

While October brought an extended series of warm days, it's pretty clear with November that we are headed into Fall weather and the Holiday Season. Late fall is always a very busy time for the MAC, as we expand on programming options and prepare for the peak season for our fitness center. Youth Basketball, adult fitness, and gymnastics highlight a large variety of new programs.

*We have a new segment in the newsletter this month: Nutrition Corner. Registered Dietician and MAC Member Ethan Mattingly agreed to offer some advice and insight to our members, and we greatly appreciate his willingness to share each month.

Finally, we invite all of our donors and members to join us on Wednesday, November 8th for our 3rd Anniversary Celebration at the MAC. Between 11:30 am – 1:00 pm we will be providing complimentary fresh grilled hot dogs along with various snacks. It's been another good year for the Meade Activity Center and we hope you will join us to celebrate. There are quite a few announcements in this month's newsletter. Be sure to look for information about the upcoming Jingle Bell Trot and new Fitness Opportunities.

*Thank you,
Aaron Greenwell*

Jingle Bell Trot: The 15th Annual Jingle Bell Trot will be held on Thursday December 7th. The Jingle Bell Trot will feature a 2.5 mile run/walk and is FREE to all participants. Be sure to register early; the first 150 registered participants will receive a FREE commemorative t-shirt. Come out and enjoy some camaraderie and friendly competition!

Nutrition Corner

Fall is in full swing now, and with the holidays coming up, family and friends are gathering. Along with feasts and parties we may notice a few extra pounds hanging around in the coming months. Here are a few tips for the holiday season which may help preserve your hard work and dedication from the summer months:

- Pick your favorites: skip every-day dishes like mashed potatoes and corn. Opt instead for those once-a-year bites such as sweet potato casserole, stuffing and hashbrown casserole. Serving size still counts!
- Instead of grazing throughout a day filled with travel and gatherings, stick to a schedule. Having breakfast lunch and dinner, as well as any snacks at typical snack times, will help you stay aware of what and how much you are consuming
- When it comes to desserts, the same rules apply as the first tip: pick your favorite. Skip those that you view as mediocre and go for the one you look forward to all year. If you do choose to have a sampling plate, stick with just enough for a couple tastes instead of a whole slice of pie or pile of cookies
- Most importantly, LISTEN TO YOUR BODY. Know hunger cues vs social eating/craving cues. Eat until satisfied, not stuffed!
- Finally, be sure to visit the MAC to break a sweat and get the blood pumping!

Best in your endeavors to a healthy you,
Ethan Mattingly, Registered Dietitian, M.S.

Membership

It's that time again for all of us health seekers to turn the corner and get active. Just a reminder, the MAC is a participating Silver Sneakers and a Go365 Facility. For anyone who is not aware, Silver Sneakers is a program for seniors 65+ that will ultimately pay a fee for individuals to our fitness center. Go365 is a rewards program that is provided by Humana, and it can be beneficial to many of our members.

In the past few months we have seen a large number of returns on membership EFT drafts as well as Credit/Debit Card payments. Our policy does mandate a \$20 fee for a returned check, EFT, or Credit/Debit Card Transaction. We would also like to remind all of our members that fees are due at the beginning of each month and we provide until the 20th as a grace period for payments to be applied. If you wish to hold or terminate an account you

must submit your request in writing before the 20th of the previous month to avoid being held accountable for your current membership dues. If you have extenuating circumstances arise, please contact us and we will be happy to work with you and your family.

Anniversary Membership Special (November)

Join as a new Fitness or Fitness Plus Member and Enjoy **FREE DUES** the month of December, just in time for some Holiday Savings.

Contact Aaron Greenwell or Gail Ferguson for more details.

Board Elections

December 2017 - At the regularly scheduled November meeting the MAC Board of Directors shall approve the nominee.

January 2017 - The newly elected MAC Board Member will formally take his/her seat on the Board of Directors at the regularly scheduled January meeting.

River Trace Golf

The golf course is still in fantastic shape, and the greens are as quick as they have been all year. Our staff has worked hard to keep the leaves off the course, and the rye and fescue grasses have rebounded nicely with the cooler weather. Be sure to check out the golf shop as we have some new items on sale that would make nice presents during the holiday season.

President's Cup: Our team from River Trace came up just short in the 2nd Annual Presidents Cup Event vs. Elizabethtown Country Club. The matches took place on October 21 & 22. When the dust settled, ECC barely edged our team by a score of 8.5 – 7.5

Most Improved Golfers:

Each year the KGA recognizes individuals who improve on their USGA index from year to year. This year our most improved golfers were:

- **Ladies – Betsy Renyer**
- **Men – Brent Hottell**

Congratulations to both Betsy and Brent for great play in 2016.

Fall 2 Programs

The Fall 2 Registration Period has been extremely successful, and some programs including the Kindergarten – 2nd Grade Basketball Program have already reached capacity. Winter programs will bring some exciting new offerings in January. We are launching a full array of adult and youth programs that will take place on-site at the MAC. New programs will include various yoga classes, martial arts, and other adult fitness classes. Program Guides for the winter session will be distributed soon. To see all of the MAC's available programs visit our programs page on our website, www.meadeactivitycenter.org

Thank You for your support of the MAC!

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