

735 Jefferson Avenue
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May 2026

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

THINGS TO KNOW ABOUT MAY

- May 1 is [May Day](#). May Day is also “Lei Day” in Hawaii.
- May 5 is [Cinco de Mayo](#)-This day celebrates the victory of the Mexican army over the French army
- May 10 is [Mother’s Day](#)—Do you have something planned to show appreciation for your mother? [Learn about the history of Mother’s Day.](#)
- May 16 is [Armed Forces Day](#), which honors those who serve in all branches of the United States military.
- May 22 is [National Maritime Day](#). Created in commemoration of the first transoceanic voyage via steamboat
- May 25 is [Memorial Day](#)—It’s tradition to raise the flag on this day.



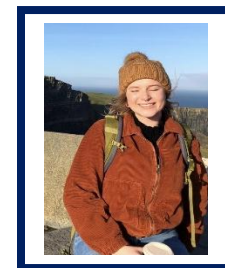
CLOSURE FOR CLEANING & MAINTENANCE

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.



WELCOME TO DELANEY

The club is happy to announce that Delaney has joined our front desk staff. Delaney grew up in Northern California and was a competitive gymnast for most of her youth. Her favorite years were spent at UCSB completing a degree in between laying on the beach and surfing. After graduating she lived in Ashland with her family for a year and then moved to London for several years to complete her master’s degree and work in public health. She recently moved back to Ashland and is enjoying having a slower pace of life. In her free time, she enjoys hiking, climbing, swimming, yoga, and spending time with her very sweet older cats and her dog.



FOCUS ON FITNESS

May has been named “National Physical Fitness and Sports Month” in the United States since 1983. It was started by the President’s Council on Fitness, Sports, and Nutrition with a goal to promote health and physical fitness by motivating people to be active.

1. **Make it doubles.** On the court—the tennis court! Meet up for a game tennis to get your heart pumping.
2. **Park the car and move your body.** Walk or bike to the store instead of driving. Mix up your routine, and you’ll manage to sneak in some extra physical activity while also doing a solid for the environment.
3. **Multitask with movement.** Think of all the time you’ve spent curled up on the couch, reading a book or watching television. For example, instead of reading, try walking or jogging while listening to an audiobook.
4. **Give yourself a step challenge.** Our phones and smart watches make it so easy to track our activity these days. And when you challenge yourself to walk a certain number of steps each day, you’re helping yourself be accountable and active.
5. **Consider a yoga challenge.** Yoga is an excellent practice for improving your strength, flexibility, balance and focus.
6. **Pick your own produce.** Summer is prime time for picking your own fruit. Not only are you sneaking a workout in as you squat, pick and carry your bounty, but you’re also getting healthy fruit for yourself and your family.
7. **Remember your why.** Exercise routines are easier to stick with if you’ve defined why you’re doing them. Is it to improve your mental health? Your physical health? To relieve stress? To achieve or maintain a healthy weight?

By Blue Cross Blue Shield

PERSONAL TRAINING PRICES STARTING MAY 1ST

Please note that there will be changes to the pricing for personal training sessions with Jane, effective May 1st. We are excited to announce the addition of a new half-hour session, available for \$35. The rate for a 1-hour session will be \$70. For those interested in package deals, a package of 5 sessions will be \$305, and a package of 10 sessions will be \$600.

Thank you for your continued support and dedication to your fitness journey!





COURT REPORT

SAVE THE DATES

Friday Night Doubles Mixers

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

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



RIDDLE ME THIS

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

Last month's riddle : What do you get when you cross a rabbit with a shellfish?

Answer: An oyster bunny



PARKING ISSUES

Please be advised that the designated handicap parking space is strictly reserved for individuals with valid, state-issued disabled placards or license plates.

We understand that general parking may be limited at peak times; however, **lack of available parking is not a valid reason to use these spaces.**

These spots are essential for individuals with mobility challenges to access the building safely. Unauthorized parking—even "just for a minute"—creates significant barriers for those who truly need the space.

