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jointheturn.org

Check out our Charity Classic on July 26 & The Barrington Wine Classic on August 14, both at Barrington CC!
Two First-Class events, one First Class Venue!

Can't make it? Pass on the information to friends who may be interested in supporting The Turn

There will be NO CLASS on July 26.
The Turn Staff will be taking part in our Charity Classic at Barrington Country Club.

July 27 - NO CLASS - Play Day from 10-11:30 ** limited to 10 players
****Sign up on Vagaro or contact Shellie**

July 28 - NO CLASS - Bocce Ball from 10-11:30** limited to 6 players
****Sign up on Vagaro or contact Shellie**

FITNESS NEWS

*The Energizer Bunny
He keeps going and going and going!*

Any sport, including golf, can lead to muscle fatigue, stress on joints and pain. Activities of daily living can also result in fatigue. An individual with a physical disability may have to modify the way they transfer or walk, for example, which increases energy expenditure. It is not uncommon for a new member to feel completely fatigued after playing only a few holes of golf. This week's fitness lesson will discuss strategies we can use to conserve our energy so we can accomplish our everyday tasks and enjoy our recreational activities. The fitness team wants you to finish nine holes of golf and, if you want to, wave hello to the clubhouse staff and make The Turn with the Energizer Bunny.

GOLF NEWS

We will try a "take 2" for the Play Day this week. Please bring your whole bag, if you don't have any clubs we will have some for you at the course.

If we cannot get outside again this week we will work on centeredness of contact in the basement. Bring a wedge, iron, putter and driver if it looks like we may be inside and we will get you hitting the center of the face everytime!