

HOLIDAY SHOPPING AT SAC

SAC PRO SHOP

The SAC Pro Shop is full of new swag. Rosie has been busy putting out some warm winter clothing for you. Come check it out!



HO HO HO

SAC
HOLIDAY JOE
in 1 lb bags

Now you can finally have the best-tasting coffee at home OR give it as a gift!

GUEST PASS EXPRESS

Friends and Family in town?
We've got you covered!
Buy 10 Guest Passes for \$100
(a savings of \$50)
Offer is from 12/1-12/31, 2025
Guest Passes are good for 2 years!

GIVE THE GIFT OF BLOOD

Blood Drive

Friday, December 12th
12:00pm - 5:00pm



Sisters Athletic Club
Group Ex Room

IT'S
BACK

SKI

CONDITIONING with Chrys at SAC

Prepare yourself for winter sports with a comprehensive strength and conditioning program. This program will meet for 4 days and each training will be 1 hour.

*Included in your program purchase, you will receive an additional 8 week program to do at home. Class is limited to 5 participants to give each participant 1-on-1 personal training. Program Fee: \$100



Dates:

Wed. December 10
Fri. December 12
Wed. December 17
Fri. December 19

Times:

Choose either:
7:00am - 8:00am
or
3:30pm - 4:30pm

*Please note
you can only attend
the time slot you
signed up for.

CLASS UPDATE

ADDITIONAL SPIN CLASSES:

Our Spin Classes are so popular we are adding MORE!

*Mon./Wed./Fri.
9:00am-9:45am
Starts December 1st

*New Years Day Ride with Tori
8:00am - 11:00am
Ride 1, 2, or 3 hours
See Front Desk for details

*Saturday Mornings
with Sandy Reilly
8:30am - 9:30am
Starts January 3rd.
See Bulletin Board for complete schedule



STAFF:

Phoenix R. December 4th
Dena S. December 7th
Tori G. December 12th
Katrina H. December 18th

MEMBERS:

124

Make sure you have an updated address with SAC so you can receive your birthday card.

Kiwanis Fall Food Drive



The Food Drive was a huge success!
Total donations were over 950 pounds!
Thank you, everyone!



Wiley Howell

JOIN OUR 12 DAYS OF FITNESS CHALLENGE



December 12th - December 23rd

Complete this fun, free challenge by completing each activity on the X-Mas Tree. Completed Trees will receive a guest/wellness pass. Sign up at the Front Desk.

Member Spotlight

Wiley Howell

Wiley grew up in Springwater/Estacada, Oregon. He went on to get his police training with the Oregon State Police Basic Academy, Kitsap County Reserve Academy, Multnomah County Reserve, and Advanced Police Training in Coronado, California. He was an Air Intercept Controller, Combat Systems Operator, Air Tactical Controller, and Navy Tactical Data Systems Operator.

Wiley joined the U.S. Navy in 1962. He was a Search and Rescue Swimmer from 1963 to 1966. Then came his first enlistment. He worked for the Baker City P.D. from 1968 to 1969 as an undercover investigator. Then came his second enlistment. He was in Vietnam from 1971 to 1973.

He then got married and left the Navy. He worked for the Milwaukee City Water Department until his third and final enlistment, which was in Vietnam in 1974. He was a Second Class Petty Officer. Six ships later, he was on the USS Okinawa as a Master Chief OS in the first Gulf War.

He retired in 1991. He got a degree in Television Production and became Chief of Public Safety at Mount Hood Community College. He sold his Christmas Tree Farm in Estacada, Oregon, and moved to Waldport. He then moved to Sisters in 2020.

Wiley joined SAC in 2024.

"I love the staff, I love the pool, and I love the variety of classes offered. I have been successful in life. I mostly Forrest Gumped my way there. I am a singer and songwriter, and I am currently writing a book about a small-town police chief in 1968."

Good luck with your book, Wiley. After all you have done, you deserve to relax and enjoy all that SAC has to offer. SAC is lucky to have you as a member.