

The fall weather over the last week has been beautiful but you never know how long it will hang around here in Kentucky. Mornings and evenings in the fall are hard to beat. Football season, leaves changing, pumpkins, and other fall events bring nostalgia with it. Soon after fall break we will welcome some upcoming events and new youth basketball opportunities. We still have lots of great weather ahead of us, and we encourage everyone to take advantage of what might just be the best month to get out and enjoy the outside amenities here at the MAC.

*Thank you,
Aaron Greenwell
Executive Director/GM*

Youth Basketball

REGISTRATION BEGINS OCTOBER 19

The MAC is offering Youth Basketball Leagues again this year. The Boys & Girls league for Kindergarten -2nd Grade will be designed as a developmental program and players will play on a modified court with lowered goals. Games will be played at Stuart Pepper Middle School and Barry Hahn Primary School. The season will start with a fundamentals and skills assessment clinic. Jerseys and awards are included with registration fees. Fundamentals, skill building, and sportsmanship will be emphasized.

**Financial Assistance is available for those who qualify.*

24/7 Cards

- I wanted to take a moment to clarify when access is available to utilize 24/7 cards at the fitness center. 24/7 cards will only work on the exterior doors when we are not staffed. This time frame can change from time to time, but generally this is from 7:00 pm until we open the following morning (Currently 8:00 am but moving to 9:00 am toward the end of October). During staffed hours, the front door is unlocked and both standard and 24/7 cards can be used to check-in at the front desk.
- **PLEASE SCAN EACH PERSONS CARD ON THE EXTERIOR DOORS WHEN UTILIZING 24/7 ACCESS!**

Fitness Center

- o We repaired some equipment last month and reupholstered several benches.
- o PLEASE CONTINUE TO WIPE DOWN EQUIPMENT AFTER EACH USE.
- o If you're running a fever or actively sick please stay home:)

ALL MAC FITNESS MEMBERS ARE NOW ELIGIBLE TO TAKE SPIN CLASSES FOR FREE!

-MAC UNLIMITED
-MAC FITNESS PLUS
-MAC FITNESS

IF YOU WOULD LIKE TO RECEIVE THE OCTOBER SCHEDULE PLEASE EMAIL:
Aaron.greenwell@meadeactivitycenter.org

MAC Indoor Spin Cycling - (Ages 16+) - Spin classes provide a high-energy cardio workout using stationary spin bikes. Each class will include a combination of speed, hills, and interval training using upbeat music. This class can be adapted by each participant, so your workout can be as easy or grueling as you want it to be!

River Trace

The golf course is in excellent shape and we would like to take a moment to thank our team for their efforts over a very hot 3rd quarter of the year. Be sure to get out and enjoy some fall golf before all the leaves are down!

2026 Belles & Beaus Results

3rd Flight Winners: Vince & Peyton Bradley—156
2nd Flight Winners: Todd Burress & Nancy Birkla—146
1st Flight Winners: Zack & Whitney Prather—140
Championship Flight Winners: Scott King & Peyton Bradley—128

Online Instruction with Ryan Daniels

Looking for help with your swing without spending all day at the course or without trying to mesh schedules with your instructor? Ryan has you covered. Visit him at the link below! This is a great opportunity for our members!

<https://Skillest.com/@rdgolf>

River Trace Fall Classic October 17th & 18th 2026

ENTRY FEE: Entry fee is \$300/ Team for MAC/River Trace Members \$320/Team for Non-Members

ALL AMATEUR Man/Man, Man/Woman, and Woman/Woman teams are acceptable. **Men 59 & under will play the white/blue tees. Men 60-69+ will play the silver tees. Men 70+ will play the black tees. Ladies will play the red/yellow tees.**

Saturday: 9 Holes Scramble / 9 holes Combined SHAMBLE **Sunday:** 9 Holes Scramble / 9 holes Combined SHAMBLE

Titleist

PRIZES PER PLAYER: 1st: GTS Series Driver 2nd: GTS Series FW or Hybrid 3rd: SM11 Wedge
Flighted – ALL Flights will be determined by 1st Round Scores. Number of flights based on number of entries.

Thank You for your support of the MAC!

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