

**HELLO FROM AUBREY!**

“I’m sending a long-overdue “Hello!” to you, my sweetest SAC family. I cannot express how much I miss seeing your smiles, laughing with you, and listening to your stories each morning. For six weeks in Utah, I trained to be a flight attendant for SkyWest Airlines. Right away, I began working from Detroit, then San Diego, and now I’m in San Francisco. With SkyWest, I operate regional aircraft on four different airlines, Delta, American, United, and Alaska, traveling to Canada, America, Mexico, and the Bahamas. This job is a little bit what I pictured it would be, and so much that I could not have foreseen. It’s all safety and efficiency, but if I can give some good service, it lightens my heart.

Planning meals is a new adventure, sleep is but a dream, yet the hotel nights are dang lovely. I have yet to work with the same person twice, but the people I have met, both on the job and everywhere else, have been the steady heartbeat of my journey. Humans are so beautiful. This lifestyle is both arduous and enchanting. For now, I’m going to continue my job in the skies, taking a hearty dose of introspection each night as I close my eyes and rest my head in a brand new town that carries that brand old love. I can’t wait to fly into you all again!”

xoxo  
aubs



**It’s Fall and Group Ex  
Classes are Thriving!**

**FALL CLASS ADDITIONS!**

Starting in November

**Better Bones & Balance:** NEW  
Mondays 4:30pm-5:15pm

**Meditation:** IT'S  
BACK  
Mondays 5:30pm-6:15pm

**Functional Fitness:** NEW  
Tuesdays 5:30pm-6:15pm

**Balance and Beyond:** NEW  
Wednesdays 4:30pm-5:15pm

If you are a member who loves to participate in Group Ex classes, here are some helpful hints.

- You can sign up for a class up to one week in advance.
- If a class is full, put your name on the wait list.
- If you are on a waitlist check your email. You will get a notification if you get into class.
- If you can’t make class, please cancel online or call the front desk at 541-549-6878, so we may accomodate the waitlist.
- Please arrive at least 5 minutes before your class begins, so you can be set up when class starts.
- Always check in with the front desk, so we know you are here.



Rebecca: November 2nd  
Ashley: November 10th  
Holly: November 21st  
Piper: November 21st  
\*105 Members

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



## JOIN OUR THANKSGIVING CHALLENGE

**November 17th - November 26th**

Complete this fun, free challenge by burning off 3,000 calories in 10 days and win a free guest or wellness pass. Sign up at the front desk!

Log sheets will go up on the chalkboard for you to keep track.

## Kiwanis Fall Food Drive



**October 27th -  
November 30th**

The drop-off boxes are in the front entrance of SAC. Our goal is to collect 800 pounds of food.

Thank you to all who donate. It is much appreciated.

## Member Spotlight

### Meet Member - Lara Stuecklen

Lara grew up in Lake Oswego. She attended high school in Silverton, then she was off to Denver to help an aunt with her younger cousins.

Lara has been a member of SAC since 2020.

“I appreciate the wonderful staff along with various workouts that I can do. I appreciate the accessibility of it all, since I am blind.

I wasn't born blind. I became blind at age 37 from a catastrophic brain bleed event that suddenly changed my life overnight.

I miss driving immensely. I've been learning to navigate in Sisters. I'm living fairly independent with help only when I need it.

My hobbies are snowshoeing, tandem biking, hiking, working out at SAC and at home.”

Thank you for sharing your story, Lara. SAC is very lucky to have you as a member!



**Lara Stuecklen**