

Dear Members & Friends,

During this unprecedented time, our Team has been actively exploring every opportunity to communicate and engage with you in hopes of maintaining the mental and physical gains you have worked so hard for at The Turn.

Staying engaged with members during this challenging time is very important to us, and we will be using this newsletter and our website to do just that. We will be updating our website regularly, including the addition of at-home education and training information. Down the road, we are exploring more interactive opportunities to engage in these activities with our members.


Since I can't conclude without giving everyone homework, your focus for this first newsletter is rather straightforward. I would ask you to set three goals for this year at The Turn. These goals can be related to

fitness, golf, social events, yoga, etc. Once they have been set then write down a few things under each goal that can help you to achieve that goal. Keep your list accessible and at the beginning of each week (after reading your Turn Newsletter of course) reference your list and decide what you can do that week to work towards one or all of your goals.

Let's stay engaged and stay connected as we support each other in making our health and wellness a priority. We will have more information regarding April programming soon.

Stay safe and please remember to visit [jointheTurn.org](http://jointheTurn.org) regularly to stay connected.

-Trevor

**Gina's Meditation Tips**  
Reduce Anxiety and Improve Your Golf Game

- 1. Commit to 5-30 minutes a day.**  
To begin, start with five minutes.
- 2. Eliminate Distractions.**  
Choose a time in your day when you have the least amount of distraction.
- 3. Relax and get comfortable.**  
It's hard to sit still, so stretching might relax your muscles and mind.
- 4. Choose Your Position.**  
Get comfortable in either a lying down or seated position.
- 5. Focus Your Mind.**  
Be prepared for your mind to wander. You might prefer to close your eyes & listen to music
- 6. Breathe slowly and deeply.**  
Begin by taking a few slow deep breaths, inhaling through your nose and exhaling from your mouth.
- 7. If your mind wanders**  
Try to slowly bring it back to the present by focusing on your breathing or music. This should get easier as time goes on.
- 8. Ending your meditation.**  
At the end your meditation, open your eyes and move slowly.



### Wish You Were Here!!

Hello Members of The Turn! It's been very quiet around here and we really miss you! So, we decided that we would come to you since you cannot be here with us. I am so happy I can still share all my "important" information with you and you don't have to be here 15 minutes early to hear it!!

I know this is a difficult time, so let's focus on the positives. Golf season is right around the corner and by the time this lockdown is over we will be outside on the course. Lucky for us, the Turn Team will give you tips in the newsletters on how to be ready to go out and have fun!

I am sure you are wondering about the Night at the Races. I am too! I talked to the coordinators at the German Club and they said we are the first event they will reschedule, so we will see how all this pans out and decide when it's a good time to have the event.

Going forward we will touch base with you on a weekly basis. You are very important to us and we look forward to seeing you again very soon. In the meantime, please take care of yourselves and don't do anything I wouldn't tell you to do!!!!

Your Program Coordinator - Shellie