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October 2026

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



THINGS TO KNOW ABOUT OCTOBER

October is Breast Cancer Awareness Month is an international health campaign that's held every October. The month aims to promote screening and reduce the risk of the disease, which affects 2.4 million women worldwide.

- **October 12 Indigenous Peoples' Day (U.S.)**—a holiday that celebrates the history and cultures of indigenous peoples native to what is today the United States. [Read more about Indigenous Peoples' Day.](#)
- **October 20** is **Diwali**, the Indian "Festival of Lights." And **United Nations Day**, which aims to bring awareness to the work of the United Nations worldwide
- **October 31** is **Halloween (All Hallows' Eve)**! Do you know the true history of Halloween? It's not as frightful as you might think...

Dear Members:

Attached you will find one document containing a Membership Rate sheet with the new rates (adjustments were made to monthly dues and court fees) and a summary page showing the amount of each increase.

If you don't know your membership type please email Valerie: billing.atfc@mind.net or stop by the front desk for assistance.

Thank you for your ongoing support of the club.

ATFC Club Management

JUNIOR HALLOWEEN PARTY

Beginners and Intermediate

Friday, October 30th

6:00 - 7:30 pm

Tennis / Games / Food

Pizza and Beverages Provided



FITNESS FOR OCTOBER

Don't make a New Year's resolution, make an October resolution instead!

Prepare for the upcoming holidays

As we all know, gaining weight during the months of November through January is extremely common. Most Americans gain weight during the holiday season. But if you start healthier habits and commit to exercise in October, it definitely helps as you head into the holiday season.

Indoor workouts are helpful for rainy, chilly days ahead

There are definitely chilly and rainy days ahead. But no excuses! Whether you want to take a class or enjoy personal training sessions. Check out our schedule [here](#).

Fall is the perfect time to develop routines

Fall is always the easiest time to start new routines. For many reasons, summer is usually a more unstructured season. It can be a time of vacations, weddings, and other special events that make it hard to stick to a workout routine. But now the kids are back in school, summer vacation is over, and our days are just naturally more structured.

Make room for more fun New Year's resolutions

Start your resolutions in October instead, think about the fun resolutions you can make in January. If you've lost a little weight already, you can pick something more fun instead of the same old weight-loss resolution. You could make a New Year resolution to take a fun vacation, run an upcoming race, or do some other new experience you've always wanted to try. Lose weight in the fall and make fun resolutions in January!

Get a head start on holiday challenges

Studies show that weight gained during the holiday season can take up to five months to lose. But if you can commit to healthier eating and exercise in October, you'll be motivated to stick to it when the holidays hit. It's so much easier to avoid gaining weight during the holidays than to work to get these pounds off afterwards. *By Ironwild Fitness*

RIDDLE ME THIS

This month's riddles: A witch, a ghost, a skeleton, and a vampire take 4 consecutive turns knocking on a door. The ghost goes immediately after the witch; the skeleton goes before the vampire; the vampire isn't last. What's the order of their door knocks?



A pumpkin filled with treasure has a combination lock with a 4 digit code. Every digit is odd and no digit appears twice. Read the first 2 digits as one number and the last two digits as a second number. The first of these numbers is exactly three times the second. What's the code?



Last month's riddle : How does a seaweed look for a job?

Answer: The "Kelp Wanted" section of the newspaper.

