



As we approach the end of 2017, we would like to extend our gratitude to all of the community members who have helped the MAC have another outstanding year. Our donors, board members, MAC members, program participants, volunteers, event sponsors, gala attendees, and staff have contributed to the growth of our organization and a healthier community. The MAC has had a lot of highlights in 2017, and we would like to share some of our key accomplishments with our members.

- February 2017 – The MAC’s Silver Sneakers Participant count is up 50% from previous year.
- April 2017 – MAC successfully granted for 4th year of United Way of Central Kentucky funding.
- May 2017 – 8th Annual MAC Matters Gala featuring Rick Stansbury raises \$30,000.
- May 2017 – MAC & River Trace Golf form our 2nd PGA Jr. Golf League.
- May/July 2017 – MAC Summer Camp registration tallies over 470 participants.
- July 2017 – River Trace Golf Hosts 2nd Annual First Tee Benefit Scramble. Event raises over \$3,000.
- July 2017 – MAC hosts 3rd year of USTA Adult and Junior Tennis Programs
- August 2017 – 110 children actively enroll in REC League Afterschool Programs at 2 Locations. (Up 25% from 2016)
- September 2017 – Grand Opening of Red Rock Trail
- September 2017 – MAC celebrates its 500th Active Unit of Membership
- November 2017 – MAC Celebrates its 2nd Year Anniversary of opening the Fitness & Wellness Center
- November-December 2017 – MAC collaborates with Meade County Schools to offer 3 boys basketball leagues tallying over 180 total participants.

*Happy Holidays,
Aaron Greenwell*

Holiday Gifts

MAC and River Trace gift cards can be a great present for someone on your holiday list. We have many different packages available and encourage you to contact us if you are interested in purchasing holiday gift cards.

MAC 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. Come out and enjoy some camaraderie and friendly competition!

Membership Food Drive

Holiday Membership Food Drive Special (December): Join as a new member, donate 2 non-perishable food items, and Enjoy your First Month Free! The Earlier you join the More you Save!

*All Current members who make a contribution will be eligible for a MAC prize package including a free month of dues!

**All items will be donated to Nu2u to assist with families in need this holiday season.

Nutrition Corner

Holiday preparation is in full swing now. Turkeys have been stuffed and we are on to the frenzy of preparing for the most wonderful time of the year with gifts, parties, and delicious treats. All this hype can wear you down, and you’ll likely miss a workout or two in the coming month. Here are a few tips to ward off coughs and sniffles or recover from them a little quicker if they have already crept in.

- Focus on colorful and nutrient dense foods (fruits and vegetables) with lean protein to supply the body with the various cells that make up your immune system.
- If your appetite is lacking due to illness, a nutrient dense smoothie makes it easier to consume proper nutrients (greens, reds/oranges, and protein- Greek yogurt or protein powder)

- Eat at least every 4-5 hours to maintain adequate energy for the body's immune response to stay effective.
- It's one month out of the year, enjoy the sweets! But cautiously. Don't fall victim to using excuses that justify substituting a dessert sampler tray for a balanced plate that includes your favorite holiday treats.
- Hydrate! The body is 70% water, and with increased body temperatures working to fight off illness or infection, adequate water supply is crucial to keep bacteria-fighting cells circulating through the body. Soups, smoothies, low/zero calorie electrolyte drinks can aide in meeting needs.
- Fit in an exercise routine that elevates your heart rate to promote white blood cell production (the body's first line defense).Over-working increases the stress the body is under, so adjust to your current condition. Just be sure and remember to wipe down your equipment afterwards!
- Supplement safely—if you do fall under the weather, increasing Vitamin C consumption may aide in reducing the length of a cold. Citrus fruits and green vegetables are great food sources. One serving per day of a supplemental mix such as Emergen-C can aid in boosting both vitamin C and fluid intake. Increased Vitamin C intake has not been proven to prevent colds, however, so balance is key for overall health.

Happy Holidays!
Ethan Mattingly, MS, RD

Board Elections

One Nomination was received for our new Founders Club board representative. Once approved, the nominee will begin serving a new term of two years beginning with their induction at the January 2017 board/committee meeting. The nominee is Mr. John DeVries.

December 2017 - At the December 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 great shape, but our fairways have finally gone dormant. We ask for everyone's help during the off season. PLEASE DRIVE CARTS ON PATH or IN THE ROUGH AS MUCH AS POSSIBLE AND AVOID CROSSING OVER FAIRWAYS IN WET AREAS. If we can control cart traffic, we can control erosion and fairway damage. Thanks in advance for your cooperation.

Winter Programs

Winter programs will bring some exciting new offerings in January. NEW ADULT programs will include various yoga classes, Zumba, and Kickboxing. Instructors will include Leigh Ann Lusk, Chris Biddle, and Debbie McKinnon. New Youth offerings will include an additional round of K-2 Youth Basketball for boys and girls. To see all of the MAC's available options, visit our programs page on our website, www.meadeactivitycenter.org

Thank You for your support of the MAC!

Meade Activity Center's Board of Directors

John Beavin, Chairman

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Eric Vanover, At-Large

Randall Bradley, Finance

Meg King, Health & Fitness

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Kim DeVries, Philanthropic Adv.

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