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.
See us for all your banking needs.

- Checking Accounts
- Savings Accounts
- Online and Mobile Banking
- Mortgages
- Business Services
- And Much More!

Visit us online or at our Falcon location.

Meridian & Woodmen
11695 Meridian Market View Rd.
Peyton, CO 80831
719.495.6600

efirstbank.com
1.800.964.3444
NMLS ID #498818 | Member FDIC

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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

AMC PAINTING

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(719) 574-3018
www.amcpainting.com
We can help you get HOA approval!

Best of the Springs Winner 2016-2020

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

TENDER CARE VETERINARY CENTER
719-559-TCVC
Medical · Dental · Surgical · Acupuncture
Laser Therapy · Emergency · Pet Grooming

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

Free Annual Preventative Care Exam
*new clients only

8036 Meridian Park Dr.
Falcon, CO 80831

Behind 7-11
7-11 MERIDIAN RD
WOODMEN RD

See our monthly promotions:
www.tcvetcenter.com
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 papertowel 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

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!

Manager's Message
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Room</th>
<th>Instructor</th>
<th>Tuesday</th>
<th>Room</th>
<th>Instructor</th>
<th>Wednesday</th>
<th>Room</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:15 AM</td>
<td>Rock Camp</td>
<td>A</td>
<td>Shana</td>
<td>8:15 AM</td>
<td>Cycling (Spin)</td>
<td>A</td>
<td>Shana</td>
<td>5:15 AM</td>
<td>HiIT</td>
</tr>
<tr>
<td>1:20 PM</td>
<td>Cycle</td>
<td>A</td>
<td>Shana</td>
<td>8:20 AM</td>
<td>TRX</td>
<td>Coach Mark</td>
<td>9:20 AM</td>
<td>Zumba</td>
<td>D</td>
</tr>
<tr>
<td>12:30 PM</td>
<td>QiGong / Tai Chi</td>
<td>A</td>
<td>Henrieta</td>
<td>1:30 PM</td>
<td>Pilates</td>
<td>B</td>
<td>Shana</td>
<td>1:30 PM</td>
<td>Cardio</td>
</tr>
<tr>
<td>11:45 AM</td>
<td>AHA Heart Health</td>
<td>A</td>
<td>Becca</td>
<td>12:45 PM</td>
<td>Multi-Purpose</td>
<td>A</td>
<td>Becca</td>
<td>1:20 PM</td>
<td>Functional Flow</td>
</tr>
<tr>
<td>11:30 AM</td>
<td>Meniscus, Total Knee</td>
<td>A</td>
<td>Shana</td>
<td>12:30 PM</td>
<td>Bodyweight Yoga</td>
<td>Becca</td>
<td>Becca</td>
<td>11:45 AM</td>
<td>AHA Heart/Knee &amp; Ankle</td>
</tr>
<tr>
<td>2:20 PM</td>
<td>AHA Health</td>
<td>A</td>
<td>Becca</td>
<td>2:20 PM</td>
<td>Multi-Purpose</td>
<td>A</td>
<td>Becca</td>
<td>11:30 AM</td>
<td>AHA Heart/Knee &amp; Ankle</td>
</tr>
</tbody>
</table>

**Day Session**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Room</th>
<th>Instructor</th>
<th>Tuesday</th>
<th>Room</th>
<th>Instructor</th>
<th>Wednesday</th>
<th>Room</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 AM</td>
<td>Strength and Balance</td>
<td>A</td>
<td>Becca</td>
<td>9:30 AM</td>
<td>Strength and Balance</td>
<td>A</td>
<td>Becca</td>
<td>8:30 AM</td>
<td>AHA Heart/Knee &amp; Ankle</td>
</tr>
</tbody>
</table>

*For people aged 65+*
VIEWS, VIEWS & MORE VIEWS.
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.
Combine Home & Auto. Save big.

Good things happen when you combine your home and auto insurance with State Farm®. Like saving an average of $889* Plus, you’ll have a good neighbor like me to help life go right.

CALL ME TODAY.

*Average annual household savings based on 2019 national survey of new policyholders who reported savings by switching to State Farm.

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State Farm County Mutual Insurance Company of Texas, Dallas, TX • State Farm Lloyd’s, Richardson, TX
State Farm Fire and Casualty Company • State Farm General Insurance Company, Bloomington, IL
1606203
State Farm Florida Insurance Company, Winter Haven, FL

SWIM TEAM

Kevin Koenke Ins Agency Inc
Kevin A. Koenke, RICP, Agent
11609 Meridian Market View, Unit 136
Falken, CO 80831
Bus: 719-495-9515

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
CHILD CARE COORDINATOR
KAYLENE LANDRY
CHILD CARE@MERIDIANSERVICE.ORG
OR
719-495-7119 EXT. 301

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GROUP SWIM LESSONS

<table>
<thead>
<tr>
<th>Level</th>
<th>Days</th>
<th>Times</th>
<th>Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jellyfish You &amp; Me</td>
<td>Saturday 03/06</td>
<td>9:00 am-9:30 am</td>
<td></td>
</tr>
<tr>
<td>White Otter Level 1</td>
<td>Monday 03/01</td>
<td>3:30 pm-4:00 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wednesday 03/03</td>
<td>3:30 pm-4:00 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Saturday 03/06</td>
<td>9:00 am-9:30 am</td>
<td></td>
</tr>
<tr>
<td>Red Crab Level 2</td>
<td>Monday 03/01</td>
<td>4:15 pm-4:45 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wednesday 03/03</td>
<td>4:15 pm-4:45 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Saturday 03/06</td>
<td>8:45 am-10:15 am</td>
<td></td>
</tr>
<tr>
<td>Yellow Pufferfish Level 3</td>
<td>Monday 03/01</td>
<td>5:00 pm-5:30 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wednesday 03/03</td>
<td>5:00 pm-5:30 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Saturday 03/06</td>
<td>10:30 am-11:00 am</td>
<td></td>
</tr>
<tr>
<td>Blue Shark Level 4</td>
<td>Tuesday 03/02</td>
<td>4:00 pm-4:30 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Thursday 03/04</td>
<td>4:00 pm-4:30 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Saturday 03/06</td>
<td>11:15 am-11:45 am</td>
<td></td>
</tr>
<tr>
<td>Green Turtle Level 5</td>
<td>Tuesday 03/02</td>
<td>4:45 pm-5:15 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Thursday 03/04</td>
<td>4:45 pm-5:15 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Saturday 03/06</td>
<td>11:45 am-12:15 pm</td>
<td></td>
</tr>
</tbody>
</table>

Recommended January Book of the Month

Before We Were Yours
Lisa Wingate

WWW.719GETLOAN.COM

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TAKE ADVANTAGE OF ALL-TIME LOW RATES!

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.

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
Secretary/Treasurer: Wayne Reorda
Assistant Secretary/Treasurer
Bill Gessner
Mike Fenton
Tom Sauer

Meridian Ranch Recreation Center
Phone: 719-495-7119
mrrc@meridianservice.org

MSMD Office:
Phone 719-495-6567

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.