

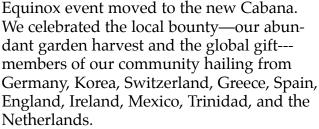
### **Our Weekly Rhythms**

As we reflect on our last 12 months, we realize it is the rhythms of our days and weeks that make us content and comfortable. At the same time, it is the variations in the predictable that keep us excited and renewed. This newsletter we take this annual opportunity to share some of both—the familiar and the extraordinary that have filled our lives in 2008. Take a look at our

weeks in review!



Each year we mark the changing seasons. This fall the annual Autumn







The Gourmet Appetizer Potluck in the new Laurel Kitchen and Dining Room ensured a tasteful Grand Re-opening for this enlarged space.



Angelica and Nathanael enjoy their weekend bike riding lesson.

# Monday

aurel Volunteer, Denny Gobert has taken over the reins of the woodshop. His talents as self employed craftsman, before coming to Innisfree, prepared him well for this challenge. Rest assured our signature bread boards will be available as well as several new products, like our wooden ballpoint pens, as part of the shop's expanding inventory.

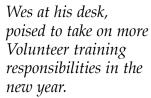


Tuesday

Mark K vacuums the sawdust.



Katie loves the job of grating cheese.





busy Tuesdays after shopping, errands and appointments are complete. But the administrative work of coordinating the coming and training of new Volunteers goes on every day.



Dreparing lunch daily for a large village could be daunting. But with many hands, the meal is on the table, ready for the hungry community that descends at 12:30 each work day.



Maggie and Emma eat lunch with Halcyon friends.



Mark M winding a shuttle for his tote bag project.

work a half deca ing and thi beautiful sl mats. Mast Bridget, an and weavis

# Thursday

resh bread and crunchy granola are baked

each week for our community. What a luxury to have a warm loaf of sour dough or honey whole wheat bread waiting when we arrive home at the end of the day. Jim and Philip faithfully delivery men after they have cooled and are bagged. Heyward is

proud of his job-mixing granola.



Bakers forming loaves together.

### Friday

Each Friday, the village enjoys delivery of our CSA (Community Supported Agriculture) buckets of vegetables. Gardeners makes additional deliveries to Charlottesville and Crozet during the week.



Andy gathers seeds from dried pods to save for next year's harvest.



Bridget at her loom.



g is an important part of our days. For more than three and des, weavers have been windowing their shuttles, creating nawls and scarves and placeer weavers Mark M., Debra, d Kim demonstrate winding ng for many guests each year.

he sounds of music and laughter ring out each Vednesday afternoon as Cathy Bollinger, our long me Music Therapist eads two group sessions, s well as private lessons.

> Cathy and Stephen with harmonica



Library Trips are a Friday afternoon highlight.





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## Saturday

Much of our 2008 weekend fun centered around the out of doors, our swimming pool and Cabana. Overnight tenting with campfire and s'mores appealed to the hearty! Concerts, plays, swimming and barbeques brought the whole village together.



Matt reads by flashlight.



Ashley and Stephen dancing to the music.

James jamming.

Group camping.

### **Memoriam**

Sadly this past July, Innisfree Board
Member Dr. Harvey Laub passed away.
Harvey had seen many in our Village
as patients in his practice, Crozet
Family Medicine. He had provided
medical insights as a member of our
Admissions Committee and gentle
concern for fellow Board members. We
will miss Harvey's shining presence,
his practical wisdom. We were honored
that he chose our Village as the site of
his Memorial Service.