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jointeturn.org

Check out our winter extracurricular classes!

Engage in Fitness with Lexi - Mondays 3:30-4:30 in the Activity Room

Open Gym with Gina - Wednesdays 8:45-9:45 in the Fitness Room

*****All Open/Simulator times will start Feb. 7th*****

Open Play on the Simulators

Monday 3:30-4:30 Tuesday & Wednesday 12:30-2:00

Golf Social - Thursday 11:00-12:30

Simulator Social - Friday 10:30-12:00

Open Range - Thursday 1:30-2:30 & Friday 1:00-2:00

Art Therapy - Tuesday February 8th, 1:00-2:00

Please sign up on Vagaro for all events above

LAST CHANCE TO RSVP!

**Valentine's Day
Winter Formal**

**February 11
6:00-10:00**

**Avon Oaks
Country Club**

\$50 per person

RSVP to Shellie by Jan. 31st



Weekly Fitness Clinic - Fall Prevention

Each year, millions of adults 65 and over fall. Over 800,000 adults are hospitalized due to falls which mainly result in a head trauma or hip fracture. Medical costs can total billions of dollars, most of which is paid for by Medicare or Medicaid. Many factors can increase the risk of falling. They include weakness, low vision and medications that cause drowsiness and dizziness to name a few. The one factor that we all need to pay special attention to is hazards in the home. Simple changes in the home can decrease the risk for falls such as picking up area rugs, improving lighting, and installing handrails and grab bars. The Turn focuses on fall prevention all year round by screening our new members and providing the assistance or adaptive equipment necessary to keep our members safe. Once a year, these tests, which are part of the CDC's STEADI program, are repeated so that we can update our members' fall status. This week we will watch a video so we can all understand the importance of fall prevention to keep ourselves and our loved ones safe.

Weekly Golf Clinic - Grip and Aim

Grip and aim are the last 2 pre swing fundamentals we will talk about before we get to in swing mechanics. Grip is important because it is the only connection you have to your club. Having the correct aim will save you a lot of time looking for those balls off in the rough! This week we may even break some windows...virtually of course!

Clubs to Bring:

Putter

Wedge

Your favorite Iron