



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. The weather is going to be perfect this week, and this time of year is always a beautiful time around the MAC as we are privy to viewing both sides of the river and all the colors the fall foliage brings. It seems preposterous that I'm saying this, but November will bring the 5th anniversary of the opening of the fitness center! The past five years have been a great success, and we would like to thank all of our local community that has supported us since the beginning. We are going to ease back into adult fitness options this month and the MAC will do everything possible to provide the safest environment possible for our participants.

With Daylight Savings Time kicking in on Sunday, November 1st we will transition into Winter Hours at the MAC. The MAC will be open 9:00am – 9:00pm Monday – Sunday. (24/7 card holders will continue to have access from 1:00am-9:00am)

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:

Unfortunately, The Jingle Bell Trot will have to be cancelled this season. Due to COVID-19 we are not able to congregate at the high school or in any other inside venue. We look forward to offering the 18th edition of the Jingle Bell Trot when we can do so safely.

Fitness/Nutrition Tips

Fall is in full swing now, and with the weather changing we may find ourselves with a little too much time on our hands during the winter months. It will be easy to fall into a lethargic pattern with COVID protocol, so take the following steps to head into the new year with a jump start on a healthier you!

- Been a while since you've been in the gym? Get started NOW! With holidays looming it is extremely easy to overindulge in a family/social setting. It's proven that if you are physically active your diet will generally improve as well. If you can start hitting the fitness center before the holidays it will be a win/win! Not only will you be physically making progress, but you will be more aware of what you are putting in your body during situations that are tough!
- Instead of grazing throughout a day filled with travel and family gatherings, stick to a schedule. Having breakfast, lunch, and dinner will help you stay aware of what and how much you are consuming
- If at all possible, get a workout in on days in which you know you're going to be presented with tons of food options! Your ability to make good choices will improve drastically! When it comes to high calorie favorites, be choosy. Skip those that you view as mediocre and go for the one you look forward to! For me....cinnamon rolls.....:) I can say no to pies, cakes, and other sweets, but I can't say no to a cinnamon pastry. At least by eliminating the other options you are in control of your intake!
- LISTEN TO YOUR BODY. Know hunger cues vs social eating/craving cues. Eat until satisfied, not stuffed!
- TRY A GROUP FITNESS CLASS! IT'S A GREAT WAY TO KEEP YOURSELF ACCOUNTABLE!

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. In addition, we just became a RENEW ACTIVE participating 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. RENEW ACTIVE is a similar program to Silver Sneakers offered by United Healthcare.

River Trace Golf

The golf course is still in fantastic shape, and the greens are as quick as they have been all year. The areas that were seeded in September are coming in nicely and we appreciate everyone doing your part to keep carts out of the fairways. Our staff is working hard to keep the leaves off the course, and the rye and fescue grasses have rebounded nicely with the cooler weather. The “Bluemuda” tee boxes are returning again which should allow us to avoid most of the temporary teeing areas. Be sure to check out the golf shop as we have some items on sale that would make nice presents during the holiday season.

PLEASE CONTINUE TO KEEP CARTS OUT OF THE FAIRWAYS UNTIL FURTHER NOTICE!!!

River Trace Events: We would like to thank everyone that participated in recent events including the Golan Brown Memorial Scramble and The River Trace Fall Classic.

River Trace Fall Classic Results

Thanks to Don Wright & Michael Matney of Servpro of Meade, Breck, Grayson, and Hancock counties for being the tournament sponsor! Also thanks to John Hamilton, Billy Hayden, and Mike Greenwell for your contributions and volunteer work that helped make the tournament a success!

3rd flight:

- 3rd: Jason Bewley & Lloyd McCollum (Callaway wedge)
- 2nd: Mike & Marty Greenwell (odyssey putter)
- 1st: Joey & Haley English (Callaway driver)

2nd flight:

- 3rd: Ed Abner & Bob Pollock (Callaway wedge)
- 2nd: Adam Atcher & Adam Hinton (odyssey putter)
- 1st : Brian & Jenna Pike (Callaway driver)

1st flight:

- 3rd: Mike Ford & Josh Wilson (Callaway wedge)
- 2nd: Wayne McCombs & Buck Robinson (odyssey putter)
- 1st: Cooper Crump & Cole Corley (Callaway driver)

Championship:

- 3rd : Aaron Greenwell & Brian Gilroy (no 3rd prize)
- 2nd: Jon Mathes & Joey Wiseman (odyssey putter)
- 1st: Kyle Melloy & Kevin Nash (Callaway driver)

Thank You for your support of the MAC!

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