



2019 is off to a busy start at the Meade Activity Center. Despite some harsh winter weather, membership is steadily increasing, and programs have been extremely well attended. We are happy to have so many new families and individuals as members here with us at the MAC. New Adult Fitness Programs have been back up this month and we will have new opportunities available soon. Due to limited space we encourage everyone to sign up early! All of our upcoming programs and events will be listed on our website so keep an eye out for new opportunities!

Aaron Greenwell
Executive Director

VALENTINE'S SPECIAL

Beginning February 1st, we will begin our Valentine's Special. This is eligible to NEW members, and these folks will enjoy a Pay the Date Opportunity.

- If you join on February 1st, your first month's dues are \$1.00
- If you join on February 9th, your first month's dues are \$9.00 etc.....

THE EARLIER YOU JOIN THE MORE YOU SAVE!

Membership Updates

With the expansion of the MAC and the size of our membership base, we are utilizing email-based correspondence more and more every day. Any problems associated with your account will be communicated to you via email. In addition, we frequently provide our members information about upcoming programs and events before it goes out on our website or social media. If you need to add an email address to your account, or you need to update your email address, please reach out to us at info@meadeactivitycenter.org

Important Reminders:

***Please do not pass off your 24/7 Card to other family members to use. Cards are handed out individually to properly identify usage, assure proper access for cardholders, and for liability purposes. This may sound like a dark example, but if there is a natural disaster such as an earthquake, tornado, or a fire, we need to know who was in the building.

***Please be sure to ask permission before utilizing Studio A or B in a non-group setting. If there are no classes scheduled and administration is on-site it will be ok 99% of the time! Just ask the front desk staff before you head upstairs.

Reminder of Childrens Policy

- TO USE ANY FITNESS EQUIPMENT, ANY CHILD UNDER THE AGE OF 10 WILL HAVE TO PASS A SAFETY COURSE WITH A MAC STAFF MEMBER (Must schedule time with front desk. Once they pass the Safety Course they will be issued a wristband to identify that they have indeed taken the course.)

- No child under the age of 5 is allowed on or around Fitness Equipment at any time.

- No child under 10 is to utilize live weights (Back/Corner Room and Free Weights)

River Trace Golf

The golf course did not see much play in the past few weeks. January snow and grey skies just did not provide much opportunity to get out on the course. We ask for everyone's help by driving carts on the path or in the rough at all times. If we can control cart traffic, we can control erosion and damage.

May 11 - Ryder Cup – River Trace vs. Doe Valley @ DOE VALLEY (NET HANDICAPPED EVENT)

12 Players will qualify to play against Doe Valley in this annual outing. This will be a handicapped event. The event will be hosted at River Trace this year. If you would like more information contact Aaron Greenwell or Bob Pollock.

- USGA Handicap Fees will be \$27 for 2019.
- Member Cart Rental fees will be \$9.00 in 2019.
- 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 \$20.00 monthly fee can be added to your unit account on an annual basis. Contact the MAC office if you are interested.
- The Driving Range will continue to utilize hitting mats through February. There will be a designated spot in the fenced in area for driver use (Use Teeing Area). Please be courteous and mindful of the change.

Nutrition Corner

February is always cold and dreary and there are temptations everywhere with Super Bowl parties and Valentine's Day treats. DON'T become a statistic! Over 80% of people with New Year Resolutions will have given in to some extent. If wellness was the theme of your resolution, here are some tactics that may help push you through the hump and continue to move toward a better health status.

- If you set several health goals, prioritize. Narrow down to ONE that you think will have the greatest impact on your health and you have the most control over.
- Make your goal tangible so you have metrics to strive for:
- Go to the gym more vs "exercise 4 times per week", Eat better vs "have 5 salads throughout the week", Eat less junk food vs "NO chips or fries for six weeks"
- Chart, track, or journal about the experience to find what your obstacles are

If you're feeling discouraged compared to January 1st, after incorporating some of these strategies, March may very well see you in a sustainable routine on your way to success!

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