

UPCOMING EVENTS

Horticulture Therapy - Wednesday May 25th

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

The Turn Community Club - Friday May 27th

NO CORE CLASS The week of May 30th

Bocce Ball June 1st

Pizza following the event

Golf Social June 2nd

Clubhouse Beautification - Wednesday June 8th

Help plant flowers and make the clubhouse beautiful

The Turn Community Club - Friday June 10th

Weekly Fitness Focus

Don't Exert Yourself

This week's lesson is on exertional heat illness. There are four types of heat illness ranging from a rash to heat stroke. Exertional heat illness is 100% preventable. The easiest form of prevention is hydration and acclimatization. Knowing the early signs/symptoms and early treatment will help you avoid all types of exertional heat illness.

Weekly Golf Focus

Set Composition

Have you ever been on the course and say "I don't have a club for that"? We will work with you this week on finding the gaps in your set so you will have a club for every shot. If we find that you do have a gap in your set we will make sure to find the club that fills your need!

Clubs to Bring:

Wedge
Hybrid
Iron