



As we head into the new year, we look forward to 2019 with hopes for another big year for the Meade Activity Center. Last year proved to be a pivotal year for us here at the MAC, and we were happy to be able to continue to modify and improve all of our amenities across MAC properties. 2018 included many achievements, but perhaps our most significant expansion yet again was in our membership base, specifically from January – June. As we head into 2019, we have over 150 children participating in youth basketball and over 110 active participants in our REC League Afterschool program at Brandenburg and Flaherty. All of our upcoming programs and events are listed on our website, and we hope all of our members are engaged and involved at a capacity that allows your maximum enjoyment of all that the MAC has to offer.

Aaron Greenwell
Executive Director

Jingle Bell Trot

The 16th Annual Jingle Bell Trot was held on a fairly mild evening Tuesday, December 11th. We were fortunate to be able to launch the race with dry weather and over 150 adults and children participating in the Jingle Bell Trot. Santa Claus made an appearance at the Trot, and a Christmas Choir helped get everyone in the Christmas Spirit by providing holiday music for all in attendance. The Meade Activity Center would like to thank all of our event sponsors including KORT Orthopedic Rehab who took the role of lead sponsor again in 2018.

NEW YEARS SPECIALS

On January 2nd, we will be hosting our MAC New Year's Membership Special. We will be running a special for any NEW members or for any current members who upgrade their membership. NEW Members will enjoy a free month as well as waived join fees. *Current members who upgrade their membership will be able to choose from a variety of MAC comp packages including guest pool passes, golf cart passes, or fitness guest passes.*

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 at 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 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 - You deem to be unsafe or someone acting inappropriately, PLEASE LET US KNOW!

Board Elections

With no additional nominations, I am happy to say that John Hamilton has agreed to stay on board for another two-year term as a Founders Club board representative. The MAC Board Meeting will vote to approve Mr. Hamilton at the February meeting in 2019. John DeVries will continue the 2nd year of his term as a Founders Club representative.

Winter Programs

Winter programs will bring some exciting new offerings in January. Martial Arts for Children, Yoga, and gymnastics programs are all still accepting registrations. To see the MAC's available options, visit our programs page on our website, www.meadeactivitycenter.org

River Trace Golf

The cold and wet of winter has finally settled in on us. The fairways have gone into dormancy, and we ask for everyone's help in assuring that we keep the course in good shape during the off-season.

Winter Tee Boxes are now being utilized.

We are observing MATS ONLY on the Driving Range.

PLEASE DRIVE CARTS ON PATH OR IN THE ROUGH AS MUCH AS POSSIBLE, AND DO NOT CROSS OVER FAIRWAYS IN WET AREAS.

Nutrition Corner

Welcome to 2019 everyone!

Though you have probably already made some goals and resolutions for the New Year, tweaking those goals help adapt to our current situation and continuously progress forward. One strategy to help achieve our goals is to make S.M.A.R.T. goals.

- Specific to time and place - what, where, and when
- Measurable, once goal is achieved plan to move forward once we have how much/often
- Attainable, Stretch slightly beyond what you are comfortable with so it is a challenge, but can still be achieved
- Realistic- We want to be sure we can actually do it. This helps set small steps toward big success. If overall better eating is the theme, slowly changing one thing at a time, and you will be more successful than all at once. Exercise/fitness-improve time, weights, or amounts slowly with milestones set to break up the overall goal.
- Time-bound, Set the time-frame in which the goal should be achieved to stay on track.

Poorly set goals:

- Eat more vegetables/eat better—Exercise More

SMART Goals

Increase vegetable intake by 1 additional serving of vegetables twice daily by February 15th

What-vegetable intake; When- twice daily; How much- 1 additional serving per meal; time bound- February 15th) This goal seems realistic because we are changing one thing variable until we get in a rhythm and is attainable because we have given ourselves ample time and specific measures to improve upon. Once achieved, maintain and set another small goal to move toward better health

Exercise at the MAC for 45 minutes, 3 days per week, 4 weeks in a row by April 1st.

As above, we know what where and when we will do it, but we have left time for flexibility by not setting specific days of the week so we can adjust to our ever-evolving schedules. If setting specific days of the week will keep you more accountable, then absolutely do so! What works for one person will not necessarily for another.

Happy New Year! Ethan Mattingly, MS, RD

Thank You for your support of the MAC!

Meade Activity Center's Board of Directors

Elizabeth Arnold, Finance

Becky Crump, Public Relation

Andy Miller, Fundraising

John Beavin, Chairman

John DeVries, At-Large

Travis Rhoads, Health & Fitness

Amy Berry, Public Relation

Jason Dupin, Fundraising

Scott Wilson, Technology

Randall Bradley, Finance

John Hamilton, At-Large

Meade Activity Center • 493 Lawrence Street • Brandenburg, KY 40108
270-422-2227 • info@meadeactivitycenter.org • www.meadeactivitycenter.org