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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 *there may be a few spots left!**

Fitness News

Interested in developing an efficient golf swing? Golf fitness is the way to go. Your physical abilities impact everything you do including your activities of daily living and golf. If a golf professional is trying to eliminate a swing fault i.e., you are swaying your hips instead of rotating, part of your fitness program must include exercises to improve your hip range of motion and strength. If those areas are not addressed, you will probably never be able to correct the fault.

This week, the golf and fitness staff will work together to improve your impact and release. The golf fitness staff and volunteers will lead the members in a few drills using the Orange Whip®.

If you own an Orange Whip®, please bring it with you.

Thank You to Hannah for a great summer! We will certainly miss her and wish her good luck in college! She'll always be a member of The Turn family and is welcome back anytime!

Golf News

We will be working on making a lasting **IMPACT** on your **RELEASE!** We will be working with our Orange Whip Training Aides as well as the impact bag to help you feel the clubhead at impact and at release.

Clubs to bring:

Wedge

Iron - your choice

Driver