



As we head into 2024, we have high hopes for another big year for our local community and the MAC. Last year provided significant growth, and we are optimistic about the outlook of the upcoming year. The MAC is happy to welcome new members and we hope everyone is looking forward to a fresh start in the new year. Next week will kick off what is easily the busiest 10-12 weeks in the fitness center, and I'd like to simply remind everyone that if you are trying to avoid "the crowd" I would look for anytime outside of 4-7 pm throughout the week. I feel comfortable saying that the gym is rarely overcrowded, but the hours after the a typical work day will provide the largest gatherings over the next few months. With a 24/7 facility there's always a time that will work with your schedule to provide the best experience for each member.

I wish each of you and your family a safe and happy holiday season.

Aaron Greenwell
Executive Director

Fitness Center

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

- **HOURS AT THE FRONT DESK FOR JANUARY AND FEBRUARY WILL BE 9:00 am—7:00 pm on Weekdays**
- **HOURS AT THE FRONT DESK FOR JANUARY AND FEBRUARY WILL BE 9:00 am— 6:00 pm on Weekends.**

Fitness Center Reminders

- **24/7 Cards will only work on the exterior doors when we are not staffed.**
- **When there is a staff member present the front door will be unlocked for access and members should check-in / scan-in at the front desk.**
- **Please Try your best to leave the fitness center in better shape than you found it. This includes: throwing away trash, wiping down equipment, putting away loose weights, and wearing proper (CLEAN) footwear in the gym.**
- **Please do NOT let others in the gym after hours. If they have been granted 24/7 Access then they have a card that allows them to open the door and for us to get an accurate assessment of who entered overnight.**

○ **RSV, STREP, FLU, AND COVID ARE PREVELANT AGAIN!**

○ **PLEASE CONTINUE TO WIPE DOWN EQUIPMENT AFTER EACH USE. IT'S THE BUSIEST TIME OF THE YEAR IN THE GYM!**

○ Please be aware of other members who may be waiting on equipment that you are using.

○ Please wear the proper footwear and attire in the fitness center.

○ Please be sure to re-rack weights in their designated area and place dumbbells back on the shelf.

If you see something you deem to be unsafe or someone acting inappropriately.....PLEASE LET US KNOW! All we need is a date and time to review surveillance!

Winter Programs

January will bring some exciting new offerings at the MAC. NEW programs that will be available will include various adult fitness classes and new youth opportunities. New Youth offerings will include the 2nd session of the K-2 Youth Basketball for boys and girls which is now available for registration.

River Trace Golf

We said goodbye to one of our long-time staff members last month. Many of our folks came out to formally wish Mike Greenwell well as he sets off into the sunset enjoying the retired life. Mike was with the MAC for nearly a decade as the Assistant Facilities Superintendent and was an asset in his time with us. We wish him nothing but the best and hope that he and his wife Debbie enjoy traveling and enjoying more days in the warm sun. Thanks Mike for your hard work and dedication to the Meade Activity Center. We hope to see you around! The golf course is still looking amazing for the time of year we are in. Vince and Zack have done a great job with the leaves and the course really plays well when you can take advantage of a nice day. Please be mindful that grass growing season has come and gone. Any damage that we cause to fairways and greens will take until the spring to remedy. The more we can control cart traffic the better the turf will be for everyone in the offseason. We ask for everyone's help during the off season. We are observing MATS ONLY on the Driving Range. Please fix ball marks and sand your divots in the fairways. PLEASE DRIVE CARTS ON PATH WHENEVER POSSIBLE. Thanks in advance for your cooperation!

Proposed 2024 Tournament Schedule:

April 13-14:	River Trace & Doe Valley 2 Man Scramble Tourney
June 7th:	Ryder Cup vs. Doe Valley @ River Trace
July 4th:	Red, White, & Blue 4 Person Scramble
July 12th:	MCHS Boys Basketball Glow Ball Scramble
August 3-4:	Belles & Beaus Couples Tourney
September 7-8:	Member/Member or Member/Guest 2 Man
October 12-13:	River Trace Fall Classic 2 Person Tourney
December 15:	Santa's Best Ball 2 Person Tourney

2023 Santa's Best Ball Results:

A Flight Winners—Rodney Chancey & Manu Siagatanu

B Flight Winners—Vince Bradley & Zack Prather

C Flight Winners—Jerry Lucas & Mike Gass

New Year's Resolutions

- Start small. Don't overload yourself with so many changes that it's overwhelming. Pick one to stick with for a few weeks. Once you've mastered it, choose another to work on. If you can't stick with the change after 3-4 weeks, adjust it to fit where you are now. Eating vegetables at every meal every day is great. Eating vegetables at 1 meal, 4 days a week is better than none at all. Do what works and build from there.
- Find an activity you enjoy, but don't overdo it. Exercise often seems like the obvious answer, but it's not the same for everyone. Some enjoy lifting weights (it is the best tool for body composition changes), others running or cycling, still others may prefer a dance video in the comfort of their own home. The key to movement is doing something you enjoy and being *consistent* with it. No one needs to workout 7 days per week. If you're not moving your body now, start with just 1-2 days per week that work for you.

Thank You for your support of the MAC!

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