



Brookridge is a flourishing Life Plan Community owned and operated by **ThriveMore**, a not-for-profit organization committed to providing quality care and a meaningful way of life for residents and staff since 1951.

Located on 46 wooded acres in the charming city of Winston-Salem, this community is a place where residents and staff become an extension of family that recognizes the dignity and worth of each individual. As part of a strong 70-year legacy to enrich senior living in North Carolina with a first-rate level of service, dignity, and kindness, we invite you to discover why Brookridge is a retirement gem.

**1199 Hayes Forest Dr.**

**Winston Salem, NC 27106**

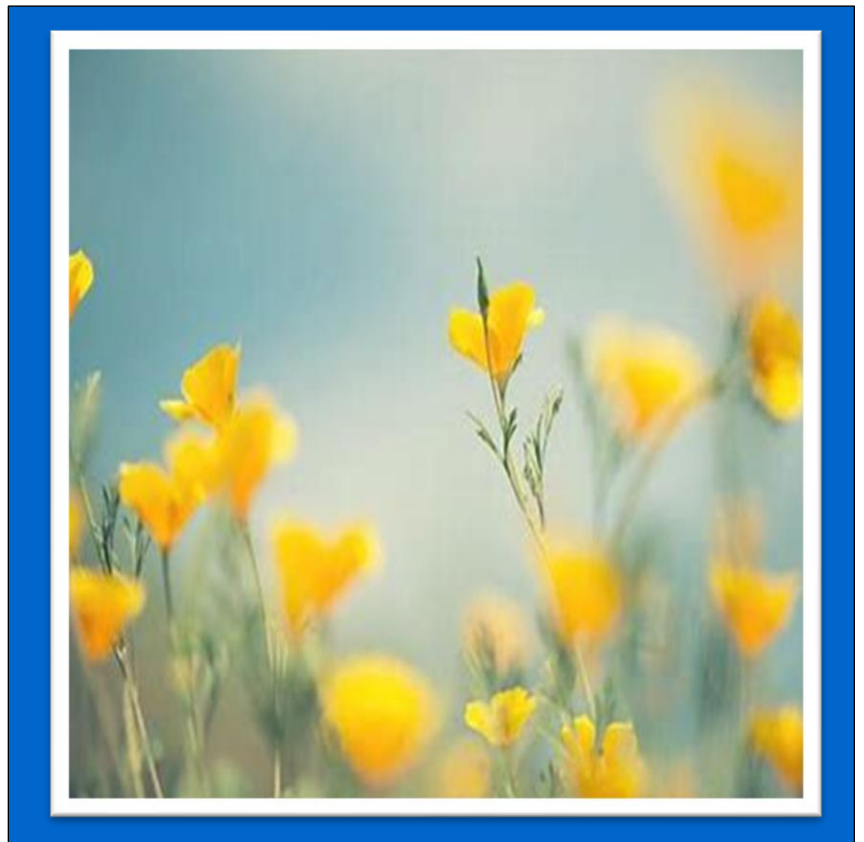
**336-759-1044**

We are on the web!

Visit us at

[www.brookridgecommunity.org](http://www.brookridgecommunity.org)

or



# April Birthdays

*Myra Blackburn 4/07...Apt.509*

*Sandra Cockerill 4/25...1148 HADR*

*Joan Cordray 4/02...2109 NICT*

*Sue Ferris 4/30...2017 LYCT*

*John Fromm 4/08...1132 HADR*

*Betsey Glaeser 4/19...Apt.602*

*Frank Hartman 4/22...Apt.408*

*Frank Reid 4/03...2200 POCT*

*Cheryl Swanson 4/15...Apt.200*

*Kay Taney 4/06...1152 HADR*

*Brenda Todd 4/11...Apt.210*



# Wellness Article

## April is Stress Management Month

Stress is what we feel when we have more to handle than what we're used to, or when a situation changes and takes us out of our comfort zone.

Stress releases hormones which speed up our heart rate, shortens our breath, and affects our mind and body. Managing vs coping with stress is the best practice.

But how?

First step. Take a deep breath (in through your nose, out through your mouth). Rate stress level 1-10. Think of the cause and if it's something within your control.

Ask yourself, "what are my options?" in controlling the situation. Take action.

---

*Benefits include*

---

**IMPROVED MENTAL CLARITY, FOCUS, PRODUCTIVITY, REDUCED TENSION, DEEPER BREATHING, MORE RELAXATION.**

**YOU'RE WORTH IT!**

**Dana Reynold, BS BC – HWC**

**Wellness Coordinator**





## March's Presentation Recipe:

### **Shrimp Burgers:**

- 1 pound peeled and deveined medium shrimp
- 1/3 cup panko breadcrumbs
- 1 tablespoon lemon juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon freshly ground black pepper
- 2 scallions, white and green parts, thinly sliced
- 1 large egg, lightly beaten
- 1/4 cup canola oil

### **Old Bay Mayo:**

- 1/2 cup mayonnaise
- 1 teaspoon to 1 tablespoon Old Bay seasoning
- 4 brioche buns, halved and lightly toasted
- Avocado slices, for topping
- Lettuce leaves, for topping
- Tomato slices, for topping

### **Directions**

For the shrimp burgers: Coarsely chop half of the shrimp. Put the remaining shrimp in a food processor and pulse until smooth. Combine both shrimp in a large bowl with the breadcrumbs, lemon juice, salt, garlic powder, pepper, scallions and egg and mix. Refrigerate for 10 minutes, and then form into 4 patties. Refrigerate 10 more minutes.

Heat the oil in a large cast-iron skillet over medium-high heat. Cook the burgers, about 3 minutes per side.

For the Old Bay mayo: Combine the mayonnaise and Old Bay to taste in a small bowl.

To serve, spread the buns with the mayo and place the burgers on the buns. Top the burgers with the avocado slices, lettuce leaves and tomato slices.

### UPCOMING EVENTS:

April 17<sup>th</sup> at 3pm in the Dining Room:

Stress Reducing Foods,  
Cooking Demo with  
Chef Eric



### Nutritional Value:

(any questions, see Dana, your Wellness Coordinator)

Shrimp are low in calories and high in nutritional value. They have a lot of protein and minerals that are essential for good health, including:

--Protein – amino acids that serve as cellular building blocks to the body.

-- Iodine – supports the thyroid; makes hormones that provide bone and nerve health.

--Magnesium – supports blood pressure, blood sugar, and helps prevent Osteoporosis.

--Potassium – supports nerve responses to muscles, and moves nutrients into cells.

--Omegas – helps reduce fat in the blood, which supports heart health.



**Dear Residents,**

**Spring is officially upon us! Now it's time to tuck away our wool socks and bring out the flip flops and rain boots. Spring is one of the most important times in the Food industry as farmers prepare for growing season. This is the time of year where farmers plant crops, manage livestock, maintain equipment, and manage pests and diseases. It sets the stage for a successful harvest throughout the remainder of the year.**

**With spring comes plenty of fruits and vegetables that are coming into season. Some popular fruit choices in April consist of Strawberries, Papayas, Limes, and Oranges. On the vegetable side we are entering the season for Arugula, Fiddlehead Ferns, Beets, Artichokes, and Asparagus. We are also entering warm legume season which includes most beans being harvested.**

**April is personally my favorite time of the year because it is officially crab season. Fishermen have started to flood the docks with bushels of Stone, Dungeness, Soft Shell, Blue, King, and Snow Crabs. A short trip to the Virginia beaches and you will be able to eat the freshest Blue Crabs until November. If Crabs aren't your thing, Lobster, Clams, Oysters, and Scallops are in peak season as well. When I think of family time, I think of sitting at a newspaper lined picnic table. Buckets of crabs, Family members laughing as the sun shines and the breeze wisps through our hair. Time seems to move a little slower this time of year and these moments I get to share with my Girls create memories that will forever linger in my mind.**

**I hope to start to create these moments with you all as well. I want to start a Chef's Club here at Brookridge and am curious to see if there will be anyone that is interested. This club could consist of monthly family potluck meals, special outings to our local farms, cheese shops, and more. If you would be interested there will be a signup sheet in the Activity Book and you can also reach out to me through my email. Thank you all for being so welcoming to me and I am looking forward to making many more memories with you. We will be going on our first farm visit on April 23<sup>rd</sup> to Nomad Farm in Tobaccoville.**

**Best Regards,**

**Chef Eric Nooe**





B R O A D  
R I V E R  
R E H A B



Contact Us  
(336)759-1044  
and ask to speak to  
someone in  
Broad River Rehab

Broad River Rehab is  
happy to offer  
Physical Therapy,  
Occupational Therapy and  
Speech Therapy to the  
residents of  
Brookridge Retirement  
Community!



*Ask about our  
refer a friend  
program!*

## April Program

Stress Relief Games

3:30pm 4/30 in the  
Auditorium

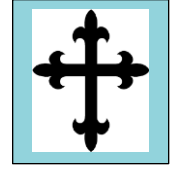
See how having **FUN** can  
help shake off the stress!

So you mean  
to tell me a  
stress ball  
isn't for  
throwing at  
people who  
stress you out





# Chaplain's Article



## Spring Cleaning

Spring is a time to start fresh—to wash windows, sweep the doorstep and purge your closet.

Sometimes our spiritual lives need a deep cleaning, too.

As you refresh your space at the start of this new season, don't neglect the space inside—your very soul, the core of who you are. Here are three questions to ask yourself as you take a spiritual inventory.

### What Needs to Go?

Let's be honest, some things should go straight to the trash. We're talking broken, falling apart, cobweb-covered this and that we probably never should have owned in the first place.

Think of a tucked away box that hasn't been opened in ages. That's what our sins can be like. We harbor all this guilt and shame over past mistakes and hide them away in the untouched corners of our hearts, never to see the light of day.

What if we unpacked all that baggage and laid it before God? What if we actively turned away from our sins (that's called [repentance](#)), and said, "Here you go, God. All the broken pieces of my life are yours now."

"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."  
—1 John 1:9

### What Can You Give Away?

What part of your faith life can you give to others? As followers of Jesus Christ, we aren't supposed to keep Him all to ourselves. He commands us to share His Good News with others.

### What Needs Some Love?

There's no shortcut to [a relationship with Jesus](#). It takes time and effort—elbow grease, you could call it.

"You shall love the Lord your God with all your heart and with all your soul and with all your might." —  
Deuteronomy 6:5

Wherever you begin, remember you're not spring cleaning alone. God Himself can help you cut through the spiritual clutter in each area of your life.

-Billy Graham Association

"Create in me a clean heart, O God,  
and renew a right spirit within me."  
—Psalm 51:10 (ESV)





Dean Clifford moved to 521-B Brookridge in mid-November and enjoys meeting wonderful residents here, as well as experimenting with the best balance between community activities and the opportunities for involvement here.

Born in Greensboro, Dean grew up in Columbia, SC, where Dean attended public schools from K-12. She was privileged to have a deep relationship with her paternal grandparents, who lived with the family. In addition, her lively maternal grandmother spent “hurricane season” every year with them, leaving her home in Florida before the first storm of the season and returning in October.

Dean came to Winston-Salem to attend and graduate from Salem College. There she met her future husband, Fred Clifford, a student at Wake Forest, later entering their 60-years+ of marriage. While at Salem, Dean completed summer study at the University of Oslo. Later, after her children entered school, Dean completed a Masters in Counseling at WFU and a Ph.D. in Child Development/Family Relations at UNC-G. Her career included teaching high school history; serving as an Elementary School Counselor; directing a local non-profit created to develop systemic early childhood and family services. Subsequently she consulted with several states working on such systemic child and family services: CO, VA, MI, Wyoming and others.

Dean and Fred shared a love for travel and the outdoors, particularly sailing and camping. Together with their four children, they had multiple extended camping trips (in a tent!), and continued to camp in their empty nest years, enjoying several trips across both the United States and Canada and up and down the East Coast. In addition, they sailed their cruising sailboat, built by Fred, in NC lakes and coastal waters and on the Chesapeake Bay, as well as joining other couples in chartering cruising sailboats twice in the Virgin Islands. To observe the year of their 60<sup>th</sup> and 65<sup>th</sup> birthdays, Dean and Fred explored first Scotland and then Ireland. In addition, the couple led a group through the Experiment in International Living on a trip to Norway, staying on the island of Sommeroy, above the Artic Circle. Finally, having joined Knollwood Baptist Church in 1962, where Dean is still a member, the two participated in mission trips to Kenya, Romania, and the Dominican Republic.

The Clifford family includes four children: Hope, now a teacher in Denver, CO; Roy, a long-term missionary with Young Life in the Dominican Republic; Jay, a musician, singer and composer in Charleston, SC; and Cary, who owns/operates the Camino Bakeries and Coffee Shops here in WS. All four are married and have gifted Fred and Dean with nine grandchildren: John, Cierah, Katie, Owen, Wyatt, Errol, David, Daniel, and Elena—ranging in age from 30-8.

After an extended battle with cancer Fred died in early November, 2022. After a year of the absence of her “fix-anything” husband, Dean sold their home of 54 years, moving to Brookridge, enjoying both continued independence and the secure prospect of lifelong care.

Written By: Dean Clifford

Submitted By: Joann Rawls





April

# SPRING WORD SEARCH

## Spring Word Search

C H I C K E J U N E G R W O W  
H P U D D L E M A P R I L H S  
I B L O H B U N N Y E B O M E  
B A S E B A L L T T E U M A E  
S U M A M A T C H A N T F R D  
H O T S P R I C I N G T L C S  
N E S T T A P I H E A F O H O  
E G S G E T R A I N B O W L R  
E G S S Y R E W S O L Y E E A  
A S E H B U F N N S O L R S I  
E G R O W O F L L Y O Y S S N  
A N U W E F M A Y Y M V R O C  
S A N E R A N B O W S H E S O  
U M B R E L L A E A S T E R A  
T H A S P R I N G P U D D E T



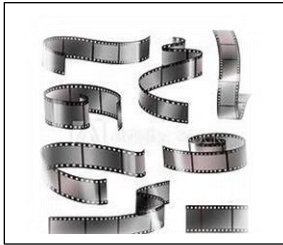
APRIL  
BASEBALL  
BLOOM  
BUNNY  
BUTTERFLY  
CHICK  
EASTER  
EGGS

FLOWERS  
GREEN  
GROW  
HATCH  
JUNE  
MARCH  
MAY  
NEST

PASSOVER  
PUDDLE  
RAINBOW  
RAINCOAT  
SEEDS  
SHOWERS  
SPRING  
UMBRELLA



# CAUGHT ON CAMERA!



*A good snapshot  
stops a moment from  
running away.*





# Upcoming



Are we  
THERE YET?

This month's  
Men's Breakfast will  
be at Steven's.  
All men are welcome  
and encouraged to  
attend!

April 4<sup>th</sup> at 8am.



College Park Baptist  
Church Bus Pickup is  
every Sunday at  
10:15am. They will  
pick you up in the 3<sup>rd</sup>  
Floor IL Parking Lot in  
front of the fish pond.  
No need to sign up,



Walmart

Shopping  
Trip

4/16/24

At 10:15 am



We will be going for lunch on  
April 5<sup>th</sup> at 11:30.  
Come taste the best sliders in  
town!



MAPLE SPRINGS  
UNITED METHODIST CHURCH

The Maple Springs  
Senior Luncheon is for  
all seniors & all  
denominations!  
April 25<sup>th</sup> @ 11:30 am  
\$5.00 per person

## Welcome to the "Nest"

The Cricket's Nest Craft Shop is a retail  
consignment boutique located in Winston-Salem,  
NC offering a delightful variety of locally hand-  
crafted items. Each season brings a fresh batch of  
creations that you don't want to miss.



We will be going on  
April 30<sup>th</sup> at 10:15am

The Spectacular Tulip Bloom  
welcomes all in a glorious  
celebration of Spring!  
Join us for a trip to the  
Paul J. Ciener Botanical Garden  
on 4/2/24 at 3:30pm, to see  
many beautiful tulips blooming in  
a variety of colors!



## Attention Residents!

Beginning Jan 1<sup>st</sup> 2024.....

Due to some residents not paying and last minute cancellations on pre-paid trips, You will now be billed on your Brookridge Statement for those outings that you sign up for that require pre-payments. I will call you on the listed sign-up by deadline date noted on the sign-up sheet in the activity book. This will be to confirm if you are still going or not. I will book the trip that day. Tatum will then bill you for that trip and you will see it on your monthly statement. There will be a 1 time grace allowance, after that no refunds will be given. Thank you for your understanding in this matter.

-Hillary McGee



Join us for lunch at JOLO Winery on  
April 12<sup>th</sup>. EndPosts Restaurant is  
located on site and serves several  
delicious options.



**Lunch Trip to Pete's**

**April 17<sup>th</sup> at 11:15am**

**SPRING TRIP 2024**

**Deadline to sign-up 4/18**



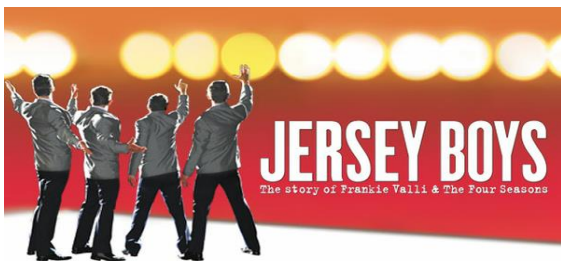
LIFE WAS MEANT  
FOR GOOD  
FRIENDS & GREAT  
adventures

# Gents Night

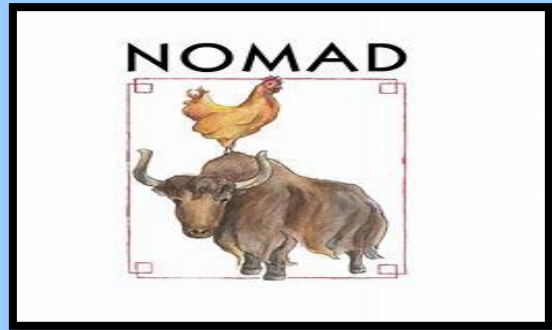
At the Ball Field!

April 25<sup>th</sup> at 6pm

WS Dash v/s Rome Emperors



With phenomenal music, memorable characters, and great storytelling, JERSEY BOYS follows the fascinating evolution of four blue-collar kids who became one of the greatest successes in pop-music history. Winner of Best Musical at both the Tony Awards® and Olivier Awards®, JERSEY BOYS takes you behind the music of Frankie Valli and The Four Seasons to discover the secret of a 40-year friendship as the foursome work their way from the streets of New Jersey to the heights of stardom. Thrill your audiences with electrifying performances of chart-topping hits including "Sherry," "Big Girls Don't Cry," "Can't Take My Eyes Off You," "Dawn," and "My Eyes Adored You," which brought The Four Seasons the highest honor: induction into the Rock 'n' Roll Hall of Fame. Sunday, April 21<sup>st</sup> at 1:15pm!



*Trip to the Farm with  
Chef Eric*

*Tuesday, April 23<sup>rd</sup>!*

The Best indoor mini golf  
par none!

With exciting obstacles and  
unexpected twists



Mini Golf like you have ever seen or  
played before in your life!

Join us for the FUN!

April 26<sup>th</sup> at 11:30am

# Health & Wellness Programs

## POWERBALL WORKOUT

TUESDAYS @ 9:30AM

A full body exercise class  
using large exercise balls.



## LINE DANCERS WANTED!



Line Dance Class April 23<sup>rd</sup>  
At 4pm



## 1 Friday per Month

This class gets your heart rate up and improves endurance, as it is a light form of cardio. Cardio is important for all age groups, but it's what makes **water aerobics particularly beneficial for seniors.**

It strengthens your heart and lungs, improves energy levels, manages your weight and helps you feel young and energetic!

Aqua Fit-Monday/Wednesday/Thursday/Friday at 10am

Stretchersize-Monday/Wednesday/Friday at 9am

Endurance Class-1 Friday per Month

Massages with Summer-Tuesday's & Wednesday's Appointments Only

Tai Chi w/ Dana Every Tuesday at 1:30pm

Sit & Be Fit-Every Thursday at 1:30pm

Cardio Drumming-Last Wednesday at 3:30pm

Zumba Gold-Thursday's at 3:00pm

Chair Yoga w/ Tiffany -1st Friday at 2pm

Yoga w/ Dana Every Monday at 4pm/ Virtual Yoga Every Friday at 1:15pm

Water Walking Every Saturday at 10:00am

Balance Class-Monday's & Wednesday's at 1:30pm

Mindful Meditation-Every Other Thursday's

Get Fit w/ Dana at the Gym-see the calendar

Walking Club-see the calendar



# New Wellness Program: Sound Therapy

Classes by: Wildlight Wellness Collective of Winston Salem

Beginning, Wednesday, April 24<sup>th</sup> at 1:30pm in the Auditorium

What does a Sound Therapy Session Include?

A sensory sound healing session to bring balance to the Chakras, energy, and affirm cellular wellness. We use the sound-off headphones, gongs, crystal and metal singing bowls, chimes, drums, shakers and more! Each session is crafted to your energetic and physical needs.



Wildlight  
wellness collective

# This & That

## April is National Volunteer Month!

Thank You to all of our wonderful & faithful volunteers, here at Brookridge! We appreciate you so much! In honor of all that you do, we will have a reception on April 22<sup>nd</sup> at 2:30pm. Invitations will be sent out soon. Hope to see you there!



## Attention All Golfer's!!!

Several golfer's from Brookridge have been meeting to play golf at Winston Lake Golf Course on Tuesday's at 9:30am. They would like to extend an invitation to any golfer's that might like to join them each Tuesday weather permitting. No appointment necessary, just show up!

**Winston Lake Golf Course**

**3535 Winston Lake Rd, WS 27105**



Mahjong will be held the 1<sup>st</sup> Tuesday night at 6:30 in the Café. Also, on Sunday's at 2pm.

## The Bookies, Book Club!

Book Club meets the last Monday in each month at 2pm in the Activity Room. Everyone is encouraged to bring a beverage of choice to the meeting.



## Upcoming Books:

**4/29-Lady Clementine**

**5/27-The Four Winds**

**6/24-The Sisters of Auschwitz**

**7/29-The Lacuna**

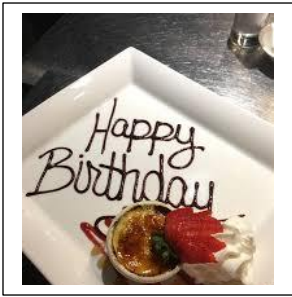
**8/26-The Only Woman in the Room**

**9/30 The Lives We Left Behind**

**10/28 Boys in the Boat**



If it's your Birthday Month, then have a special Birthday lunch with us in the Private Dining Room on 4/18 at 12pm. All you have to do is sign up in the Activity Book! We would like to help celebrate your special day with you!



## Wine & Cheese Social

*Friday, April 19<sup>th</sup>*

*At 3:30pm in the Café*



IL Clinic for Dr. Sheldon's Patients, Open Wednesdays from 9-12.

Please call 336-414-5757 to schedule an appointment.

## REMINDER!!!!

Please be sure to check your television daily to our new In-House Channel 1391 for daily changes and updates!

For those of you who don't have access to the channel please let Activity Staff know, to receive a hard copy.



This Month's Movie:

April 26<sup>th</sup> @ 3:00pm

"Senior Moment"

## SATURDAY EVENING SOCIAL

April 20<sup>th</sup> at 6:30 in the Café

SOCIAL  
*Saturday*

*Everyone is allowed to attend!*

Be sure to read the flyer coming out soon for more details

## Meetings to Remember:

**Resident Council-2<sup>nd</sup> Tuesday @ 4pm**

**Town Meeting-3<sup>rd</sup> Tuesday @ 2pm**

**Food Committee-1<sup>st</sup> Thursday at 2pm**



## Games -N- Things:

**Bingo-Mondays @ 3:15pm**

**Chicken Foot-Mondays @ 6:30pm**

**Canasta-2<sup>nd</sup> & 4<sup>th</sup> Tuesday @ 6:30pm**

**Bananagrams- Friday's @ 6:30pm**

**Skipbo-Saturdays 2-5pm**

**5 Crowns-Thursdays @ 6:30pm**

**Rummikub -3<sup>rd</sup> Tuesday/4<sup>th</sup> Wednesday @ 6:30pm**

**Mahjong-1<sup>st</sup> Tuesday @ 6:30/Every Sunday @ 2**

**Corn Hole, Trivia, Jeopardy, Etc.....Check Calendar**



## Painting Class with Ginnie



Love to paint? Come try out our painting class with our wonderful instructor, Ginnie Conaway! Every other Wednesday at 10:30am

Do you love Dogs? If so, come see Elite Canine Comfort Dogs! They visit with us the first Thursday each month at 6:30pm. Their Comfort Dogs are trained to provide affection, comfort and love! They are sure to put a smile on your face and maybe even a kiss!



## Spiritual Programs

First on Fifth Live Stream-Sunday's at 11am in AL

Vespers-Sunday's at 6pm in The Feezor Auditorium

Memorial Service-Jan, Apr, Jul & Oct at 10:30am

Prayer Hour-1<sup>st</sup> & 3<sup>rd</sup> Monday's at 3:00pm in Chapel

Bible Study-2<sup>nd</sup> & 4<sup>th</sup> Wednesday's at 2pm in AR

Communion-See Calendar



Just a reminder that the Forsyth Mobile Library will be here the First Monday of each month from 2-3 in the Activity Room!



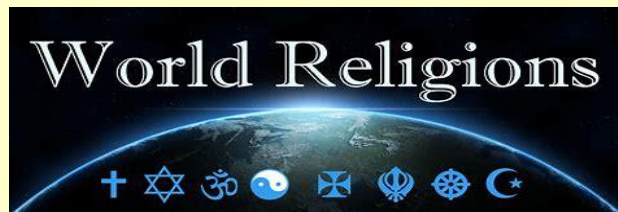
## Journey into the World of Religions

By: George Braswell

Weekly Classes on Wednesday's at 4pm in the Auditorium

Each Week explore a new religion in depth

**Everyone** is Welcome to attend!



## The Rural Hall Singers

Will be back on April 18<sup>th</sup> at 2pm to sing those old tunes we grew up on! Come and sing along with these ladies!



Special Music By:

## Swingset

**Playing lively swing and jazz standards for every occasion**

Tuesday, April 9<sup>th</sup> at 7pm



## Darlene's Square

Darlene Guerry will be teaching a Watercolor Painting Class on Saturday, April 6<sup>th</sup> at 1:15 in the Activity Room.

She will also be doing a Sing Along on Thursday, April 11<sup>th</sup> at 10:30 in the Feezor Auditorium.



## **Musical Duo: *Mood Swingz* (Here 4/5 @ 3:30pm)**

People are amazed at how we, being just the two of us sound like a big Band. I play all the instruments on the background tracks we use. I was with Billy "Crash" Craddock, Jim Ed Brown and Barbara Mandrell, two popular country artists. I had an instrumental music CD, "Carolina Dreaming" that was sold all over N.C. My degree was in voice & I have been a professional musician 30 years! Elizabeth, my wife plays Electric Bass & though I play around 14 instruments I focus on guitar, flute & harmonica on stage but have been known to play keyboards, Sax and Fiddle as well!



# National Stress Management

## Month Activities:

4/2 Stress Reduction Workshop with Dana @ 2:15pm

4/9 De-Stress Tea Station @ 10:30am

4/11 Relax & Unwind Spa Day @ 2pm

4/17 Stress Reducing Foods Cooking Demo @ 3pm

4/24 Sound Therapy @ 1:30pm

4/30 Stress Relief Fun & Games @ 3:30pm



# Library News



March 21, 2024

We are fortunate to have many books donated to the library by our residents – some from best seller lists (like Kristin Hannah’s new book *“The Women”* and, *“Chopped”*, by Dale M. Pollock (a local author) – some older but still popular reads like, *“Killing the Sun”*, and *“A Man Called OVE”* and some classics that we never grow tired of reading like *“Water Ship Down”*. Books are continually added so please be sure and check for new books often before they are merged in with the existing books.

We now have two separate bookcases – one for recently added books and one for books written by our Brookridge residents. Be sure and check both for continuing book updates.

The library does not use the regular card catalog system; however, a reference book is available, listing all books by category, book title and author. Please feel free to use this book when referencing a particular book.

Because the library is unmanned, Instructions for checking out and returning books are posted on the desk, along with essential tools for the procedure. Also, for your convenience, a basket is provided to leave a note to the library committee. We welcome and appreciate your suggestions and ideas to fully enhance the workings of the library.

-Joann Rawls

## Saturday Evening Social!



LeafandTimmy.com

April 20<sup>th</sup> @ 6:30 in the Cafe

**Bring a nutritious snack that reminds you of spring!**  
**For Singles & Couples**

## FYI:

Many of you had brought it to our attention that you would like a place to display your Art inside Brookridge. We are pleased to announce that you may display your artwork on the hall in which you live on. For those of you that live in the Garden Homes, you may pick a hall that you would like yours to be displayed. Please limit 3 pieces of art per resident. You may change it out however as often as you like. Please fill out a work order if you need them to be hung. We look forward to seeing all the talent that Brookridge has here hanging up on our halls!



*You may have noticed some new paintings hung on the wall  
outside the beauty shop.*

*This is our local artist wall.*

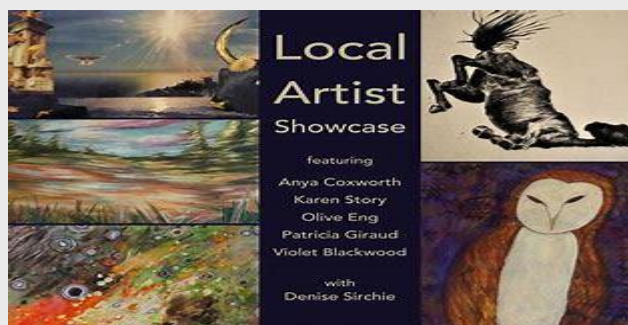
*Artist from around this area can showcase their art  
for a period of time with us!*

*Not only is it nice to look at,*

*but it is also for sale!*

*If you find a piece that you are interested in,  
see Crystal for pricing.*

*It could be yours today!*



Please help us WELCOME  
our newest friends to Brookridge!



Gary & Joyce Orwig-1123 JHL

Carol Vogler-504A

Frank & Pat Spencer-1115 JHL

We are so glad you are here!

Be sure to wear your name tags the 3<sup>rd</sup>-10<sup>th</sup>