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## Girls night out on the greens

*A candid look at how golfing is gaining popularity as a lifestyle both on and off the course.*

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Slumber parties, make-over sessions, girls nights out; from a young age, women are social and enjoy spending time with their girlfriends. Marriages, children, divorces and retirement may come to us, but we still manage to find time for the friends we've gathered along the way. While pubbing and clubbing may still be a standard for many girls nights out, a lot more women are looking at alternatives; occasions that provide a challenge, are memorable and exciting and that bring together like-minded friends.

Welcome to the world of women's golf! A place where you can hang loose with your girlfriends and just have some fun. More and more women are discovering that there is a great social aspect to golfing, and it extends well beyond the fairways. As it gains popularity, clubs are taking advantage of this growing social trend that surrounds the game. One such club that offers you a complete golfing lifestyle is Women on Course. Set up in 2007 by Donna Hoffman, the club has had over 5000 women participate in their events across America. Wine tasting and fine dining nights, happy hours at high-end restaurants, salon makeovers, clothes and fitness shows- the club offers it all and more. And who says you have to golf in order to have a golfing lifestyle? You can still enjoy all the social aspects to the game, without ever having to swing a club!

That's exactly what Johanna Vandramos discovered. Recently divorced, this San Francisco home maker attended a wine-tasting event hosted by her local golf club. She had so much fun that it took 7 more of such events before Johanna even stepped onto the greens. What was meant to be a couple of evenings out to meet some new faces, turned out to be an introduction to a whole new lifestyle. Johanna's not only found a sport that keeps her physically and mentally fit, but has made some great friends who enjoy yoga, diving and shopping- all of her favorite activities. She now looks forward to her Thursday golfing nights, which usually include a 9-hole game followed by drinks and dinner and her Saturday morning yoga sessions with her new-found friends.

But if you can't make that weekend golf game, then what do you do? The next best thing of course, which is to blog about it! Heather Jones of Columbus, Ohio golfs because she finds it therapeutic. It forces her to slow down, focus on her game and enjoy being out with friends. She also revels in the thrill of the challenge and competition golf offers. Indoor golfing means Heather can enjoy a game anytime of the year. Her passion for golf and the friendships she's made is so strong that Heather now blogs about it on her site [www.realwomengolf.com](http://www.realwomengolf.com).

As Donna Hoffman says, a golfing lifestyle is about living life to its fullest. Women may stop playing because of personal reasons or time limitations, but in the end there is no denying that for most women, golfing is addictive; both on and off the course!

### ***Interviews with***

Donna Hoffman- Women on Course, Washington, DC

Heather Jones- [www.realwomengolf.com](http://www.realwomengolf.com), Columbus, OH

Johanna Vandramos- San Francisco, CA