

**\*\*\*REMINDERS\*\*\***

As the weather starts getting nicer, please make sure to watch for the arrow when pulling into the complex. An arrow pointing straight ahead means we will be outside for golf and meet on the patio/clubhouse. An arrow pointing to the left means we will be inside.

**UPCOMING EVENTS**

**Art Therapy** - Tuesday May 10th 1:00-2:00

*paint your own flower pot!*

**NOGC Open House & Bake Sale** - Saturday May 14th

*all sales from the bake sale benefit The Turn*

**Lake Erie Crushers Game** - Sunday May 22nd

**Horticulture Therapy** - Wednesday May 25th

*Plant a beautiful arrangement in the flower pot you painted in Art Therapy!*

**Weekly Fitness Focus**

**Seeing is Believing**

During your orientation, the fitness staff reviewed your medical history which included information regarding eyesight and vision. The next golf fitness lesson plan will FOCUS on how vision and eyesight impact your golf game such as your ability to align the ball, track your golf shot and read the greens. We will review the most common eye conditions and practice simple eye exercises.

Jennifer Conn, OD states "When so much of our life and sports performance are experienced visually, it is important to pay extra attention to the health of our eyes and schedule an annual exam."

Please bring any corrective lenses to your next golf session. SEE you then!

**Weekly Golf Focus**

**Align Your Golf Swing**

The most important part of playing on the course is your alignment. Even with all the correct swing fundamentals we've been working on, if your alignment is off the ball will never go where you want it to go. Remember on the greens, you may not always want to be aligned to the hole. Depending on the slope you may have to adjust your alignment to account for the break. It is not only important to understand proper alignment, but it is equally important to develop an alignment routine. We will work on both this week.

**Clubs to Bring:**

Putter  
Wedge  
Iron