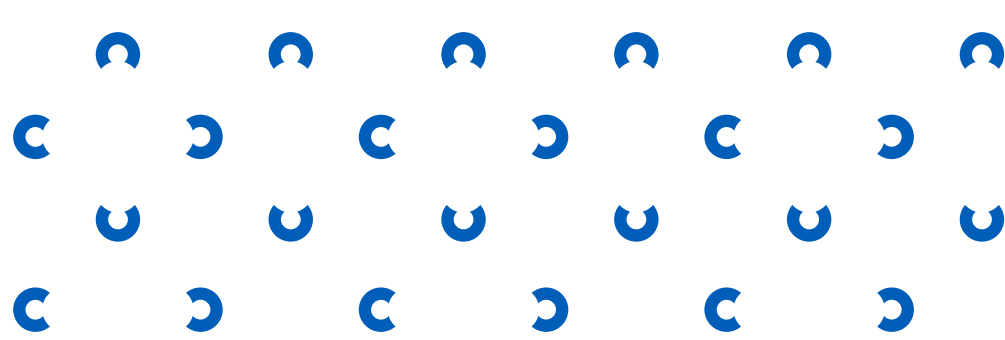




**THE
CENTER
AT BELVEDERE**



NEWS from THE CENTER

DISCOVER THE POWER OF HEALTHY AGING

MARCH/APRIL 2024

Weaving Art Through The Center's Halls in March and April



Cameron Kashani



Jan Russell

Rivanna Weavers is a small group of local weavers that has met monthly for about 10 years to exchange ideas and support one another with inspiration and encouragement. Their exhibit “Woven Visions” will be on display in The Center’s first floor gallery throughout March and April. See how each of six artists—including Joan Griffin, Jan Russell, Meredith Bennett, Cameron Kashani, and Laurie Duxbury—uses woven mediums in their own unique way.

Explore more works upstairs this spring. The second floor galleries will feature paintings by Shamim Sisson, Nancy Wallace, Julia Lesnichy, and Katie Hutter.



Get Back in the Garden!

Springtime is here and The Center’s Horticulture Club needs your green thumb. Join the club and the Piedmont Master Gardeners in the rose and pollinator garden every Tuesday morning around 9:00 am. You don’t have to be an expert—all you need is an eager mind and willing hands. Come reap the healthy rewards of gardening and help make The Center a beautiful environment that protects our native flora and fauna.

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- More!



Are You on the Hunt for a Healthy Hobby this Spring? Go Fish!

Boasting more participants than tennis and golf combined, it’s one of the most popular recreational sports in the United States ... but does fishing offer older adults more than fun? Or dinner? Science says yes.

A recently released study in the UK points to fishing as a possible balm for some of the most severe mental health symptoms out there—the activity is tied to lower risks of anxiety, depression, and suicidal thoughts.

But even without such concerns, it’s easy to see how much fishing can contribute to one’s quality of life.

Center member Colin Stahlhut’s enjoyment of the sport stems from the “challenge of fishing, the joy of being outdoors, and being with friends.” In a few short words, he touches on physical, mental, and social benefits—several of the dimensions of wellness The Center’s healthy aging mission promotes.

Both these anecdotal and scientific accounts credit the great outdoors with much of fishing’s benefits. Exposure to “blue spaces” or aquatic environments has been proven to improve mood and reduce stress—even more so than time spent in green spaces.

Tom Bezell, another Center member, is quick to agree: “When I get outdoors or on the river, I don’t care if I even catch a fish!”

See FISH on page 16

Can Seven Minutes a Day Make You Happier?

The Center’s mission to give you more years in good health is rooted in knowledge that quality of life matters just as much or even more than lifespan. In a recent Guardian article, freelance writer Emma Beddington notes “I turn 50 this year and learning to squeeze more joy from life feels increasingly urgent.” We all want to age to the best of our potential and that means being happier, even in times when finding happiness can seem more complicated and difficult than ever.

Enter Big JOY, a citizen science project based at the Greater Good Science Center at the University of California, Berkeley. Its foundations draw on the Mission: Joy collaboration between the Dalai Lama and Archbishop Desmond Tutu, combining ancient wisdom and cutting-edge neuroscience to show people how they can experience more joy in their lives.

The project is also underpinned by a mission to show that happiness, resilience, connection,



The Dalai Lama and Archbishop Desmond Tutu are two big inspirations behind these little acts of joy.

and kindness are all skills that can be taught and practiced. We know how important these factors are to older adults aging well, so news that you can learn how to get more of them, even in as little as seven minutes a day? Sign us up!

Here’s how it works. The Big JOY Project is free for anyone to participate in. All you need is an email address. When you sign up online, you’ll receive emails over the course of the next

See JOY on page 14



540 Belvedere Blvd. | Charlottesville, VA 22901
434.974.7756 | thecentercville.org

Hours

Monday & Friday 8:30 am-4:30 pm
Tuesday-Thursday 8:30 am-8:00 pm
Saturday 8:30 am-2:00 pm

About THE CENTER AT BELVEDERE

The Center's mission is to positively impact our community by creating opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity, and lifelong learning. Founded in 1960, The Center is a 501(c)(3) nonprofit organization. EIN/TAX ID #54-0735666

Healthy Aging for All

Everyone should have the opportunities that aging brings. In our work to extend healthy life expectancy and quality of life for everyone, The Center is committed to creating an environment that is welcoming, just, equitable, and inclusive, without biases or discrimination based on differences of any kind. Because the only healthy environment is one that reflects and respects the rich diversity of the communities we serve.

News from The Center is a publication of The Center. Subscriptions are free for members.

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MEMBER & VISITOR SERVICES DIRECTOR

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Join The Center for easy access to hundreds of great programs. Come by The Center, contact LaQuanda, or visit thecentercville.org.

WELCOME NEW MEMBERS!

- | | | |
|--------------------|--------------------|------------------------|
| Nelson Allen | Joyce Harris | Clorisa Phillips |
| Marion Baab | David Hendon | Caroline Polk |
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| Janice Clements | Heinz Lotze | Marjorie Shepard |
| Dina Cohen | Ann Lucas | Elwood Shifflett |
| Diane Cole | John Maben | Martha Smythe |
| Kim Crater | Susan Male | Mary Spear |
| Deidre Curran | Judy Mandell | Ellen Strauss |
| Carl Davignon | Laura Marks | Nancy Sullivan |
| Emily Deaver | Worthy Martin | Ann Sweeney |
| Earl Dudley | Janet Maugans | Ellen Taylor |
| Daniel Dugan | Catherine Maxey | Alonzo "Lonnie" Thomas |
| Jodie Edwards | Bryan McCauley | Peter Traverse |
| David Evans | Linda Moore | Alicia Vinklarek |
| Michael Ferero | Samuel Morgan | Henry Vinklarek |
| Ann Fingar | Nancy Murphy | John Waits |
| Mel Flannery | Craig Murphy | Margaret Walker |
| Marian Fredner | David Nelson | Dan Wassilchalk |
| Brian Geiger | Linda Nelson | Maria Wassilchalk |
| Rachel Gerner | George Nimmo | Chris Wharam |
| Jane Getchell | Clark Norton | Janet Wheatley |
| Crawford Godsey | Catharine Norton | Shirley Wild |
| Michael Goodwin | Mary Jo O'Hara | Douglas Willson |
| Marion Grigg | Nancy Ogan | Diane Willson |
| Joy Guettler | Maryanne Osean | |
| Mary-Gordon Hall | Merope Pavlides | |

If you joined between December 1 and January 31 and were not recognized here, please contact LaQuanda.

For information about membership options, please visit our website or contact LaQuanda. The Mary P. Reese Scholarship Fund makes scholarships available to anyone for whom membership dues are a barrier.



COUNCIL NOTES

All program leaders and members of The Center are invited and encouraged to attend Council meetings on the first Monday of each month at 1:00 pm. The Center Council is a conduit for information between members, the Board of Directors, and staff. Come to observe or to be heard. Meetings last for approximately one hour and attendance by program leaders counts as volunteer time. Get the latest on the who, what, and

how as our Center community continues to change and grow.

Monday, March 4 – The agenda will include the election of Council officers (President, Vice President, Recording Secretary, Corresponding Secretary). Nominations from the floor will be accepted. If you're interested in becoming a candidate or learning more about the officers' duties, please contact the current Council President Peggy Slez at mjslez@gmail.com or Staff Council Liaison Susan Gallander at susan@thecentercville.org.

Monday, April 1 – First Council meeting of FY25! The agenda will include a report on the March Board of Directors meeting as well as a look ahead for The Center Council. All ideas and suggestions for the coming year including future discussions, guest speakers, and Council engagement are welcome.

Peggy Slez, Council President

Subscribe!

Get the latest events and announcements delivered right to your inbox with our weekly "It's Happening" e-newsletter.

programs

Register online at thecentercville.org or call 434.974.7756.

This a partial list of offerings; recurring programs without topic updates are listed in the calendar on pages 7–10. Check the website for programs added after our print deadline!

SPECIAL EVENTS

OLD IRISH FAVORITES SING-A-LONG

Free and open to all

Thursday, March 14, 2:00–3:30 pm

Join local band the Ragged Ramblers for a sing-along to classic Irish tunes.



VIRGINIA GLEE CLUB PERFORMANCE

Free and open to all; registration encouraged

Thursday, March 21, 6:30–7:30 pm

The Virginia Glee Club, UVA's oldest musical organization, performs after its tour of the Southern states. The program will feature an eclectic mix of sacred and secular works.

THURSDAYS AROUND 5

Free and open to all; registration encouraged

Mojo Pie

Thursday, March 28, 5:03–7:00 pm

Susan Munson and Frank Bechter play fun-filled originals and eclectic covers on acoustic guitar and bass. You'll be singing along as their voices meld in rich harmony.

Theocles Herrin

Thursday, April 25, 5:04–7:00 pm

This 25-year-old local singer-songwriter takes the stage with nothing but a guitar, a loop pedal, and a mic, using his soulful voice to carry the audience through a range of tearful ballads to pop bangers.

SPRING BREAK GAMES WITH GRANDKIDS

Free for Center members; registration required

Monday, April 1–Friday, April 5, 1:30–3:30 pm

Looking for activities to enjoy with a grandchild while school's out? Come to The Center each afternoon this week for engaging, multigenerational fun! On Maker Monday, solve a variety of STEAM (science, technology, engineering, arts and mathematics) challenges, build boats, create tall towers, and construct cool balloon rockets. On Crafty Tuesday, try out an array of kid-friendly crafts. On Unwind Wednesday, come and share popcorn during a family-friendly movie in the Auditorium. On Game Day Thursday, play ping pong and a wide range of board games in the Auditorium. On Fun Play Friday, get outside for bocce, corn hole, and a garden scavenger hunt.

WEDNESDAY MUSIC CLUB: MUSIC FOR VIOLIN AND PIANO

Free for Center members

Tuesday, April 2, 3:00–4:30 pm

International artists Timothy Summers and Benjamin Hochman perform on violin and piano.

SHREDDING TRUCK

Open to all

Thursday, April 11, 11:00 am–1:00 pm

Bring your paper to be shredded in a state-of-the-art high speed shredding truck on-site and then recycled. For safety and to keep the line moving, please stay in your car and a volunteer will collect your bag(s) of paper. \$5 for up to five bags, \$2 per each additional bag. Please note we cannot accept entire car- or truck-loads of paper from one individual.

CVILLE BAND ENSEMBLE PERFORMANCES

Free and open to all

Flute Ensemble

Thursday, April 11, 6:45–7:45 pm

Rivanna Winds

Thursday, April 18, 6:45–7:45 pm

ARTS

Cancellation Policy: If you find that you cannot attend a class after registering, please let us know by emailing programs@thecentercville.org or contacting the Welcome Desk. Due to the need to purchase supplies in advance, cancellations with fewer than 7 days' notice will incur the materials fee. **No-show Fee:** Prime members will incur a \$30 no-show fee for any uncancelled registrations in addition to the materials fee.

ADVANCED OIL PAINTING

Open to all; registration required

Fridays, March 1–April 26, 12:00–3:00 pm (9 weeks)

Ann Cheeks encourages experienced oil painters to tap into their emotional responses to their chosen subjects. Work on value studies, simplifying shapes, and finding your voice in your paintings. Bring several reference photos or drawings to create small studies and a larger painting. Prime members free; Standard members \$115; Guests \$125. Materials fee is \$40 for canvases, paint, palette knives, and brushes or \$25 for only the canvases, all payable to instructor at start of first class.



ART AS PLAY

Open to all; registration required

Tuesdays, March 5–26, 9:00 am–12:00 pm (4 weeks)

Tuesdays, April 2–30, 9:00 am–12:00 pm (5 weeks)

Draw, paint, scrape, collage, write, drip... play! Whether you're new to art making or looking to loosen up your current practice, instructor Ann Cheeks will encourage curiosity, experimentation, and rule breaking as you use acrylic paint, markers, tissue paper, and multiple techniques. Prime members free; Standard members \$30; Guests \$40. Materials fee is \$40, payable to instructor at start of first class.



USING THE NOTAN

Open to all; registration required

Tuesdays, March 5–26, 1:00–4:00 pm (4 weeks)

For centuries, master artists have used "notan," a simple study in light-dark harmony to build their landscapes and explore concepts. Use the notan study with instructor Katie Hutter to figure out landscape concepts, simplify nature's complex structures, and break them down into studies of light and shadow. No experience necessary. Prime members free; Standard members \$40; Guests \$55. See required materials online.

PAINT A PURSE

Open to all; registration required

Thursday, March 7, 10:00–11:30 am

Jamie Schwartz helps you paint a custom lemon-themed design on a tote bag and a matching pouch. No experience necessary. Prime members free; Standard members \$20; Guests \$35. Materials fee is \$25, payable to instructor at start of class.

PAPER CRAFTING WITH DIANE

Open to all; registration required

Tuesday, March 12, 10:00 am–12:00 pm
Tuesday, April 9, 10:00 am–12:00 pm

Diane Chapman shares her 30 years of paper crafting experience to help you create cards and other novelties. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$10, payable to instructor at start of class.

INTERMEDIATE TO ADVANCED CITYSCAPES

Open to all; registration required

Thursdays, March 14–April 18, 12:30–3:00 pm (6 weeks)

Katie Hutter teaches how to successfully paint cityscapes during both day and evening. Learn how to play with light to create the unique big city glow and discover the process to portray perspective and architecture. Prime members free; Standard members \$45; Guests \$60. Materials fee is \$15, payable to instructor at start of first class. See other required materials online.

SPRINGTIME DOOR SIGN

Open to all; registration required

Monday, March 18, 1:30–3:00 pm

Ditch the winter drab and bloom into spring with your own hand-painted tulip door sign! Learn a new skill in a fun and supportive environment as you create a beautiful, personalized piece of art for your home with instructor Jamie Schwartz. Prime members free; Standard members \$20; Guests \$35. Materials fee is \$30, payable to instructor at start of class.

PROGRAMS continue on page 4

BEGINNER CHINESE BRUSH PAINTING

Open to all; registration required
Saturdays, March 2–30, 11:45 am–1:45 pm (5 weeks)
Saturdays, April 6–27, 11:45 am–1:45 pm (4 weeks)

Begin learning the Sumi-é style of painting, which strives to capture the essence of our planet's beauty. Nga Katz teaches how to apply this technique through brush movement, use of ink, and color so you can draw bamboo, orchids, plum blossoms, and other lovely traditional flowers. Prime members free; Standard members \$30; Guests \$45. Materials fee is \$50, payable to instructor at start of first class.

BEGINNING TO INTERMEDIATE CROCHET

Open to all; registration required
Fridays, March 1–29, 10:30 am–12:30 pm (5 weeks)
Fridays, April 5–26, 10:30 am–12:30 pm (4 weeks)

Learn how to crochet or better the skills you have with instructor Jane Hermann. Bring your size G or H crochet hook and the pattern of your choice to create gifts, decorations, or other crafts. Yarn is available or you may bring your own. Prime members free; Standard members \$30; Guests \$40.

BEGINNER SCRAPBOOKING

Open to all; registration required
Mondays, March 4–25, 1:00–4:30 pm (4 weeks)
Mondays, April 1–29, 1:00–4:30 pm (5 weeks)

Learn how to preserve memories and photos in ways that POP and please the eye and heart. In this class you will make solid progress on an album project. Prime members free; Standard members \$30; Guests \$45. Materials fees vary.

PAINT BLUE RIDGE COASTERS

Open to all; registration required
Monday, March 25, 1:30–3:00 pm

Paint a set of four coasters with instructor Jamie Schwartz. Choose colors that match your home and leave with a ready-to-use set. No experience necessary. Prime members free; Standard members \$20; Guests \$35. Materials fee is \$20, payable to instructor at start of class.

TEABAG ART

Open to all;
registration required
Tuesday, March 26, 9:30–11:30 am
Tuesday, April 16, 11:30 am–1:30 pm



Don't throw away those used teabags! Instructor Cindy Vito shows you how to turn brewed, dried, and empty teabags into the canvas for a mini gem of a painting. No experience necessary. Prime members free; Standard members \$20; Guests \$35. See required materials online.

SPRING BUTTON ART

Open to all; registration required
Monday, April 1, 1:30–3:00 pm

Create a framed and ready-to-hang piece of art using buttons with instructor Jamie Schwartz. As you explore different textures and colors of buttons, you'll enjoy self-expression and creativity as well as working on fine motor skills and hand-eye coordination. Prime members free; Standard members \$20; Guests \$35. Materials fee is \$20, payable to instructor at start of class.

NATIONAL PARK ART SERIES

Open to all;
registration required
Tuesdays,
April 2–May 21,
1:00–4:00 pm (8 weeks)



Explore the National Parks with instructor Katie Hutter and study how master artists build their paintings using value, compositional keys, contrast, and texture to create interest instead of "detail." For intermediate to advanced students. Prime members free; Standard members \$100; Guests \$120. Materials fee is \$20, payable to instructor at start of first class. See additional required materials online.

PAINT LOOSE I

Open to all; registration required
Thursdays, April 4–May 23,
9:30 am–12:30 pm (8 weeks)

Linda Abbey teaches drawing and watercolor painting using a big brush. Learn step-by-step how to put watercolor on paper before exhibiting your work at a small reception. No experience necessary. Prime members free; Standard members \$100; Guests \$125. Materials fee is \$15, payable to instructor at start of first class. See additional required materials online.

QUILLING WITH CORY

Open to all; registration required by April 1
Monday, April 8, 1:00–3:00 pm

Learn the history of quilling with instructor Cory Ryan and use unique formed shapes to create a complete design on a notecard. No experience necessary. Prime members free; Standard members \$15; Guests \$25. Materials fee is \$20.

DRIED FLORAL ART

Open to all; registration required
Monday, April 15, 1:30–3:00 pm

Craft a one-of-a-kind wall hanging using vibrant pressed flowers with instructor Jamie Schwartz. No experience necessary. Prime members free; Standard members \$20; Guests \$35. Materials fee is \$30, payable to instructor at start of class.



SEASCAPES PAINTING

Open to all; registration required
Thursdays, April 25–May 30,
12:30–3:00 pm (6 weeks)

Learn how to effectively paint water with instructor Katie Hutter. Examples from great oil painting masters will teach you the components of a wave, how to paint a wave curl, and what makes a good, strong composition. Prime members free; Standard members \$45; Guests \$60. See required materials online.

TROPICAL PAINT WITH A DESSERT TASTING

Open to all; registration required
Monday, April 29, 1:30–3:00 pm

Get a taste of the tropics as you enjoy key lime pie while creating an easy beginner painting with instructor Jamie Schwartz. You'll use simple acrylic techniques to paint a tropical scene. No experience necessary. Prime members free; Standard members \$20; Guests \$35. Materials fee is \$25, payable to instructor at start of class.

LIFELONG LEARNING

GOOD LIFE SERIES

Free and open to all
Tuesday, March 5, 11:00 am–12:00 pm

Combating Elder Financial Abuse: John R. Schwartz, founder and president of the Center for Combating Elder Financial Abuse, offers a training on how to prevent and stop elder financial abuse.

Tuesday, April 2, 11:00 am–12:00 pm

Neighbors Helping Neighbors: Get an introduction to some lesser-known local senior service providers, including All Blessings Flow, Cville Village, Gratitude Charlottesville, Meals on Wheels, Naborforce, and Twice is Nice. You'll also get information about National Healthcare Decisions Day on April 16.

NON-SURGICAL SOLUTIONS

Free and open to all; registration required
1st and 3rd Tuesdays each month,
4:00–5:00 pm

Dr. Shawn Pallotti discusses various joint problems and non-surgical interventions that can improve your quality of life. Get empowered with knowledge and resources to improve your health and wellness, fostering independence and promoting an active lifestyle. Each session focuses on a different joint; see full schedule online.

BOOK GROUP

Free for Center members
1st Wednesday of each month,
11:00 am–12:00 pm

Meet monthly to discuss contemporary works of fiction and nonfiction. The March book is *Waiting* by Ha Jin. The April book is *On Gold Mountain* by Lisa See.

AUTISM QUESTIONS, ANSWERED

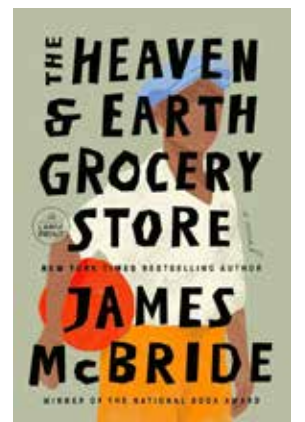
Free and open to all; registration encouraged
Thursdays, March 7–May 23,
1:00–3:00 pm (12 weeks)

If you know someone, teach someone, or care for a person with autism, come learn about causes, preventative measures, characteristics, sensitivities, and solutions to behaviors. Daria M. Brezinski, Ph.D., will bring decades of experience to the table to help you find your loved one's best educational and work environments.

AFRICAN AMERICAN AUTHORS BOOK CLUB

Free and open to all
Thursday, April 11,
6:00–7:30 pm

Join in energetic discussion and camaraderie over books by African American authors. The April book is *The Heaven and Earth Grocery Store* by James McBride.



STYLE TIPS AND TRICKS

Open to all; registration required
Fridays, March 8 & 15, 9:30–11:00 am
(2 weeks)

Every chapter of your life is an opportunity to showcase your individuality and reflect the incredible person you are. Elevate your confidence and redefine your style with local boutique owner Crystal Napier. Prime members free; Standard members \$15; Guests \$30. Materials fee is \$15, payable to instructor at start of class.



GENEALOGY 101

Free and open to all; registration encouraged
Saturday, March 9, 10:00 am–12:00 pm

The Central Virginia Genealogical Association teaches the basics of how and where to start your family history research. Learn about genealogical terms and common paper forms.

HOW-TOS OF MEDICAL CANNABIS

Free and open to all; registration encouraged
2nd Tuesday each month, 1:00–2:00 pm

Peg Bascom, certified cannabis and CBD advisor, shares how to get a medical cannabis recommendation and how to navigate the websites of licensed dispensaries. Learn common cannabis terms, methods of consumption, and how to safely and easily shop at licensed dispensaries.

MONEY AND YOU

Free and open to all; registration required
Tuesday, March 12, 10:00–11:30 am

Tax laws constantly change. How might recent and scheduled changes impact your finances? Jorgen Vik, partner with SKV Group, will lead the conversation.

Tuesday, April 9, 10:00–11:30 am

Donor Advised Funds have increased in popularity recently. Jorgen Vik, partner with SKV Group, shares insights on how this charitable gifting vehicle works and how it can be of value to investors.

SCAM PREVENTION SEMINAR

Free and open to all; registration encouraged
Wednesday, March 13, 9:30–10:30 am

Ron Farmer of Virginia TRIAD, a part of the Albemarle County Sheriff's Office, shares ways to avoid scams, frauds, and identity theft.

LEARNING TO BE A BETTER LISTENER

Free and open to all; registration encouraged
Monday, March 18, 10:00–11:30 am

Active listening is an enriching skill that can bring greater meaning to your life by improving relationships, building empathy, and promoting mindfulness and happiness. Carolyn Merrick, D.Min., leads a fun, interactive session for learning and practicing listening skills.

CREATING A BIRD FRIENDLY ENVIRONMENT AT HOME

Free and open to all; registration encouraged
Tuesday, March 26, 1:00–2:00 pm
Thursday, April 4, 6:00–7:00 pm

Learn how to create an attractive environment at home for our local birds. Scott Karr, owner of Wild Birds Unlimited, talks about everything from bird feeders to food to houses and offers advice on how to enjoy the birds in your yard and deal with challenges from squirrels to starlings.



RECURRING MEDICARE PROGRAMS

Free and open to all; registration encouraged.

Medicare can be so confusing! Join in any of these programs to get through the process.

Wednesday, March 13, 11:00 am–12:00 pm
 with Sharon Accardo

Wednesday, March 21, 6:00–7:00 pm with Margo Kreider

Thursday, April 4, 1:00–2:00 pm with Margo Kreider

Wednesday, April 10, 11:00 am–12:00 pm
 with Sharon Accardo

Wednesday, April 10, 6:00–7:30 pm – Medicare 101 and Social Security Planning with Sharon Accardo and Tracy Meade

Wednesday, April 18, 6:00–7:00 pm with Margo Kreider



THE UPCOMING SOLAR ECLIPSE

Free and open to all; registration required
Wednesday, March 13, 2:00–3:00 pm

Trained NASA Solar System Ambassadors will educate you on upcoming special astronomical events with information about their history, what to expect, and how and where to observe optimally and safely.

OPTIONS FOR FUNDING YOUR EXTENDED CARE

Free and open to all
Thursday, March 21, 11:00 am–12:30 pm

Find out what government agencies pay for extended care and under what circumstances. Tracy Meade, certified long-term care consultant, and Betty Sharpe with InnovAge PACE lead the discussion. Betty will also give a brief overview of the PACE program available in our area.



INVESTING FOR BEGINNERS

Free and open to all
Wednesday, March 20, 10:00–11:30 am

Jorgen Vik, Certified Financial Planner™ certificant and Partner with SKV Group, LLC, shares all you need to know about investing in stocks.

RETIRE WITH CONFIDENCE

Free and open to all
Wednesdays, April 3–24, 6:00–7:30 pm
 (4 weeks)

Do you have enough money to last through your retirement? Are your accounts and investments set up to support your goals? Learn how investments can help you be prepared for it all.

CHARLOTTESVILLE CAMERA CLUB

Free for Center members
2nd Thursday each month, 6:00–8:00 pm

Join fellow photographers at monthly meetings. The March competition meeting has the assigned theme “On the Street,” using street photography as a visual documentary of everyday life on the streets of towns and cities. The April competition meeting has the assigned theme “Spring Forward,” featuring images of anything celebrating the spring season.

ELDER LAW WITH DORIS GELBMAN

Free and open to all; registration encouraged
Tuesday, March 19, 10:00–11:30 am

The Continuum of Care, Part III: The final installment of this series covers nursing home care and end-of-life decisions. Panelists include RN Luv Berkley, Director of Nursing at Monroe Health and Rehab, and Dr. Jonathan Evans, Medical Director at Legacy Hospice.

Tuesday, April 16, 10:00–11:30 am

Trusts: Who Needs One and Why: Creating a trust to manage your estate is not just for the wealthy; there are a variety of “flavors” that can be relatively simple or quite complex. Start learning about simple trusts in this session and look at some of the reasons you might consider using a trust to meet your planning needs.

REVERSE MORTGAGE PROS AND CONS

Free and open to all; registration encouraged
Wednesday, March 27, 11:00 am–12:00 pm

Find out myths of the reverse mortgage and how it got a bad reputation. Why isn't the reverse mortgage more popular? Should you consider a reverse mortgage? Karren Tyler with Waterstone Mortgage presents.

INSIGHT MEDITATION

Open to all; registration required
Tuesdays, April 2, 16, & 30, 4:30–5:30 pm
 (3 weeks)

This mindfulness-based meditation class will offer simple meditation and relaxation techniques. Barbara Martin shares a healthy way to relax and de-stress, promoting a positive frame of mind and helping to gain insights on life's challenges. No experience necessary. Prime members free; Standard members \$15; Guests \$30.

LIFE WISHES: PREPARING FOR THE FUTURE

Free and open to all; registration required
Thursdays, April 4–25, 3:00–5:00 pm

What happens if you are in the hospital for a short-term event or nearing the end of your life, and you are unable to make your own health care decisions? Who do you want to make those decisions? Experienced hospice nurses Cindy Sinchak and Nancy Zamil provide information and resources to help.



INTERMEDIATE ITALIAN

Open to all; registration required
Mondays, March 4–April 8, 9:30–11:00 am
Mondays, April 22–May 27, 9:30–11:00 am

In this six-week series, read, speak, and write in both present and past tense in the context of daily contemporary Italian culture with instructor AnnaMaria Bakalian. A variety of tools, such as games, exercises, activities on phonetics, and self-assessment tests will help you learn while having fun. Prime members free; Standard members \$35; Guests \$45. See required materials online.

ADVANCED ITALIAN CONVERSATION

Open to all; registration required

Mondays, March 4–April 8,
11:30 am–1:00 pm (6 weeks)

Mondays, April 22–May 27,
11:30 am–1:00 pm (6 weeks)

Native Italian AnnaMaria Bakalian continues an engaging language course for intermediate and advanced students. Learn the past and imperfect tenses and build up your vocabulary. Prime members free; Standard members \$35; Guests \$60. See required materials online.

PHYSICAL WELL-BEING

AGING IN PLACE

Free and open to all; registration encouraged

1st Friday each month,
11:00 am–12:00 pm

Learn ways to live a long, healthy, secure life at home. Visiting Angels shares information for older adults, caregivers, and families. The March topic will be COPD and CHF care. The April topic will be dementia care.

HYPNOSIS FOR WELL-BEING

Open to all; registration required

2nd Wednesday each month, 1:00–2:00 pm

Come play and expand your consciousness with a group hypnosis experience led by a certified hypnotherapist. Hypnosis is similar to guided meditation but with a purpose of strengthening and widening your sense of well-being. The March session will focus on empowerment and the April session will focus on joy. Prime members free; Standard members \$10; Guests \$20.

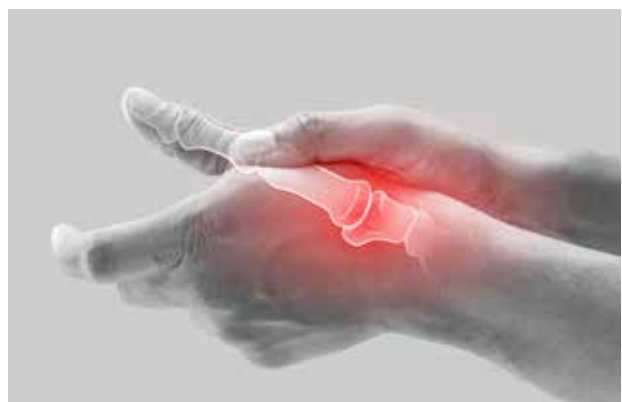


UVA DIETITIANS: SPRING SNACKING

Free for Center members; registration required

Friday, March 15, 11:00 am–1:00 pm

Looking for healthy and delicious snacks for springtime? Come and learn about healthy living, nutritious eating, and delicious food with students from the UVA dietitian program.



MOVE FOR HEALTH

Free and open to all; registration required

3rd Tuesday each month, 9:30–10:30 am

Dr. Darcy Higgins, physical therapist and human movement specialist, shares ways you can care for your body and increase your years in good health. The March topic will be hand pain and arthritis with certified hand therapist Michelle Raphael. The April topic will be stress management for better sleep.

HEARING HEALTH

Free and open to all; registration required

Wednesday, March 20, 10:00–11:00 am

Noise-Induced Hearing Loss: From work in the military to music, being around loud noises on a day-to-day basis can cause hearing loss. Dr. LeighAnna Morris, audiologist with Evolution Hearing, discusses options to prevent further hearing decline and shares information on custom in-ear monitors for musicians.

Wednesday, April 17, 10:00–11:00 am

Best Practices in Hearing Testing and Hearing Aid Care: Hearing testing and hearing aids have both come a long way scientifically and technologically. Learn about the best ways to optimize your hearing, brain health, and hearing aid investment with Dr. Kristin Koch, audiologist and owner of Evolution Hearing.

THE GOOD HEALTH SERIES

Open to all; registration required

Friday, March 29, 1:00–2:30 pm

What can you do to maximize your protection against long-term illnesses? What actually constitutes a healthy diet? How can you maintain your health and energy levels as you age? Nutrition and wellness counselor Gary Denny will touch on the answers to these and many other health-related questions in this series. The March topic will cover several principles of wellness that can supercharge your life. \$10 per person.

NEW SUPPORT GROUP

PET LOSS SUPPORT GROUP

Free for Center members; registration required

1st and 3rd Tuesdays each month,
1:00–2:00 pm

The loss of a beloved pet can be extremely difficult. You do not have to grieve alone. This support group is designed to help you before, during, and after the loss of your pet.

SOCIAL/RECREATIONAL



MOVIE NIGHT

Free and open to all; registration encouraged

1st and 3rd Wednesdays each month,
5:00 pm

March 6: *Queen: Mercury Rising*

March 20: *80 for Brady*

April 3: *Blackfish*

April 17: *My Spy*

PRIDE BRUNCH

Open to all; registration encouraged

1st Saturday each month,
10:30 am–12:00 pm

Meet and socialize with other members of the 50-and-up LGBTQ+ community in the Charlottesville area. Restaurants vary from month to month. No cover charge; pay only for your own meal.

March 2: Moose's By the Creek

April 6: Maple Pine Breakfast and Thai



BEER AND BINGO

Open to all; registration required

Tuesday, March 12, 5:00–6:30 pm

Come try your luck at multiple games of bingo and win top prizes such as gift cards, cash prizes, and the biggest prize: one month of Center membership! One regular coffee, tea, beer, or wine is included. Members \$10; Guests \$15. One bingo board included, \$5 per additional board.

PRIDE GAME NIGHT

Free and open to all

Tuesday, March 19, 5:30–7:30 pm

From Boggle to Rummikub, Pictionary to Mexican Train Dominoes, The Center's got game! Ping pong is also available. Bring a snack to share.



PRIDE MOVIES

Free and open to all

Tuesday, March 26, 2:30–4:30 pm

Ahead of the Curve

Tuesday, April 23, 5:00–7:00 pm

The Stroll

SENIOR GOLF SEASON KICK-OFF MEETING

Open to all; registration encouraged

Monday, April 8, 9:30–11:30 am

Meet fellow golfers and learn about the upcoming season at Meadowcreek Golf Course. Play begins May 6 and runs through September 30. All skill levels are welcome, but members should have a basic understanding of golf etiquette and rules and be able to maintain pace of play, finishing each 9-hole round in about two hours. \$25 annual dues, to cover tournament prizes and other club expenses.

SHOWERS AND FLOWERS LUNCHEON

Open to all; registration required by April 12

Wednesday, April 17, 12:00–1:30 pm

Otto Turkish Street Food caters a deliciously authentic spread of Turkish salad with mixed greens, chicken doner, falafel, and baklava. Enjoy good company, good conversation, and great food! Members \$15; Guests \$18.

ROUND DANCE LESSONS

Open to all; registration required

Thursdays, April 18–June 13, 4:45–6:15 pm (will not meet May 23)

Pair the steps of ballroom dancing with the calls and cues of square dancing. Learn figures for the Waltz, Foxtrot, Cha-cha, Jive, Two-step, and more to music in various genres to keep the circle going. Join instructors Eileen and Chip Rudert. Beginners learn in the first half of class and intermediate dancers practice in the second half. Prime members free; Standard members and Guests \$80.

Remember, this is only a partial list of Center offerings. Check the website for programs added after our print deadline!

Pull-Out Program Calendar

THURSDAY

9:00 Tai Chi, *Ivy Creek Hikers*, Party Bridge
Energizing Yoga \$
 9:15 PRIMETIME FITNESS \$
 10:00 **AA Meeting**, Tap Dance (Int.) \$
Foot & Nail Care Clinic \$
 Another Group for Men
Retreads Softball
 Writing for Health & Healing \$
 10:15 **Feel Good Flow \$**
 10:30 First Wind Band \$,
 ARTHRITIS EXERCISE \$
 11:15 Tap Dance Lessons (Adv.) \$
 11:45 Stretch for Balance & Strength \$
 12:00 **NIA-Moving to Heal \$**
Music in the Atrium, Sheepshead
Massage Appts. with Rachel \$
Conversational Spanish (Beg.)
 1:00 Woodcarvers
 1:30 **Drumming Group**
 2:00 Backgammon
 2:15 **Gentle Yoga \$**
 2:30 **International Folk Dance**
Beginners Mah Jongg
 3:30 Tai Chi \$
 5:00 **Tap Your Troubles Away \$**
 7:00 **Square Dancing**

FRIDAY

8:30 Hatha Yoga \$
 9:00 Tai Chi
 9:15 PRIMETIME FITNESS \$
 9:30 Friday Art Group
 9:45 Tone & Groove \$
 10:00 Rummikub
Level 1 Walking
 10:30 Beg./Int. Crochet \$
 10:45 Flashbacks \$
 11:00 **Friday Fitness**
 Ping Pong
 Floor Barre \$
Chair Yoga \$
 12:00 **Advanced Oil Painting \$**
 12:15 Beginners Line Dance
 1:00 Euchre, Still Sharp Singers
 Mah Jongg (American)
 Writing for Pleasure
 1:45 **Improvers/Int. Line Dance**
 2:30 **Acoustic Jam Session,**
Music in the Atrium, Bingo \$
 Barbershop Belles & Beaux
 3:00 BALANCE & STABILIZATION \$
 3:30 **Parkinson's Yoga \$**

SATURDAY

8:45 **Gentle Yoga \$**
 9:00 Oil Painting Group
 10:00 **MOVE TO THE RHYTHM DANCE**
PARTY \$
Energizing Yoga \$
 10:00 **Chess (All Levels)**
 11:45 **Beg. Chinese Brush Painting \$**

The Center at Belvedere

540 Belvedere Blvd.
 Charlottesville, VA 22901
www.thecentercville.org
 434.974.7756

4 9:30 **Paint Loose I \$**
 10:00 **Hearing Screenings**
 12:30 **Int./Adv. Cityscapes, cont.**
 1:00 **Mastering Medicare**
Apple/Mac Users Group
Autism Questions; Answered, cont.
 1:30 **Spring Break Games with Grandkids**
 3:00 **Socrates Café**
Life Wishes: Preparing for the Future
Android Phone Training
 4:45 **Round Dance, final**
 6:00 **NAMI Support Group**
Jazz Jam
Creating a Bird Friendly Environment

5 11:00 **Aging in Place**
 1:00 **Diabetes Discussion Group**
 1:30 **Spring Break Games with Grandkids**

6 10:30 **Pride Brunch**

11 9:30 **Paint Loose I, cont.**
 11:00 **Shredding Truck \$**
Drop-in Bereavement Support Group
 12:00 **WWII Discussion Group**
 12:30 **Int./Adv. Cityscapes, cont.**
 1:00 **Autism Questions; Answered, cont.**
 2:00 **Varieties of Spiritual Experience**
 3:00 **Life Wishes: Preparing for the Future, cont.**
Fitness Room Orientation
Tremor Support Group
 4:45 Free Round Dance
 6:00 **Charlottesville Camera Club**
 6:45 **Cville Band Flute Ensemble**

12 2:00 **A Memoir Reading**

13 12:30 **Android and PC Users Workshop**

18 9:30 **Paint Loose I, cont.**
 12:30 **Int./Adv. Cityscapes, final**
 1:00 **Apple/Mac Users Group**
ADHD Support Group
Autism Questions; Answered, cont.
 3:00 **Socrates Café**
Life Wishes: Preparing for the Future, cont.
 3:30 **Android Phone Training**
 4:45 **Round Dance Lessons (new series)**
 5:00 **Fitness Room Orientation**
 6:00 **NAMI Support Group**
Mastering Medicare
 6:45 **Cville Band Rivanna Winds**

19 8:00 **Birding at Foxhaven**
 10:30 **Writers Critique Workshop**
 12:00 **Lunch Box Readings with Alden Bigelow**

20

25 9:30 **Paint Loose I, cont.**
 11:00 **Drop-in Bereavement Support Group**
 12:30 **Seascapes Painting \$**
 1:00 **Autism Questions; Answered, cont.**
 2:00 **Varieties of Spiritual Experience**
 3:00 **Life Wishes: Preparing for the Future, final**
Caregiver Discussion Group
 4:45 **Round Dance Lessons, cont.**
 5:02 **Thursdays Around 5**

26

27 10:00 **Stop By Saturday**
 12:30 **Android and PC Users Workshop**

March 2024

PROGRAM KEY: *green* = off-site; **bold** = open to the public; *blue* = online; black = on-site; ALL CAPS = online AND on-site; \$ = fee. Check for program updates at thecentercville.org.

MONDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*
 9:15 PRIMETIME FITNESS \$, Floor Barre \$
 10:00 Writing for Healing & Growth \$
 Sew & Sews, Getting Better at
 Bridge, **Grateful Threads Quilters**
 10:30 Core Stability \$
 11:00 **Silver Swans Ballet II**, Poker
 11:30 **Feel Good Flow \$**
 Cardio Strength \$
 11:45 BALANCE & STABILIZATION \$
 12:15 **Silver Swans Ballet I**
 12:30 Chess
 12:45 Mah Jongg (Chinese)
 1:00 *Ageless Grace \$*
English Country Dance
Music in the Atrium
 Member Social
Beginner Scrapbooking \$
 Royal Siamese American Mah Jongg
 1:45 Strengthen Your Health & Life \$
 3:00 Meditative Stretch \$
 3:30 Tai Chi \$

TUESDAY

9:00 **Energizing Yoga \$**, Tai Chi
 9:15 PRIMETIME FITNESS \$
 10:00 A Group for Men
 10:15 Tap Dance Lessons (Beg) \$
 10:30 ARTHRITIS EXERCISE \$
 10:45 Second-Wind Band \$
 Band Workout \$
 11:00 Tap Dance Lessons (Beg/Int) \$
**Massage Appointments with
 Chase (available until 4:00) \$**
 11:45 Stretch for Balance & Strength \$
 12:00 Balance with Beth \$
 12:15 Fitness Band Strengthening \$
 12:30 Party Bridge
 12:45 *Beginning Spanish**
 1:00 **English Country Dance**
 2:00 *Advanced Beginner Spanish**
 GO for Beginners
 2:15 **Gentle Yoga \$**, Core Stability \$
 3:15 *Keeping Up Your Spanish**
 3:30 MOVE TO THE RHYTHM DANCE
 PARTY \$, **Parkinson's Yoga \$**
 5:00 **Fit to Go**
 6:00 **AA Women's Group**
 Line Dance (Int./Adv.)
 6:45 **Families Anonymous**

*classes meet online the 1st & 3rd Tuesdays;
 at The Center the 2nd & 4th Tuesdays

WEDNESDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*, **Massage Appointments
 with Chase (available until 4:00) \$**
 9:15 PRIMETIME FITNESS \$
 9:30 Crafty Ladies
 9:45 Tone & Groove \$
 10:00 *Senior Bowling \$*, Push Card Game
 10:30 Maximize Your Strength \$
 11:00 SENIOR FITNESS
 12:00 **Tops**, Canasta, **Music in the
 Atrium**, Crafts DIY, Advanced
 Line Dance, Dollhouse Miniatures
 12:30 **Square Dance Lessons**
 1:00 *Ageless Grace \$*, Scrabble
 American Mah-Jongg
 Recorder Lessons \$
 1:45 Strengthen Your Health & Life \$
 2:00 Knit-Wits, **Chinese Brush Painting \$**
 2:30 Ping Pong
Conversational Spanish (Beg.)
 3:00 Foam Rolling \$
 3:30 **Parkinson's Yoga \$**
 5:00 Line Dance (Beg.)
 6:00 **AA Meeting**
Latin Style Ballroom Dance \$
 6:30 **International Folk Dance**
 7:00 **Standard Style Ballroom Dance \$**

<p>4 9:30 Int. Italian \$ 11:00 Adv. Italian Conversation \$ 1:00 Council Meeting 3:00 Drop-in Bereavement Support Group</p>	<p>5 9:00 Injury & Pain Screenings Art as Play \$ 9:30 Coffee & Caregiving 10:00 Try it Out Tuesday 11:00 Good Life Series 12:00 Bunko 1:00 Mandala Painting \$ Using the Notan \$ Pet Loss Support Group 2:30 Int. Italian \$ 4:00 Non-Surgical Solutions 6:00 Trivia</p>	<p>6 9:30 Veterans Coffee Hour Kingfishers 10:00 Wise Women, Too Atrium Hours with Melanie 11:00 Book Group 5:00 Wednesday Movie Night – Queen: Mercury Rising</p>
<p>11 9:30 Int. Italian, cont. 11:00 Veteran Women's Social Adv. Italian Conversation, cont. 1:00 Piedmont Pastelists Silkscreen Painting \$ 2:00 Current Events Preparing for Death Discussion Series</p>	<p>12 9:00 Art as Play, cont. 10:00 Paper Crafting with Diane \$ Money and You Wise Women Connect 1:00 Bookmobile Using the Notan, cont. How-tos of Medical Cannabis 2:00 Karaoke 2:30 Int. Italian, cont. 4:00 <i>Singles Schmooze</i> 5:00 Beer and Bingo \$</p>	<p>13 9:30 Scam Prevention Seminar 10:00 Welcome Wednesday Atrium Hours with Melanie 10:30 Parkinson Caregiver Support Group 11:00 Medicare 101 1:00 Travel Buddies Hypnosis for Well-being \$ 2:00 The Upcoming Solar Eclipse 6:00 Moonlighter's Quilting Cinema Discussion Group</p>
<p>18 9:30 Int. Italian, cont. 10:00 Learn to Listen 11:00 Adv. Italian Conversation, cont. 1:00 Silkscreen Painting, cont. Posture & Joint Replacement Springtime Door Sign \$ 3:00 Drop-in Bereavement Support Group</p>	<p>19 9:00 Art as Play, cont. 9:30 Improving Your Healthspan Alzheimer's Support Group 10:00 Elder Law 12:00 Bunko 1:00 Using the Notan, cont. Pet Loss Support Group 2:30 Stop Unwanted Calls Int. Italian, cont. 4:00 Non-Surgical Solutions 5:30 Pride Game Night 6:00 Albemarle Modern Quilt Guild Trivia</p>	<p>20 9:00 Injury & Pain Screenings 10:00 Hearing Health Wise Women, Too Investing for Beginners: Stocks Atrium Hours with Melanie 11:00 Maintaining Mental Health Support Group 1:00 Let's Talk Books 5:00 Wednesday Movie Night – 80 for Brady 6:00 Empty Nesters Book Club Welcome Wednesday (evening) Mastering Medicare</p>
<p>25 9:30 Int. Italian, cont. 11:00 Adv. Italian Conversation, cont. 12:00 Mystery Book Club 1:00 Silkscreen Painting, cont. 1:30 Paint Blue Ridge Coasters \$ 2:00 Current Events Preparing for Death Discussion Series</p>	<p>26 9:00 Art as Play, final 9:30 Teabag Art \$ 10:00 Wise Women Connect Long Term Care Appt. 1:00 Bookmobile Using the Notan, final Creating a Bird Friendly Environment 2:00 Karaoke 2:30 Pride Movie: Ahead of the Curve Int. Italian, cont. 4:00 <i>Singles Schmooze</i> 5:00 UN Program: Climate Change</p>	<p>27 10:00 Atrium Hours with Melanie 10:30 Parkinson Caregiver Support Group 11:00 Reverse Mortgage Pros and Cons 6:00 Moonlighter's Quilting 6:30 The Four Buckets Retirement Income Strategy</p>

Pull-Out Program Calendar

THURSDAY

9:00 Tai Chi, Party Bridge,
Energizing Yoga \$, Ivy Creek Hikers
9:15 PRIMETIME FITNESS \$
10:00 **AA Meeting**, Tap Dance (Int.) \$
Foot & Nail Care Clinic \$
Another Group for Men
Writing for Health & Healing \$
10:15 **Feel Good Flow \$**
10:30 First Wind Band \$
ARTHRITIS EXERCISE \$
11:15 Tap Dance Lessons (Adv.) \$
11:45 Stretch for Balance & Strength \$
12:00 **NIA-Moving to Heal \$**
Music in the Atrium
Sheepshead
Massage Appts. with
Rachel Available \$
Conversational Spanish (Beg.)
1:00 Woodcarvers
1:30 **Drumming Group**
2:00 Backgammon
2:15 **Gentle Yoga \$**
2:30 **International Folk Dance,**
Beginners Mah Jongg
3:30 Tai Chi \$
5:00 **Tap Your Troubles Away \$**
7:00 **Square Dancing**

FRIDAY

8:30 Hatha Yoga \$
9:00 Tai Chi
9:15 PRIMETIME FITNESS \$
9:30 Friday Art Group
9:45 Tone & Groove \$
10:00 Rummikub
Level 1 Walking
10:30 Beg./Int. Crochet \$
10:45 Flashbacks \$
11:00 **Friday Fitness**
Ping Pong
Floor Barre \$
Chair Yoga \$
12:00 **Advanced Oil Painting \$**
12:15 Beginners Line Dance
1:00 Euchre, Still Sharp Singers
Mah Jongg (American)
Writing for Pleasure
1:45 **Improvers/Int. Line Dance**
2:30 **Acoustic Jam Session,**
Music in the Atrium, Bingo \$
Barbershop Belles & Beaux
3:00 BALANCE & STABILIZATION \$
3:30 **Parkinson's Yoga \$**

SATURDAY

8:45 **Gentle Yoga \$**
9:00 Oil Painting Group
10:00 **MOVE TO THE RHYTHM DANCE**
PARTY \$
Energizing Yoga \$
Chess (All Levels)
11:45 **Beg. Chinese Brush Painting \$**

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		1 11:00 Aging in Place 1:00 Diabetes Discussion Group	2 10:30 Pride Brunch 11:30 Round Dance Lessons, cont. 12:30 Android and PC Users Workshop
7	10:00 Hearing Screenings Paint a Purse \$ 1:00 Apple/Mac Users Group Autism Questions; Answered 3:00 Socrates Café 3:30 Android Phone Training 4:45 Round Dance Lessons, cont. 6:00 NAMI Support Group Jazz Jam	8 9:30 Style Tips and Tricks \$	9 10:00 Genealogy 101 11:30 Round Dance Lessons, final
14	10:00 Int. Watercolor \$ 11:00 Drop-in Bereavement Support Group 12:00 WWII Discussion Group 12:30 Int/Adv Cityscapes \$ Cardmaking \$ 1:00 Autism Questions; Answered, cont. 2:00 Old Irish Sing-a-long with the Ragged Ramblers Varieties of Spiritual Experience 3:30 Fitness Room Orientation 4:00 Tremor Support Group 6:00 African American Book Club Charlottesville Camera Club	15 8:00 Birding at Foxhaven 9:30 Style Tips and Tricks, final 10:30 Writers Critique Workshop 11:00 UVa Dietitians: Spring Snacking 12:00 Lunch Box Readings	16 12:30 Android and PC Users Workshop
21	10:00 Int. Watercolor, cont. 11:00 Options for Funding Your Extended Care 12:30 Int/Adv Cityscapes, cont. 1:00 Apple/Mac Users Group ADHD Support Group Autism Questions; Answered, cont. 3:00 Socrates Café 3:30 Android Phone Training 4:45 Round Dance Lessons, cont. 5:00 Fitness Room Orientation 6:00 NAMI Support Group 6:30 Virginia Glee Club Performance	22	23 11:30 Free Round Dance
28	10:00 Int. Watercolor, final 11:00 Drop-in Bereavement Support Group 12:30 Int/Adv Cityscapes, cont. 1:00 Autism Questions; Answered, cont. 2:00 Varieties of Spiritual Experience 3:00 Caregiver Discussion Group 4:45 Round Dance Lessons, cont. 5:01 Thursdays Around 5	29 1:00 Good Health Series	30 12:30 Android and PC Users Workshop

April 2024

PROGRAM KEY: green = off-site; bold = open to the public; blue = online; black = on-site; ALL CAPS = online AND on-site; \$ = fee. Check for program updates at thecentercville.org.

MONDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*
 9:15 PRIMETIME FITNESS \$, Floor Barre \$
 10:00 Writing for Healing & Growth \$
 Sew & Sews, Getting Better at Bridge, **Grateful Threads Quilters**
 10:30 Core Stability \$
 11:00 **Silver Swans Ballet II**, Poker
 11:30 **Feel Good Flow \$**
 Cardio Strength \$
 11:45 BALANCE & STABILIZATION \$
 12:15 **Silver Swans Ballet I**
 12:30 Chess
 12:45 Mah Jongg (Chinese)
 1:00 *Ageless Grace \$*
English Country Dance
Music in the Atrium
 Member Social
Beginner Scrapbooking \$
 Royal Siamese American Mah Jongg
 1:45 Strengthen Your Health & Life \$
 3:00 Meditative Stretch \$
 3:30 Tai Chi \$

TUESDAY

9:00 **Energizing Yoga \$**, Tai Chi
 9:15 PRIMETIME FITNESS \$
 10:00 A Group for Men, *Retreads Softball*
 10:15 Tap Dance Lessons (Beg) \$
 10:30 ARTHRITIS EXERCISE \$
 10:45 Second-Wind Band \$, Band Workout \$
 11:00 Tap Dance Lessons (Beg/Int) \$
Massage Appointments with Chase (available until 4:00) \$
 11:45 Stretch for Balance & Strength \$
 12:00 Balance with Beth \$
 12:15 Fitness Band Strengthening \$
 12:30 Party Bridge
 12:45 *Beginning Spanish**
 1:00 **English Country Dance**
 2:00 *Advanced Beginner Spanish**
 GO for Beginners
 2:15 **Gentle Yoga \$**, Core Stability \$
 3:15 *Keeping Up Your Spanish**
 3:30 MOVE TO THE RHYTHM DANCE PARTY \$, **Parkinson's Yoga \$**
 5:00 **Fit to Go**
 6:00 **AA Women's Group**,
 Line Dance (Int./Adv.)
 6:45 **Families Anonymous**
 *classes meet online the 1st & 3rd Tuesdays;
 at The Center the 2nd & 4th Tuesdays

WEDNESDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*, **Massage Appts. with Chase (available until 4:00) \$**
 9:15 PRIMETIME FITNESS \$
 9:30 Crafty Ladies
 9:45 Tone & Groove \$
 10:00 *Senior Bowling \$*, Push Card Game
 10:30 Maximize Your Strength \$
 11:00 SENIOR FITNESS
 12:00 **Tops**, Canasta, **Music in the Atrium**, Crafts DIY, Advanced Line Dance, Dollhouse Miniatures
 12:30 **Square Dance Lessons**
 1:00 *Ageless Grace \$*, Scrabble, American Mah-Jongg, Recorder Lessons \$
 1:45 Strengthen Your Health & Life \$
 2:00 Knit-Wits, **Chinese Brush Painting \$**
 2:30 Ping Pong
Conversational Spanish (Beg.)
 3:00 Foam Rolling \$
 3:30 **Parkinson's Yoga \$**
 5:00 Beginners Line Dance
 6:00 **AA Meeting**
Latin Style Ballroom Dance \$
 6:30 **International Folk Dance**
 7:00 **Standard Style Ballroom Dance \$**

<p>1 9:30 Int. Italian, cont. 11:00 Adv. Italian Conversation, cont. Atrium Hours with Melanie Council Meeting Silkscreen Painting, cont. 1:30 Spring Break Games with Grandkids Spring Button Art \$ 3:00 Drop-in Bereavement Support Group</p>	<p>2 9:00 Injury & Pain Screenings Art as Play \$ 9:30 Coffee & Caregiving 10:00 Try it Out Tuesday 11:00 Good Life Series 12:00 Bunko 1:00 National Park Art Series \$ Pet Loss Support Group 1:30 Spring Break Games with Grandkids 2:00 Int. Impressionist Painting \$ 2:30 Int. Italian, cont. 3:00 Wed. Music Club: Music for Violin & Piano 4:00 Non-Surgical Solutions 4:30 Insight Meditation \$ 6:00 Trivia 6:30 Piedmont Master Gardener Talk</p>	<p>3 9:30 Veterans Coffee Hour Kingfishers 10:00 Wise Women, Too 11:00 Book Group 1:30 Spring Break Games with Grandkids 2:30 Re-Connect Support Group, (new Series) 5:00 Wednesday Movie Night – Blackfish 6:00 Retire with Confidence \$</p>
<p>8 9:30 Senior Golf Spring Meeting Int. Italian, final 11:00 Veteran Women's Social Adv. Italian Conversation, final Atrium Hours with Melanie 1:00 Piedmont Pastelists Quilling with Cory \$ Silkscreen Painting, cont. 2:00 Preparing for Death Discussion Series Current Events</p>	<p>9 9:00 Art as Play, cont. 10:00 Money & You Paper Crafting with Diane \$ Wise Women Connect 1:00 Bookmobile National Park Art Series, cont. How-tos of Medical Cannabis 2:00 Karaoke Int. Impressionist Painting, cont. 2:30 Int. Italian, final 4:00 <i>Singles Schmooze</i> 6:00 C3 Presents: The Climate Crisis</p>	<p>10 10:00 Welcome Wednesday 10:30 Parkinson Caregiver Support Group 11:00 Medicare 101 1:00 Travel Buddies Hypnosis for Well-being \$ 2:30 Re-Connect Support Group, cont. 6:00 Moonlighter's Quilting Cinema Discussion Group Medicare 101 and Social Security Planning Retire with Confidence, cont.</p>
<p>15 11:00 Atrium Hours with Melanie 1:00 Silkscreen Painting, final 1:30 Dried Floral Art \$ 3:00 Drop-in Bereavement Support Group</p>	<p>16 9:00 Art as Play, cont. 9:30 Improving Your Healthspan Alzheimer's Support Group Beg. & Pre-Int. French \$ 10:00 Elder Law 11:30 Teabag Art \$ 12:00 Bunko 1:00 National Park Art Series, cont. Pet Loss Support Group 2:00 Int. Impressionist Painting, cont. 4:00 Non-Surgical solutions 4:30 Insight Meditation, cont. 6:00 Trivia Albemarle Modern Quilt Guild C3 Presents: Climate Solutions</p>	<p>17 9:00 Injury & Pain Screenings 10:00 Hearing Health Wise Women, Too 11:00 Maintaining Mental Health Support Group 12:00 Showers and Flowers Luncheon \$ 1:00 Let's Talk Books 2:30 Re-Connect Support Group, cont. 5:00 Wednesday Movie Night – My Spy 6:00 Empty Nesters Book Club Welcome Wednesday Retire with Confidence, cont. Mastering Medicare</p>
<p>22 9:30 Int. Italian \$ 11:00 Adv. Italian Conversation \$ Atrium Hours with Melanie 12:00 Mystery Book Club 1:00 Int. Italian \$ 2:00 Preparing for Death Discussion Series Current Events</p>	<p>23 9:00 Art as Play, cont. 9:30 Beg. & Pre-Int. French, cont. 10:00 Wise Women Connect Long Term Care Appt. 1:00 Bookmobile National Park Art Series, cont. 2:00 Karaoke Int. Impressionist Painting, cont. 3:00 Volunteer Fair 4:00 <i>Singles Schmooze</i> 5:00 Pride Movie: The Stroll UN Program: The Fragile State of Human Rights</p>	<p>24 10:30 Parkinson Caregiver Support Group 2:30 Re-Connect Support Group, cont. 6:00 Moonlighter's Quilting Retire with Confidence, final</p>
<p>29 9:30 Int. Italian, cont. 11:00 Adv. Italian Conversation, cont. 1:00 Int. Italian, cont. 1:30 Tropical Paint and Dessert Tasting \$</p>	<p>30 9:00 Art as Play, final 9:30 Beg. & Pre-Int. French, cont. 1:00 National Park Art Series, cont. 2:00 Int. Impressionist Painting, final 4:30 Insight Meditation, final</p>	



TRAVEL

LINDA HAHN
TRAVEL COORDINATOR

linda@thecentercville.org
434.220.9736

All trips are open to the public of all ages. For more information about trips or to book a reservation, call the travel office at 434.974.6538 or email Linda.

Personal travel needs? Contact Linda for help!

Travel Office Hours: Monday–Friday 9:30 am–2:30 pm

DAY TRIPS

All trips are open to the public of all ages. For more information about trips or to book a reservation, call the travel office at 434.974.6538 or email Linda.



NATIONAL AIR AND SPACE MUSEUM

Friday, March 15, 8:30 am–5:30 pm

Lifelong learning hits the stratosphere as we visit The Steven F. Udvar-Hazy Center in Chantilly, VA. Stroll through thousands of aviation and space artifacts, including the Space Shuttle Discovery, a Blackbird SR-71, and the Concorde. A docent-led tour will highlight the Museum's collection and trace the history of air and space travel. Enjoy lunch on your own at the Museum's onsite Shake Shack. Members \$82; Guests \$102.

TINA – THE TINA TURNER MUSICAL AT ALTRIA THEATER

Saturday, April 6, 10:30 am–6:30 pm

Follow the inspiring journey of a woman who broke barriers and became the queen of rock 'n' roll in the electrifying musical that took Broadway by storm. Set to the pulse-pounding soundtrack of her most beloved hits, this sensational show will have you soaring to the rafters. Lunch on your own at the Cheesecake Factory prior to the show at the Altria Theater in Richmond. Members \$150; Guests \$170.

RUN FOR YOUR WIFE AT SWIFT CREEK MILL THEATRE

Wednesday, May 29, 10:30 am–6:00 pm

Actors perform two separate storylines about a bigamous London taxi driver simultaneously in the same space. Sounds impossible to do, but it's delightfully hilarious to watch! Lunch is included. Members \$132; Guests \$167



NATIONAL MUSEUM OF WOMEN IN THE ARTS

Wednesday, June 12, 8:00 am–5:30 pm

This Washington D.C. museum is the first in the world solely dedicated to championing women artists. Four floors in a beautifully renovated former Freemason temple showcase the creative contributions of women artists from around the world. See for yourself the dynamic art and ideas from important women artists of the past and the great women artists working today. Lunch is on your own. Members \$135; Guests \$170.



SAMURAI ARMOR AT VIRGINIA MUSEUM OF FINE ARTS

Thursday, July 18, 8:30 am–4:30 pm

Explore diverse exhibits at the Virginia Museum of Fine Arts in Richmond, including a docent-led tour of a special exhibit on Samurai Armor. Through a dazzling array of more than 130 objects spanning almost nine centuries, you'll see the design and craft of helmets, swords, and 20 complete sets of armor. These objects reveal the culture, lifestyle, and artistic legacy associated with the samurai warrior in Japanese society. Lunch is on your own. Members \$105; Guests \$140.

FALL ON THE VIRGINIA SCENIC RAILWAY

Friday, October 18, 9:00 am–3:00 pm

Sit back and relax while viewing fall foliage on a 3-hour train ride down the Alleghany Special Railway. Travel west from the Staunton train station through the George Washington and Jefferson National Forests and back. Package includes bus transportation, the train ride, and lunch with dessert and a non-alcoholic beverage. Wine and beer will be available for purchase by credit card, with a limit of two servings per customer. Price TBD.

GETAWAYS

CYPRUS

March 12–25

March 19–April 1

From quaint villages nestled amongst tall pine trees to the dazzling blue of the Mediterranean Sea, get to know Cyprus from a local's perspective. This small island country is at the crossroads of East meets West and centuries of invaders and conquerors have fought over its strategic location. Tantalize your senses as you explore the island's rich history, delicious foods, and vast countryside. These spring trips will be just in time for the tulips!

EGYPT

April 16–27

Explore a land of ancient treasures from Cairo, the capital and largest city of Egypt, to the Great Pyramids and beyond. On this very active tour, you'll experience camel rides, a Nile cruise from Aswan to Luxor, optional excursions to Abu Simbel and sunrise balloon rides, temple visits, shopping, and much more. Package includes round trip airfare, two to three meals per day, and a licensed professional Egyptian tour guide.

BERMUDA AND PERFECT DAY CRUISE

June 13–June 22

Spend a summer vacation in the jewel of the Atlantic. Cruise aboard Royal Caribbean International's *Vision of the Seas* round trip from the port of Baltimore with stops in Bermuda and Royal Caribbean's exclusive Coco Cay. Package includes round trip bus transportation, all meals, entertainment, port fees, taxes, and gratuities.



CELEBRITY CRUISE TO ARUBA, BONAIRE, AND CURACAO

October 5–13

Sail on Celebrity Cruise Lines Beyond to three Caribbean islands full of natural beauty and world-class diving. Enjoy old-world Dutch charm in each port of call, plus shopping, sun, and fun. Package includes round trip bus transfers, airfare, all meals, beverages, entertainment, and gratuities.

DONATIONS MADE IN HONOR OF (December 1–January 31, 2023)

Melanie Benjamin

by Marilyn & Eugene Phillippi
Judith Zeitler

Dan Brody

by Cheryl & Robert Byron

Jay Gammon

by Betsy Bean

Sally & Joe Gieck

by Marjorie & Gordon Burris

Liz Howard

by Penny Lynn Howard

Enid Krieger

by Elizabeth Hacking

Jarrett & Stephen Millard

by Jane Whitworth

Doriane Perkins

by Deborah Corkey-Corber

Clay Sisk

by Bonnie & Richard Brewer
Joyce MacDonald
Joyce & Ronald Root

Peggy Slez

by Jennifer Huck & Adam Slez

Frances Smith

by Ella Jordan

Peter M. Thompson

by Bebe Heiner
Elizabeth Powell & Robert Sweeney
Jan & John Redick
JoAnne & William Speiden
Erika & Robert Viccellio

WE REMEMBER

We remember the following Center members and friends who recently passed away

Lisa Anderson

Richard Brown

Mark Buckner

Kimberly Gallo

Eileen Moyer

Wilson Norford

Herbert Ross

Mary Trogon

Corporate Partners at The Center Mean (Meaningful) Business!

If you've seen the bustling activity around a table in the Atrium, the banners adorning the stairwell, or noticed sponsors thanked in The Center's weekly e-news, you've seen The Center's Corporate Partners in action. Simply put, The Center's Corporate Partners are businesses that support The Center's healthy aging mission. By aligning with businesses that share our commitment to healthy aging, The Center advances a community where resources converge to help older adults meet their wellness goals.

Corporate Partnerships extend beyond generous support of Center operations. Many partners embody the true spirit of collaboration by serving as steadfast monthly volunteers. Over the past ten years, members and guests have had the opportunity to take advantage of free hearing screenings offered by Delaney Hearing Center, attend financial wellness programming through SKV Group's Money and You, or learn crucial knowledge on elder law, estates, trusts, and conservatorships with Doris Gelbman of Gelbman Law.

While these businesses have been integral to The Center for years, others are newer Corporate Partners making a splash. Commonwise Home Care hosted a lively fall festival on our back terrace, complete with free burgers and hot dogs, pumpkin painting, corn hole, and live music. BrightStar Care of Charlottesville brought a Virtual Dementia Tour experiential program, fostering empathy and understanding about the challenges faced by those affected by dementia. For those facing grief and loss, Hill & Wood Funeral Service offers grief education and bereavement groups.

From banking to skincare, hormone education to reverse mortgages, and support groups to considerations for assisted living, Corporate Partners offer services tailored to the diverse needs of older adults—each conveniently bringing information to The Center! Some Corporate Partners also elect to sponsor specific activities and programs. You can see businesses choosing to support our veterans, connect with folks new to the area, or bolster our music programs.

Partnering with The Center is one way to demonstrate a business's commitment to social responsibility and community improvement. Their social and economic impact reverberates not only within the walls of The Center but also extends throughout our region. The engagement of Corporate Partners helps ensure The Center continues to thrive as a vibrant hub of knowledge and wellness building a healthier, more connected community together! You can see the full list of The Center's Corporate Partners at right.

If you know of a business or organization eager to forge a dynamic partnership with The Center, we invite you to reach out to Lynn Divers at lynn@thecentercville.org or call 434-220-9745. ■



Many Corporate Partners bring resources to the community in The Center's Atrium.



Center orientations often have a Corporate Partner making them possible.



Corporate Partner SKV Group supports all The Center's veterans programming, including an annual screening of the Army/Navy football game.

Thank YOU

CORPORATE PARTNERS

PREMIER partner



PLATINUM partner

Hill & Wood Funeral Service

GOLD partners

The Blake at Charlottesville

BrightStar Care of Charlottesville

Delaney Hearing Center

RoseWood Village

Assisted Living & Memory Care

SILVER partners

Anthology of Charlottesville

Benchmark Senior Solutions

Branchlands Independent & Assisted Living

The Colonnades

Commonwise Home Care

Craig Builders

Gelbman Law PLLC

Hanckel-Citizens Insurance

The Heritage Inn

An Assisted Living and Memory Care Community

Home Instead Senior Care

SKV Group

Ting Internet

UnitedHealthcare

BRONZE partners

ArkWise Wealth, a Private
Wealth Advisor Practice of
Ameriprise Financial, LLC
Blue Ridge ElderCare Advisors,
LLC
Commonwealth Senior Living
DuCard Vineyards
Evolution Hearing
Five Star Painting of
Charlottesville
Hantzmon Wiebel CPA and
Advisory Services
IKOR of Charlottesville
InnovAge Virginia PACE –
Blue Ridge/Charlottesville
Ivy Rehab Physical Therapy
Loving Arms Home Care
Martha Jefferson House

Medi Home Hospice
Mutual of Omaha
Norton Health Law, PC
Our Lady of Peace
Pepsi-Cola Bottling Company
of Central Virginia
Robinson, Farmer, Cox
Associates, PLLC
Senior Resource Specialists
Skyline In-Home Services
Smooth Skin Laser
Southern Development Homes
Studio R Aesthetics
Sunnyside Communities
Visiting Angels
Waterstone Mortgage
Westminster-Canterbury of
the Blue Ridge

COMMUNITY partners

The Harbor at Renaissance

To learn more about sponsorship opportunities, please contact Lynn Divers at 434.220.9745 or lynn@thecentercville.org.



VOLUNTEERING

BOBBI HUGHES

Coordinator of Volunteer Resources
434.220.9755 • bobbi@thecentercville.org

Looking for meaningful ways to give back to our community? We can help you find the perfect volunteer position to suit your interests, schedule, and talents, whether it's at The Center or with another area nonprofit. Contact Bobbi to learn more.

4 Questions to Find Your Perfect Volunteer Opportunity

Volunteering can be meaningful and fulfilling. But volunteer opportunities are as varied as the people who volunteer. If you want a great personal experience and a successful volunteer placement that makes a difference in your community, consider these four questions to find the right volunteer role for you.

What do you have to offer?

Consider your past experiences, skills, and passions. How can you best help your community? What do you want to share with others? The better you understand what you have to offer, the more you can concentrate on volunteer opportunities that complement your strengths. When you find a volunteer opportunity in your “zone of genius,” you're more likely to sustain a volunteering career.



How much time do you have to give?

It's okay if the number is low! It's better to be a reliable volunteer once a week than it is to overcommit yourself and wind up leaving an organization in the lurch. Set time aside in your schedule to volunteer and make an honest commitment to what you can do for your chosen organization.

Are you a people person?

In forward facing volunteer positions, you are the first representative customers or clients of that organization meet. It's important to be friendly, helpful, and approachable by sharing a smile, acknowledging people with greetings, being open to engage in conversation or answer questions, and generally being kind. If you're less interested in connecting with members of the public, seek out other ways to help the organizations you care about. Introverts can volunteer too—you just have to be honest about your interests and strengths!



What fills you up with positive energy?

As a volunteer, you don't just give your time. You also give your interests, your passions, your wisdom and expertise. When you come to your volunteer post with positive energy, it spreads to everyone you meet. You'll feel good and make others feel the same. Before committing to volunteer work, consider whether it will make you feel good about your contributions.

When you take these things into consideration, your volunteer work becomes even more beneficial to yourself and your community. You'll enjoy volunteering and the people you help will enjoy working with you. ■

Welcome Suzanne Orejuela!

Suzanne has joined the Membership team in a career pivot after 18 years as an educator. She and her husband relocated to Charlottesville in 2020 after their kids Caroline and Matthew entered adulthood. The Center seemed like a perfect place to work since Suzanne enjoys building community and relationships. Swing by an orientation or the Welcome Desk to chat about painting, vegetable gardening, your favorite local hikes, or Suzanne's newest hobby—raising chickens!



Volunteer Opportunities

At The Center

There are so many ways to help The Center whether you have a little time to volunteer or a lot! Contact Bobbi Hughes if you are interested in any of these positions:

- Fitness Room Monitor
- Tour Guide
- Pepperidge Farm Bread Pick-Up
- Lobby Ambassador
- Program Assistant
- Welcome Desk

In the Community

Escort and Wayfinding at UVA Health

Get your steps in while you support patients and their families. Greet people arriving at the hospital with a warm smile and friendly demeanor, then help them get to their appointments on time. You may need to push patients in wheelchairs. Many weekday shifts are available. Contact Hannah Kaufman at 434.989.0261 for more information.

The Clock is Ticking...

The Center's fiscal year ends on March 31 and that means lots of counting and accounting.

Volunteer hours are an important part of evaluating contributions to and through The Center. With this information, we can demonstrate The Center's impact, qualify for grants and other funding, and share the immense value older adults in our community provide. If you have not logged your volunteer hours, please do so. You can log your hours electronically through the MySeniorCenter kiosks in the Atrium or with the assistance of Bobbi Hughes, Coordinator of Volunteer Resources.



Happy National Volunteer Month!

We believe volunteers are worth their weight in gold! You share your passions, skills, time, and talents without compensation. Volunteers' services ensure nonprofit organizations in our community can operate smoothly. Thank you for your contributions and selfless efforts! Check the weekly e-news for special celebrations and recognitions of our volunteers throughout the month of April.

Come to the VOLUNTEER OPPORTUNITY FAIR

Tuesday, April 23
3:00-5:30 pm



DEI Committee Notes

The Center's DEI Committee exists to raise awareness of the racial issues of the past and increase our communities' understanding, acceptance, and mutual respect of one another.

In May, we will begin a new speaker series entitled "The Uncomfortable Truths of Systemic Racism." This is yet another step The Center is taking to help educate our community about the impact of systemic racism and empower allies to speak out against its existence. The series will bring a mixture of guest speakers, documentary screenings, and panel discussions to The Center in May, August, October, December, and January, with sessions exploring a variety of topics. Mark your calendars!

Topics, Dates, and Times:

Housing: Wednesdays, May 1 & 15, 6:00–8:00 pm

Education: Wednesdays, August 7 & 21, 6:00–8:00 pm

Healthcare: Wednesdays, October 2 & 16, 6:00–8:00 pm

Justice System: Wednesdays, December 4 & 18, 6:00–8:00 pm

Economics: Thursday, January 2 & Wednesday, January 15, 2025, 6:00–8:00 pm

The Rising Value of Membership

Expanded hours, a breadth of offerings, growth to over 150 weekly programs ... the value of Center membership has seen enormous increases recently. Our members have more access than ever to a wide spectrum of high-quality healthy aging opportunities. At the same time—like most everything else in the world—the costs associated with providing these programs have continued to climb. Support from generous donors helps keep our doors open, membership dues low, and scholarship funds available, but our organization must also issue periodic dues increases to stay financially sustainable.

Beginning April 1, the start of The Center's fiscal year, an individual Standard membership will be \$216, or \$18 per month, and an individual Prime membership will be \$588, or \$49 per month. Current members' payments will not go up until their renewal dates. Going forward, however, those making monthly payments will see dues increases beginning with the month in which the change goes into effect.

If you regularly participate in a range of Center activities, Prime membership remains an incredible deal. Take this example of a member enjoying three fee-based programs a month with certified instructors; for the extra \$28 a month that Prime costs, this member is getting \$115 in value. You can upgrade your membership at any time—simply see someone on our Membership staff! ■

Sample cost comparison based on membership rates effective April 1, 2024

STANDARD (\$216 year / \$18 month)	
EXAMPLE A (membership + 1 fee-based program)	
Annual Membership	\$216
Gentle Yoga (\$35/month x 12 months)	\$420
Total annual cost	\$636
EXAMPLE B (membership + 3 fee-based programs)	
Annual Membership	\$216
Gentle Yoga (\$35/mo. x 12)	\$420
Core Stability (\$35/mo. x 12)	\$420
Chinese Brush Painting (\$35/mo. x 12)	\$420
Total annual cost	\$1476

PRIME (\$588 year / \$49 month)	
EXAMPLE A (membership + 1 fee-based program)	
Annual Membership	\$588
Gentle Yoga	\$ 0
Total annual cost	\$588
EXAMPLE B (membership + 3 fee-based programs)	
Annual Membership	\$588
Gentle Yoga	\$ 0
Core Stability	\$ 0
Chinese Brush Painting	\$ 0
Total annual cost	\$588

JOY continued from page 1

seven days to guide you through the project.

Each morning, you'll be asked to describe how you're feeling and then you'll receive a recommendation for a "micro-act of joy"—something simple you can do in seven minutes or less. These tasks could include chatting with a friend about something positive in their life, watching a short nature video, listening to one of the Dalai Lama's favorite Buddhist prayers, or journaling about something good you learned from a challenging moment.

While you might find some of these micro-acts more enjoyable or effective than others, the idea of this week-long challenge is to try out lots of little things. Experiment in your own life! By the end of the week, you'll hopefully have one or two amazing quick pick-me-ups in your "how to feel better" toolbox.

After you complete each task and again at the end of each day, you'll report your feelings so the big brains at UC Berkeley can continue to learn more about which micro-acts of joy are most effective.

To learn more about Big JOY and sign up for your own week-long adventure in happiness, visit ggia.berkeley.edu/bigjoy. ■

DONATIONS MADE IN MEMORY OF (December 1–January 31, 2023)

Arthur Kaiserlian

by Theodore Crackel & Mary Jo Kline

Mary and Joseph Makely

by Joanne Ford

Randy Mays

by Cathleen & Keith Stock

Mary Kate St. Clair

by Betsy Bean

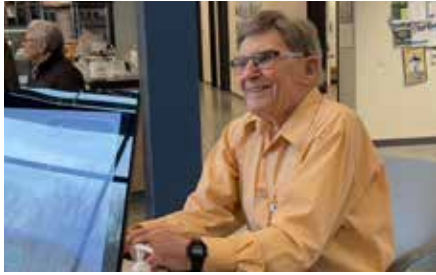
MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (December 1–January 31, 2023)

Beverly Adams	Deborah & Frank Hollowell
Beverly Almond	Mr. & Mrs. Donald A. King
Altria Companies Employee	Sarah & Hugh Litchfield
Community Fund	Sharon & Bob Lorish
Cheryl Andrews Stott & Thomas Stott	Manning Family Foundation
Anonymous	Margaret & Bill Marley
Arkwise Wealth	Alice Meador/Alice P. Meador Fund at the CACF
Joyce Atwood	Janet & Eben Morrow
The Bama Works Fund of Dave Matthews Band at the CACF	Kelly Larson & Carl Newman
Inez Duff Bishop Charitable Trust	Cathy & James Newman/Stillfield Fund I at the CACF
Betty Bollendorf	Bonnie & Barry Pendleton
Elizabeth Borches/Volvo of Charlottesville	Pepsi-Cola Bottling Company
Pamela & Lucius Bracey	Jan & John Redick
Suzanne Brooks	Amy Richardson
Melinda Brown	Whitley & Chuck Rotgin/Rotgin Family Fund at the CACF
Diane & Dick Brownlee	Eileen Rudert Hopper & Charles Hopper
Carter Bank & Trust	Kathy Seabrook
Patti Cary & Todd Stansbury	Bob Selden
Millie & Rip Cathcart	Kathryn Skinner
Julie Christopher & Marjorie M. Connelly	SKV Group
Claude Moore Charitable Foundation	Mr. & Mrs. Charles Stewart
Delaney Hearing Center	Cathleen & Keith Stock
Mary Jane & Kenneth Derby	Cynthia Stultz/Stultz Foundation
Judy & David Drayer	Daphne Teegarden
Martha Fruehauf/Fruehauf Foundation	Mr. & Mrs. W. McIlwaine
Gelbman Law, PLLC	Thompson/Thompson Jones Alexander Foundation
Sally & Joe Gieck	Jorgen and Laura Vik
Bebe Heiner/The Heiner Family Fund at the CACF	Ann Vonnegut-Frieling & Chris VonFrieling
Cindy & Richard Hewitt/Hewitt Family Fund at the CACF	Westminster-Canterbury of the Blue Ridge
Mary "Kiwi" & Landon Hilliard	Mickie & David Wood/Stone-Wood Family Foundation
	Woodson Charitable Trust

Center Member and Volunteer Peggy Slez Shares What Makes a Welcoming Atmosphere



I heard the best story recently about the importance of “welcome” at The Center. A staff member, washing her hands at a restroom sink, said “Good morning!” to the woman at a neighboring sink. In response, the woman said, “Thank you—that *really* made my day!” I smiled when I heard the story, just as I smile every time I think about the significance of even the smallest gestures.



Many aging adults, in one way or another, can relate to the quip attributed to Bette Davis: “Getting old ain’t for sissies.” From financial concerns and family dramas to transportation issues and physical or mental health struggles, getting older can feel like one trial after another. This is my thank-you note to anyone at The Center who has seen any part of those burdens on my face and helped me feel better with a “Hi!” or a “Welcome” or a “Join us!”



Imagine how hard it is to try out a social event as a single person when being part of a couple has ended. Imagine how hard it is to enter a large, crowded space and



see that your ethnicity or mobility is different from everyone else’s. Imagine how it might feel to move from a distant lifelong home and friends to Charlottesville, where you know absolutely no one except your child, who is happy to make a new home for you, but a new life is for you to figure out. I am so grateful to The Center staff and volunteers who said, “Welcome!” to me six years ago.

For most of those six years, I’ve been a volunteer at the Welcome Desk, where I have endless opportunities to say “Hello!” and “Welcome!” to others who need to hear it. Sometimes it’s a challenge to elicit a smile, but because I know people need to hear “Welcome” beyond their first interaction at the front desk, I want to invite every Center member and visitor to join me in that challenge. When your greeting or welcome sparks a “Thank you—that *really* made my day!” we ensure The Center isn’t just a beautiful building, but a community full of beautiful people. ■



“Happy to Chat” Comes to The Center

“Wouldn’t it be nice if there was a simple way to let people know you’re open to a chat?” Allison Owen-Jones thought to herself when she noticed a man sitting alone on a bench in a busy park. She didn’t know if he wanted company or not, but the moment sparked an idea that has spread around the world. The Happy to Chat initiative makes social connections easier with spaces where people are encouraged to sit down and chat with others. Look for new “Happy to Chat” signs in the area outside The Center’s Travel Office. If you’re open to a conversation with someone new, have a seat. If you see someone sitting there, feel free to strike up a conversation!



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Bring this ad to Wild Birds Unlimited Charlottesville and get 20% off one regularly priced item! Offer good until April 30, 2024. Limit one coupon per customer.

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29th Place Shopping Center - US 29 across from Fashion Square Mall • 434-973-5850



Are you a local artist or artisan looking to sell your own creations? Apply to The Center's Arts & Crafts Fair! The one-day Arts & Crafts Fair will be held in the Auditorium at The Center at Belvedere, on Saturday, August 3, 2024, from 9:00 am–2:00 pm. Applying is free and open to all. For more details visit thecentercville.org.

The Center at Belvedere
540 Belvedere Boulevard
Charlottesville, VA 22901

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New Speaker Series Begins in May!

The Uncomfortable Truths of Systemic Racism



Urban Renewal & Rezoning

Wednesday, May 1,
6:00–8:00 pm

Take a look at the history of housing in Charlottesville and the racial disparities that have affected where people live. A screening of the documentary *Raised/Razed* traces the demolition of Vinegar Hill, a well-established Black neighborhood, and the displacement of its residents and business owners in the name of “urban renewal.” Learn more about subtle methods of control including redlining, rezoning, and racial covenants, all of which shape our current housing landscape. Dr. Andrea Douglas moderates a panel of community leaders including Lorenzo Dickerson, Kathy Johnson Harris, Joy Johnson, Waki Wynn, and Jordy Yager.



The Future of Housing in Charlottesville

Wednesday, May 15, 6:00–8:00 pm

Housing equity is a complex problem that requires a multi-faceted effort with the support of our full community. What does the future hold for affordable and low-income housing in Charlottesville? Can we ensure everyone, including seniors, is housed? How can we increase homeownership? How should land be developed for the good of the community? Where does the necessary funding come from? What are the City of Charlottesville, Albemarle County, and UVA doing to alleviate our housing shortage? Maxicelia Robinson moderates a panel of government representatives and housing advocates including Dr. Wes Bellamy, S. Lisa Herndon, Dave Norris, Luis Oyola, and Michael Payne.

Free & open to all.

See page 14 for future dates and topics in this series!

FISH continued from page 1

He and Colin share an almost never-ending flow of favorite local haunts: Lake Orange, Sugar Hollow, the Rapidan River, Lake Albemarle, Darden Towe Park, Walnut Creek, Chris Greene Lake, and The Center’s Kingfishers Club’s own “Fontana Pond” in Free Union, named for Phyllis Fontana who generously offered it up for club use.

Many of these sites are within minutes of Charlottesville, making it easy to fit fishing into one’s daily life, before or after retirement.

Tom notes, “Guys who work 9 to 5 can have a rod in their truck and stop on the way home and fish for an hour ... It’s age independent,” and accessible to people with varying levels of physical ability.

As co-chairs of the Kingfishers, Colin and Tom bring their fellow anglers together for monthly meetings, frequent fishing trips, an annual picnic and Christmas lunch, and community service.

“The club has rods for kids,” Colin explains. “We share them if they need them and help them learn how to fish.”

Many Kingfishers teach fishing at Camp Holiday Trails during summer camp season and participate in Albemarle County Parks & Recreation’s Trout Fishing Day each spring.

(That’s vocational wellness checked off for those of you playing along at home!)

Monthly meetings are opportunities to enjoy camaraderie and learn new techniques.

“One of the things we do [to create a welcoming environment at meetings] is storytelling,” Colin says. “Talk about your successes. Everyone has a chance to tell their story.”

He adds, “From time to time, we host knowledgeable speakers [who present] ways to do things better or in different environments.”

Past guests have included representatives from Albemarle County Parks, guides from Lake Anna, and even a professional fisherman from Crozet who has appeared in major televised tournaments.

If you’re looking for a hobby that offers a boatload of health benefits, new members are always welcome at Kingfishers meetings, held on the first Wednesday of each month at 9:30 am. Try it and you might find yourself hooked. ■

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