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Hello Turn Members,

Happy Fall! Now that the weather is starting to get colder, we will eventually be moving all programming inside. We are in the process of finalizing the Program Guidelines for Indoor Fall programming and we will get those guidelines to you soon. We are also excited to announce that the expansion project for the new all-purpose room has been completed. This new space, large enough to accommodate volunteers, staff, and members for yoga and other special events, is a welcome addition to The Turn facilities.

We have some great extracurricular programming activities scheduled for this fall that we hope you find time to participate in. These activities include:

- **Pumpkin Painting – October 20**
- **Make Your Own Hand Sanitizer – October 22**
- **Art Therapy - October 27**

You have received the flyers for these programs via email on September 30. Please call or email Shellie by October 16th if you would like more information or want to register for an activity. Spots are limited so the sooner you sign up the better. Yoga has officially been moved to the new all-purpose room for the rest of the year. Please remember that you can sign up for yoga using your Vagaro app.

We also wanted to go over a few reminders that can help make these last few weeks of outside programming safe and enjoyable. Please remember the following when attending weekly core programming:

- If you do not feel well, please stay home
- Bring your own water
- Everyone is doing great job wearing masks. Make sure your mask fits snugly, covering your nose and mouth. We have disposable masks available.
- Use hand sanitizer before and after the fitness and golf session.
- After setting up for exercise or golf shot, maintain social distancing.
- Transition in timely fashion when moving between golf and fitness and when arriving and departing session so the next group can start on time.

### **Golf Fitness Lesson Plan: Hop on the Band Wagon**

For the next two weeks, golf fitness will continue to discuss the importance and techniques of warm-up and cool down prior to and after a round of golf. Research has shown that the use of resistance bands can enhance your golf game. To many of us, that means hitting the ball further.

If you have resistance bands at home, please bring them to your next session.

### **Golf Instruction Lesson Plan: Climb the “Ladder” to Distance Control Success**

For the next two weeks, the golf instruction will focus on using a series of ladder drills to help with your distance control in both chipping and putting. We will also help your distance control by checking your centeredness of contact.

Please bring your putter and 1-2 clubs to chip with to your next session.

See you soon-

*The Turn Staff*