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Art Therapy - Clay Class

With Maureen Moses

Thursday, August 19 AND August 26
12:30-2:00

Come and enjoy an afternoon of clay making fun. We will be creating from a basic hand building style that can result in either a planter, vase, bowl or lantern; all with a technique that is easy and sure to please. No previous clay experience needed.

Sign up on Vagaro or email Shellie *limited to 10 members**

Fitness News

Hopefully by now, you have developed your own pre-round warm-up so that you lessen your risk of injury and set yourself up for a successful round of golf. The Golf Fitness Staff will be reviewing the benefits of warming up and will lead members in a warm-up that combines dynamic stretching with and without exercise bands. If you have an exercise band with light tension, usually yellow or orange, please bring it to class next week.

Winners of last week's fitness prize (Turn T-Shirt)
Herb Werner, Barb Fitz, and Ken Shawver.

Thank you for sharing your energy conservation ideas. Congratulations!

Golf News

We will be having our first outdoor short game summer session this week! Let's test your short game skills on the putting green by the patio. We will have a putting session, chipping session and a pitching session.

Clubs to bring:

Wedge
9 iron
Putter