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Playing THROUGH

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I hope this fourth installment of The Turn newsletter finds you all safe and well.

How about that yoga? I hope you all accepted my challenge and watched the yoga video from Judith. If you did, please email me to let me know at thazen@jointheturn.org. I want to hear about your yoga experience so I can collect all your responses and send them to Judith.

In the theme of Gina's article, the Turn staff has been "moving" to continue to provide you with new content throughout each week. Your weekly newsletter will come out every Sunday morning, there are phone socials for each group scheduled Monday, Tuesday and Wednesday and other content, including videos, are posted on the website throughout the week.

Shellie's article highlights how the staff is continuing to find ways to improve your experience at The Turn and Erin is still collecting ideas for our "staying busy" list that she is compiling for the website so send your suggestions to her at ecraig@jointheturn.org.

Lastly, I really have been enjoying the phone socials ... they have been a highlight for me each week. Our topic this week is the opposite of last week's, be ready to share with the group an act of kindness that you were able to provide to someone else. Thanks to all of you that have been joining in and I cannot wait to hear everyone's voices this week!

-Trevor



Moving Time

Have you been sitting at a desk or on the couch or recliner for long periods of time binging on TV shows or pounding on the keys of your computer?

If you are sitting in one position for over 30 minutes, it's time to **MOVE**. We focus on posture during fitness and golf. If your back is rounded, you lose upper back rotation, swing speed and distance! Muscles tighten up and lose strength. Your lung capacity might also decrease. The golf coaches might see some very creative swing characteristics when our season begins.

I've listed some exercises to do throughout the day improve or at least maintain your posture.

1. Roll your shoulders backwards.
2. Raise your arms to the side, bend your elbows to look like a goalpost. Pull both elbows back to open chest.
3. Tip your head, bringing your ear to your shoulder.
4. Rotate your upper back while sitting up tall
5. With two fingers touching your chin, move your head back to give yourself a double chin and hold for 5 seconds
6. Whether you walk or propel your wheelchair, just **MOVE!** Yoga and chair strength exercise video links have also been added to the weekly newsletter section on jointheturn.org. Make these videos part of your training. The golf season is right around the corner.



New and Improved Scheduling Tools!

Hello Turn Members,

It's another week at home, but that means another week to prepare for a new and improved way of operating at the Turn! Trevor and I are working on a new scheduling program that will give all of you opportunities to sign up for more activities! If you miss your scheduled program day for an appointment or another engagement, this new program will give you the opportunity to sign up for another time slot.

We are very excited about this new way of expanding opportunities and I know you will be happy when you see it!

Last, but not least, this is your reminder to check out the PDF printable version of the newsletter for more information about what is happening at The Turn.

Your Program Coordinator - Shellie

LAUGH corner haha!

- Half of us are going to come out of this quarantine as amazing cooks. The other half will come out with a drinking problem.
- I used to spin that toilet paper like I was on Wheel of Fortune. Now I turn it like I'm cracking a safe.
- Homeschooling is going well. 2 students suspended for fighting and 1 teacher fired for drinking on the job.
- This morning I saw a neighbor talking to her cat. It was obvious she thought her cat understood her. I came into my house, told my dog..... we laughed a lot.

CHECK OUT THE NEW CLUBHOUSE!!!

We did a little renovation during the winter months! Thanks to our handyman and favorite vest wearing volunteer, Matt Davis, we added more slatwall in the Golfshop area to create a Turn Shop!

The dining room was spruced up with table clothes and center pieces to make you feel like you're dining in luxury



The PGA Jr. League is for golfers ages 8-17 of all skill levels. Our team at North Olmsted GC will consist of members of our Turn Junior program. Turn Junior is a program for children with physical disabilities. We want every child to be able to be a part of a team, no matter what their disability may be, as well as able bodied children



Our unique Access Code is: TurnJr2020.
Register before our deadline of April 30, 2020.

Copy and paste the link below to register!

<https://pgajrleague.sportngin.com/register/form/581967657?source-survey-result-id=63676371>.



We understand that some families may be impacted by recent events, so we have tried to make the payment options a little easier for you. When you register your child, the only fee that will be due is the \$75 fee from the PGA for the uniforms, we will collect the remaining \$175 from you at a different time. We will be flexible in payment options whether it be a monthly fee that is affordable to you, we will work with you!



For more info contact Erin at ecraig@jointheturn.org