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November 2026

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



THINGS TO KNOW ABOUT NOVEMBER

- November 1 is All Saints' Day.
- November 3 is Election Day (U.S.). Don't forget to vote in state and federal elections! Every vote counts
- November 8 is Diwali, the Indian "Festival of Lights."
- November 11 is Veterans Day (U.S.) and Remembrance Day (Canada).
- November 19 is Discovery of Puerto Rico Day.
- November 26 is Thanksgiving Day (U.S.). Understand the history and origins of Thanksgiving.
- The day after Thanksgiving, November 27 this year, is known as Black Friday.
- November 29 is the First Sunday of Advent, marking the beginning of the Advent season.

REMEMBER DAYLIGHT SAVINGS TIME ENDS

Remember to set your clocks back one hour before you go to sleep on the 31st of October.

THANKSGIVING WEEKEND HOLIDAY HOURS

Closing early, at 5 PM, on Wednesday November 25th

Closed Thanksgiving Day Thursday November 26th

Open regular hours Friday-Sunday Thanksgiving weekend.



ATFC WOMEN'S 65s 8.0 USTA LEAGUE TEAM COMPETES AT SECTIONALS

Congratulations to the Women's 8.0 League team that came within a third set tiebreak of being in the Sectional finals in Beaverton the first weekend in October. The team entered the tournament on a wildcard invitation and were in a pool with three Washington teams.

They had a 2-1 win against a tough Tri-cities team and a 3-0 win against a Vancouver club. They lost a third set tiebreak to a really strong Seattle team to drop the match 2-1 finishing the tournament with a very good 6-3 record. Players competing for ATFC were Joanne Beckett, Mary Hamilton, Kate McInerny, Lexi Packer, Gail Patton, Elizabeth Schoenleber, Dana Yearsley and Carol Yirak

MALLORCA 2027

It is the perfect time to start thinking about your vacation plans for spring 2027. Come join Gail and fellow tennis pro, Steve Vaughan, for a Wild West Tennis vacation on the Spanish island of Mallorca. May 17-24, 2027.

The tennis package consists of 12 hours of tennis camp including a trip to the Rafael Nadal Tennis Academy where we will enjoy a museum tour, 4 Star lunch and a hitting session with Academy pros.

Breakfast and dinner are included in our stay at the Sa Coma Pro Tour Playa Resort. It is a short walk to the beach and shopping areas, and bicycle rentals are complimentary. In addition to our Camp Welcome and Bon Voyage parties there is nightly entertainment at the resort.

If you have a spouse or friend who is not a tennis player there is an optional adventure package of tours and golf for their enjoyment.

If you want to watch world class tennis as well as play, extend your vacation with a trip to Paris May 24-29, 2027 during the French Open at Roland Garros.

For more information contact Gail at 541 601-5129, check the brochures on the ATFC bulletin board or visit www.wildwesttennis.com. You can also take a look at photo albums from previous trips located on the table in the ATFC lobby.

USTA LEAGUE UPDATE

FALL LEAGUE PLAY

ATFC has one team this fall, a Women's 8.0, 55+ captained by Nora Knox and co-captained by Joanne Beckett.

Players:

Alex Hamilton, Mary Hamilton, Deborah Herron, Kate McInerny, Lexi Packer, Denise Poisson, Gail Patton, Kelly Sacks, Gogi Villanueva, Dana Yearsley and Carol Yirak.

4 home matches are scheduled – come out and cheer them on!

November 7th at 1:30 pm vs Corvallis

November 8th at 10:00 am vs Corvallis

November 22 at 10:00 am vs Eugene

December 5th at 1:45 pm vs Salem

Good luck ladies!

UPCOMING LEAGUE

Winter, 18 & over

Team registration deadline 1/29/27

Matches play between 3/5/27 – 6/20/27

If you are interested in playing on a team, or captaining a team, or would like more information, please contact Ronda Spencer 541-517-9764 (call or text) or email events.atfc@mind.net.

You can also get USTA League information from:

<https://www.ustapnw.org/adult-competition/usta-adult-leagues/southern-oregon/>



FITNESS FOR NOVEMBER

- November is here, and honestly, this is where fitness gets seriously tested. We've made it eleven months. Almost an entire year of regular exercise. However, November brings challenges unlike any other month.
- Thanksgiving week will disrupt your routine. Accept this reality now rather than fight it later. Perfect consistency isn't happening, and that's completely okay.
- The time change happened at the end of October. November means adjusting to significantly earlier darkness. This shift profoundly affects the timing of outdoor exercise.
- November brings genuinely cold temperatures in many regions. Exercising in cold requires different gear, strategies, and a mental approach than moderate weather.
- November marks the transition to primarily indoor exercise for many people. Cold and darkness make outdoor workouts less practical. Having solid indoor options becomes essential.
- November is crucial for maintaining strength training despite holiday disruptions. The muscle you've built over eleven months can decrease quickly without consistent stimulus.
- November marks the start of the extended holiday eating season. Thanksgiving feast, leftover days, pre-holiday parties. Navigating food without guilt or complete abandonment requires balance.
- November is when many people slip into an all-or-nothing mentality. One missed workout becomes a week. One big meal becomes daily overeating. This thinking destroys consistency.
- November schedules are chaotic. Rather than skipping workouts entirely when you can't do full sessions, embrace shorter workouts that maintain consistency.
- November's darkness and cold trigger seasonal mood changes for many people. These symptoms significantly affect motivation, energy, and exercise consistency.
- November is difficult for solo exercisers. Accountability from others helps maintain consistency when personal motivation wanes during the busy holiday season.

By Nicki The Calendar Year

RIDDLE ME THIS

This month's riddles:

What do you call a turkey the day after Thanksgiving?

Why didn't the turkey eat the pumpkin pie?

If the Pilgrims were alive today, what would they be famous for?



Last 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?

Answers:

First riddle answer is: Skeleton, Vampire, Witch, Ghost

Second riddle answer is: 1957

