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### Three Week Edition

Dear Members:

It's another exciting week at The Turn! The good weather has provided some well needed outside time recently including rounds of golf being played at North Olmsted Golf Club by our Turn members. It has been so much fun being back in person these last several weeks and we want to thank all of you for all your hard work during our clinics. A special thank you to the Turn members that attended our recent Art Therapy program, your paintings were incredible!

The week following Easter there will be no clinic sessions but we are still offering several programming options for that week. We are offering two Golf Social sessions on Tuesday April 6 and they are already full. We are also offering Cornhole as an extra recreation opportunity on Wednesday April 7 at 10:00. Join us for some friendly cornhole competition followed by a pizza party social afterwards. There are still a few spots available, please register through Vagaro or with Shellie. We will also be offering our usual three yoga sessions that week on Thursday April 8, again, please register through Vagaro or with Shellie. Please remember that you must officially register for any Yoga class prior to attending. If you are not registered you are not allowed to attend. If you are unsure if you are registered for any session, please make sure to follow-up with Shellie to confirm. Sometimes in Vagaro members will sign up and put the session "in their cart" but then forget to finalize the process by "checking out".

Our annual Night at The Races event is scheduled for Friday April 23, 2021 at Lenau Park in Olmsted Falls. If you purchased tickets, horses, or sponsorships for last years event they will be honored this year. Lenau Park is working closely with us to ensure all safety protocol is in place. There protocols are listed below: The following are our protocols regarding safety with COVID-19:

- 1.) Masks are required for everyone inside the building unless they are actively eating or drinking.
- 2.) Best Practices are posted at entrances, in restrooms, and throughout the building.
- 3.) Hand Sanitizer stations have been installed throughout the space and outside.
- 4.) There will be adequate space between guest tables to provide for social distancing.
- 5.) The staff will use PPE (masks & gloves) at all times and has been trained in best practices.
- 6.) The floors will be clearly marked for safe distancing at buffets and bars.
- 7.) There will be no Self-Serve buffets
- 8.) The ventilation system has been newly serviced to ensure proper intake of fresh air.
- 9.) Guests will have access to the adjacent patio area and doors will be open (weather permitting) to allow for even more air flow.

We are looking forward to a fun and safe evening to spend with friends, family and the entire Turn Community. Contact Shellie to register or with any questions.

If you are attending In-Person classes this week, you can bring a mid-iron, a wedge, a putter and some water. If you are attending our Virtual Class, the list of optional items for this week is below:

**Sturdy Chair**  
**Weights/exercise band/soup cans**  
**Water**  
**Golf Clubs (Wedge, Putter)**  
**Golf Ball**

We can't wait to see you this week-

*The Turn Staff*

## Weekly Fitness Focus

### Better Nutrition by Lexi Larson, Evening Fitness Coordinator

Our last lesson identified the importance of incorporating a strength program in your exercise routine. Strengthening At every fitness lesson, we emphasize the importance of daily physical activity. As the weather continues to improve, we will continue to encourage members to get outside and enjoy the sunshine in any way you can! With that in mind, it is time to tie in healthy eating/ proper nutrition; in order to be able to further understand overall "good" health.

There are many factors that play into healthy eating. It is about knowing what are considered good foods and the recommended quantity we should be eating. What area(s) of the food pyramid should we be focusing on? Proper nutrition allows for improved level of immune function ( the ability to fight off illness easier and faster), decreasing blood pressure issues, and increase strength and endurance abilities; are just to name a few. Over the next two weeks, our fitness sessions will dive deeper into why proper nutrition is so important and how it can improve your golf game and your overall wellbeing. We will also be touching on the food pyramid. Lastly, we can not forget about hydration! We will also be reviewing what the recommended daily fluid intake is, you may just be surprised!

\*\*Don't forget, you can always join us on Wednesday Morning "Zoom"! It is open to anyone!\*\*

## Weekly Golf Focus

### Short Game EGGstravaganza!

This week we will be conducting a short game extravaganza for each Turn clinic session. We have spent most of the year focusing on your short game (putting, chipping and pitching) so now is your opportunity to put your skills to the test. We will have a series of contests set up where members will earn points based on their performance. Please bring a putter, a wedge and a chipping club along with a fun, competitive attitude for your clinic this week.

Your extravaganza awaits!

During our virtual programming that began in January we added a QUIZ portion at the end of each clinic session. We then kept track of everyone's responses each week on an official scoreboard. We have tallied the results and at this time I would like to announce and congratulate our winners. There was a three-way tie for first place with each member earning 42 points. Your 2021 Virtual Clinic Trivia Champions are...

**Dave Burchfield**  
**Barb Fitz**  
**Richard Roskoph**

Honorable mention with 41 points were...

Sean Collins  
Kathy Stolar

Congratulations to our three winners, we will have prizes waiting for you!