

As we approach the end of 2018, 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 2018, and we would like to share some of our key accomplishments with our members.

- January 2018 – The number of membership units climbs to over 525 active members
- April 2018 – MAC successfully granted for 5th year of United Way of Central Kentucky funding.
- May 2018 – 9th Annual MAC Matters Gala featuring Willie Taggart raises \$25,000.
- May 2018 – MAC & River Trace Golf form our 3rd PGA Jr. Golf League.
- May/July 2018 – MAC Summer Camp registration tallies over 450 participants.
- August 2018 – 115 children actively enroll in REC League Afterschool Programs at 2 Locations
- October 2018 – River Trace Golf Hosts 3rd Annual First Tee Benefit Scramble. Event raises over \$5,000.
- November 2018 – MAC Celebrates its 3rd Year Anniversary of opening the Fitness & Wellness Center
- November-December 2018 – MAC collaborates with Meade County Schools to offer 3 boys basketball leagues tallying over 160 total participants.

Happy Holidays,
Aaron Greenwell

Fitness Center

Just a few quick reminders for the fitness center as we enter the busiest months of the year:

- Please make sure that when there is an attendant at the front desk you sign-in by swiping your card under the reader at the front counter. WE USE YOUR CHECK-INS FOR DATA ANALYSIS WHEN GRANT WRITING!
- Make sure that children are not in the fitness center unaccounted for. Youth under the age of 15 must be under the supervision of an adult. Children utilizing the fitness center under the age of 10 must pass the KIDS FIT TEST and wear the GREEN WRISTBAND that is distributed to them 😊
- Please re-rack weights when you are done and return equipment to its designated spot.
- **IF YOU SEE SOMETHING.....**

If you see something you deem to be unsafe or someone acting inappropriately, PLEASE TELL US!

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 16th Annual Jingle Bell Trot will be held on Tuesday, December 11th. 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 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. As we head into December, it's very that you may miss a workout or two. 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)
- 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!

Happy Holidays!

Ethan Mattingly, MS, RD

River Trace Golf

The golf course is still in great shape, but our fairways have finally gone completely dormant. This year we applied an experimental seed on our tee boxes of what is commonly known as Bluemuda (A form of Kentucky Bluegrass that works well with riviera or traditional bermuda grass. The goal with this new cold weather application is to be able to utilize the tee boxes in the offseason without causing too much damage to the turf. If this application is successful, we may look to over-seed some of our fairways in coming years that experience a lot of erosion and wear & tear in the winter months. 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 adult fitness classes and new youth opportunities. Instructors will include Lindsey Frank, Brittany Barr, Leigh Ann Lusk, 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!

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