



# PUTTING A-ROUND

Fall 2009 (October, November, December)

Pitching the latest news on  
**Outdoor Explorations - Golf for Seniors 50+**  
 (Affiliated with the Birch Hills Center for Successful Aging, California State University, Fullerton, California)

## THIS QUARTER'S CONTEST

Be the first to call (949) 588-0917 on October 13<sup>th</sup> and leave the correct answer and you'll win a free round of golf at Outdoor Explorations. The question: What anniversary did Outdoor Explorations celebrate in September? The answer: Is somewhere in this newsletter.

### Upcoming Special Events

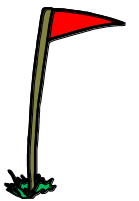
**HALLOWEEN** Orange Ball  
**TURKEY SHOOT-OUT**  
**Christmas Party**

Brea Weds. Oct. 28<sup>th</sup> & Lake Forest Thurs. Oct. 29<sup>th</sup>  
 Brea Weds. Nov. 18<sup>th</sup> & Lake Forest Thurs, Nov. 19<sup>th</sup>  
 Thursday, December 3<sup>rd</sup>  
 Laguna Hills Community Center

### Special Away Games:

REMINDER: Angela will no longer be taking late sign-ups for Away Games. Those signing up late will go on a stand-by list. Call Angela with any questions.

Monday, October 12 <sup>th</sup>	Birch Hills, Brea
Tuesday, October 20 <sup>th</sup>	Newport Beach, 10:30 am Skins Game
Monday, October 26 <sup>th</sup>	Los Serranos, Chino Hills
Monday, November 9 <sup>th</sup>	Birch Hills, Brea
Tuesday, November 17 <sup>th</sup>	Newport Beach, 10:30 am Skins Game
Monday, November 23 <sup>rd</sup>	Paradise Knolls, Riverside
Monday, December 7 <sup>th</sup>	Birch Hills, 15 Brea
Tuesday, December 15 <sup>th</sup>	Newport Beach, 10:30 am Skins Game



### Weekly Fall Tee Times:

Lake Forest Golf \$13.00	Tuesday Check-in 7:30 - 8:00am, 1st tee 7:45 am
Newport Beach Golf Course	Tuesday Check-in 9:30 - 10:00am, 1st tee 10:00am
Play 18 holes at Newport!	18 holes \$18.00 - 9 holes \$15.00

**Remember Skins game on the 3rd Tuesday of the month at Newport!**

Brea Golf Course \$14.00-\$15.50	Wednesday Check-in 7:15 - 8:15am, 1st tee 7:30 am
Seasonal price changes	

**Remember Golf-O-Rama on the 3rd Wednesday of every month at Brea!**

Lake Forest Golf \$13.00	Thursday Check-in 7:30 - 8:15am, 1st tee 7:45 am
2nd session	Thursday Check-in 8:30 - 9:00am, 1st tee 9:00 am

**Remember Golf-O-Rama on the 3rd Thursday of every month at Lake Forest!**

**Twilight Golf at Lake Forest every Wednesday night,  
 Check-in 5:30 pm, 1<sup>st</sup> tee 6:00 pm. thru the end of October and then it will be  
 decided if it will continue thru the fall/winter. Cost: \$14.00**

## Mission Statement

The goal of Outdoor Explorations - Golf for Senior's 50+ is to provide low cost golf outings as a means to promote healthy, active lifestyles that will help seniors remain independent in their later years.

## Golf's Enemies



One of Golf's Enemies is information overload! How many ways are there to improve your golf game? Hundreds, maybe even thousands! There is the Golf Channel, golf magazines, golf books, golf videos, infomercials, and of course the ever-present "help" of friends, family, and even strangers coaching you! We have touched on this topic before, however it still seems to be adversely affecting some of our member's golf games. If you watch the professional golfers every weekend on TV, you will see many kinds of golf swings. Some are very non-conventional while others are picture perfect as the cameras catch every swing in slow-motion and it is dissected by the commentators and compared, compared, compared. It is easy to see what works for one person may not work for the next. We all have different body types, different physical limitations, different talents, etc. etc. This being said, the best way to find a swing that works for you is to work with a professional teacher and limit yourself to that one voice while you are working on your swing. Swing also includes your putting stroke and chipping as well as the full swing. So limit the voices in your head when you're trying to improve you game!

## Member Highlights

On August 4 at Lake Forest, Janet Welch carded a hole in one on hole #6 using a 7 iron for her ace.



Janet Welch



June Bigge

On August 19 at Lake Forest

Twilight Golf, June Bigge scored a hole in one on hole #4. She used a pitching wedge and the ball dropped straight into the cup from her tee shot.

### Lake Forest Residents Senior Golf Days

If you are a resident of Lake Forest you may sign up on Thursday, September 10<sup>th</sup> for play thru October 15<sup>th</sup> and October 29<sup>th</sup> for play thru December 3<sup>rd</sup>. Cost: \$49.

## GOLF LESSONS!

A thirty minute private lesson with Angela is \$35 or purchase a series of six thirty minute lessons for \$180. Range balls are not included. Lessons by appointment and available to Outdoor Exploration members only. Angela is an LPGA Class A teaching professional. Contact Angela for details.

### 15 Minute Refresher Lesson

A special Fall price of \$15.00!

## Outdoor Explorations - Golf for Seniors 50+ would like to Thank Our Sponsors

Lake Forest Golf and Practice Center, Brea Golf Course, Newport Beach Golf Course, Black Forest Bakery and Cafe and to our driving force, The Ron Gillespie Memorial Fund.

Contact Angela Kelly, program coordinator and LPGA Class A Teaching Professional  
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or visit our website at [www.angelakelly.com](http://www.angelakelly.com)