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Playing THROUGH

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Hello Turn Members-

It was great seeing everyone back at programming and awesome to see the members full swinging again. As usual we would like to start the newsletter with some important announcements and reminders.

First off, please remember we do not have programming the week of Thanksgiving. We hope you all have a wonderful holiday! This year would have been the 3rd Annual Pancakes for a Purpose on Thanksgiving Day at Yours Truly restaurant in Hudson. Due to the pandemic we are unable to have this event in the restaurant. This year the event will be held virtually, please refer to the postcard in this newsletter and click on the weblink. It is a successful fundraiser for the Turn so if you are looking for ways to donate this is a great one!

We are still looking for member "Thank You" videos on "What The Turn means to you", "How The Turn has impacted you" or any other sentiment you would like to share. Our goal is to send out these videos as a thank you to our donors over Thanksgiving week. If you have a video submission, please send it to staylor@noga.org. If you have any questions, please call Karen Tigie at 440-686-1074 ext. 203.

If you enjoy core program so much you would like to come to more classes, now you can! Some members of the Turn are not coming to program for the next couple of months so we are opening up the time slots for you to add and/or reschedule your time! An email was sent out earlier this week explaining how to sign up and how to cancel classes. We will also have paper copies of the email available for you to take for reference. Please reach out to Shellie if you need assistance with this in any way, she is more than happy to help.

We appreciate the fact you are reading the newsletters we send to you. By reading these newsletters you know what to bring to program and you are prepared for both golf and fitness. Please share with other members of The Turn the value of reading the emails and being prepared for program.

See you soon-
The Turn Staff



The poster features a decorative border of autumn leaves in shades of yellow, orange, and brown. The text is centered and reads: "3rd Annual Pancakes for a Purpose" in a large, dark brown script font. Below this, "Benefiting" is written in a smaller, dark brown sans-serif font. To the left is the logo for "the turn", which includes the words "the turn" in a blue and green font, with the tagline "Changing course. Improving life." underneath. To the right of the logo, the words "VIRTUAL FUNDRAISER" and "THANKSGIVING DAY" are stacked in a large, bold, dark brown sans-serif font.

Inside Golf Fitness Perfect Posture

Remember when your mother kept reminding you to stand up tall and sit up straight because it will improve your golf game? I don't remember the last part of that question, but it's true. Our goal for this lesson is to improve your sitting, standing and golf posture when you are participating in activities of daily living and golf.

Inevitably, postural changes occur with aging. The integrity of the musculoskeletal system can be compromised by so many factors. Habits such as poor body mechanics and spending hours watching TV and staring at a computer from a slumped position, for example, can accelerate the development of poor posture. Two common upper body postures that often develop with age are a forward head and rounded upper back, known as kyphosis. Tight hamstrings and hip flexor muscles can alter the neutral position of the pelvis which can lead changes in your spinal curves. Foot posture is a key for all body alignment so wearing proper footwear, including golf shoes, is important. Muscles that are lengthened, as are the gluteal muscles from prolonged sitting, can become weak. Remember, strong and stable gluteal muscles improve power in the golf swing.

During the next lesson, the golf fitness team will analyze your posture so they can teach you the strategies and exercises that may help to improve your ability to accomplish activities of daily living and develop a more efficient golf swing. Mother will be watching!

Please click on the video link below to see your weekly fitness focus:

Inside Golf Clinic Face Angle & "Money Yardages"

It was great that we had an opportunity to start getting some longer swings in last week. This week we will focus on two different aspects of our game.

Our first station will focus on our face angle at full swing with both a seven iron and a driver and note how close they are to being square and if there are differences between the two clubs.

Our second station will focus on developing two different "Money-Yardages" with a wedge, which means two different distances that you can depend on anytime, particularly under pressure.

If possible, please bring three clubs with you this week: Driver, 7 Iron and Wedge.

Please click on the video link below to see your weekly golf focus:

