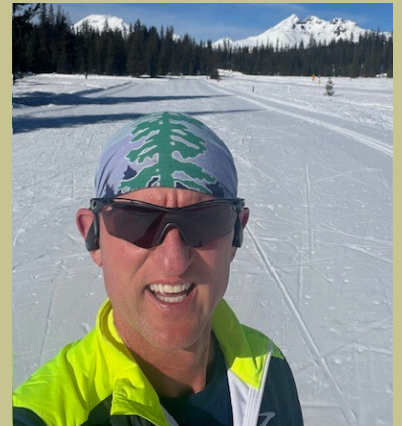


NEWSLETTER



TATE'S TIDBITS

I am excited to announce that we have signed a lease with Paul Mercer to open a restaurant in our second building. Paul and I have been friends for many years and his reputation is exceptional. He plans to open in May with both a bar and full menu with prices from \$10-\$50. While he does not have a name picked out yet; he says the menu will be Northwest with elk/bison burgers, steaks, fish and local produce with vegetarian options. You will see more about this new addition to the community as it becomes available.



SAC Cafe

- Drink selections come and go, so have an eye out for some new options this month. Gatorade Zero and Lotus Drinks are here, each with two flavors.
- Bobo Bites have arrived! Try all five flavors. Also check out our new "healthier" chip selection.
- If you have a suggestion for new drinks or snacks in the cafe, please fill out a suggestion card or let the front desk know.

GOINGS ON

Kiwanis Club Food Drive

Feb 1st – Feb 28th

Living Well With Dementia

Series Three: February 6th



FEBRUARY BIRTHDAYS!

- TATE: 2/12
- 102 MEMBERS



Kris Bergstrom

sistersathleticclub.com

Housekeeping

- please remember to cancel if you are unable to attend a class.
- please put weights back after use.
- please put towels in baskets after use.
- don't use your mobile device in the locker rooms. If you need to take a call, please leave the exercise rooms and weight room to have phone conversations.

THANK YOU REBECCA!

It's the end of an era!

Rebecca has been teaching swimming lessons for SAC for 20 years! She has decided to free up some time for herself and has retired from teaching lessons. We will surely miss her in the water, but she will still be working at SAC. Thank you for teaching our children to be safe in the water! ❤️

Member Spotlight

Kris Bergstrom is a recent transplant to Sisters from Santa Barbara and refers to this move as the "big adventure post-retirement!" After having visited Sisters Country multiple times to see friends, Kris and her partner decided to make it home. They joined Sisters Athletic Club the day after moving here and it has become part of her daily routine. She shares that SAC is unlike any health club she has previously experienced, noting "staff, teachers, and members are so welcoming and engaging in a friendly and authentic way." Kris didn't waste any time getting involved in the Sisters community and has found herself volunteering with 100 Women Who Care and C4C. Her background in Non-Profit work, Chaplaincy and ministry, in addition to an extensive career spanning 35yrs in Education, lend well to positions such as her seat on the board of C4C. This engagement in a diversity of community projects is one of the ways she maintains balance at this point in life. Kris discloses that in the years dedicated to career, she always worked hard and played hard. In this season she is more intentional about cultivating the balance by seeking out a variety of opportunities to connect with projects and people in the community.

Sisters Athletic Club members truly make it a warm and inviting environment.