

# Bethany Athletic Club Newsletter

## December 2016



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# Welcome to our New Members!

Riya Agarwal | Sandeep Agarwal | Sajeev Anand | Andy Archambault | Marie Arhcambault | Wes Archambault | Christina Bacon | Ty Bacon | Catherine Barlow | Robert Barlow | Emilia Bemis | Matthew Bemis | Owen Bemis | Sam Blancette | Alicia Borgens | Steven Borgens | David Bowles | Ashlynn Boyd | Emmie Boyd | Jason Boyd | Koosje Boyd | Tia Boyd | John Candiello | Ann Centis | Ava Centis | James Centis | Luci Centis | Olivia Centis | Rob Centis | Juya Cheng | Siddharth Chidambaram | Benjamin Christie | Mary Ciocanea | Mia Ciocanea | Joanne Clancy | Sean Cole | Macknize Collins | Max Collins | Monica Collins | Steve Collins | Alan Cook | Lori Cook | Monique Cruz | Benjamin Defnet | Brighton Defnet | Charlotte Defnet | Lincoln Defnet | Rachel Defnet | Emma Dewitt | Eric Dewitt | Harleen Dhasi | Jaspal Dhasi | Sajjan Dhasi | Nicholas Etchart | Oliver Etchart | Sebastian Etchart | Tafi Etchart | Sarah Fagan | Mike Fleming | Michael Foster | Jared Frank | Abby Fryback | Ben Fryback | Nilofar Gandhi | Connor Garcia | Kyle Garcia | Michael Garcia | Michelle Garcia | Dori George | Hayden George | Mandeep Gill | Imelda Gmerek | Michael Gmerek | Arkady Grudzinsky | Dennis Grudzindky | Nicanor Grudzinsky | Radomir Grudzinsky | Greg Guerre | Sara Guerre | Bryce Guidoux | Jessica Guidoux | Tami Guy | Marcus Harding | Susan Hare | Alexa Henderson | Sara Hogan | Min Chun Hsu | Xiao Hu | Tina Hunh | Sheri Ivie Schlieff | Lauren James | Emma Jaschob | Birender Kaler | Harman Kaler | Jazveer Kaler | Ruhaan Kaler | Aarti Kamalahasan | Bong Kim | Jonas Kim | Jong Kim | Jung Kim | Recher Kim | Cathy Klinger | Rhea Kowtal | Sally Kuhl | Dennis Kujawa | Jinsook Lee | Alan Li | Andy Li | Angela Li | Oliver Li | Xinwei Li | Davin Luwandi | Irwan Luwandi | Nico Luwandi | Hayley Malul | Anita Manning | Analia Marquez | Angel Marquez | Elias Marquez | Lucia Marquez | Matthias Marquez | Laura Matin | Sarah Matin | Mackenzie Mccoy | Kieran Mcglone | Jack Mcmillan | Lisa Mcmillan | Lucy Mcmillian | Kinnari Mehta | Tanuja Melkani | Iris Mendell | Assaf Mevorach | Gaia Mevorach | Ido Mevorach | Rinat Mevorach | Amber Meyer | Jake Montgomery | Angela Morton | Venkat Muthu | Si Jung Oh | Eric Oleary | Vonda Page | Malathi Parthasarathy | Diana Perez | Aaron Pogue | Audrey Pogue | Emily Pogue | Graham Pogue | Megan Powell | Nadzeya Pynkina | David Redmond | Jerry Reser | Terri Reser | Ana Sophia Rodriguez | Jose Rodriguez | Dar Rogers | Darren Rogers | Jake Rogers | Joanna Ryerson | Julie Sackett | Karina Sackett | Nikhil Sajeez | Alyssa Sammons | Jackson Sammons | Kim Sammons | Laura Schlegel | Bradley Schlieff | Mackenzie Schlieff | Madison Schlieff | Gabriel Schultz | Jeremy Schultz | Kimberly Schultz | Ruby Schultz | Breanna Schwinge | Ahmad Seifkar | Ramanan Sekar | Ali Selim | Laila Selim | Mohamed Selim | Jaimie Sepulveda | Sun Shin | Samiksha Shukla | Yeni Sindrawati | Ben Sipe | Emily Sipe | Claire Son | Ethan Son | Juliana Song | Alejandra Storme | Yoon Uh | Nithin Venkat | Nivesh Venkat | Saskia Vervloet | Kalyana Vuppamandla | Aca Warren | Amy Warren | Ben Warren | Daniel Warren | Westley Warren | Ashlee Williamson | Evan Williamson | James Williamson | Lee Williamson | Nick Williamson | Eli Yang | Erica Yang | Jiun Chan Yang | Chloe Zhang | Liping Zhang | William Zhang | Joseph Zwack

**WELCOME**

# New to the Crew

## Meet Our Newest Staff Members!

It is our great pleasure to introduce our newest employees to our club community!



**Benjamin Christie**  
Membership Associate

Welcome to Ben, our new Membership Associate! Ben has worked in the fitness industry for 10 years and is excited to be back at Bethany Athletic Club where his love for fitness began! When he's not greeting members or doing tours, you will find him shooting hoops on our basketball court. Be sure to stop by our membership office and welcome Ben back to the BAC family!



**Ashlee Diel**  
Esthetician | b Salon and Spa

Ashlee is a recent graduate of the Aveda Institute of Portland, a premier top trend setting school led by the industry's talented and educated professionals. Ashlee is excited to share her knowledge of the latest trends and techniques with her clients. Schedule an appointment for a facial with Ashlee today!



**Shauna Nixon Russell**  
Esthetician & Receptionist | b Salon and Spa

Welcome to Shauna, who has been in the spa industry for over 3 years! She is excited to share her knowledge and expertise with the Bethany community. Stop by and welcome her at the spa reception desk.

# Spa Spotlight

Meet Keri Cantu



**Keri Cantu**

Nail Technician

Keri has over 16 years in the beauty industry. Keri's passion for a healthy life style translates into her specialty of pedicures for athletes, giving them the much needed repair and maintenance without compromising the padding needed to protect against the repeated friction of sporting activities. Keri's attention to detail will always have you feeling relaxed and secure knowing that your nails will be beautiful and long-lasting. Come visit Keri this holiday season and treat yourself to festive nails and toes!

[spa@bethanyathleticclub.com](mailto:spa@bethanyathleticclub.com)  
[www.bsalonandspa.com](http://www.bsalonandspa.com)  
971-371-7605

M: 11:00a – 7:00p  
T-F: 9:00a – 8:00p  
S-S: 9:00a – 6:00p



Important

## Up and Coming: Stay in the Know



Wednesday, December 7<sup>th</sup> – Cooking w/ Dahli: Peppermint Bark Made Easy from 6:00p-6:45p | Sign up at the Front Desk or online \$15 (M) \$30 (NM)

**FREE CHILDCARE**

Saturday, December 10<sup>th</sup> – Bethany Athletic Club's Holiday Bazaar from 12:00p-4:00p | **OPEN TO THE PUBLIC**

Friday, December 16<sup>th</sup> – Sage Hearing Solutions Breakfast and Hearing Seminar from 10:00a – 11:30a | **FREE and OPEN TO THE PUBLIC**

Saturday, December 17<sup>th</sup> – Breakfast and Holiday Cookies with Santa from 8:00a – 11:00a | Sign up at the Front Desk or online \$12/child \$15/adult (M), \$17/child \$25/adult (NM)

Saturday, December 24<sup>th</sup> | Christmas Eve | **HOLIDAY HOURS 7:00A – 2:00P**

Sunday, December 25<sup>th</sup> | Christmas Day | **CLOSED**

Saturday, December 31<sup>st</sup> –New Year's Eve | **HOLIDAY HOURS 7:00A – 2:00P**

Sunday, January 1<sup>st</sup> 2017- New Year's Day | **CLOSED**

# Social Events at the Club!



## HOLIDAY BAZAAR

**SATURDAY 12/16/16 from 12:00p – 4:00p**

Join us for to get your holiday shopping done at our one-stop-shop Holiday Bazaar! Come enjoy a varied selection of gift and food items from local vendors, holiday treats from our Bistro and live entertainment, including a Fashion Show!



## SAGE SOLUTIONS | WIDEX BREAKFAST AND HEARING SEMINAR

**Friday, December 16<sup>th</sup> 10:00a – 11:30a**

You are invited to learn about the UNIQUE hearing aids by Widex. Meet Melanie Hecker, Au.D. from Widex USA as she shares information about your hearing health. Gain a clearer understanding of what better hearing can bring to your life. Enjoy a free breakfast while you learn!



## BREAKFAST AND HOLIDAY COOKIES WITH SANTA

**Saturday 12//17/16 from 8:00a – 11:00a**

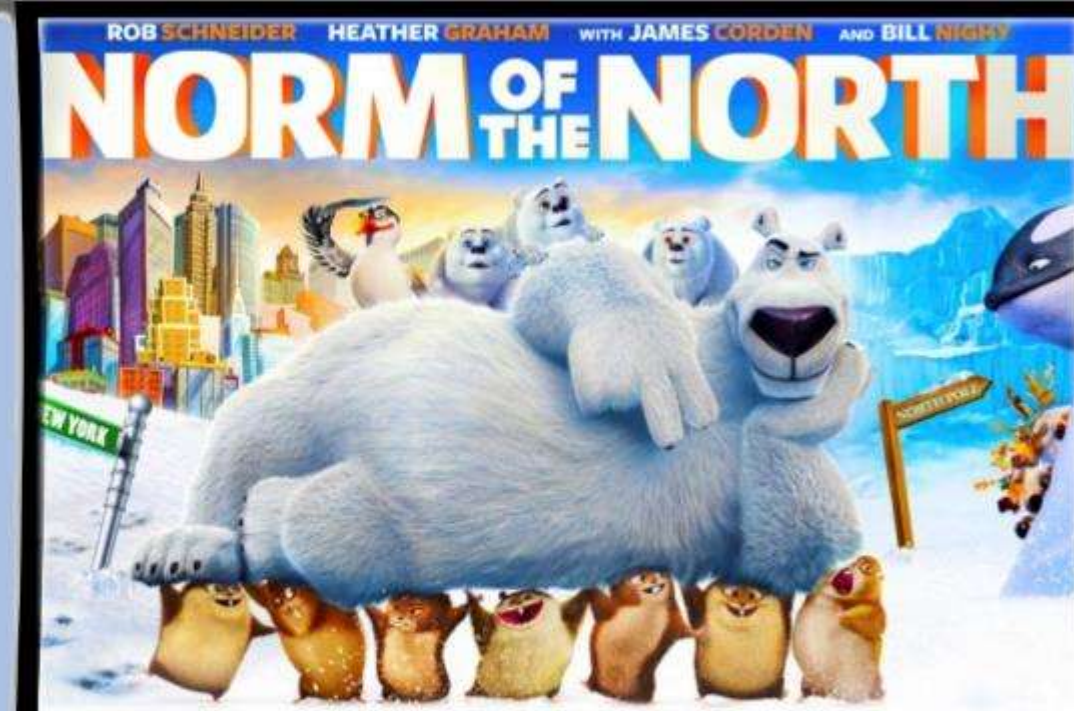
Join us for a fun morning with Santa! Enjoy a hot pancake breakfast with sausage or ham and hot cocoa homemade from our Bistro, take pictures with Santa and decorate holiday cookies. Plus, parents will receive a Tippy Spritzer with each adult registration (21+)!

Register at the Front Desk or call 971-371-7600.

\$12/child | \$15/adult (Members)

\$17/child | \$25/adult (Non Members)

Trying to get some holiday shopping done?



**Join our final  
Date Night  
of 2016!**

**Friday, December 16<sup>th</sup>  
6:00pm – 9:00pm  
\$15/child (M) | \$20/child (NM)**

We will be watching Norm of the North and crafting paper plate polar bears with pizza!

Sign up at the Front Desk  
or call 971-371-7600.



**SANTA  
BREAKFAST  
HOT COCOA  
COOKIE DECORATING**



Join us for a fun morning with Santa! Enjoy a hot pancake breakfast with sausage or ham and hot cocoa homemade from our Bistro, take pictures with Santa and decorate holiday cookies.

**Register at the Front Desk or call  
971-371-7600**



# What Matters



The relationships you share with your children is so unique, mere words cannot explain the impact it makes in their lives and the lives of others they touch. The holidays can sometimes compete with that special time you usually dedicate to spend time with your children.

Your club community here at Bethany Athletic Club know how important family time is to you and that the holidays can take your focus off those most precious to you. We talked with other club members who have found creative ways to create lasting memories with their children through the holiday season.

## **Plan a vacation together!**

Allow your children to pick out your vacation destination, the lodging or where you will eat.

## **Play a game together!**

Some of the games suggested from a few of our younger Bethany Athletic Club members are: Candyland, Uno and Family Challenge.

## **Create a family Talent Show night and be silly together!**

One of our members shared with us that every Friday night they sing a song for each other, do a trick, act, or dance for each other.

## **Read a book together.**

You are never too old to sit and listen to a good story!



# Member News

Got any news you'd like to share with the Bethany Athletic Club community? Send us your stories, accomplishments, updates and more so we can feature them in the next Newsletter! Pictures are encouraged to accompany any piece. Entries submitted by the 25<sup>th</sup> of the month will be featured in the next issue. Entries submitted after the 25<sup>th</sup> will be featured in the following month's issue.

Please send all submissions to Kendra by email at [kendra@bethanyathleticclub.com](mailto:kendra@bethanyathleticclub.com).