



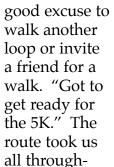
## **First Annual Innisfree 5K**

What a day! The sky was clear and blue, the temperature pleasant with a light breeze—a perfect day to go for a walk—5K that is!

Months in the planning and preparing, the first annual Innisfree 5K walk/run was a huge success. It was an event for the whole village to celebrate spring and friends and fitness. Everybody was there; walking or running the 5K or 2K options or wheeling in chairs with the pushers getting extra exercise. Just as important were those manning the water stations and cheering us on. There was even a bike safety patrol.

Inspired by the number of people who had

been running the loop (and beyond), a small group formed in January to organize this event. Back in early February, the registrations were given out. Those mild winter days made for great training days. What a







out the village, starting from the Cabana, down to Tonga, up to Trillium and around the fitness loop. For many this was the first time they had ever walked or run that far. Mark M. took weeks to train to run the 5K and the crowd erupted in cheers as he and his running partner Mattias passed under the balloon archway

crossing the finish line. Martha, one of our able veggie gardeners and an event organizer, was the official first place finisher. Ribbons and t-shirts for everyone and lots of smiles and high 5s!

Next year it will be on the last Tuesday in March—plan on joining us!

—by Carol Evans



# Innisfree's fun and fitness program

After 19 years the Innisfree Fitness program has evolved four components: regularly scheduled gym workouts every week (a unique "work station"); a Special Olympics season that starts in August and continues until the State Games in early June; Stretch & Swing classes with Carol Evans; and therapeutic horseback riding with CART, facilitated by Monika Clay.

The scheduled gym sessions allow coworkers to come to the gym two to three times each week for a full program of cardio (bicycle, treadmill, upper cycle, and various



ellipticals) plus nine or ten Cybex weight lifting machines designed to strengthen and tone upper and lower body. More than a dozen coworkers benefit from this part of the program. Many have an

excellent workout by any standard.

Special Olympics brings us together for golf in August and continues with soccer, basketball, bowling, skiing, tennis and swimming. Two of us ski but nearly 20 go bowling and a big van full goes swimming. Nearly every week there is some Special Olympics activity, practice or meet which allows us to regularly see many of the athletes in town who have become good friends and very nearly family members.

Carol Evans brings a special touch to fitness for our older coworkers. "Stretch, swing and splash" (when our pool is open) becomes "stretch and swing to music" when the pool is not available. Carol also brings us a regular Thursday special ladies' hors



Elizabeth and Debra with horseshow ribbons



Kevin demonstrates his strength on the machines during his April visit.

Jon and his mother, party planner and fitness enthusiast, Barbara Fried

gym session. This part of the program is tailored to the individual and varied to include stretching, yoga, swimming, and walking. Some of our older coworkers have amazed us by getting stronger and more flexible even as they have added years.

CART (Charlottesville Area Riding Therapy) coordinated by program director, Sarah Daly has been a much appreciated outdoor program available during the

spring and fall. Monika Clay assists and coordinates participation by our Innisfree riders. The weekly sessions draw to a close before the cold weather arrives with an eagerly anticipated horse show.

We extend a special thanks to the Fried family for encouraging and

> (and for all of these ensuing years).

—by Iz Zak







### **Cindy's Volunteer Appreciation Dinner**

Board member Cindy Westley did it again! **During Volunteer** week, Cindy showed her appreciation to the Volunteers of *Innisfree by* providing dinner for

every household. She and friend Jackie spent the afternoon baking potatoes and making dinner baskets for all! THANK YOU CINDY!



*Jon. What a party! DJ and balloons, dancing and* 

*mark Jon's fiftieth birthday.* 

Chinese take-out made this a wonderful evening to



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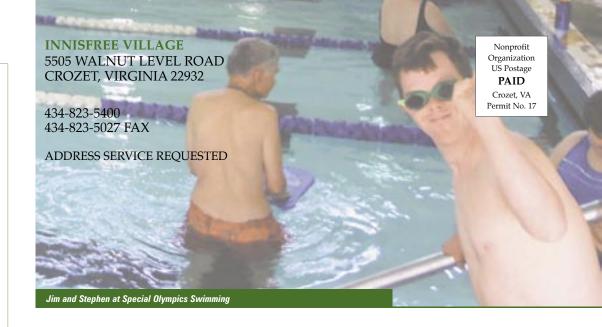
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Photographs taken by Monika Clay Connie Gregory B Nicholson Carolyn Ohle Marianne Roberts Iz Zak

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#### Sojourner Servers at Mayfair

Quite a number of people from Innisfree attend Sojourner United Church of Christ in Charlottesville each week. Through this connection and Innisfree's previous Director Lee Walters, a wonderful link has been forged. In April at the installation of Sojourner's new pastor, Melanie was presented a new stole, handwoven at Innisfree by Mark K. and Willie. Then at our annual Mayfair a few weeks later, many from the congregation came to serve lunch and strawberry shortcake to our visiting families. We are grateful for this sense of connectedness between our communities.



Mark presents the stole he helped to weave.





