address tasks that are too difficult to manage during daily operations.



REMINDER FOR THE 4TH OF JULY

In celebration of Independence Day, **the club will be closed on Saturday, July 4th**. We hope everyone will have a safe and enjoyable holiday and we will look forward to seeing you back on Sunday, July 5th for normal hours.



FOCUS ON FITNESS

Summer comes with the desire to look and feel your best. June is the perfect time to kickstart that summer slim-down with a combination of effective fitness routines and delicious, healthy eating habits.

The key to burning calories and building muscle is incorporating regular exercise into your routine. Remember, consistency is key. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

Hit the Pool: Swimming is a fantastic, low-impact exercise that works your entire body. Plus, the cool water is refreshing on a hot summer day.

- **Explore the Outdoors:** June is the perfect month for outdoor activities. Go for a hike, bike ride, or even a brisk walk in the park. Enjoying nature adds a mental boost to your workout.
- **Play some Tennis:**
- **Try a New Class:** Look into local fitness classes like Zumba, yoga, or Pilates. These classes offer a social element and can help you learn new movement patterns.

A healthy diet is essential for weight loss and overall well-being. Don't starve yourself – focus on nourishing your body with delicious and nutritious foods. Here are some tips for healthy summer eating in June:

- **Make Fruits and Veggies Your Stars:** June brings an abundance of fresh summer produce. Stock up on colorful fruits and vegetables to fill your plate with vitamins, minerals, and fiber.
- **Grill Up Goodness:** Grilling is a healthy and flavorful way to prepare lean protein like chicken, fish, or tofu. Pair them with grilled vegetables for a complete and satisfying meal.
- **Hydration is Key:** Staying hydrated is crucial for weight loss and overall health. Aim to drink plenty of water throughout the day.
- **Don't Skip Meals:** Skipping meals can actually hinder your weight loss efforts. Eat regular meals and healthy snacks throughout the day to keep your metabolism running.

by Richard B Rothman MD, PhD, Medical Director, BeLite Medical Center



COURT REPORT

SAVE THE DATES

Friday Night Doubles Mixers

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

*** Details and Registration information posted in the lobby at the club or check our website under the tennis tab.**

CONGRATULATIONS TO THE JUNIORS AND TO THE TWO COACHES WHO ARE MEMBERS OF ASHLAND TENNIS & FITNESS CLUB WHO WENT TO THE OSAA STATE CHAMPIONSHIPS



Ashland High School Girls & Boys Team Participants:

Girls Coach – Ashley Spencer – Voted Coach of the Year

Claudia Stadtmueller, Anika Stadtmueller, Rosetta Boney, Iris Paulick, Thea Vogel, Alice Albano, Aarav Sheroan, Max Herron, Gavin Conachy-Chang, Luke Campagna

St. Mary’s High School Girls & Boys Team Participants:

Girls Coach – Cian O’Neil

Ben Smith, Caswell Dorcak, Bennett Petterson, Luke Oliva, Carys Chamberland, Mia Cabalo, Adalie Ford, Natalie Hung

South Medford High School Boys Team Participant

Henry Smith

Cascade Christian Girls Team Participant

Paige Cohee

Individual State Placements:

5A Girls 3rd place: Claudia Stadtmueller – Ashland High School

5A Boys Consolation Finalist: Max Herron – Ashland High School

4A Girls 3rd Place: Carys Chamberland – St. Mary’s High School

4A Boys 3rd Place: Ben Smith – St. Mary’s High School

Team Placements:

5A - 2nd Place: Ashland High School Girls

4A - 3rd Place: St. Mary’s High School Girls

4A - 3rd Place: St. Mary’s High School Boys

UPDATE ON THE PROGRESS OF THE OUTDOOR COURTS

Construction is coming along nicely. Due to mild weather conditions, we were able to begin earlier than expected. If you have a look in the next week or two, you're likely to see base asphalt layers on three of the four courts.

During the planning process we learned that part of the lot is designated a wetland. As they began digging, they found a lot of water, not only where there's a designated wetland, but under the entire lot. To assure that over time water would not bubble up under the courts, they needed to dig down 6 ft and installed a more a complex drainage system than planned, adding some time to the construction.

It goes without saying that we want the courts to be available as soon as possible for play, but the most important consideration is that they be constructed correctly.

It's our hope some of the courts will be available for play at some point over the summer. We will keep you posted.



RIDDLE ME THIS

This month's riddle: My friend Alice got banned from Lithia Park yesterday for lining up squirrels by height. She asked APD what she'd done wrong and the reply was: ?



Last month's riddle: Summer's approaching! What do the Irish call their outdoor chairs?

Answer: Paddy O'Furniture

