



2016 is off to a bang at the Meade Activity Center. Programs have been extremely well attended and we are happy to have so many new families and individuals as members at the MAC. New Adult Fitness Programs start back this month and fliers are available online and at the front desk. Due to limited space we encourage everyone to sign up early! All of our upcoming programs and events are listed on our website, and we hope all of our members are engaged and involved at a capacity that allows your maximum enjoyment of all that the MAC has to offer.

Aaron Greenwell
Executive Director

Membership Updates

New Free Member Feature – Body Isolation 101

We are excited to have a new FREE offering to MAC Members beginning in February. On Saturdays @ 9:00 a.m. MAC Member and Fitness Guru, Chris Biddle, will begin offering consult on how to get the most out of your workout. (Target Specifics listed below)

February 20th—Back	February 27th—Shoulders/Neck	March 5th—Chest
March 12th—Biceps/Triceps	March 19th—Quads	March 26th—Abs
April 2nd—Calves/Forearms	April 9th—Hamstrings/Glutes	

Updated Policy

We have been working on implementing a program that will ensure the safety of children at the MAC as well as other patrons. **Our biggest concern is that a child could get hurt if they are using fitness equipment for its intended use.**

- *We now have tablets available for you to check out for your child/children at the front desk. You can simply check out a tablet for your child with your Driver’s License.*
- *In addition, we have dedicated an area by the cubbies equipped with some Lego’s / Cars / Toys for the entertainment of children at the MAC.*

Beginning February 1st, the following rules will be activated:

- **TO USE ANY FITNESS EQUIPMENT, ANY CHILD UNDER THE AGE OF 10 WILL HAVE TO PASS A SAFETY COURSE WITH A MAC STAFF MEMBER** (Must schedule time with front desk. Once they pass the Safety Course they will be issued a wristband to identify that they have indeed taken the course.)
- **NO CHILD UNDER THE AGE OF 5 IS ALLOWED ON OR AROUND FITNESS EQUIPMENT AT ANY TIME.**
- **NO CHILD UNDER 10 IS TO UTILIZE LIVE WEIGHTS (BACK/CORNER ROOM AND FREE WEIGHTS)**

Membership Billing

The MAC is moving towards having ALL Memberships billed via automated bank draft, or debit/credit card payments. *If you haven’t stopped in to convert your payment type with the office, please do so at your earliest convenience. Not only are automatic payments easier for us to process, we want to ensure that we are being as “Green” as possible at the MAC. In an effort to cut down on waste and operate more efficiently, we need to reduce the amount of printing and postage that we use. In coming months, any account that hasn’t converted to automatic payments may be subject to an administrative fee for payment processing.*

Thank you in advance for your cooperation in this matter. If you have questions please contact Gail Ferguson.

Gala

The Meade Activity Center board of directors and staff are diligently preparing for our 7th Annual MAC Matters Gala. We have a good feeling of who the keynote speaker will be, and we are very excited to have this individual as our guest of honor. We are working out the final logistical details before making the announcement public. Previous guests of honor include Olympian Michael Johnson, tennis great Monica Seles, solo artist and member

of *The Eagles* Don Henley, former *CBS Evening News* anchor Dan Rather, PGA golfer Kenny Perry, and entrepreneur and philanthropist Todd Wagner.

Tickets will go on sale to the general public this month. For more information regarding this year's MAC Gala or the Meade Activity Center, please check our website at meadeactivitycenter.org and our Facebook page for new details as they become available.

River Trace Golf

The golf course finally saw some action this past weekend. January snow and grey skies did not provide much opportunity to get out on the course. We ask for everyone's help by driving carts on the path or in the rough at all times. If we can control cart traffic, we can control erosion and fairway damage. We are now taking USGA Handicap Fees.

Commemorative Opportunity - We are working on getting some additional ball washers and trash can units out on the course. You can sponsor/commemorate one of these units for a loved one. Cost to sponsor/commemorate is \$400 per hole. Please contact Aaron Greenwell if you are interested.

May 14 - Ryder Cup – River Trace vs. Doe Valley @ River Trace (NET HANDICAPPED EVENT THIS YEAR)

12 Players will qualify to play against Doe Valley in this annual outing. This will be a handicapped event. The event will be hosted at River Trace this year. If you would like more information contact Aaron Greenwell or Bob Pollock.

Handicap Fees / Rental Carts / Driving Range

- USGA Handicap Fees will be \$24 for 2016, still below the industry standard of \$25.
- Member Cart Rental fees will be \$9.00 in 2016. The fee does allow for unlimited play on weekdays and 18 holes on weekends.
- We will continue to offer an Unlimited Cart Package to any membership for a monthly fee. (Annual Commitment) Please contact the office if you would like to add this feature.
- We will continue to offer the option for our members that allows for unlimited use of the driving range to be added as a monthly fee. This \$20.00 monthly fee can be added to your unit account on an annual basis. Contact the MAC office if you are interested in this new amenity.
- The Driving Range will continue to utilize hitting mats only through February. There will be a designated spot in the fenced in area for driver use. Please be courteous and mindful of the change.

General Reminders:

The River Trace Golf Shop has moved and is now housed in the new MAC facility. There will be a golf shop attendant from 8:00 am – 7:00 pm daily weather permitting.

Programs

Registration for our Winter Session 2 of Adult Programs is now underway. Adult Fitness classes here at the MAC include: Cardio Pump, Zumba, and Yoga. They're filling quickly so don't put it off til the last second!!!

Thank You for your support of the MAC!

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Meade Activity Center • 493 Lawrence Street • Brandenburg, KY 40108
270-422-2227 • info@meadeactivitycenter.org • www.meadeactivitycenter.org