

It Happened at LIFE...

from March through June '09

LIFE's residents lead very active lives and here are some of the highlights ...

To Plant a Tree...

What is more symbolic of life than the planting of a tree? LIFE residents recently gathered in Mashpee to plant a Sartomi Kousa Dogwood tree as a memorial to two cherished members of the LIFE community: Wally Leary, mother of resident Garnett Leary, and Kernan Gorman, father of resident Annabel Gorman. Many residents took part in the actual planting, guided by David Leary, LIFE trustee and father of Garnett. Other residents gathered around to bear witness to this meaningful event.



HYANNIS COMMUNITY

TRIPS: "Fiddler on the Roof" musical..... "The Color Purple" musical..... "A Chorus Line" musical..... "The Hobbit" musical.....Historic Provincetown Trip Trip to Mystic Bowling

REGULAR ACTIVITIES: Book Club, Target Trim Sessions, Band Classes; Recreation Night, Women's Group, Men's Group, Kung Fu Classes, Community Meetings, Weight Watchers Meetings and "Cooking with Jean".

MASHPEE COMMUNITY

TRIPS: "Dirty Dancing" musical "School House Rock" musical St. Patrick's Day Party Cape Cod Canal Trip Dave and Buster's Arcade Trip
EVENTS: St. Patrick's Day Party..... Passover Seder Summer Solstice Barbeque Earth Day Beach Walk

REGULAR ACTIVITIES: Nutrition Classes, Group Meal Gatherings, Recreation Nights and Group Fitness, Dining Club, Challenger Club, Social Club, Movie Club, Zumba Dance, Men's Discussion Group, Fishing Club, Tennis Club, Bike Club, Kung Fu

LIFE HOUSE at MASHPEE

REGULAR ACTIVITIES: Horseback Riding, Swimming, Bike Riding, Craft Classes, Dance Classes, Gardening ("maintaining our own vegetable garden"), Dances, Concerts, Massachusetts Advocates Standing Strong meetings, Music Lessons (Guitar and Bongos), Bird Walks, Fitness, Nutrition.

ALL-LIFE COMMUNITY

Nashoba Valley Snow Tubing Trip The Spring Fling The Great Hyannis 5K Road Race The CCCC Project Forward Dinner Nantucket Trip March of Dimes Walk Special Olympics Winter Games and State Tennis Tournament The "Green Team" Recycling Project at Fenway Park Basketball with the Boys & Girls Club LIFE Coffee House Art Classes at Cotuit Center for the Arts Drama Classes at Harwich Junior Theatre New "LIFE Goes Green" recycling program at both condominium communities.



Happy Hyannis residents had a great time on a weekend trip to Provincetown. Their itinerary focused on historical landmarks such as the Race Point Lighthouse.



Mashpee residents are always gracious hosts, and this year they fired up the "barby" and cooked up a storm for a fun Summer Solstice party that was enjoyed by residents of both communities.

Fitness Update

NEWS FROM THE SPECIAL OLYMPICS STATE WINTER GAMES:

Our LIFE "Black Shirt" team (Scott Ringel, Amanda Mckelvey, Mike Shapiro, Chris Sturz, Kerri Gilroy and Ian Saarmann) won the bronze medal in a very competitive division.

Our LIFE "Green Shirt" team (Hal Polland, Matt Klompus, Trey Marabella, Cynthia Goldberg, Margaret Muller and Corinne Wickel) finished in 4th place and improved with each game.

EXCITING UPDATE: LIFE's "Black Shirt" team was selected to compete in the Special Olympics National Games at the University of Nebraska in July 2010. Stay tuned for updates!

KUDOS TO: Mike Shapiro, Sara Lynn and Margaret Muller who served up a good amount of success and all won medals at the Special Olympics State Tennis Tournament in Boston.

Hyannis and Mashpee residents continue to work hard at the fitness centers. Congratulations to Hal Polland, Annabel Gorman and Ei Mori on their notable progress! Kevin Nickerson, Alex Cohen and Jill Connell are all making speedy progress as participants in LIFE's new Running Club. LIFE's Swim Club is also going strong - regular participants who use the YMCA Olympic size pool include Brandon Cardillo, Will Lenehan, Kevin Nickerson, Jill Connell, Alex Cohen and Cynthia Goldberg.

Congratulations to Caroline McSwiggan, who won a silver medal in the Special Olympics Skiing finals!



Matt Cronin, LIFE's Executive Director, is undeniably proud of LIFE House resident Brandon Cardillo (at left), who received a recognition award at the Department of Developmental Services' Annual Recognition Breakfast. Matt accepted an award for LIFE House staff member Al Lessard, who was unable to attend. Congrats, Brandon and Al!