

GLENBROOKE

4663 Hawkins Mill Road
Lynchburg, Virginia 24503

(434)386-2280

JUNE
2006



GLENBROOKE COMMUNITY REPRESENTATIVES

Flemington Park:
Dennis Dills
386-0225

Doulton Circle
Jim McFarland
384-1556

If you have any questions or suggestions please do not hesitate to give them a call!

ATTENTION RESIDENTS:

The pool will be reserved for Water Aerobics on Monday and Wednesday mornings from 10:30 until 11:00 AM. Please feel free to come and join us!

Thank you for your patience during this busy time at Glenbrooke!
Grenda

IN THE HOSPITAL:

Tom Morgan
Frances Henegan

Happy Birthday!



Orion Templeton
1233 Doulton Circle
June 5

Dennis Dills
1379 Glenbrooke Drive
June 8

Beckie McKim
1323 Glenbrooke Drive
June 9

Alice Arthur
1354 Glenbrooke Drive
June 10

Jim Bowersett
1226 Glenbrooke Drive
June 16

Patrick Morris
1870 Coffee Road
June 20
(will be moving in soon)

NEXT SOCIAL WILL BE
JULY 4

At the Clubhouse
6:00 PM
Cook-Out

HOSTED BY:

John & Huguette Hawks
Jim & Elizabeth McFarland

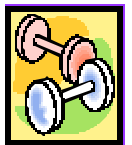
THANKS TO:

Dave & Vera Schreiber
Jim & Sue Bowersett
David & Sarah Jane Graham
For hosting the Memorial Day Social.

EXERCISE CLASS

MONDAY, WEDNESDAY AND
FRIDAY MORNING
AT 10:00.

STRENGTH AND
FLEXIBILITY.



WATER AEROBICS

WATER AEROBIC CLASS WILL
BEGIN JUNE 5.
CLASSES WILL BE HELD ON
MONDAY & WEDNESDAY
AT 10:30 AM.



CLUBHOUSE RESERVATIONS:

2006

June 10, 17
July 4, 13, 15
September 8, 14
November 8
December 13, 24

BED & BREAKFAST:

June 2, 3
July 1, 2, 3, 4
November 21 thru 26

If your date is not listed above, please give me a call at 386-2280.

Thanks, Grenda

Clean-up fee for Residents' Guests using the Clubhouse is \$30.00

Clean-up fee for using the Bed & Breakfast Room is \$25.00.

Use of both at the same time is \$55.00. Please pay in advance.

Please be sure to check the Bedrooms before your guests arrive to make sure everything is in place!

FITNESS PRESCRIPTION FOR YOUR BONES:

The formula to help meet your bone-building requirements is as easy as
1, 2, 3!

1. Weight-bearing cardio: WALKING
2. Balance training: WALKING HEEL-TO-TOE IN A LINE AND
BALANCING ON ONE LEG FOR SECONDS
AT A TIME
3. Strength training: USING MORE WEIGHT THAN THE BONE
USUALLY EXPERIENCES, LEADS TO
BONE GAIN

Doing one or more of the above daily can increase your bone strength and decrease your chance of fractures. We are doing strength training at the clubhouse weekly and will be doing weight-bearing cardio and balance training in the pool this summer.

“HANDY LADY”

If you have any outside work or inside cleaning that needs attention contact:
Rhonda McMasters at 941-2976

“THE PERFECT FIX:

“No Job Is Too Small”

If you have any minor repairs that need attention contact:
John Griessmayer at 525-3533 and leave a message.