

## UPCOMING EVENTS

**BINGO** - Wednesday May 18th

*3:00-4:00 in Activity Room*

**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

### Protect Yourself

This week in Golf fitness, we will be reviewing some common age related eyes and skin diseases. This will include common risk factors and lifestyle choices as well as ways to slow down and or prevent these ailments/diseases.

Things you will need for golf fitness this week: water (and if we are outside- sunglasses and a hat).

## Weekly Golf Focus

### Are You Ready to be On Pace?

A round of golf should typically take you 4 hours to complete. It doesn't matter if you're a scratch golfer or a bogey golfer, there are things you can do to help speed up your pace of play. Playing ready golf is one of them! Knowing where to position your cart or bag by the green can also help pick up your pace of play. We will go over some scenarios this week that are time savers and can help you reduce the amount of time you spend on the course.

#### Clubs to Bring:

Putter  
Driver  
Iron