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December Events!

December 6th - Horticulture Therapy Winter Arrangement 1:00
create a holiday centerpiece with Turn member Elaine Wolan

December 8th - BINGO! 3:00
enjoy snacks and play 3 games of BINGO with fellow Turn members

December 17th - Turn Holiday Party @ The German Club 9:00
FUN end of the year party with your fellow Turn members, staff and volunteers

Fitness News

Dynamic Posture

By Gina Babinec

This week our golf fitness class will discuss dynamic posture which focuses on our body alignment while performing movement activities such as walking, opening doors, picking up objects, transferring and golfing. When we swing the golf club, we set up in our stance position and try to maintain proper alignment during the golf swing. Maintaining ideal golf postural alignment during the swing facilitates rotation, transfer of weight and balance to produce club head speed and power.

Titleist Performance Institute defines Loss of Posture as any significant alteration from the body's original set up angles during the golf swing. The result is mishits. By doing a simple golf physical screen, we can identify physical limitations that might be affecting someone's ability to maintain alignment.

Golf News

Short Game Review

By Erin Craig

It is that time of year where the Extravaganzanness will be taking over! We will work with everyone this week to help tune up those short game skills before we start the Holiday Extravaganza where BIG prizes will be up for grabs. All the basics will be covered, putting, chipping and pitching.

Clubs to bring: Putter, Wedge, 8 iron