



Newsletter

October 2024

Giving Back:

Did you know? In addition to our ongoing support for local schools and other events, Mt. Tam hosts two Community Service programs every week. If you aren't at the club during these events, you probably aren't aware of them.

Parkinson's Class

Tuesdays, 11-12

PD Connect offers virtual and in person exercise classes throughout the Bay Area. At Mt Tam, the program is lead by Lisa Oie PT, MSPT, DPT and Stef Farina CPT. This is a mobility class and social gathering for neighbors with Parkinsons Disease, a brain disorder that causes a variety of symptoms, including uncontrollable movements such as shaking, stiffness, and difficulty walking or balancing, as well as mental health challenges such as depression, anxiety, and memory difficulties. This series is well attended and many stay for lunch afterwards. Please check out their website for details: www.PD-Connect Exercise Classes For Parkinson's Disease In Marin County

Project Awareness and Special Sports (PAASS)

Saturdays 1-2

Our own Al Loren introduced this unique program for disabled kids to Mt Tam. We host them on the indoor courts with Sylesh but are exploring ways to make this a year-round weekly event. I cannot do this fantastic program justice here so please use this link to learn more. *Cntrl/click* (projectawarenessandspecialsports.org)

All reservations, except for the gym (not needed), are made through our App: MyClubLives.

Club Hours:

Weekdays: 4:45am - 10:00pm

Weekends: 6:45am - 9:00pm

Café: Tuesday - Friday 10:30am - 5pm,

Saturday & Sunday: 10:30am - 4pm

Line Dance Party

Saturday, Oct. 5

7-9pm

Hosted by instructor Dolly Urquhart

This event will meet every first Saturday of each month featuring a social hour/mixer 6:30-7:00 p.m. and instruction and dancing from 7-9:00 p.m. Join Dolly for a fun evening of dance, cardio and socializing! Free to Members, non-members, \$15.

This Month's Self Defense with Al

Monday, Oct. 21

6:00

Tai Chi

Thursday, Oct. 24

11:30.

These classes are free for all members, and guests are invited for a one-time free visit.

Columbus Day

Normal hours of operation except
NO FITNESS CLASSES

Thank you note
from Andrea on page 2.

Address correspondence to:

Mt. Tam Racquet Club

P.O. Box 116

Larkspur, CA. 94977

(415) 924-6226

email: info@MtTamRC.com

www.MtTamRC.com

<http://www.facebook.com/mttamrc>

Dear Mt. Tam Members,

I am blown away by the outpouring of kindness, generosity and love. I know many of you from various classes over the years and I sorely miss bossing y'all around.

I felt like I was doing everything right in my life to stay healthy and vibrant but life had a different idea. I have been diagnosed with ALS.

My UCSF neurologist (who is head of the ALS division) will put me into a stem cell study in January — which is hopeful — but in the meantime, I am finding new ways to navigate my quickly approaching disabilities. I am trying to be sensible, which, for anyone who knows me is hard... but I am embracing life's challenges and trying to stay upbeat. The outpouring of kindness from you is definitely helping with that.

This journey reminds of wise words a friend from long ago shared with me. I met him when I was 17, as a Rotary exchange student in Canada. David was wheelchair bound since he was very young and used all kinds of assisted devices. He went on to do so many inspiring things in his life including working for the Manitoba government, heading up the disabled persons advocacy department. He told me back then that there were two kinds of people in this world: DABs and TABs — Dis-Abled Bodies and Temporarily Abled Bodies. It is with that humility I now must embrace this new, very humbling “adventure”.

My message to all of you:

** Don't take life for granted. Stay healthy and strong (even in my condition I am in a better position than if I had not taken care of my health).*

** Take that trip to the country/countries you've always wanted to go to. (I highly recommend New Zealand ☐ — my birth place)*

** Don't sweat the small stuff. If somebody cuts you off on the freeway, let it go! I always would say to myself: “they must have to use the bathroom really badly!”*

** Tell the people in your life how much they mean to you. Nothing is guaranteed.*

** And finally, be kind... which all of you are already doing.*

Thank you so much!

Much love and appreciation, Andrea

Andrea

Tennis Updates

Bo's Clinics

Monday-Friday:

Juniors 3:30-4:30 & 4:30-5:30

Fridays:

3.5 & 4.0 4:30-6:30

Saturdays:

2.5 & 3.0 10:00-11:00

Sundays:

4.0 + 1:00-3:00

NEW: Cardio Tennis Clinic

Sundays, 10am

Fast and Furious tennis challenging your legs and lungs. Bo provides one-hour of hitting and moving.

Members \$50, Guests \$65.

Swim News

Private and Semi-Private Swim Lessons:

Improve your swimming skills with personalized lessons! Katie Kelly, USMS and ASCA Level 2 certified coach and former Masters National 5k Champion, offers private swim lessons personalized to your needs. Enjoy one-on-one sessions starting at \$40 per half-hour. Limited semi-private lessons (up to three per class) are available. Book your sessions on Mondays and Wednesdays (10-11 AM) or Tuesdays (2-3 PM). Additional time slots are available upon request. Contact katiekelly@mttamrc.com for inquiries and scheduling.

Small Group Fitness Training (SGT)

Beginning in Mid-October Looking to take your fitness to the next level? Daniel Silva is excited to offer Small Group Fitness Training (SGT). We will be offering separate sessions for adults and children, with sessions limited to only 4 participants to ensure personalized attention. Whether you're a beginner or a seasoned athlete, Daniel will customize exercises to match your current abilities and accommodate any fitness limitations. SGT lessons will utilize the fitness floor, free weights, strength equipment, and cardio machines to help you achieve your fitness goals. If you're interested in participating or would like more information, text Daniel at 301-233-2660 or email us at info@mttamrc.com. Spaces are limited, so reserve your spot today!