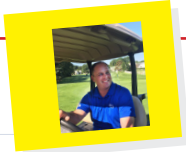


The Turn is a **COMMUNITY**. We are a **FAMILY**. And, most importantly, we will get through this **TOGETHER**.
 Join us on **Tuesday, May 5** as we rallying together for **#GivingTuesdayNow**,
 a global day of unity and giving amidst the **COVID-19** pandemic.

TURN STAFF TOP 10 LISTS

Welcome to the Turn Newsletter List Issue, where the Turn staff has created a series of Top Ten lists FORE your contemplation and enjoyment. I have decided that my list would be focused around golf and all the great moments it can offer to anyone who plays the game. Hopefully this list will make you smile with memories of your own Top Ten Golf moments.



Top 10 Golfer Moments

10. Making contact with the ball for the first time
(OMG I didn't miss it, I actually hit it!)
9. Your first solid shot
(The one that made you say that felt AWESOME. I can do this)
8. A hole in anything
(ie: finishing your first hole)
7. Your first full round 9 or 18 holes
(Hopefully you kept the scorecard like I did, mine was in 1985!)
6. Your first Par
(Yes! I did exactly what was supposed to happen)
5. Your first Birdie or Eagle
(Yes! I did even better than what was supposed to happen)
4. Beating your friends score
(Nothing beats a little competition, right?)
3. Beating your own best score
(The BEST competition in golf will always be with yourself)
2. ANY Hole in Hole
(No explanation needed here)
1. Finding out someone you know or a new friend you made is a golfer too!
(The best thing about golf is people!!!)

SOCIAL TOPIC!

Share 1 or 2 of your personal best moments in golf. Looking forward to hearing from you!



Ginas Top 10 AWARDS

My Top 10 List wasn't easy to write. This will give you a greater insight into my life. I chose my most memorable Top 10 Awards. Let's see if you can guess which ones I am most proud of! (Hint... it's the last 3).

1. Best mogul skier and ice stream swimmer.
2. Presidential Physical Fitness Award in 5th grade. I could have been a pole vaulter like Trevor!
3. Best Eyes, class of '79 Lakewood High School. You can stop doing the math! ☆
4. First Place 1997 in golf league carrying my partner, Vickie Thoma. (Monday Volunteer)
5. 2011 Worst Golfer Award. Won a fishing pole.
6. Best Laundry Hospital Gown and Towel Shrink Wrapper during a Metro Health Medical Center strike.
7. Women's Champion Pillow Fighter TSS Mardi Gras, Carnival Cruise Line 1985.
8. Northeast Ohio Franklin B. Walter Award for Outstanding Educator, 2013.
9. Best Mom Award. That's what the card said.
10. Awarded The Turn Fitness Coordinator Position, 2014. ☆

Thank you Frank, Trevor, Shellie and The Turn Board for taking a chance on me. Working with the staff, volunteers and members has been the best award I've ever gotten!

Shellie's Top 10 Reasons WHY SHE MISSES YOU!



This week Trevor challenged us to a top ten list. I decided to list the top ten reasons why I miss the members of the Turn!

1. Holding my clipboard.
2. Telling you "where to go"
3. Hearing your fun and crazy family stories.
4. George saying he's wonderful!
5. Cliff saying he's terrible!
6. Your laughter
7. Watching your overall improvement
8. Talking about our big events. (Night at the Races, Crushers game, and Join the Turn Outing)
9. Big welcoming hugs
10. Just being with you!

I hope you are all well. Stay safe and Healthy.

#GivingTuesdayNow - May 5



Erin's Top 10 songs for before a golf round

#GivingTuesdayNow
Tuesday May 5



10. God Bless the USA-Lee Greenwood

Who doesn't love this song?!

9. Nothing Else Matters-Metallica

Does anything else really matter on the course?



8. You Belong with Me-Taylor Swift

We use to sing this in the van before every college match...our poor coach!

7. Leaving Behind-Red Wanting Blue

My favorite Ohio band, I miss seeing them live, hopefully soon!

6. Life's Been Good to Me-Joe Walsh

One of my dad's favorites, he never missed a match of mine.

5. Roll Me Away-Bob Seger

4. Sgt. Pepper's Lonely Heart Club Band-The Beatles

3. Benny & the Jets-Elton John

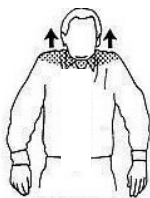
2. We Didn't Start the Fire-Billy Joel

Do you know every word?! I DO!



1. Badlands-Bruce Springsteen...He'll always be #1

12 STRETCHES IN 12 MINUTES FOR AFTER YOU'RE DONE GARDENING



Shoulder Shrugs

- Raise shoulders towards ears
- Hold 5 seconds
- Relax downward to a normal position



Neck Tilts

- Keep shoulders relaxed and arms hanging loosely
- Tilt head sideways, first to one side, then to the other
- Hold 5 seconds on each side



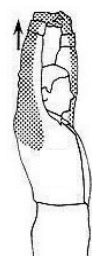
Wrist/Forearm Stretch

- Place hands palm to palm
- Rotate palms around until they face downward, keeping elbows even
- Hold 5 seconds



Back and Hip Stretch

- Bend left leg over the right leg and look over the left shoulder
- Place right hand on the left thigh and apply slight pressure
- Hold 5 seconds
- Repeat for the right side



Upper Body Stretch

- Interlace the fingers, turn palms upward and straighten the arms above the head
- Elongate arms to stretch through the upper side of the rib cage
- Breathe deeply and hold for 10 seconds



Hamstring Stretch

- Sitting, hold onto the upper left leg just above and behind the knee
- Gently pull the bent knee toward the chest



Upper Back Stretch

- Interlace the fingers behind the head with elbows out
- Pull shoulder blades together
- Hold 5 seconds
- Relax



Neck Stretch

- Sit or stand with the arms hanging loosely
- Gently tilt the head forward
- Keep the shoulders relaxed and downward
- Hold 5 seconds



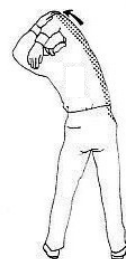
Wrist/Forearm Stretch

- Place hands palm to palm
- Move hands downward, keeping palms together and elbows even
- Hold 5 seconds



Back Stretch

- Lean forward
- Keep head down and neck relaxed
- Hold 10 seconds
- Use hands to push back up



Side Stretch

- Hold the left elbow with the right hand
- Gently pull the elbow behind the head to feel a stretch in the shoulder or back of the upper arm
- Hold 10 seconds
- Repeat on the right side



Hand/Finger Stretch

- Separate and straighten fingers
- Hold 10 seconds
- Bend fingers at the knuckle
- Hold 10 seconds
- Repeat