



May is just about the busiest time of the year for us at the Meade Activity Center. There's always a lot to be excited about. Summer camps begin soon, golf and tennis activity has picked up, and the pool opens on Memorial Day Weekend. Registration for summer camps is underway and numbers are already indicative of our biggest camp numbers ever. The fitness center has remained busy daily and our membership numbers continue to rise. Summer is just around corner and we hope that you are able to enjoy the last full month of spring with us here at the MAC.

*Aaron Greenwell
MAC Executive Director*

MAC Gala

The 9th Annual MAC Matters Gala was another wonderful evening for the Meade Activity Center. Attendees from multiple states turned out for the annual MAC Gala, held in Brandenburg, KY on April 24th. With a sellout crowd on-hand, Florida State University Head Football Coach Willie Taggart told his remarkable story of his youth, playing days, and the evolving nature of his coaching career. No topic was off limits, from football, to family, and even drowning his sorrows after a tough loss with the MC for the evening, Doug Reed.

Doug Reed conducted the evenings presentation which was unique since his daughter Julie has been on Coach Taggart's Staff since his time with Western Kentucky University. Over the past decade The Reed family has become close with Willie Taggart and his extended family. They played a huge role in the success of the event, and the MAC owes them a debt of gratitude for providing our guest, and for assisting in the planning of the night's festivities. Coach Taggart will join a list of decorated individuals who have attended as the guest of honor for this prestigious event. The Wagner Family has provided previous guests of honor including Kenny Perry, Dan Rather, Don Henley, Michael Johnson, Monica Seles, Todd Wagner, Michael Johnson, and Chris Tucker. Early projections have this year's gala yielding just under \$30,000 to be utilized toward operations and financial scholarships for families in need toward programs and events.

Many thanks go out to Coach Willie Taggart and his staff at FSU for helping make this a successful venture. The MAC would also like to once again thank the sponsors, guests, and volunteers who helped make this another wonderful evening.

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Membership

NEW SPECIAL: Any NEW Golf Plus or MAC Unlimited Members will receive vouchers that will provide them 2 FREE MONTHS that can be used at the end of their annual contract. This is potentially worth \$248 .00!

Pool

The MAC pool will officially open on Saturday May 26th, and we will also remain open on Sunday and Monday of Memorial Day Weekend. (We have adjusted hours slightly to accommodate evening swim lessons, water aerobics and pool parties)

***Pool will typically be closed on Mondays**

May 26 – August 7: Standard Hours, 11:00 a.m. - 6:00 p.m.
August 8 – September 3: Weekends – Standard Hours, 11:00 a.m. – 6:00 p.m.
Weekdays – Adjusted Hours, 3:45 p.m. – 6:00 p.m.

****Morning and Evening group swim Lessons will begin in June.***

****Water Aerobics will be available for adult registration in July.***

**** Children must be 12+ to attend the pool by themselves. Anyone under 12 must be accompanied by an adult, 16 and over.***

To schedule a Pool Party, please contact the MAC office. Once the pool is open you can coordinate through Head Lifeguards.

Summer Camps

Registration for MAC Summer Camps is underway. We are excited to build on the success of last year's programs for our 2018 camp offerings. Information about MAC Summer programming is available on our website and on Facebook.

PICKLEBALL

THE FASTEST GROWING SPORT IN AMERICA, IS COMING TO THE MAC!!! In case you haven't noticed court #3 has been striped and the MAC has purchased 2 net systems for members' use. Paddles and balls are also available for use.

Initially, there will be two ways for members to access the equipment.

1. The net system(s) may be checked out from the Fitness Center anytime the court is available. The member doing so must leave a driver's license with the Fitness Clerk, assemble the net system, disassemble same, and return it to the Fitness Center within a reasonable time.
2. The net systems will be set up at two designated times during the week: (Beginning the Week of June 4th)
Tuesdays from 10:00 am until 2:00 pm
Thursdays from 3:00 pm until 7:00 pm

Paddles and balls may also be checked out by members following the above procedure.

Pickleball is fun! And it is a great activity for those of us looking for a way to get out and enjoy a mild form of exercise. If you're not familiar at all with the sport, check out the many YouTube videos. Also, two of our members, John Proctor (270-547-9594) and wife Robyn (270-945-0211), will be happy to get you started. Just give them a call.

River Trace Golf

The greens were aerated in late March which has led to nice surfaces and fast greens over the past few weeks. The Bermuda fairways are beginning to come in and we thank our staff for their excellent work.

Ryder Cup – May 12: The Ryder Cup will be an 18-hole event on Saturday May 12th. Our team was formed from the qualifying period hosted in late April. The event will take place at River Trace this year. Good luck to our representatives! Course will be closed until roughly 11:30 a.m.

Global Disaster Outreach Scramble - May 19th – (Course Closed)

\$120/team

Entry fee includes Green Fees, Carts, Door Prizes, Closest to Hole Contests, Accurate Drive Contests, Mulligans, Beverage Tickets, as well as a Grill ticket for food on the turn of the 3rd hole. You will be given the choice of Brat or Hot Dog as well as snacks, and 2 Beverages of choice. (Personal coolers are welcome for any additional beverages you may need)

FORMAT: 2 person scramble (Men under 65 - White/Blue Tees, Men 65+ Black/Silver, Ladies Red/Yellow)

Glow Ball – Meade County Boys Basketball Fundraiser

What better way to start June than a Glow Ball Event to support the Meade County Boys Basketball Team!

Entry Fee Includes: Green Fees, 18 Holes scramble play (9 daylight/9 Glow Ball), Cart rental, Dinner, Mulligans, and Closest to the Pin Contest

FORMAT: 4 person Scramble (2 Mulligans per player)
Men under 70 play white/blue tees, Men 70 + play black/silver tees
Ladies play red/yellow tees

Spring Reminders:

Tuesday Men's Scramble will (officially) start at 9:00 am beginning May 8.

Tuesday Couples Scramble will begin at 5:30 pm beginning May 1.

Friday Gentleman's League will (officially) start at 9:00 am beginning May 11.

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 \$40.00 monthly fee can be added to your unit account on an annual basis. Contact the MAC office if you are interested in this amenity.

Nutrition Corner

As May finally brings warmer weather and we move outside, staying hydrated is crucial to maintain performance. Whether trace training, spring sports, or other outdoor play, it's important to match intake with output. A reduction in performance and increased perceived effort is experienced with 2% weight loss during exercise—3lbs weight loss for a 150lb person. Weight loss during exercise is primarily water weight, so don't be fooled into not getting back to your pre-exercise weight through hydration.

- Forget 64 oz of water per day, pay attention to your output. Pale or light like lemonade—hydrated. Yellow or dark like apple juice—start sipping more water throughout the day
- Weigh yourself in minimal clothing immediately before and immediately after exercise. Drink 16-20oz of water (low carbohydrate sport drink if exercise is longer than 1 hour) for every pound loss during exercise
- Waiting until thirsty to drink is too late—drink throughout the day/consume lightly salted watery fruit and vegetables to prevent feelings of thirst
- In Endurance sports (running, soccer), aim for 4-6 oz of fluid every 15 minutes after 1 hour of exercise, switching between water and electrolyte drink every 15 minutes
- Low calorie sport drinks are indicated for those who are heavy sweaters and very high-intensity or long training sessions to replace nutrients necessary for muscle function. Full calorie sport drinks are not appropriate for most recreational athletes
- The fad of coconut water is exactly that—False And Dangerous. It has the exact opposite proportion of nutrients that are lost in sweat. If you do need electrolytes for rehydration, stick to the popular name brands' low/zero calorie options.

*Yours in health,
Ethan Mattingly, MS, RD*

Thank You for your support of the MAC!

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