

MARCH 2021
**MERIDIAN
RANCH
NEWSLETTER**

ISSUE NO. 1



Meridian Service Metro District
Recreation Center Mission:

To offer a healthy lifestyle for the residents of Meridian Ranch through facilities and programs for personal fitness, group exercise, organized sports, aquatics, and special community events.

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SPRING BREAK AND GOLF

Kids getting restless? The ultimate staycation is right in your neighborhood. Escape the school year blues and play golf this spring break. Golf is a sport in which players can socially distance while playing safely. Basking in nature provides us many health benefits for our mind and body. Studies have shown that constant exposure to green areas relaxes the body, reduces stress and can aid in alleviating anxiety. Furthermore, exposure to sunlight allows the body to soak up vitamin D from the sun, promoting bone growth in youth. So, enjoy a family sport, right here in your neighborhood, that is healthy for the mind and soul!

Book your tee time at www.AntlerCreekGolf.com or call 719-494-1900 ext. 1

YOUTH LEAGUES

BASKETBALL 3/15-5/1
SOCCER 5/10-6/26
T-BALL 7/5-7/27

SUMMER 2021 EVENTS

FAMILY DECATHLON
YOUTH SCOOT TRIATHLON





During uncertain times, it's nice to have familiar faces.

Farmers State Bank has served the Falcon community since the beginning, and we will continue to provide quality banking services with top-notch customer service.

Visit us online or call today:
www.yourfsb.com
 719-495-3650

7025 Old Meridian Rd.
 Falcon, CO 80831

Member FDIC



MERIDIAN RANCH REC CENTER

Youth Basketball League

Ages 5-12
 Residents \$50 | Non-Residents \$70
 Practices Begin 3/15
 Games Begin 3/27

For more information contact the Sports Coordinator

VOLUNTEER COACHES NEEDED



719-559-TCVC

Medical • Dental • Surgical • Acupuncture
 Laser Therapy • Emergency • Pet Grooming



Free Annual Preventative Care Exam
 *new clients only



**8036 Meridian Park Dr.
 Falcon, CO 80831**



L-R back row: William Campbell DVM, Tracy McConaughy DVM, Linsey Blair DVM and Rob Williard DVM
 L-R front row: Amy Clark DVM and Jennifer Wade DVM

Behind 7-11



TENDER CARE VETERINARY CENTER

WOODMEN RD

MERIDIAN RD

See our monthly promotions:
www.tcvetcenter.com

Manager's Message

KEEPING FATS, OILS AND GREASE OUT OF THE SEWER SYSTEM

Fats, oils, and grease (FOG) come from meat fats in food scraps, cooking oil, shortening, lard, butter and margarine, gravy, and food products such as mayonnaise, salad dressings, and sour cream. FOG poured down kitchen drains accumulates inside sewer pipes. As the FOG builds up, it restricts the flow in the pipe and can cause untreated wastewater to backup into homes and businesses, resulting in high costs for cleanup and restoration. Manholes can overflow into parks, yards, streets, and storm drains, allowing FOG to contaminate local waters, including drinking water. Exposure to untreated wastewater is a public-health hazard.

Communities across the United States spend billions of dollars every year unplugging or replacing grease-blocked pipes, repairing pump stations, and cleaning up costly and illegal wastewater spills. Excessive FOG in the sewer system can affect local wastewater rates. So, keeping FOG out of the sewer system helps everyone in the community.

How can you help?

- ✓ Pour cooled fats, oils and grease into a container and put the container in the trash.
- ✓ Before washing, use a paper napkin or paper towel to wipe FOG from dishes and dispose of it in the trash.
- ✓ Use sink strainers to catch food waste.
- ✓ Put food scraps in the trash, not through the garbage disposal.

Jim Nikkel, General Manager
Meridian Service Metropolitan District
-Water, Sewer, Drainage, Parks, Recreation

www.meridianranchmetro.org



HERE WE GROW AGAIN!

Stonebridge, an intimate community at the heart of Meridian Ranch, offers residents an exclusive lodge just for them. In addition to a fitness room, kitchen, man-cave, patio, great room, craft room and community garden we are adding the following features:

- Game room with air hockey & ping pong tables
- Theatre room for movies
- Workout room
- Open space for lounging and tv viewing
- Outdoor patio

All of this in addition to the 42,000 square feet Meridian Ranch Recreation Center that Stonebridge residents enjoy.

Come and grow with us!

GROUP EX

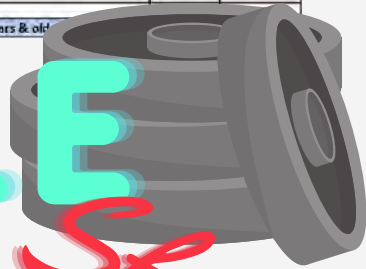
MRRC Group Ex Class Schedule											
Monday				Tuesday				Wednesday			
Time	Class	Room	Instructor	Time	Class	Room	Instructor	Time	Class	Room	Instructor
5:30 AM	Boot Camp	A	Sharra	5:30 AM	Cycling (Spin)	A	Summer	5:30 AM	HIT	A	Holly
6:30 AM	Spin	A	Lauren	8:00 AM	TRX	Court Floor	Chantell	6:00 AM	Spin	B	Lauren
8:00 AM	ADA Pilates 0	A	Michelle	9:00 AM	Pilates	B	Chantell	8:00 AM	Pilates	B	Chantell
8:00 AM	Barre	B	Chantell	9:00 AM	High Fitness	A	Holly	9:00 AM	Kettlebell Flow	A	Sharra
9:00 AM	Kettlebells: Total Body	A	Sharra	9:00 AM	Paddleboard Yoga	Pool	Michelle	9:00 AM	Wild Wednesday Water Aerobics 0	Pool	Michelle
9:00 AM	ADA Splash 0	Pool	Michelle	10:45 AM	Beginner's Gentle Yoga	Auditorium	Tricia	9:00 AM	TRX	Court Floor	Chantell
9:00 AM	TRX	Court Floor	Chantell					9:30 AM	Strength and Balance Yoga 0	Auditorium	Tricia
9:30 AM	Strength and Balance Yoga 0	Auditorium	Tricia					10:00 AM	Butts and Guts	A	Sharra
10:30 AM	Cycling (Spin)	A	Summer	3:00 PM	Line Dancing	A	Carrie	10:30 AM	Cycling (Spin)	B	Summer
10:45 AM	Vinyasa Yoga	Auditorium	Tricia	4:00 PM	Line Dancing	A	Carrie	10:45 AM	Vinyasa Yoga	Auditorium	Tricia
				5:00 PM	Zumba	A	Tracy	11:00 AM	Zumba	A	Tracy
5:30 PM	Yin Yoga and Meditation	Auditorium	Dylan	5:30 PM	Power Vinyasa	B	Tricia	12:00 PM	Zumba Toning	A	Tracy
5:00 PM	Zumba Toning	A	Tracy	6:00 PM	Total Body	A	Sharra				
6:00 PM	Extreme HIT	A	Holly					5:30 PM	Gentle Flow	Auditorium	Dylan
Thursday				Friday				Saturday			
Time	Class	Room	Instructor	Time	Class	Room	Instructor	Time	Class	Room	Instructor
5:30 AM	Cycling (Spin)	A	Summer	5:30 AM	Boot Camp	A	Sharra	8:30 AM	High Fitness	A	Holly
8:00 AM	Barre	B	Chantell	6:30 AM	BOLT Spin	A	Lauren	11:00 AM	Flow Yoga	A	Dylan
9:00 AM	Pilates	B	Chantell	8:00 AM	ADA Pilates 0	B	Michelle				
10:45 AM	Beginner's Gentle Yoga	A	Tricia	8:00 AM	TRX	Court Floor	Chantell				
				9:00 AM	Water Ex HIT 0	Pool	Michelle				
				9:00 AM	Barre	B	Chantell				
3:00 PM	Line Dancing	A	Carrie	9:30 AM	Strength and Balance Yoga 0	Auditorium	Tricia				
4:00 PM	Line Dancing	A	Carrie	10:45 AM	Vinyasa Yoga	A	Tricia				
5:00 PM	Zumba	A	Tracy								
5:30 PM	Power Vinyasa	B	Tricia								
6:00 PM	High Fitness	A	Holly								

0 geared towards Active Older Adults

All levels are welcome in all classes

Must be 13 years & old

SCHEDULE



When it's time to sell your home,
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~ Chad Sahhar



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This new neighborhood is truly an enclave, surrounded by open space and landscaped parkways, and featuring distinctive Colorado-inspired contemporary and mid-century modern architecture not available in other communities.

New homes by Campbell Homes, Century Communities and Covington Homes are priced from the mid-to-upper \$300s and feature in-demand options like three-car garages, finished basements, home offices, dual master suites and true hardwood flooring.

Residents of the Enclave at Stonebridge will have access to all of the amenities Meridian Ranch is known for plus access to the private, resident-only Stonebridge Lodge.

LET'S *Glow* CRAZY

COME ENJOY OUR FIRST 2021 FAMILY EVENT!
FULL OF PJ'S, GLOW STICKS, TREATS, AND A MOVIE.

WHEN: MARCH 27TH
TIME: 6:00 PM-8:00 PM
WHERE: THE BASKETBALL COURT AT MRRC
COST: FREE TO FAMILIES, LIMITED SPACE AVAILABLE SO MAKE SURE TO GRAB A SPOT!



(719) 495-7119
(Meridian Ranch Recreational Center)





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SWIM TEAM



PREP

Check it out

KIDS SPRING BREAK CAMP 2021

These camps will be for
residents only!
\$30/Day

March 15th-18th

March 22nd-25th

8:00A-4:00P

Mondays & Wednesdays Ages 5-7

Tuesdays & Thursdays Ages 8-10

**We will play sports/games, swim,
and do crafts/experiments!**

Prior to camp we will need:

- Physical
- Shot Record/Shot Exemption
- Filled Out Admission Form

**SIGN UP AT MRRC FRONT DESK
FOR MORE INFORMATION CONTACT
CHILDCARE COORDINATOR
KAYLENE LANDRY
CHILDCARE@MERIDIANSERVICE.ORG
OR
719-495-7119 EXT. 301**



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GROUP SWIM LESSONS

\$40 for residents
\$50 for non-residents



Jellyfish You & Me: Saturday's beginning 03/06
9:00 am-9:30 am



White Otter Level 1: Monday 3:30 pm-4:00 pm beginning 03/01
Wednesday 3:30 pm-4:00 pm beginning 03/03
Saturday 9:00 am-9:30 am beginning 03/06



Red Crab Level 2: Monday 4:15 pm-4:45 pm beginning 03/01
Wednesday 4:15 pm-4:45 pm beginning 03/03
Saturday 9:45 am-10:15 am beginning 03/06



Yellow Pufferfish Level 3 : Monday 5:00 pm-5:30 pm beginning 03/01
Wednesday 5:00 pm-5:30 pm beginning 03/03
Saturday 10:30 am-11:00 am beginning 03/06



Blue Shark Level 4 : Tuesday 4:00 pm-4:30 pm beginning 03/02
Thursday 4:00 pm-4:30 pm beginning 03/04
Saturday 11:15 am-11:45 am beginning 03/06



Green Turtle Level 5 : Tuesday 4:45 pm-5:15 pm beginning 03/02
Thursday 4:45 pm-5:15 pm beginning 03/04
Saturday 11:45 am-12:15 pm beginning 03/06



Recommended
January Book
of the Month



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We want to make sure you are taken care of every step of the way, even if we need to take more steps to get you there.



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THE MERIDIAN RANCH RECREATIONAL CENTER

We're Going on an Underwater Easter Egg Hunt!

Time Slots are open for registration!
kids per time slot allowed
B.Y.O.B
bring your own basket)

This event is free to Residents
You must register to attend this event!
Limited space is available

3 April 2021
9:00 am-12:00 pm
At The Meridian Ranch Recreational Indoor Pool

For more information and to get signed up (719) 495-7119

Meridian Ranch Community Directory

MSMD Board of Directors:

President:

Butch Gabrielski

Meridian Ranch Recreation Center

Phone: 719-495-7119

mrrc@meridianservice.org

Secretary/Treasurer:

Wayne Reorda

MSMD Office:

Phone 719-495-6567

Assistant Secretary/Treasurer

Bill Gessner

Mike Fenton

Tom Sauer

www.meridianranchmetro.org

www.meridianranch.com

Follow us on



Hours of Operation

Meridian Ranch Recreation Center

M-F 5:30 AM-8:30 PM

Saturday: 8 AM - 6 Pm

Sunday: 9 AM - 5 Pm

MSMD Office

Closed to the public due to

Covid-19

Still need to set up your Meridian Ranch Recreation Center online portal?

Stop by the front desk of Meridian Ranch Recreation Center to make sure your current account is up to date and there is an email on file.

THEN, go to MeridianRanch.ClubAutomation.com and scroll down to the section labeled "First time here?" and click on the "Access My Account" icon. This will then prompt you to fill out your first name, last name, and email.

Once this is done and Club Automation can locate you in the system, an email will be sent to you to complete your online portal set up.

Questions or issues? call 719-495-7119 or stop my MRRC front desk.