

March 2022

SENIOR MOMENTS

3111 19th Street | Columbus, NE 68601 • (402) 563-4444

March

Forward, March
And welcome Spring,
When bunnies
bounce
And birds all sing!



When March winds blow
The winter away,
They get the world
ready for
April and May.
By: Helen H. Moore



In like a lion out like a lamb

"In like a **lion**, out like a **lion**" refers to the changeable weather in the month of March. It means that if the weather is calm at the beginning of March, it will be stormy toward the end. "In like a **lion**, out like a **lamb**" means the same, but opposite: a stormy beginning of March usually portends a calm finish.

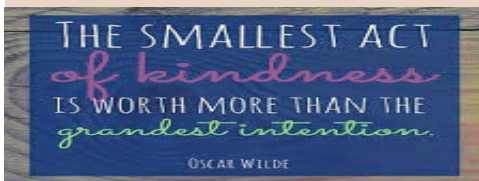


Happy March Birthday To:

- 3/2 Rose Shain
- 3/3 Mary Wojcik
- 3/4 Evelyn Badje
- 3/4 Sandy Kosch
- 3/5 Barb Benda
- 3/7 Doris Horne
- 3/12 Marcia Veal
- 3/20 Phyllis Groteluschen
- 3/21 Marie Klug
- 3/21 Doris Busse
- 3/22 Margaret Krings
- 3/22 LuAnn Warth
- 3/22 Margie Sergent
- 3/23 Fay Keller
- 3/25 Marilyn Bartholomew
- 3/25 Kim Meyer
- 3/23 Karen Penington
- 3/26 Betty Harlow
- 3/28 Dick Keller
- 3/30 Mark Kersch
- 3/30 Bev Jaixen
- 3/30 Janet Hibbs-Jones



Lynda Bowan for donating money for cake and ice cream!



Employee Appreciation Day—March 4th

If the boss can get a Bosses Day, then it's only fair that employees get a day in their honor.

Employee Appreciation Day is YOUR day!

For over 8 years, I have gotten to know 4 pretty awesome people! Pat Hinze is our Cook! (Can you imagine cooking for well over 200 people?)

Al Foltz is Pat's right hand man and keeps our facility spotless. (We have 10,000 Sq. ft.)

Bonnie Kracmann helps in the kitchen!

Donna Klopneiski is my left brain in the office! She tries to keep me in line! You folks inspire me and your work ethic is impeccable!

Our Center is only as great as our staff!!

With much admiration ~ Cindy



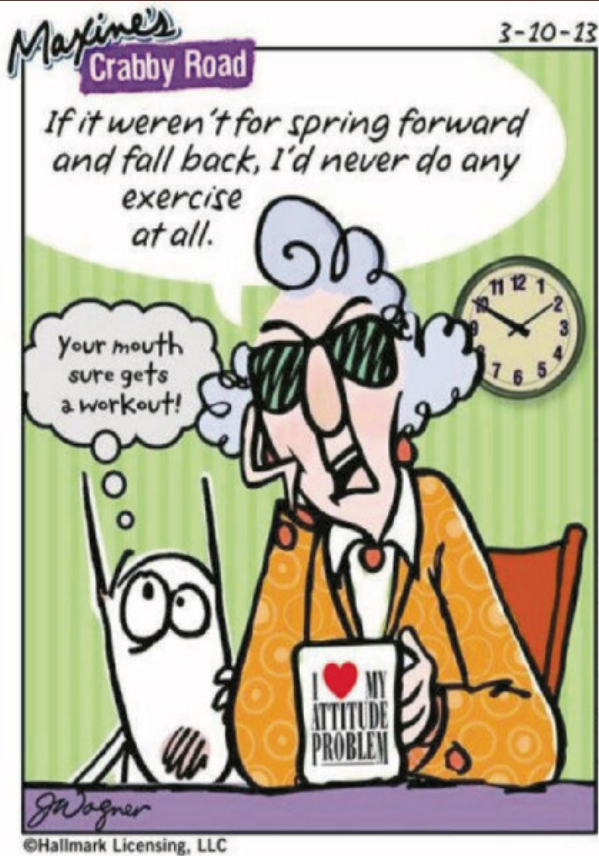
March 10th is International Find a Pay Phone Booth Day. It's not so easy to spot a phone booth any more. They are on the "Endangered Species" list. While they are few and far between, pay phone booths are still out there. You just have to look. Today is a call to action. Your mission today, is to go out and find one of the increasingly rare phone booths. In the days before cell phones, you could find a phone booth almost anywhere you looked. You could find them in any city or town, on almost every street corner in America. Phone booths were in every restaurant, store, mall, and public building. For a dime, now a quarter, you

could quickly and easily place a phone call.

Over the several decades of their use, there have been many variations of phone booth designs. The traditional phone booth was an enclosed, rectangular box. Original designs were wooden frames with glass walls, evolving to metal frames with glass or plexi-glass walls.

Modern, indoor phone booths are an open booth, with a pay phone inside of it

Daylight Savings Time March 13th



Eventually you will reach a point when you stop lying about your age and start bragging about it.

- Will Rogers



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Columbus Community Center, Columbus, NE

A 4C 05-1066

Menu

MARCH 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Polish Sausage Mashed Potatoes Sauerkraut Muffin Pineapple	2 Vegetable Lasagna Lettuce Salad Peas Garlic Bread Cottage Cheese & Peaches	3 Chicken Fried Chicken Mashed Potatoes & Gravy Wax Beans Dinner Roll Applesauce	4 Tuna Salad w/ Eggs on Croissant Vegetable Soup Pickled Beets Apple Juice
7 Creamed Chicken/ Biscuit Winter Vegetables Dinner Roll Peaches Cookie	8 Goulash Lettuce Salad Corn Garlic Bread Baked Apples	9 Chicken Fried Steak Mashed Potatoes & Gravy Green Beans Dinner Roll Applesauce	10 Chicken Tenders Mashed Potatoes & Gravy Buttered Beets Dinner Roll Pineapple	11 Fish Sandwich on a Bun Broccoli Cheese Soup Mixed Vegetables Mixed Fruit
14 Hamburger Stroganoff over Mashed Potatoes Brussel Sprouts Dinner Roll Pears	15 Glazed Ham Loaf Sweet Potatoes Green Beans Dinner Roll Mixed Fruit Salad	16 Chili Carrots/Celery with Peanut Butter Cinnamon Roll Apple Juice	17 Swiss Steak Baked Potato Cauliflower Dinner Roll Oranges	18 Tuna Casserole Peas Tomato Juice Biscuit & Honey Ambrosia Salad
21 Sloppy Joe on Bun Tri Taters Baked Beans Applesauce Cookie	22 Ham Salad on Croissant Potato Soup Carrots Strawberries & Bananas	23 Salisbury Steak Mashed Potatoes & Gravy California Blend Dinner Roll Pineapple	24 Lasagna Lettuce Salad Corn Ambrosia Salad Garlic Bread	25 Potato Chip Cruled Pollock Scalloped Potatoes Lima Beans Dinner Roll Applesauce Squares
28 Taco Potato Boat (meat, lettuce & cheese) Muffin Fruit Cocktail	29 Beef Stew Peas Cornbread Baked Apples	30 Baked Teriyaki Chicken Breast Rice Pilaf Green Beans Oranges	31 BBQ Riblet Baked Potato Carrots Dinner Roll Pears	

MARCH 2022

Events

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 FROG 10:00 FROG Crazy Eight's	2 Pie Day 10:00 Line Dancing <i>Behlen Retiree's</i> 10:30 Bible Study 1:00 Bible Study	3 9:00 FROG 10:00 FROG 10:30 TOPS #529 Sew Together	4 10:00 Line Dancing Keystone Meeting/ Lunch
7 10:00 Line Dancing Fat Quarter's Evening Guild	8 9:00 FROG 10:00 FROG <i>BD Alumni</i> Calico Quilters Super 8's Cards Card Sharks <i>Angel Care Classroom</i>	9 Pie Day 10:00 Line Dancing Canasta 10:30 Bible Study 1:00 Bible Study	10 9:00 FROG 10:00 FROG 10:30 TOPS #529 <i>Merry Makers:</i> <i>Louis Watkin</i> <i>11:30—12:30</i> Nifty Nines Cards <i>12:45 BINGO by St. Croix Celebration Dinner Advisory Board</i>	11 10:00 Line Dancing All-4-Fun Pitch
14 10:00 Line Dancing Baker's Dozen Federation of the Blind Meeting Featherweight Fellowship Women's Club	15 9:00 FROG 10:00 FROG <i>Emerald's</i> <i>St. Patty's</i> <i>Celebration</i> Pinochle Cards <i>1:00 Caregiver's Support Group</i>	16 Pie Day 10:00 Line Dancing Fat Quarter's Quilters	17 9:00 FROG 10:00 FROG <i>10:00 Johnny</i> <i>Johnson Music</i> 10:30 TOPS #529 <i>9-12 Blood</i> <i>Pressure Clinic by</i> <i>Meridian Gardens</i>	18 10:00 Line Dancing <i>10:00-11:00</i> <i>Brain Games by</i> <i>Alternative</i> <i>Hearing</i> Jolly Pitchers
21 10:00 Line Dancing Card Queens Baker's Dozen 6 Pack Cards Auction Pitch	22 9:00 FROG 10:00 FROG <i>12:45 BINGO by</i> <i>Promedcare</i>	23 Pie Day 10:00 Line Dancing EMANON Cards Crazy 8's Cards	24 9:00 FROG 10:00 FROG 10:30 TOPS #529 <i>11:30 Julie Couch</i> Bridge <i>12:45 Movie:</i> <i>Black or White</i>	25 10:00 Line Dancing NAOMIS
28 9:00/10:00 FROG 1:30 Alzheimer's Support Group	29 9:00 FROG 10:00 FROG	30 Pie Day 10:00 Line Dancing Super Eights Down 1 Card	31 9:00 FROG 10:00 FROG 10:30 TOPS #529	



Practical Uses for Coconut Oil

Over the past few years, coconut oil has taken on an almost magical reputation for all it can do. We've found some no-nonsense, very practical household uses for coconut oil that you may not have heard about yet.

Add sheen to your plants. Rub a little coconut oil on plant leaves. Then buff with a clean, dry cloth. Try it out in a small spot first, just to be safe.

Polish up a dull pair of shoes. Coconut oil can be used as neutral shoe polish for almost any shoe color. Rub in just a small bit of coconut oil on your shoes. Let the oil sit for a few minutes before buffing the shoes to a gleam with a clean cloth or brush. Always test out coconut on your shoes in a hidden spot first.

Put some luster in leather. Not only will a little coconut oil add some shine to leather, it also helps keeps leather supple. Rub a small amount of coconut oil into leather and then buff with a soft cloth. Always test in a hidden spot first.

Spiff up dreary looking household wood. A little coconut can nourish wood, remove minor scuffs, and add shine. Rub some coconut oil into wood furniture, banisters, molding, etc. and polish with a clean cloth or duster. Always test first in an inconspicuous spot on the wood.

Take the squeak out of noisy hinges. Use a little coconut oil in exactly the same way you would use any other substance intended to lubricant a hinge and silence a squeak.

Add some gleam to the inside of your car. A little coconut oil can help make your dashboard and other surfaces in your car look cleaner and shinier. Always buff with a clean cloth until all oil has been absorbed. You don't want to end up with oil residue on your clothing.

Soften ragged fingernail cuticles. Apply a small amount of coconut oil on cuticles, letting it sink in to hydrate and soften them.

Moisturize dry, aging skin. Apply just enough coconut oil to moisturize your skin. But be conservative, because a little goes a long way. Concentrate on dry areas, like elbows and knees. Not only will your skin feel smoother, it will have a nice glow as well.

Address "flyaway" or frizzy hair. Since coconut oil is, of course, oily, it should be used sparingly on hair. But it is amazing what just a tiny dab of coconut oil can do for hair. Rub a small amount on to your hands and then run your hands through your hair to get rid of static and reduce frizz. Coconut oil also conditions dry hair.

Remove makeup quickly and easily. Place a little coconut oil in your clean hands and gently smooth it over your makeup. Then use a cotton ball or clean soft cloth to remove excess oil. Afterwards, follow your usual skin cleansing and skin care routine.

Clean makeup brushes. Instead of using a more expensive makeup brush cleaning product, try rubbing a little coconut oil into the bristles of a used make-up brush. Then wipe the brush with a clean cloth or paper towel until the brush is makeup-free. Coconut oil will condition brush bristles as well.

Credit Card Reduction Day is March 21

Credit card debt can have a crushing and devastating affect on our lives. It keeps us from buying the house of our dreams, or a new car. It restricts our ability to make other purchases. It adds stress to our lives. Credit card debt comes with high interest rates. As credit card balances go up, so do the minimum payments, which can put a real crimp on our limited discretionary spending.

Did you Know? If you only pay the minimum amount due each month, it will seemingly take forever to pay off the balance. That's exactly what credit card companies are hoping you do.


So, increase your personal wealth, and improve your quality of life. Today is the day to begin doing something about reducing your credit card debt. You don't need to pay off the balance today. Rather, today is a great day to begin whittling away at the balance.

Here are some ways to "celebrate" this very special day, so you can eventually liberate yourself from the claws of credit card companies:

1. First, make an extra payment on your credit card balance.
2. Implement a plan to pay just a few dollars more each month
3. Limit new purchase, until your credit card balance is paid in full.
4. Double down..... Add the money you didn't spend on #3 above to your next credit card payment.
You will have a zero balance even sooner!
5. Reduce the number of credit cards you have.
6. Once you have paid off the balance, Pay the full amount due each and every month...no exceptions.

By participating in this day, you are on your way to financial freedom!

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Our Community Center's budget through our Area Agency on Aging is BAD! The State and Federal Departments are making cuts that are forcing us to do some Fundraising! In the next couple of months, we will be starting to get the ball rolling! I have wrote several Grants in the past few years that were gratefully approved of. One grant paid for the Wellness Room and The Man Cave. Another paid for the Dish Machine and Commercial Steamer. The last one will pay for a new handicapped accessible entrance. Hopefully more will become available! In the meantime...

1. Fundraising Makes Nonprofits Plan

Nonprofits are almost always borne from good ideas from great people, and they almost always evolve organically from the availability of resources and network connections of different leaders involved. They rarely plan first, which often leads to chaotic work plans and disjointed program foci.

Fundraising forces nonprofits to take a step back and think about how they are going to accomplish their projects, with what resources, and in what time frames. Whether it be by filling out an onerous grant application or by an investor or donor prospect asking you for your five-year plan, almost always organizations will need to have some sort of planning in place to ask for support and be successful in attaining it.

2. Fundraising Makes Nonprofits See Where They Are Vulnerable

In the process of planning and asking the question of how they are going to accomplish a project, a **nonprofit will often realize that they have gaps in resources** toward meeting their goals. Identifying weaknesses and vulnerabilities in organizational structure is a critical step in strengthening your organization.

3. Fundraising Makes Nonprofits Work as Teams and Align Goals

Often, nonprofit staff and volunteers are disjointed by project areas. **Fundraising acts as a glue for different project areas, unifying the team and its different project goals into one holistic mission.** A nonprofit will be stronger if its different components are brought together under a solid mission base.

4. Fundraising Makes Nonprofits Prioritize Projects

Prioritizing where to allocate precious resources is a constant struggle for nonprofit managers. Who wants to pick between two different programs that both help hungry children or some other disadvantaged community member? Prioritizing is a must however, and **the process of fundraising gives nonprofit managers an objective outlet to pick the most relevant projects** to that holistic mission base they identified while aligning goals and planning.

5. Fundraising Makes Nonprofits Branch out and Broadcast

To be eligible for grants, and sponsorships especially, nonprofits need to prove they are reaching as many people as possible. **Fundraising is often the excuse to renovate a website, create a newsletter, or design a social media strategy.** That exposure benefits your nonprofit tremendously beyond fundraising by increasing your presence in your target community!

6. Fundraising Makes Nonprofits Partner

To be more attractive to grant makers and sponsors, and more and more often as a requirement to be eligible for funding, nonprofits need to have diverse board members from all corners of the community and active partnerships with other like-minded organizations. Quite often, **outreach and partnering is the first step in a good development plan** as a result, and enacting that step leads to quality relationships your nonprofit wouldn't have otherwise.

7. Fundraising Makes Nonprofits Work to Alleviate the Greatest Community Needs

Funding, especially large community foundation funding, is often earmarked for the neediest people or for addressing the worst problems in the community. To be eligible, nonprofits are compelled to match their mission and agenda with helping those people and problems. Sometimes **this step can be a reality check for your nonprofit to aim to focus on what is most important for your target population**; this is a good thing!

8. Fundraising Makes Nonprofits Evaluate

The strongest grant proposals have fantastic evaluation plans, and nearly every grantor asks grantees for some sort of report that requires program evaluation. **Most nonprofits would probably forget evaluation all together if it weren't for this level of accountability – if it weren't for fundraising.** Benefits to evaluating include saving resources, fixing program elements and work plans that aren't working, and just knowing your impact, which in turn helps you fundraise.

9. Fundraising Makes Nonprofits Sustainable

If a nonprofit does not fundraise, it is vulnerable to its source of funding ending. Any fixed source could end. Whether it be a government line item allocation, an endowment, a multi-year grant, or revenues from sales or rentals, the reality is that nothing is permanent in the nonprofit world and the source can disappear very quickly. A funding mix of revenues, grants, gifts, and sponsorships is the best way to ensure sustainability for your cause.

Fundraising is so much more than raising funds. If done right, fundraising is developing your organization into a high functioning, networked, sustainable, impactful force for community good!



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10 Trigger Foods for Gout

Gout is a painful condition that affects 1-2% of North Americans through their lives. While gout can eventually go away on its own, it may last for years. Gout attacks last for about a week in length, and the majority of sufferers experience multiple attacks per year.

Untreated gout can cause a risk for diabetes and heart disease. Chronic gout can also cause kidney stones. Gout is caused by a buildup of uric acid in the blood. It crystalizes in the joints, with the big toe being the location in half of the cases. This is called podagra.

The symptoms of a gout attack can be controlled through nonsteroidal anti-inflammatory drugs and other medication. The prevention of gout attacks lies in diet. There are a number of foods that can trigger a gout attack. Recent studies have found that many of the vegetables we believe because gout attacks in fact can decrease the risk. These foods include beans, peas, and leafy greens.

Here are 10 common trigger foods for gout.

Try and avoid these or have them in moderation to keep your gout at bay.

1. Fish
2. Alcohol
3. Caffeine
4. Organ Meats
5. Fried Foods
6. Beef
7. Soda
8. Rich Sauces.
9. Shellfish
10. Fruit Juice

Popcorn Lover's Day—March 14th

Many of us love popcorn. So, it only makes sense that there should be a special day just for popcorn lovers.

Popcorn is good for you, when eaten plain.
It is not as healthy, when it's loaded with salt and butter.

This day is intended to enjoy popcorn and share it with others. Bring some to work. Or microwave some and put in in a basket in your office.

You can have it in a traditional way, with salt and butter. Or, you can add anyone of a number of flavors to it. Some popular flavors are cheddar cheese, parmesan garlic, and even hot pepper! There is no requirement as what seasoning to use today, as long as your eat plenty popcorn.

Now, that's not hard to do, is it!?

What Vegetables Can I Plant In March??

In places that experience drastic cold winters, March is a critical month to plant vegetables--it may be early for some vegetables or late for others. For some regions, March is the earliest time to get out and work the ground. For others, such as in temperate zones, March is the prime time for getting plants established for abundant summer growth. In addition, some cool season vegetables are ideal for planting in March.

Beets

Beet (*Beta vulgaris*) is a popular garden vegetable throughout the United States. It is frost-hardy and can establish in the garden in March or 30 days before the first frost-free date in cold areas.

Soak beet seeds overnight in lukewarm water, drain them and plant them 1 inch deep and 1 inch apart. Cover them with loose soil and break the crust formed by beating rains with the gentle action of the rake. Transplant seedlings 3 inches apart and when they are 3 inches tall. The seedlings establish more easily under cool, moist conditions. Harvesting occurs 50 to 70 days after planting.

Beets cannot compete with weeds, especially when small. Frequent, shallow hand-weeding is necessary to control weeds. Remove weeds while they are still young. Deep cultivation after the weeds grow larger will damage the beet roots. Beets need a moist, fertile soil that is high in potassium to ensure they grow vigorously.

Broccoli

Broccoli (*Brassica oleracea*) is a hardy vegetable of the cabbage family. Broccoli is a cool-weather crop that does poorly in hot summer weather. Growing in the heat of summer will reduce the quality and quantity of yields. Broccoli develops best during cool seasons of the year, when exposed to an average daily temperature between 65 and 75 degrees F.

Broccoli prefers sunny locations and fertile, well-drained soil. Incorporating plenty of organic matter and a complete fertilizer into the area before planting will give the soil added nutrients. Plant seeds 1/4 inch to 3/4 inch deep, two to three weeks before the last frost of spring.

Thin seedlings or transplant broccoli 12 to 18 inches apart, in rows 2 to 3 feet apart. Side-dressing with additional nitrogen fertilizer after harvesting will encourage side-shoot development. Deep, infrequent irrigation (1 to 2 inches of water) and use of mulch will conserve water and reduce weed growth. Harvest broccoli when the heads are large and compact but before the flower buds open, approximately 80 to 90 days after planting.

Radishes

Radish (*Raphanus sativus*) is a cool-season, fast-maturing vegetable. Garden radishes can grow wherever there is sun and moist, fertile soil, even on the smallest city lot. The majority of radish varieties grow best in the cool days of spring, and some late growers can also grow in the summer.

Plant radishes in early to mid-spring. In spring, sow salad radishes at 10-day intervals starting two weeks before your average last spring frost, continuing to three weeks after your last frost date.

Radishes prefer well-prepared, moist, fertilized soil. Loosen the soil 6 to 10 inches deep, and mix in good compost or well-rotted manure. Sow seeds 1/2 inch deep and 1 inch apart, in rows spaced 12 inches apart. Seeds will sprout in 3 to 7 days when sown in soil temperatures of 60 degrees F. Thin salad radishes to 3 inches apart and Asian radishes to 8 to 10 inches apart after seedlings appear. Harvest 25 to 40 days after planting.



I Want You to be Happy Day is an unselfish day. Its a thought that we wish upon others that we care for or love.

Celebrate today by doing more than wishing someone is happy. Do something to make others happy. It can start with an Ecard that will put a smile on someone's face. Other ideas include a phone call, making positive compliments, or cooking a special meal. Be creative. There are endless ways to make others happy.

Showing Thursday, March 24th at 12:45



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When his wife dies in a car crash, Elliott Anderson (Kevin Costner) fields another blow: the realization that he must raise his biracial granddaughter, Eloise (Jillian Estell), alone. However, the child's paternal grandmother, Rowena (Octavia Spencer) feels that she is better equipped to take care of the child, and sues for custody. With Eloise caught in the middle, both Elliott and Rowena are forced to confront their true feelings about race, forgiveness and understanding.



Raising Effective Advocacy for Crime Victim Health and Safety

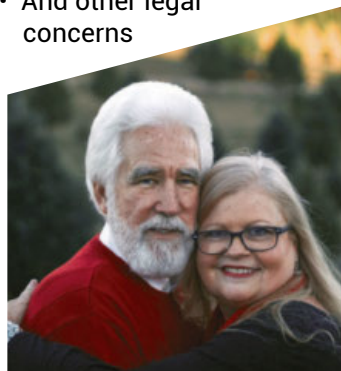
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Columbus Community Center, Columbus, NE

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The Nutritious Meals We Offer

Meals

Food is one of the most basic of human needs. Yet it is something many of us take for granted. Some people who are homebound are unable to prepare their own meals. Others may choose not to cook a hot and nutritious meal for themselves or don't want to eat alone. For those individuals, a home delivered or congregate meal is the answer. Nutritious meals and or socialization at mealtime may mean the difference between independence in their own home or institutionalization.

Nutritionally balanced and healthy meals are designed and approved by our team of registered dietitians. They meet one third of the daily-recommended dietary needs of adults age 60 or older, as established by the USDA.

Eligibility

The eligibility for congregate and home delivered meals is as follows:

Any person aged 60 or over

The spouse of any person aged 60 or over

A disabled person under age 60 who resides in housing facilities occupied primarily by older persons at which congregate nutrition services are provided

A disabled individual who resides at home with an older individual eligible under the Older American Act (OAA)

Home Delivered Meals

To receive home delivered meals; eligible individuals must meet one of the following criteria:

The individual is homebound and does not leave his/her home under normal circumstances

The individual is physically incapable of preparing meals due to impaired vision, hearing, mobility, dementia, or alcoholism, drugs or other therapy causing loss of appetite and emotional instability

Physical problems

Spouse or caregiver of a home delivered meal person

Congregate Meals

We offer congregate meals M-F. You can make reservations up until 8:30 that morning.

Q: What happened to the Easter Bunny when he misbehaved at school?

A: He was egg-spelled!

Q: What happened when the Easter Bunny caught his head in the fan?

A: It took ears off his life!

Q: What is the Easter Bunny's favorite sport?

A: Basket-ball

Q: Where did the Easter Bunny go to school?

A: John Hop-kins University

Q: Why was the father Easter egg so strict?

A: He was hard-boiled

Q: How did the Easter Bunny dry himself after getting wet in the rain?

A: With a hare dryer

Q: Why couldn't the Easter egg family watch T.V.?

A: Because their cable was scrambled

Q: Why did the Easter egg hide?

A: He was a little chicken



Try out some of the courses we have here in Columbus! Did you know that we have some of the best golf right here?

We have held numerous State Golf Tournaments, we have held The Wells Fargo Nebraska Open and our local College has golf teams that inspire!

Smartalec Caddy

A very bad golfer is playing at new course and he is having a very bad day. He is on the 18th hole, and he spots a lake. He says to his caddy "I think I'm going to go drown myself in that lake". The caddy says, "I don't think you can, you can't keep your head down that long."



Best Senior Exercises To Improve Your Golf Game

When you're building a strength training and stretching routine to improve your golf game, it's important to hit the most common trouble spots for seniors. You'll want to focus on the ankles, hips and shoulders, as well as the legs and back. Here are some great exercises:

Strengthen your shoulders by training on the rowing machine at the gym or doing dumbbell rows. If dumbbells are too intense, start out with a very low weight or with no weight, and increase the amount that you're lifting as you build up your strength.

Improve shoulder flexibility with the "golf twist." This move mimics the golf swing and helps improve your range of motion. If the medicine ball is too heavy, try holding something lighter, like a small bottle of water -- or even nothing -- until you get stronger.

Shoulder stretches improve range of motion. Try doing simple shoulder rotations forward and backward or a rotated shoulder stretch.

Strengthen and stretch your ankles with seated ankle rotations (clockwise and counterclockwise) or with seated and standing calf raises.

Stretch your ankles with calf stretches. While it might not feel like these stretches benefit the ankles, stretching the surrounding muscles will help with ankle flexibility.

Strengthen your hips with squats and lunges. Georgia State University has an excellent page on lower-body exercises, including instructions on how to do squats and lunges properly.

Stretch your hips for better range of motion. Hip drops and this seated hip stretch from the Mayo Clinic are excellent for improving flexibility in the hips.

Stretch your quadriceps with a simple quad stretch with torso rotation. This stretch will also improve balance, and the rotation mimics the golf swing for an added benefit. If you need to, do this stretch close to a wall, so you can steady yourself until your balance improves.

www.georgiastatesports.com

www.mayoclinic.org

The way I look at it, every day that I'm moving forward is a day I'm not moving backward.

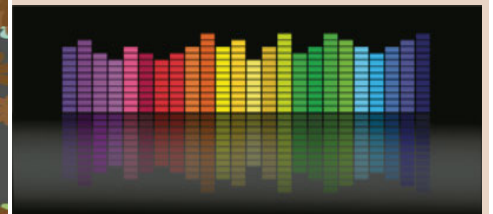
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For golden happy hours—
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And a host of friends that
never ends
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