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## A Word from The Director

**H**appy New Year to all of the great residents of the Village of Matteson and the many participants of the programs and activities sponsored by the Recreational Services Department. As the year comes to an end, we can reflect on the multitude of successes 2011 brought us. We were able to complete the construction and opening of our new, state of the art Community Center. To accompany this new building we have been blessed with an incredible staff and consultants who continue to make this community and department second to none.

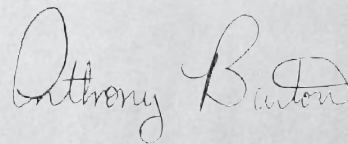
By year's end, the Community Center Juice Bar opened and is fully stocked with an array of healthy entrees, beverages, and fruit smoothies. We also added some new equipment to our Fitness Center which includes: elliptical units, stair master machines, stretch machines and ADA certified bikes. We continue to see the growth of activities in our natatorium with the Coach Eve Learn to Swim Program. The program has given many of our members outstanding swim training and aquatic activity that only continues to grow.

With the year 2012 approaching, people worry about what they eat between Christmas and the New Year, but the reality is that we should be worried about what we will eat between the New Year and Christmas of 2012. So, as you begin those heartfelt New Year resolutions, keep in mind the Matteson Community Center is here to satisfy all of your dietary, health and fitness resolutions. In many ways, the Matteson Community Center can also impact and assist your economic commitments with our outstanding and highly competitive rates.

Let's all follow this quote by Henry Ward Beecher, "Every man should be born again on the first day of January. Start with a fresh page. Take up one hole more in the buckle if necessary, or let down one, according to circumstances; but on the first of January let every man gird himself once more, with his face to the front, and take no interest in the things that were and are past."

We look forward to the wonderful programs and events that we have planned in this Winter Spring Guide and on the Matteson Community Center website and we hope you join us.

Happy New Year!



Anthony Burton  
Director of Recreational Services



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