



As we head into the new year and new decade we look forward to 2020 with hopes for another big year for the Meade Activity Center. Last year proved to be a landmark 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. 2019 included many achievements, but perhaps our most significant expansion yet again was in our membership base, pushing over 600 units made up of over 1500 individuals for the first time in our history. Expansion of Adult fitness offerings lead to an increased energy amongst our fitness members and we are very excited to offer a full slate of programs in the Winter session. All of our upcoming programs and events are listed on our website, and we wish all of our members a happy and safe new year.

Aaron Greenwell  
Executive Director

### **Jingle Bell Trot**

The 17th Annual Jingle Bell Trot was held on a fairly mild evening Thursday, December 5th. We were fortunate to be able to launch the race with dry weather and over 140 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 2019.

### **NEW YEARS SPECIALS**

On New Year's Day, we will be hosting our MAC New Year's Membership Special. (Look for more info via mail and social media soon!)

*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 in the fitness center are accounted for. Youth 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** - You deem to be unsafe or someone acting inappropriately, PLEASE LET US KNOW!

**\*\*\* Due to many requests we will be adding a few spin bikes downstairs in the fitness center:)**

### **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 will vote to approve Mr. Hamilton at the January meeting in 2020. John DeVries will continue the 2<sup>nd</sup> year of his term as a Founders Club representative.

### **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 Brittany Barr, Leigh Ann Lusk, Debbie McKinnon, and Aaron Greenwell. 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](http://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.

- Standard Tee Boxes are being utilized thanks to the Bluemuda that was sewn in 2019.
- 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 2020!

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 15<sup>th</sup>) 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 March 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*  
*John Beavin, Chairman*  
*Amy Berry, Public Relation*  
*Randall Bradley, Finance*

*Becky Crump, Public Relation*  
*John DeVries, At-Large*  
*Jason Dupin, Fundraising*  
*John Hamilton, At-Large*

*Andy Miller, Fundraising*  
*Travis Rhoads, Health & Fitness*  
*Scott Wilson, Technology*

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