SAC NEWSLETTER

SISTERS ATHLETIC CLUB

NOVEMBER 2026



Member Spotlight
Molly Brinkley

Originally from Louisville, Kentucky, Molly grew up playing basketball and riding horses. In 2009, she followed her big brother to Central Oregon, ready for a new adventure and eager to learn how to ski! She attended the University of Dayton and The Evergreen State College, where she earned a Bachelor of Science degree.

Molly has been a member of SAC since 2019.

"What I appreciate most about SAC is the staff. Every staff member is kind and supportive, their encouragement helped me reach a major goal: running my first marathon just a couple of weeks ago! The amount of support I received from Tate and the staff was incredible. They truly helped me. Thank you!"

"One of my most favorite adventures was in 2015. I spent 21 days rafting the Colorado River through the Grand Canyon with my brother and best friends on a self-guided trip. This was one of the best experiences of my life!"

"When I'm not at SAC, you'll likely find me enjoying the great outdoors with my husband, Dane, and my dog. Dane and I met while backcountry skiing at Tam McArthur Rim, and our shared love of adventure continues today."

"My favorite activities include skiing, whitewater rafting, mountain biking, and hiking. I credit strength training at SAC in keeping me strong and injury-free so I can continue doing what I love. And when it's time to slow down and recharge, I enjoy curling up with a good book."

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Molly, we are so happy to have you as part of the SAC community! Keep chasing those adventures, and congratulations on your first marathon!

FALL FOOD DRIVE

Sisters Athletic Club will be partnering with the Kiwanis Club to host a food drive for the month of November. Our goal is to reach a total of 800 pounds of food. See the SAC bulletin board for more details.



SAC Upcoming Challenge



Thanksgiving Challenge

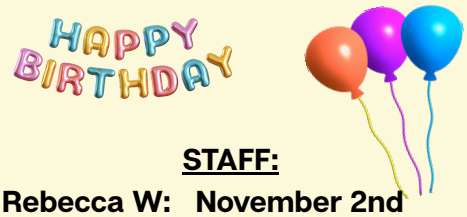


November 16th - November 25th

In this challenge, you will have 10 days to burn off a total of 3,000 calories through various activities. Complete this challenge and earn a complimentary guest or wellness lounge pass.

Sign up at the front desk!

Gobble, Gobble!



STAFF:

Rebecca W:	November 2nd
Ashley R:	November 10th
Sam M:	November 18th
Piper M:	November 21st
Holly F:	November 21st

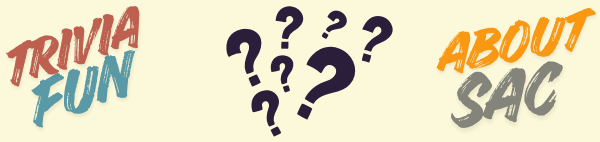
MEMBERS: 98

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

Lost & Found

Think you have left something behind? Please check with the front desk to access our Lost and Found.





- How often do you think the SAC staff checks the pool and hot tub chemicals?
- How many years has SAC been in business?
- The weight room and cardio room used to be in the same room. True or False?

- Every 2 hours.
- 25 years
- True! They were both in the weight room.

Staff Corner:
Capri Linn Boswell

"I've called Sisters home since 1987. I grew up here and graduated from Sisters High School in 2001."

"Now, as a single mom, one of the things I love most is watching all three of my kiddos grow up in the same wonderful community I've always called home!"



"I've been working at SAC for the past two years, and I truly enjoy my role on the night cleaning crew. SAC is such a beautiful club, and I'm proud to be part of the team that helps keep everything looking its best and ready for members to enjoy each day."

"I appreciate the kind people I work along side, the variety of amenities and activities the club offers, and the amazing management team. I'm grateful to be part of such a great place."

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Capri, we are so gratefull for you and your committment to the club! Keep up the great work!

Spin Room



SAC Spa



Pro Shop

