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Playing THROUGH

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Hello Turn Members-

Let's celebrate the New Year and the arrival of your first Member newsletter of 2021! To begin the year, all programming will be conducted virtually with the hopes of returning to in-person programming as soon as possible. Our weekly Golf and Fitness clinics are scheduled to resume this week. Please remember that there are five golf and fitness clinics being offered each week that you can attend virtually. The sessions being offered are listed below:

Mondays 10:00 AM - 11:00 AM and 5:00 PM - 6:00 PM
Tuesdays 9:00 AM - 10:00 AM and 11:00 AM - 12:00 PM
Wednesdays 10:00 AM - 11:00 AM

Please remember that you do not need to register for these clinics, just simply click on the link provided for any session(s) that you would like to attend and you are all set. The clinic Zoom links are provided in this newsletter, at jointheturn.org and will also be emailed out on the day of. Also, when attending virtual programming via Zoom please try to log in 5-10 minutes early to save time. If you sign in early, you will be put in a "waiting room" where the host will then let you in. This will help in case anyone is having technical difficulties.

Turn Yoga also starts this week so please sign up if you are interested as spots are limited. You do need to register for yoga ahead of time to receive the Zoom link to the virtual yoga class. You can register for yoga through our scheduling app Vagaro or by contacting Shellie.

Please have a pad of paper and either a marker or pen with you for the clinic because we will have a trivia portion at the end of the clinic.

Your list of items needed for this week's clinic is below. Please bring the items listed below if you have them. If not, please do not worry, you can attend the clinic without them:

Sturdy Chair
Small Weights or exercise band
Water
Golf Club
Yardstick
Pad of paper
Marker or Pen



GO BROWNS!!!



See you soon-
The Turn Staff

Weekly Fitness Focus A Delicate Balance

Balance usually becomes more of a challenge as we age due to several factors. Decreased balance can affect your ability to carry out everyday activities and recreational activities such as golf.

There are two types of balance, static and dynamic. Static balance is defined as the ability to balance while stationary which we are required to do when we are addressing the golf ball. Uneven terrain and the lie of the ball, and physical disabilities are factors that affect how well we can maintain our balance. Many of our members require support or adaptive equipment to maintain their static balance. These same supports may be required during the swing which is dynamic. Dynamic balance is defined as the ability to maintain a position while moving, such as while walking, transferring, and swinging the club.

An important part of the golf swing is weight distribution and weight shifting both affecting your center of gravity. Improving your ability to maintain static balance at address and then transfer weight during the dynamic phase of the swing, can produce a more efficient swing.

Every year, we re-evaluate the fall risk of our members by measuring various functional outcomes. Later this week, a YouTube link to Safe Steps: Fall Prevention for Seniors will be sent to your email. We will have a short discussion about the video during our next virtual sessions. We show the video every year in January. For some it is a review, but a great reminder of simple things you can do to decrease your risk of falls.

Let us all work toward developing a balanced golf swing!

Weekly Golf Focus Let's be "Clear" about Static Balance

The golf focus for this week is on understanding the role that Static Balance plays in your golf game. We will cover different factors that affect your Static Balance including posture and weight distribution. We will work on helping you to understand how to improve your static balance in the areas of putting, chipping, pitching, as well as full swing irons and woods.

The most important items you will need for the clinic this week are a pad of paper and a marker or pen. They will be needed not only for note taking, but also for a new Trivia/Quiz portion of the clinic. The only other items that would be needed are a yardstick and any or all of the clubs listed above. Please remember that these items are optional, none of these items are mandatory to attend the clinic.

In closing, please remember that your golf season begins now and that all of your hard work over the next few months will pay off out on the course this summer. We cannot wait to see you all this week and look forward to helping you to improve your golf game for 2021!

