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Playing THROUGH

jointeturn.org

Night at the Races



Friday April 22
5:00-10:00pm

Donauschwaben's German-American Club
7370 Columbia Rd.
Olmsted Falls



WE NEED WINE!

We are looking for bottles of wine for our wine pull!

Bottles must be greater than \$12 in value

Email Shellie at smcquaid@jointeturn.org for more information

BINGO - MARCH 16 & 30 3:00-4:00
sign-up on Vagaro or emial Shellie

Weekly Fitness Focus

Blood Pressure

This week, in golf fitness we will be reviewing what blood pressure is and how it is important in relationship to exercise/Fitness. When blood pressure is high for long periods of time, it means that the heart is working too hard, increasing the likelihood of a stroke and/or risk of heart disease. It can also contribute to conditions such as congestive heart failure and blindness. We will also be reviewing some of the risk factors for high blood pressure and ways we can work to keep our heart healthy!

Weekly Golf Focus

It's Time to get Social

This week we will be having a mini social on the golf side. We will be reviewing your short game and allow you to put it to use against your fellow Turn members. If you enjoy the social atmosphere, don't forget to sign up for our Thursday Golf Socials on Vagaro

Clubs to Bring:

- Putter
- Wedge