



# Newsletter

December 2024

## Happy Holidays!

As we make plans for the holidays to join friends and family, let's make a special effort to support our larger community by donating to our less fortunate neighbors.

As good as some of us may feel about the state of the economy here in Marin, the challenges of paying rent and putting food on family tables is pervasive in the Bay Area.

Beginning early December:

To enable and encourage donations, we are reaching out to Marin Food Bank which will place donation barrels in our Lobby to receive canned goods. We will also reach out to other organizations with a similar mission. If you have a favorite, please let us know.

Sign up for the Holiday Party!

December 14

Save the day!

Bo will run a Round Robin tennis event starting at 2pm for anyone that shows up. Come play, shower and party. We have a DJ lined up and will have tables on Courts 12 & 13 ready to go. Dinner will be served at 6. Feel free to bring a Guest...but sign them up. Space will be limited and we are counting on you signing up to have appropriate preparations.

All Tennis, Swim, Pickleball, Class reservations are made through MyClubLives. Not needed for Gym use.

### Club Hours:

Weekdays: 4:45am - 10:00pm

Weekends: 6:45am - 9:00pm

Café: Monday-Friday 10:30 - 5pm

Saturday-Sunday 10:30 - 4pm

Indoor Courts closed Monday mornings

## Holiday Hours

### Christmas Eve

7am-2pm

No Fitness Classes, Café Closed

### Christmas

Club Closed

### New Year's Eve

7am-2pm, Café Closed

No Fitness Classes

### New Year's Day

7am-7pm

No Fitness Classes

Café Closed

## Line Dance Party

December 7

With Dolly Urquhart

Join us on the first Saturday of each month... featuring a social hour/mixer 6:30-7:00 pm with instruction and dancing from 7-9:00 pm. Join Dolly for a fun evening of dance, cardio and socializing! Free to members, non-members, \$15.

## Self Defense with Al

Self Defense, Wednesday, Dec. 11 at 6:00 Tai Chi, Saturday, Dec. 14, at 11:30.

## Holiday Party

December 14 Club Closed at 4pm.

Tennis Round Robin 2pm

DJ & Cocktails 5pm

Dinner 6-9pm

Limited space. Sign-up required

Address correspondence to:

Mt. Tam Racquet Club,

P.O. Box 116, Larkspur, CA. 94977

(415) 924-6226

email: [info@MtTamRC.com](mailto:info@MtTamRC.com)

---

## Fitness Updates

### The Benefits of Qigong with Claire

Wednesdays, 12-1pm

Claire's unique approach to Qigong Movement Meditation that supports personal wellness integrates stretching, breathing, and flowing fluid movements. We learn to put moment-to-moment mindfulness into body awareness, hence mindful movement! Mindful movements install qualities of peace and *equanimity* with focused breathing and relaxed, full body movements. We use *spine breathing* to alleviate stiff arthritic joints (there are 210 joints in the body) and perform easy repetitive movements which increases flexibility. Overall, you feel energized *and* relaxed after class. Students also say that their sleep has improved.

*After fourteen years of personal remission and treating many cancer patients, I am clear about the benefits of healing through mindful movement to rejuvenate and heal our aging bodies.*

By age 60, most people are already coping with physical and medical problems related to circulation and respiration. Runners, tennis players, athletes and dancers wear out certain joints from repetitive motion and must learn how to relax muscle groups. Qigong engages the parasympathetic nervous system which activates the relaxation response – not the fight/flight response. Learning how to relax is a true lifesaver. Qigong offers more than regular exercise. From my experience of teaching Qigong over twelve years, I believe a healthy fitness program should include ways to reduce anxiety, releases tension and calm our nervous system. In addition, we learn to breathe effectively every moment we are moving, nourishing our internal organs while strengthening muscles for better balance and coordination.

Will Qigong movements calm my busy, often anxious mind?

Yes, with concentration and focus on where in the body to send breath (Qi), the “monkey mind” takes a much-needed break! We do less, focus on one thing, and slow down our nervous system to be fully awake, alive and alert. Many controlled exercise studies have shown that mindful movement provides a barrier to the fight/flight response or stress response.

## Tennis Updates

### Winter Rules Reminder

During inclement weather CHALLENGE COURT Rules are in effect.

After 11:30 Indoor Courts 11 and 12 are challenge courts on RAIN DAYS. Only Members may play on Challenge Courts. The waiting list for the Indoor Challenge Courts is in the Café. You can sign up one person at a time and either the person before or after your name will be your partner. Play one set no-ad, tiebreaker at 6-all. If fewer than 4 Members are waiting, winners stay for a second match. If 4 or more are waiting, all 4 players exit. Must update Score Cards at the Net.

### Pre Christmas Party Round Robin

Saturday, December 14, 2:00pm.

### Bo's Drop-In Clinics

This program is for players 4.0 and better. Rapid feeding and extreme footwork challenges. Be prepared to be tested. Must register with Bo.

### Small Group Training Schedule

- ◆ Personalized attention
- ◆ A fun, motivating group setting (4 max)
- ◆ Tailored workouts for all fitness levels.

Whether you're a morning go-getter, mid-day fanatic, or an evening warrior, there's a session for you. Let's make fitness fun and effective together!

Group Session Times:

Mondays: 12:30 PM & 5:30 PM

Tuesdays: 10:30 AM & 6:30 PM

Wednesdays: 12:30 PM & 5:30 PM

Thursdays: 6:30 PM

Fridays: 10:30 AM

Sign up today at the Reception Desk or reply to:

[Daniel@MtTamRC.com](mailto:Daniel@MtTamRC.com)

Spaces are limited, so grab your spot now.