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Playing THROUGH

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Hello Turn Members!

It was a great first week of golf and fitness clinics and we hope you enjoyed your clinics as much as we did! Hopefully like last week, we will all be celebrating a Browns victory on Monday morning! As a reminder, we are offering 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 PM

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.

Great news about our Turn Yoga sessions. Yoga attendance has grown going into the new year so we are pleased to announce that we will be adding another yoga session each week. The newest session will be another CHAIR YOGA class and it will be offered on Thursdays at 11:00 beginning this week, January 21. 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.

*****NOTE: When booking a yoga class on Vagaro, please note that once you select the class it goes in your cart but the class is not officially booked until during checkout you select the GREEN BOX that says BOOK. Please remember to hit BOOK to complete the booking. Any issues, please reach out to The Turn Staff. *****

Your homework assignment for this week was to watch our annual Fall Prevention Video sometime before attending your first clinic this week. The video is about twenty minutes long and it will be referenced the during the clinic this week so watching it ahead of time is very important. Please click on the link below to access the Fall Prevention Video if you need to watch it:

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 | An old CD or DVD |
| Small Weights or exercise band | A golf tee |
| Water | A golf ball |
| Golf Club | A coin |
| Pad of paper | Marker or Pen |



GO BROWNS!!!



See you soon-
The Turn Staff

Educational Series with Judith Eugene

We are happy to announce that our Turn Yoga Instructor, Judith Eugene, will be providing an educational talk on Thursday February 18th at 11:00 AM. The topic is:

Introduction to Holistic Health Care – Members will learn about the physical, mental and emotional benefits of yoga, Tai Chi, Reiki, Feng Shui and meditation. Learn how these different techniques help to improve health and well-being, as well as promote relaxation and stress-relief.

As of now, this session is scheduled to be conducted via ZOOM ONLY but there is a possibility that we may be able to have Members attend in person as well. Obviously that is all dependant on what happens between now and then. If you would like to attend this installment of our Education Series, please reach out to Shellie to register and let her know if you would be attending via ZOOM or In-Person (Only if that option is available).

Weekly Fitness Focus

Fall Prevention

Each year, millions of adults 65 and over fall. Over 800,000 adults are hospitalized due to falls which mainly result in a head trauma or hip fracture. Medical costs can total billions of dollars, most of which is paid for by Medicare or Medicaid.

Many factors can increase the risk of falling. They include weakness, low vision and medications that cause drowsiness and dizziness to name a few. The one factor that we all need to pay special attention to is hazards in the home. Simple changes in the home can decrease the risk for falls such as picking up area rugs, improving lighting, installing handrails and grab bars

The Turn focuses on fall prevention all year round by screening our new members and providing the assistance or adaptive equipment necessary to keep our members safe. Once a year, these tests, which are part of the CDC's STEADI program, are repeated so that we can update their status.

This week's video can help us all understand the importance of fall prevention to keep ourselves and our loved ones safe.

Weekly Golf Focus

Get a Grip with Your Set-up!

The most important part of your swing is how you grip the club and set-up to the ball. We will focus on each part of the game from putting to driving making sure you are gripping and setting up with each club to ensure your maximum potential.

Below are the items you will need for the lesson. Please bring the items listed below if you have them. If not, please do not worry, you can attend the clinic without them:

- o Club (any club will work!)
- o Golf Ball
- o Coin
- o CD or DVD (Old one)
- o Golf Tee

