



While October brought a roller coaster of weather patterns, 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.

With Daylight Savings Time occurring on Sunday, November 4<sup>th</sup> we will transition into Winter Hours at the MAC. The MAC will be open 9:00am – 7:00pm Monday – Friday, and 9:00am – 5:00pm on the weekends. (24/7 card holders will continue to have unlimited access.)

Thank you,  
Aaron Greenwell

**Anniversary Membership Special (November):** Join as a new Member of any type and Enjoy **FREE DUES** the month of December, just in time for some Holiday Savings.

Contact Aaron Greenwell or Gail Ferguson for more details.

**Jingle Bell Trot:** The 16th Annual Jingle Bell Trot will be held on Tuesday December 11<sup>th</sup>. 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, be choosy. 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
- 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 20<sup>th</sup> 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 20<sup>th</sup> 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.

- Finally, we should have in some NEW MAC Fitness Apparel in the next few days. Grab a sweatshirt or T-shirt to show your support of the MAC!
  - If there is a particular item you would like to have or a special size needed please just reach out to Executive Director Aaron Greenwell.

### **Board Elections**

December 2018 - At the regularly scheduled December meeting the MAC Board of Directors shall approve the nominee.

February 2019 - The newly elected MAC Board Member will formally take his/her seat on the Board of Directors at the regularly scheduled February 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.

**River Trace Fall Classic:** We would like to thank everyone that participated in the Fall Classic. Despite cold temperatures, the weekend was very successful and produced some great scores.

Congratulations to our Flight Winners:

#### **Championship Flight:**

Gross – Kyle Melloy & Braden Pace  
Net – Bob Pollock & Lee Richardson

#### **1<sup>st</sup> Flight:**

Net – Joey & Haley English

### **Fall 2 Programs**

The Fall 2 Registration Period is still underway. We are very excited to have Brittany Barr offering two new classes with us to add to Adult Fitness Offerings. Our Co-Ed (Boys & Girls) Kindergarten - 2nd Grade Basketball Program is taking registrations for the January Session. Winter 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 in coming weeks. To see the MAC's available programs visit our programs page on our website, [www.meadeactivitycenter.org](http://www.meadeactivitycenter.org)

## **Thank You for your support of the MAC!**

### ***Meade Activity Center's Board of Directors***

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*John Beavin, Chairman*

*Amy Berry, Public Relation*

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*Becky Crump, Public Relation*

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*Travis Rhoads, Health & Fitness*

*Scott Wilson, Technology*

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