



GROUP EX CLASS UPDATE

Yoga:

The Wednesday 9:00am class will now meet in the Group Ex Room to accomodate additional participants.

**Saturday Morning Spin
with Sandy Reilly
8:30am-9:30am**

**February 28th
March 7th
March 14th
March 21st**

**Beginners are welcome!
*Sign up sheet is in the spin room**

Class Reminders

- Check in with the front desk and let them know which class you are going to, so they can verify registration.
- You may sign up for a class up to one week in advance.
- If you can not make a class you are registered for, please cancel online or with the front desk.
- If you are on a waitlist, please check your email. You will be notified if you get into the class.

New Employees

**We are happy to introduce
our 3 new employees:**

Alisa, Nick and Evy

**Alisa and Evy are working at the Front Desk
and Nick is our new personal trainer.**

WELCOME TO THE SAC FAMILY

**HAPPY
BIRTHDAY**

STAFF:

Miki: January 24th
Lisa K. February 8th
Susan: February 9th
Samuel: February 11th
Tate: February 12th
Nancy: February 20th

MEMBERS:

Jan: 110 / February: 105



Member Spotlight

Becki Neal

Becki grew up in Tillamook on a dairy farm with her 2 older sisters. She got a horse at 8 years old. She logged with her dad. He always told her that she was the best “choker setter” and “knot bumper”. Look up the meanings of those two. Very impressive!

Becki graduated from Tillamook High School in 1962 and then it was off to Portland for beauty school. In 1967 Becki bought into a corporation of 3 salons. She also became a consultant for other salons.

Becki moved to Sisters in 1978 with her sister, Judy. After 5 years, Judy married a Canadian and moved to Canada. Becki closed her salon in 2009 and went to work for Bliss. She retired in 2024 at the age of 80.

“I bought a van in 1974. I left in 1975 and spent 3.5 months traveling through Canada and the U.S. I spent my 30th birthday in Washington D.C. and learned to really like myself - great experience.”

Becki has been a member of SAC for 15 years.

“This was the best life decision. Most of my dear friends are from the club. It also helped me deal with my late husband’s fight with dementia as well as his passing in 2015. This was made easier for me by my club friends and club employees.

Tate is such a nice person and he hires great, kind employees. The club is kept clean, the coffee is great, they get the Bulletin, which I am usually a week behind. And I love my recumbent bike.

“I love reading, gardening, and doing missing vowel puzzles. I love traveling abroad, road trips, and river trips with Viking.”

Becki, thank you for being a long time member of SAC. We love seeing you and appreciate all the baked goods you bring us.

Upcoming SAC Challenge



MARCH MADNESS

March 16th - 29th

Score points by doing activities located on the March Madness sheet. Participants have 14 days to score as many points as possible. Score over 100 points and receive a guest or wellness pass. Sign up at the front desk.

Becki Neal

