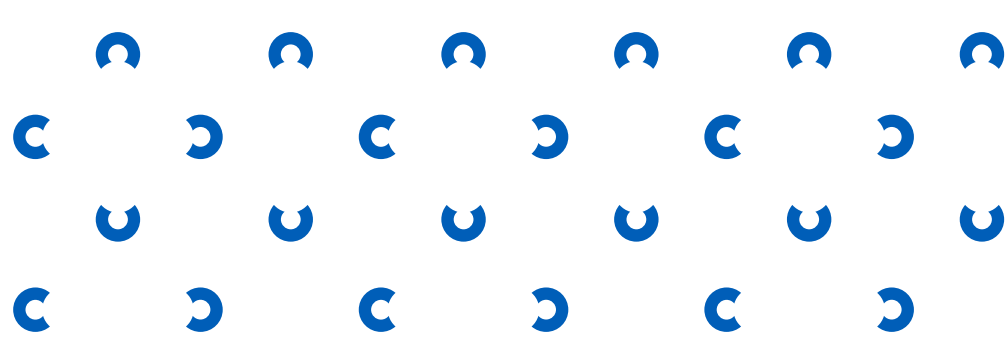




**THE
CENTER
AT BELVEDERE**



NEWS from THE CENTER

DISCOVER THE POWER OF HEALTHY AGING

MAY/JUNE 2024

Art Exhibits in May and June



"3 Wet Dogs" by Juliette Swenson

Two group art exhibits will be on display at The Center this spring, with a special four-day collaboration with the Charlottesville Garden Club!

The first floor gallery will host, for the first time ever, the Fluvanna Art Association. Founded in 1975, this community builds and supports the visual arts in Fluvanna County by providing an inclusive space for artists of all skill levels and mediums.

Upstairs, explore original works from BozART, a group of Central Virginia artists working in a variety of mediums including oil, acrylic, watercolor, pastel, multimedia, and photography.

Both exhibits will be brought to botanical life from Wednesday, May 15 through Saturday, May 18 as floral designers from the Charlottesville Garden Club create over two dozen bouquets inspired by the artwork on display. "Flowers Interpret Art" will be free and open to the public during The Center's regular opening hours.



"Grandeur" by Carol Williams

Inside

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- More!



New DEI Speaker Series Kicks Off May 1!

Two years into The Center's Racial Equity Action Plan, the Diversity, Equity, and Inclusivity Committee continues its work to help ensure The Center at Belvedere can be a resource for all older adults in Central Virginia. Fostering a safe and welcoming environment where any older adult can come and pursue healthy aging opportunities requires educating ourselves on the many factors affecting different groups of people in our area.

To that end, a new speaker series "The Uncomfortable Truths of Systemic Racism" will take on an ambitious span of topics covering practically every corner of society from housing to health care, economics to the justice system.

The series kicks off on Wednesday, May 1 from 6:00–8:00 pm with a panel on "Urban Renewal and Rezoning." This deep dive into the history of housing in Charlottesville will illuminate the racial disparities that still affect where people live in our area today.

Discussion will follow a screening of the documentary *Raised/Razed*, which traces the 1960s demolition of Vinegar Hill—a well-established Black neighborhood—and the displacement of its residents and business owners.

The documentary's filmmakers Lorenzo Dickerson and Jordy Yager join a panel including Kathy Johnson Harris, a retired educator and active community board member; Joy Johnson, a longtime activist and one of the founders of the Public Housing Association of Residents; and Waki Wynn, a realtor and Board President of the Albemarle Housing Improvement Program. Dr. Andrea Douglas will moderate.

Join us for the follow-up, "The Future of Housing in Charlottesville," on Wednesday, May 15 from

See DEI on page 12

Center Member Places First at Richmond Ballroom Competition

On a Saturday afternoon in March, Center member Judy Robertson stepped out into the center of a Richmond-area studio floor surrounded by blue, white, and silver balloons and tables full of dancers from all over Virginia, brought together for the 14th annual Richmond Dance Challenge & Showcase.

Her partner Steven Babusko, The Center's ballroom dance instructor, invited her to dance as he has many times before and the music queued up for two minutes of waltzing, all eyes on her.

"When you first walk out," Judy says, "it's a thrill and quite frightening as well. [But] once you start dancing, you don't really notice anything else—you just do what you do... It's invigorating and soothing all in one exercise."

This was only the first of 12 dances as Judy joined Steven for several more waltzes as well as foxtrots and tangos, all dances from the International Standard



Photo courtesy of Steven Babusko

See BALLROOM on page 13



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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For more news, follow us on:



MEMBERSHIP

434.974.7756
membership@thecentercville.org

Join The Center for easy access to hundreds of great programs. For information about membership options, please visit our website, stop by the Welcome Desk, or email membership@thecentercville.org.

WELCOME NEW MEMBERS!

- | | | |
|----------------------|-----------------------|--------------------|
| Diego Aimar | Kasum Geylani | Albert Moore |
| Eleanor Angeline | Nora Gillespie | Shari Mundaniohl |
| Donna Appleby | Haley Ginsburg | Anne Nelson |
| Jared Barber | David Grissmer | Lyle Nelson |
| Julie Barber | Judith Grissmer | Charles Neustadt |
| Claudette Beauchamp | Elizabeth Haden | George Nolting |
| Elaine Bellezza | Michael Haden | Joanne Palmer |
| Diana Bower | Daniel Haisenleder | Debbie Parmelee |
| Louis Boyle | Tammie Hamilton | Cheryl Pearson |
| Marilyn Brand | Karen Hartman | David Poist |
| Bill Bricker | Marie Hatz | Susan Richeson |
| Catherine Brighton | Micheal Hatz | Jan Russell |
| Dale Browning | Tamera Helms | Robin Salberg |
| Ronald Brunk | James Higgins | Hazel Scully |
| Dorothy Carney | Susan Higgins | Robyn Sealey |
| Karen Catron | Linda Hill | Candace Smith |
| Susan Cohn | Charlotte Hisey | Richard Smith |
| Douglas Crowell | David Hisey | Susan Sowers |
| Scheline Crutchfield | Brian Holbrook | Weir Susan |
| Cathy Dallinger | Louise Hoogland | Anne Sutphin |
| Malcolm Davis | Herb Irtenkauf | Mary Ann Thompson |
| Cathy Dickstein | Jane Irtenkauf | Pam Wagner |
| Ann Donovan | Marc Jensen | Beverly Walker |
| Steve Donovan | Gayle Jessup White | Cynthia Warren |
| Anita Dunbar | Mary Juraco | Krista Weih |
| Paul Fabbri | Cheryl Knight | Shann Whited |
| Janice Fabbri-Fritz | Harold Koenig | Moyer William |
| Nancy Fellenz | Marie Kortmulder | Bernard Williams |
| Miles Fowler | Katherine Lamb | Elizabeth Williams |
| Randolph Fredner | Hugh Litchfield | Elke Wilson |
| Robert Fritz | Melanie Marshall-Roth | Chester Yuan |
| Thomas Garrison | Courtney McQueen | |
| Doris Gelbman | Tonya Moon | |

If you joined between February 1 and March 31 and were not recognized here, please contact Member & Visitor Services Coordinator Suzanne Orejuela at 434.220.9732 or suzanne@thecentercville.org.

Two funds at The Center make scholarships available to anyone for whom membership dues are a barrier. The Mary P. Reese Scholarship Fund carries on Mary's legacy of working to increase access to programs and resources. The Ralph L. Feil Endowed Scholarship Fund ensures a lasting impact by supporting the need for scholarships in perpetuity. Both are funded by gifts from generous donors and gifts are welcome year-round. For questions about making a gift, please contact Lynn Divers at lynn@thecentercville.org or 434.220.9745.

COUNCIL NOTES



All program leaders and Center members are welcome and encouraged to attend Council meetings on the first Monday of the month at 1:00 pm. Since the Council is a communication conduit and advisory body to the Board of Directors and staff, meetings are an excellent forum for the exchange of members' ideas, concerns, and suggestions. Lively and informative discussions last about an hour and are a safe, respectful setting to voice opinions. For more information or a copy of the Council bylaws, contact Council President Peggy Slez at mjslez@gmail.com or staff liaison Susan Gallander at susan@thecentercville.org

Monday, May 6 – Fiscal Year 2024 has come to a close! Center staff will present an end-of-year financial report before our follow-up discussion on the new Suggestion Box located in the fitness wing hallway.

Monday, June 3 – Come and discuss how the Council can play a more forward-looking, proactive, and meaningful role for members and guests of The Center.

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

DEI SPEAKER SERIES: THE UNCOMFORTABLE TRUTHS OF SYSTEMIC RACISM

Free and open to all; registration required
Wednesday, May 1, 6:00–8:00 pm

Urban Renewal & Rezoning: Examine the history of housing in Charlottesville and the racial disparities that affected where people live with a screening of the documentary *Raised/Razed* followed by panel discussion. Dr. Andrea Douglas moderates a panel of community leaders including Lorenzo Dickerson, Kathy Johnson Harris, Joy Johnson, Waki Wynn, and Jordy Yager.

Wednesday, May 15, 6:00–8:00 pm

The Future of Housing in Charlottesville: 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? Maxicelia Robinson moderates a panel of government representatives and housing advocates including Dr. Wes Bellamy, S. Lisa Herndon, Dave Norris, Luis Oyola, and Councilor Michael Payne.

SENIOR SAFETY DAY with CHARLOTTESVILLE ALBEMARLE TRIAD

Free and open to all

Saturday, May 4, 9:00 am–1:00 pm

Find out how you can keep yourself safe! More than 20 organizations will be on site with information. Presentations at 9:45 and 11:00 cover topics from avoiding scams to home safety.



MURRAY AND MAGILL CONCERT

Open to all; registration required

Monday, May 6, 3:30–5:00 pm

Fiddler Andrew Finn Magill, featured on MTV and NPR, joins forces with sought-after accompanist Alan Murray to form one of the most exciting duos in contemporary Irish music. \$15 online or at the door.

SPRING STYLE FASHION SHOW

Free and open to all; registration encouraged
Thursday, May 9, 4:00–5:00 pm

Center models show off outfits from Twice is Nice, offering you ideas for your personal spring style. Bring clothing donations for Twice is Nice consignment or browse clothing available for purchase (cash or check only) after the show.

ARRHYTHMICS A CAPELLA CONCERT

Free and open to all

Tuesday, May 14, 4:00–4:30 pm

Enjoy the vocal-only tunes of the University of Virginia Medical School's a capella group.

CHAMBER MUSIC CONCERT

Free and open to all; registration encouraged
Tuesday, May 14, 6:30–8:00 pm

The Youth Orchestras of Central Virginia share dynamic chamber music performances by students and faculty, covering everything from Haydn to Mario Brothers.

FLUVANNA ART ASSOCIATION RECEPTION

Free and open to all

Wednesday, May 15, 4:00–6:00 pm

Join the artists of the Fluvanna Art Association on the first floor to learn more about their vibrant community of visual artists while indulging in refreshments and good conversation.

FLOWERS INTERPRET ART

Free and open to all

Wednesday, May 15–Saturday, May 18

This collaborative exhibit between the Fluvanna Art Association, BozART, and the Charlottesville Garden Club displays dozens of fresh bouquets beside the works of art that inspired them.

CVILLE BAND PERFORMANCES

Free and open to all

Woodwind Quintet

Thursday, May 16, 6:45–7:45 pm

Cville Band Recital

Thursday, June 20, 6:30–8:00 pm

STILL SHARP SINGERS CONCERT

Free and open to all

Friday, May 17, 1:30–2:15 pm

The Still Sharp Singers and director Mike D'Antoni present some of your favorite songs.

SPRING BAND CONCERT

Free and open to all

Saturday, May 18, 3:00–4:30 pm

Director Bob Dunnenberger leads The Flashbacks and the Second- and First-Wind Bands. Donations are welcome.

SONGS FROM STAGE AND SILVER SCREEN

Free and open to all

Thursday, May 23, 3:00–4:00 pm

Nate Freed, Nancy Graddy, Holly Heilberg, and Anna Grey Hogan sing songs from Broadway and

the silver screen with accompaniment by Paul Nowicki.

THURSDAYS AROUND 5

Free and open to all; registration encouraged

Thomas Gunn

Thursday, May 23, 5:01–7:00 pm

A longtime staple of the local music scene, this guitarist's original work delivers a delightful fusion of folk and country with poignant lyrics and unscripted humor.

Don't Look Up

Thursday, June 27, 5:02–7:00 pm

Get your dancing shoes on for these experienced musicians playing traditional Chicago and Delta blues with a vintage rock 'n' roll sound. Featuring Dave Sherman and Rob Martin on guitar and vocals, Andy Burdetsky on bass and vocals, and Lance Foster on drums and vocals.

JOY CROSS ART EXHIBIT

Free and open to all

Tuesday, May 28, 2:00–8:00 pm

Browse the wonderful works of painter Joy Cross, who passed away in 2022. Her family is generously making her paintings available for "purchase" with a suggested donation to benefit The Center. Any remaining paintings will be on display and available through June in the second floor administrative hall.

PAINT LOOSE ART RECEPTION

Free and open to all

Thursday, May 30, 9:30 am–12:30 pm

Linda Abbey's drawing and watercolor students showcase their work from the Paint Loose course in the Atrium.

A MIDSUMMER NIGHT'S DREAM

Free and open to all; registration encouraged

Wednesday, June 5, 2:30–4:30 pm

Tuesday, June 11, 5:30–7:30 pm

Center members perform a Shakespearean classic! Follow famed characters as they romp through the woods near Athens, from runaway young lovers to amateur actors to bickering and prank-happy fairies.

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.

CREATIVE COLLAGE WORKSHOP

Open to all; registration required

Wednesday, May 1, 10:00 am–1:00 pm

Wednesday, May 15, 10:00 am–1:00 pm

Explore the art of creating collages with instructor Sue Oliveri. This stimulating and enjoyable workshop provides a supportive and encouraging environment to create artistic collages with many cool images, textured papers, colors, and design possibilities. No experience necessary. Prime members free; Standard members \$15; Guests \$30. Materials fee is \$15, payable to instructor at start of class.

PROGRAMS continue on page 4

BEGINNER SCRAPBOOKING

Open to all; registration required
Tuesdays, May 7–28, 1:00–4:30 pm
(4 weeks)
Tuesdays, June 4–25, 1:00–4:30 pm
(4 weeks)

Celebrating your photo memories of family, heritage, special occasions friends, pets, travels and daily activities will enhance your life and keep those experiences in the forefront of your mind. With 31 years of teaching experience, Laurie Bayma will demonstrate strategies using photo-safe papers and card kits to delight you and bring your memories to life. Prime members free; Standard members \$30; Guests \$45. Materials fees vary.

BEGINNING TO INTERMEDIATE CROCHET

Open to all; registration required
Fridays, May 3–31, 10:30 am–12:30 pm
(5 weeks)
Fridays, June 7–28, 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 CHINESE BRUSH PAINTING

Open to all; registration required
Saturdays, May 4–18, 11:45 am–1:45 pm
(3 weeks)
Saturdays, June 1–29, 11:45 am–1:45 pm
(5 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.

ART AS PLAY

Open to all; registration required
Tuesdays, May 7–28, 9:00 am–12:00 pm
(4 weeks)
Tuesdays, June 4–25, 9:00 am–12:00 pm
(4 weeks)

Explore your creativity without the pressure to create anything precious. Learn about different materials and experiment with your process. The May focus is on paper collage and sculpting. The June focus is on kinetics—materials that move! Prime members free; Standard members \$30; Guests \$40. Materials fee is \$30, payable to instructor at start of first class.

CREATE DRIED FLORAL ART

Open to all; registration required
Tuesday, May 7, 2:00–3:30 pm
Tuesday, June 25, 10:00–11:30 am

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.

PAPER CRAFTING WITH DIANE

Open to all; registration required
Tuesday, May 14, 10:00 am–12:00 pm
Tuesday, June 11, 10:00 am–12:00 pm

Diane Chapman shares her 30 years of paper crafting experience to help you create cards and other novelties. The May craft includes three all-occasion cards, a new stippled image

shading technique, and a gift bag for three Ghirardelli chocolate squares. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$10, payable to instructor at start of class.

CARD MAKING WITH SHERRY

Open to all; registration required
Thursday, May 16, 12:30–2:30 pm
Thursday, June 27, 12:30–2:30 pm

Create cards and other paper crafts with instructor Sherry Sinard. The May craft will include two birthday cards and a card with a masculine design. The June craft will teach you how to use negative space in your cards. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$10, payable to instructor at start of class.

MAKE A MOSAIC PICTURE FRAME

Open to all; registration required
Monday, May 20, 1:00–2:30 pm

Create a mosaic picture frame using glass and ceramic tiles with instructor Jamie Schwartz. No experience necessary. Prime members free; Standard members \$15; Guests \$25. Materials fee is \$20, payable to instructor at start of class.

TEABAG ART

Open to all; registration required
Thursday, May 30, 10:00 am–12:00 pm
Thursday, June 13, 10:00 am–12:00 pm

Don't throw away those used teabags! They provide the perfect canvas for a small gem of a painting. Instructor Cindy Vito teaches students how to paint on a brewed, dried, and empty teabag by using warm or cool colors, one of the three types of balance, and a pattern. No experience necessary. Prime Members free, Standard Members \$20, Guests \$35. See required materials online.

WOODCARVING AN EAGLE CARICATURE

Open to all; registration required
Mondays, June 3 & 10, 2:00–4:00 pm
(2 weeks)

Carve two eagle caricatures with instructor Mike Micucci in time for Independence Day. Prime members \$10; Standard members \$15; Guests \$20. Materials fees vary.

SHELL TRINKET DISH CRAFT

Open to all; registration required
Thursday, June 6, 9:30–11:00 am

Use different kinds of shells with instructor Jamie Schwartz to create four decoupage trinket dishes. No experience necessary. Prime members free; Standard members \$15; Guests \$25. Materials fee is \$20, payable to instructor at start of class.

WATERCOLOR PAINTING

Open to all; registration required
Monday, June 17, 1:00–2:30 pm

Instructor Jamie Schwartz helps you use watercolor pens to create your choice of two designs for a simple, framed watercolor painting. No experience necessary. Prime members free; Standard members \$15; Guests \$25. Materials fee is \$20, payable to instructor at start of class.

LIFELONG LEARNING

BOOK GROUP

Free and open to members
1st Wednesday each month,
11:00 am–12:00 pm

This enthusiastic group meets monthly to discuss predominantly contemporary works of fiction and nonfiction. The May book will be *A Gentleman in Moscow* by Amor Towles. The June book will be *Three Questions* by Leo Tolstoy.



THE RIVANNA WATERSHED

Free and open to all; registration encouraged
Thursday, May 2, 6:00–7:30 pm

The Rivanna Conservation Alliance, a nonprofit organization dedicated to cleaning and protecting the Rivanna River, shares information about the health of our local watershed. Learn how RCA runs monitoring programs and uses aquatic species to check stream and river health, and get information on community projects that will improve the health of the Rivanna River.

SPARK YOUR SINGING ADULT SINGING LESSONS

Free and open to all; registration required
Saturday, May 4, 11:00 am–12:00 pm

Award-winning vocalist and studio founder Wesley Diener guides you through healthy warm-ups, vocal technique development, and group songs. Explore how your voice works, develop your singing technique, and learn songs that fit your voice and are meaningful to you. All experience levels are welcome.

PUBLISHING 101

Open to all; registration required
Saturdays, May 4–18, 11:30 am–12:30 pm
(3 weeks)

It's what every writer wants to know but may be afraid to ask: How do you get your book published? Professional writer Judy Mandell offers advice from 44 editors with the inside scoop on book proposals, agents, bestsellers, publishing decisions, vocabulary, and contracts. Members free; Guests \$20.

GOOD LIFE SERIES

Free and open to all; registration encouraged
Tuesday, May 7, 11:00 am–12:00 pm

Memory Care Units: Yulonda Lewis and Erica Bailey of Westminster-Canterbury of the Blue Ridge present information on what dementia is, its effects, and how to determine when the transition into memory care is necessary.

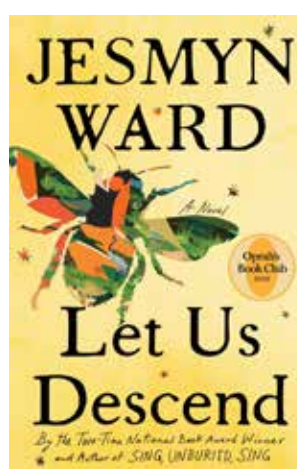
Tuesday, June 4, 11:00 am–12:00 pm

The Benefits of Mediation Instead of Litigation: Taylor Frome of the Mediation Center of Charlottesville and attorney Nancy Trudel share the benefits and limitations of mediation for elders and their families. Can this method help you deal with challenging decisions about living arrangements, medical care, and other matters of differing opinion?

AFRICAN AMERICAN AUTHORS BOOK GROUP

Free and open to all
2nd Thursday each month,
6:00–7:30 pm

Join in energetic discussion and camaraderie over books by African American authors. The May 9 book will be *Symphony of Secrets* by Brandan Slocumb. The June 13 book will be *Let Us Descend* by Jesmyn Ward.



STYLE TIPS AND TRICKS

Open to all; registration required

Thursdays, May 9 & 16, 10:00–11:00 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 \$25. Materials fee is \$15, payable to instructor at start of class.

THRIVING SOLO SINGLES

Free and open to members; registration required

May 10–31, 9:30–10:30 am
(4-Week Series)

Modern day stressors such as uncertainty, social media, and post-pandemic conditions leave many people feeling isolated. Psychologist Dr. Daniel Elash wants to empower you to be more proactive in shaping your life. Come and learn tools to better manage stress and build your emotional resilience.

LGBT+ HISTORY OF CHARLOTTESVILLE

Free and open to all; registration encouraged

Saturday, May 11, 11:00 am–12:30 pm

A panel of local speakers share their experiences to uncover the LGBT+ history of Charlottesville. Audience discussion will follow.

BEGINNER GUITAR LESSONS

Open to all; registration required

Mondays, May 13–June 24, 1:00–1:50 pm
(6 weeks); will not meet 5/27

It's never too late to learn a new instrument! Bring your own guitar to learn from accomplished musician and instructor, Mike D'antoni. Prime members \$30; Standard members \$60; Guests \$90.

INTERMEDIATE GUITAR LESSONS

Open to all; registration required

Mondays, May 13–June 24, 2:00–2:50 pm
(6 weeks); will not meet 5/27

Learn more advanced chords, fingerpicking, and strum patterns while having fun with familiar songs. Bring your own guitar to join accomplished musician and instructor, Mike D'antoni. Prime members \$30; Standard members \$60; Guests \$90.

GREAT DECISIONS

Free and open to members; registration required
7-part series; see full schedule online

America's largest discussion program on world affairs will point you to impartial, thought-provoking, and expert-authored articles before you gather for informational videos and thoughtful, respectful discussion. Engage with issues like the climate, technology, international trade, and more.

CVILLE TOOL LIBRARY: BUILD, REPAIR, THRIVE

Free and open to all; registration encouraged

Tuesday, May 21, 4:00–5:00 pm

Connect with your local tool lending library and get empowered to take on new hobbies, maintain your home and garden, and stay active and engaged in our community.

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, May 14, 10:00–11:30 am

Retirement and Happiness: Much is said about money and health in post-work life, but what will make you happy? Jorgen Vik, partner with SKV Group, delves into the matter with retired psychologist David Waters.

Tuesday, June 11, 10:00–11:30 am

Finances for Widows & Widowers: There are so many emotions and to-do items when one loses one's spouse or partner. Jorgen Vik, partner with SKV Group, guides a conversation about financial matters that need immediate attention and what can be addressed later.

VETERAN BENEFITS

Free and open to all; registration encouraged

Tuesday, May 14, 2:30–3:30 pm

Army veteran and veterans service representative Rene Sanchez educates veterans on the benefits available to them, their spouses, and dependents. Learn about benefit offerings, the PACT Act for Vietnam and Gulf War Veterans, military protocol, and burial benefits and options.

REVERSE MORTGAGE PROS AND CONS

Free and open to all; registration encouraged

Tuesday, May 14, 5:30–6:30 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.

RECURRING MEDICARE PROGRAMS

Free and open to all; registration encouraged.

Thursday, May 2, 1:00–2:00 pm with
Margo Kreider

Wednesday, May 8, 11:00 am–12:00 pm
with Sharon Accardo

Wednesday, May 22, 6:00–7:00 pm with
Margo Kreider

Thursday, June 6, 1:00–2:00 pm with
Margo Kreider

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

Wednesday, June 26, 6:00–7:00 pm with
Margo Kreider

ELDER LAW WITH DORIS GELBMAN

Free and open to all

Tuesday, May 21, 10:00–11:30 am

Medicaid Planning and Paying for Care: There's a lot of talk about nursing home care and how much it costs. What is the difference between Medicaid and Medicare? What happens to your home and assets if you need care for a long period of time? Learn when and how you become eligible for Medicaid assistance and get your questions answered.

NAVIGATING SENIOR LIVING OPTIONS

Free and open to all; registration encouraged

3rd Tuesday each month, 1:00–2:00 pm

Certified geriatric care professional Jennifer Perry reviews types of services available at different healthcare and senior living communities.

ADULT FIRST AID/CPR/AED CERTIFICATION CLASS

Open to all; registration required by May 15

Wednesday, May 22, 12:00–3:30 pm

This in-person training follows an online course to teach you the basic concepts and skills necessary to recognize emergency situations and respond appropriately until advanced medical personnel arrive and take over. Red Cross Certified Instructor Olivia Watts trains students in first

aid practices, CPR, and proper AED use. Members \$50; Guests \$65. Online course information provided upon registration; online portion must be completed by May 21 to participate in this in-person session.

EXTENDED CARE PLANNING

Free and open to all; registration encouraged

Wednesday, May 22, 11:00 am–12:30 pm
Thursday, June 20, 6:00–7:30 pm

Tracy Meade and Kim Volker discuss resources available for long-term care and the role of a geriatric care manager.

MEDICAID LONG-TERM SERVICES AND SUPPORT

Free and open to all; registration encouraged

Wednesday, May 29, 11:00 am–12:00 pm

Elder law attorney Beth Norton and representatives from the Albemarle County Department of Social Services, Angela Hackney and Karim Rosario, will discuss the long-term services and support, available through the Medicaid program, including home-based care and nursing home care.

FORGOTTEN DISRUPTIVE TECHNOLOGY

Free and open to all; registration required

Wednesday, June 5, 3:15–5:15 pm

We all know how world-changing technologies like electricity and computers have been. Come explore how less appreciated technologies, such as barbed wire and the windmill, had a profound impact on product and labor markets and enabled economic revolutions with retired law professor and author Hank Perritt.



ECO-FRIENDLY FLOWER ARRANGING

Open to members; registration required

Tuesday, June 4, 2:00–4:00 pm

Christine Mahoney, founder of Wayflowering Flower Farm, discusses growing and arranging regenerative, organic flowers. This unique approach to agriculture works to restore the natural health of the soil. Learn how to arrange beautiful, eco-friendly creations with flowers and greenery and leave with a beautiful bouquet. \$50



CFA FINANCIAL WELLNESS SERIES

Free and open to all; registration encouraged

Wednesday, June 12, 10:00–11:30 am

Investing for Beginners: Mutual Funds: Are you investing in mutual funds for the first time or just need a refresher as to how they work? Learn from Jorgen Vik, Certified Financial Planner™ and Partner with SKV Group, LLC.



LET'S TALK WINE

Free and open to all; registration required
Wednesday, June 12, 5:00–6:00 pm

Find out what is happening in the local wine industry with Scott Elliff, owner of DuCard Vineyards. This is a fun and informal session with plenty of time for Q&A.

MOVING FORWARD TO THE FUTURE

Free and open to all; registration encouraged
Saturday, June 15, 11:00 am–12:30 pm

Sometimes it takes a team to assist us with all of the decisions faced in retirement. Where will you age, should you move to be closer to family or healthcare resources, what items should you keep or live without, and will your budget support the lifestyle you envision? How do you create an extended care plan and pay for it? Start your future planning with certified long-term care consultant Tracy Meade, geriatric care manager Kim Volker, and senior real estate specialist Anita Dunbar.

RETHINK RECYCLING

Free and open to all; registration required
Tuesday, June 25, 1:00–2:00 pm

How much do you really know about local recycling? Did you know that a swing set is recyclable? How about a tree, a kiddie pool, or a mattress? Jessica Brown of Van Der Linde Recycling will discuss what is and is not recyclable, where to take it, and how this information has a direct impact on our community, our local environment, and your wallet.

HOW TO SUPPORT SOMEONE LIVING WITH DEMENTIA

Free and open to all; registration encouraged
Wednesday, June 26, 10:00–11:30 am

Learn how the brain is changing when someone is living with dementia and what care partners can do to be supportive. Cheairs Greaves of Home Instead will help you practice the use of Positive Physical Approach™(PPA) and Hand-under-Hand®, developed by Teepa Snow.

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 May topic will be Parkinson's care. The June topic will be Alzheimer's care.

DIABETES THROUGH A PLANT-BASED LENS

Free and open to all; registration required
Fridays, May 3–June 14, 1:30–3:30 pm (7 weeks)

Learn nutrition information through a whole food, plant-based perspective and how you can partner your diet with your diabetes medical advice. Mary Sherrill, RN and BSN, will show you how to improve your condition and reap the enormous benefits of whole food, plant-based nutrition through cooking demonstrations and discussions. Materials fee is \$20, payable to instructor at start of first class.

NON-SURGICAL SOLUTIONS

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

May 7: Understand how headaches can be related to joint issues and learn about non-surgical interventions.

May 14: Focus on hand joint health and non-surgical treatments.

June 4: Learn about common nerve entrapments and how to reduce nerve pain.

June 18: Find out how you can naturally reduce whole body inflammation and pain.

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. The May focus will be lowering stress with feeling calm. The June focus will be heart and mind coherence. Prime members free; Standard members \$15; Guests \$25.

HEARING CARE CLINIC

Free and open to members; registration required
2nd Wednesday each month, 3:00–4:30 pm

Hearing At Home works, services, and cleans hearing aids on-site. Any make or model is welcome. Simple repairs are also available.

HEALTHY RECIPE GROUP

Free and open to members; registration encouraged
2nd Friday each month, 10:00–11:00 am

This new monthly interactive group is designed to help you share recipes and cooking techniques for healthy meal planning and preparation.

HEARING HEALTH

Free and open to all; registration required
Wednesday, May 15, 10:00–11:00 am

Studies have shown that with greater hearing loss, the risk of falling increases significantly. Dr. Kristin Koch, audiologist at Evolution Hearing, shares simple exercises and tips that can help you maintain your balance.

INFLAMMATION: ONE HOT TOPIC

Free and open to all; registration encouraged
Friday, May 17, 1:00–2:30 pm

Chronic inflammation is one of the primary drivers responsible for many of today's most dreaded chronic illnesses. Learn prevention strategies with nutrition and wellness counselor Gary Denny.

MOVE FOR HEALTH

Free and open to all; registration encouraged
Tuesday, May 21, 9:30–10:30 am

Improving Your Healthspan

Tuesday, June 18, 9:30–10:30 am

Muscular Trigger Points & Pain

NEW SUPPORT GROUPS

DEMENTIA CAREGIVER SUPPORT GROUP

Free and open to all; registration encouraged
2nd Thursday each month, 10:00–11:30 am

Come and share the challenges, concerns, and feelings that come with supporting a person living with the brain changes of dementia. Cheairs Graves, training coordinator at Home Instead, facilitates a confidential, safe, and supportive environment.

STROKE SUPPORT GROUP

Free and open to all
4th Wednesday each month, 5:30–6:30 pm

All stroke survivors and caregivers are welcome at this support group facilitated by the UVA Encompass Health Rehabilitation Hospital therapy team. Learn from rotating monthly topics and enjoy yoga, painting, and other therapeutic activities.

SOCIAL/RECREATIONAL

MOVIE NIGHT

1st & 3rd Wednesdays each month, 5:00–7:00 pm

May 1: *Bright Lights*

May 15: *The Pajama Game*

June 5: *In & Out*

PRIDE BRUNCH (OFF-SITE)

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. The May brunch will be at Moose's by the Creek. The June brunch will be at Sam's Kitchen. There is no cover or admission; you need only pay for your own meal.

PRIDE MOVIE NIGHTS

Free and open to all; registration encouraged
Thursday, May 16, 5:30–7:30 pm

The Adventures of Priscilla, Queen of the Desert

Thursday, June 27, 5:30–7:30 pm

Stonewall Uprising

ICE CREAM SOCIAL

Free and open to members; registration required
Thursday, June 13, 2:00–3:00 pm

Cool down with a sweet treat. Meet new friends and enjoy vanilla, chocolate, or strawberry ice cream with all the toppings.

PRIDE GAME NIGHT

Free and open to all
Tuesday, June 18, 5:30–7:30 pm

From pinochle to Parcheesi, chess to canasta, we've got game! Ping pong is also available or you can bring your own. You are also welcome to bring a snack to share.

SUMMER SILENT FILM SERIES

Free and open to all; registration encouraged

4th Tuesday each month, 5:30–7:30 pm

Experience movies as they were in the early days of filmmaking. Watch a silent film on the big screen with live piano accompaniment. The May movie will be *The Man Who Laughs* (1928). The June movie will be *Metropolis* (1927).



JOYOUS JUNE LUNCHEON

Open to all; registration required by June 21
Wednesday, June 26, 12:00–1:30 pm

Get that summertime feeling with a meal catered by Wayside Chicken with your friends at The Center. Menu will include fried and baked chicken, mashed potatoes, green beans, rolls, and banana pudding. Members \$15; Guests \$18.

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, 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 \$
Retreads Softball

10:15 **Feel Good Flow \$**

10:30 First Wind Band \$
ARTHRITIS EXERCISE \$

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 \$**

6:15 **Ping Pong**

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 \$

12:15 Beginners Line Dance

12:45 Piano Music in the Atrium

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 \$**

The Center at Belvedere

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

1 10:30 **Pride Brunch**

6 9:30 **Shell Trinket Dish Craft \$**

10:00 **Hearing Screenings**

1:00 **Mastering Medicare**
Apple/Mac Users Group

3:00 Socrates Café

3:30 Android Phone Training

6:00 **NAMI Support Group**
Jazz Jam

7 11:00 **Aging in Place**

12:00 **Advanced Oil Painting, cont.**

1:00 **Diabetes Discussion Group**

1:30 **Diabetes Through a Plant-Based Lens, cont.**

8

13 10:00 **Teabag Art \$**

Dementia Caregiver Support Group

12:00 **WWII Discussion Group**

2:00 **Varieties of Spiritual Experience**
Ice Cream Social

3:30 **Fitness Room Orientation**

4:00 **Tremor Support Group**

6:00 **NAMI Support Group**
African American Authors Book Club

14 10:00 Healthy Recipe Group

12:00 **Advanced Oil Painting, cont.**

1:30 **Diabetes Through a Plant-Based Lens, final**

15 11:00 **Moving Forward to the Future**

20 1:00 Apple/Mac Users Group

ADHD Support Group

3:00 Socrates Café

3:30 Android Phone Training

5:00 **Fitness Room Orientation**

6:00 **NAMI Support Group**
Extended Care Planning

6:30 **Cville Band Recital**

21 10:00 Writers Critique
Workshop

12:00 Lunch Box Readings
Advanced Oil Painting, cont.

22

27 12:30 **Card Making \$**

2:00 **Varieties of Spiritual Experience**

5:02 **Thursdays Around 5-Don't Look Up**

5:30 **Pride Movie - Stonewall Uprising**

28 12:00 **Advanced Oil Painting, final**

29 3:00 **Summer Band Concert**

May 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
 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
Art as Play \$
 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 \$
 11:00 Tap Dance Lessons (Beg/Int) \$
Massage Appt. with Chase \$
 11:45 Stretch for Balance & Strength \$
 12:30 Party Bridge
 12:45 *Beginning Spanish**
Piano Music in the Atrium
 1:00 **English Country Dance**
Beginner Scrapbooking \$
 2:00 *Advanced Beginner Spanish**
 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.)
 6:15 **Ping Pong**
 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 \$**
 9:15 PRIMETIME FITNESS \$
 9:30 Crafty Ladies
 9:45 Tone & Groove \$
 10:00 *Senior Bowling \$*, Push Card Game
 11:00 SENIOR FITNESS
 Maximize Your Strength \$
 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 \$**

1 9:30 **Veterans Coffee Hour**
 Kingfishers
 10:00 Wise Women, Too
Creative Collage \$
 11:00 Book Group
 2:30 **Re-Connect Support Group, cont.**
Second Act: In Performance, cont.
 5:00 **Movie Night - Bright Lights**
 6:00 **Urban Renewal & Rezoning**

6 9:30 **Int. Italian, cont.**
 11:00 **Adv. Italian Conversation, cont.**
 1:00 Council Meeting
Int. Italian, cont.
 3:30 **Murray and Magill Concert \$**

7 9:00 **Injury & Pain Screenings**
 9:30 **Coffee & Caregiving**
 10:00 **Try it Out Tuesday**
 11:00 **Good Life Series**
 12:00 Bunko
 1:00 **National Park Art Series, cont.**
 2:00 **Create Dried Floral Art \$**
 2:30 **Conversational French, cont.**
 4:00 **Non-surgical Solutions**
 5:30 **Mah Jongg Lessons, final**
 6:00 **Trivia**

8 9:30 **Beg. and Int. French, cont.**
 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.**
Second Act: In Performance, cont.
 3:00 Hearing Care Clinic
 6:00 **Moonlighter's Quilting**
Cinema Discussion Group

13 9:30 **Int. Italian, cont.**
 11:30 **Adv. Italian Conversation, cont.**
 1:00 **Piedmont Pastelists**
Int. Italian, cont.
Beg. Guitar Lessons \$
 2:00 **Opening to Grief, cont.**
 Current Events
Int. Guitar Lessons \$

14 9:30 **Beg. & Int. French, cont.**
 10:00 **Paper Crafting with Diane \$**
Money and You
 Wise Women Connect
 1:00 **Bookmobile**
National Park Art Series, cont.
How-tos of Medical Cannabis
 2:00 **Karaoke**
 2:30 **Conversational French, cont.**
Veteran Benefits
 3:00 Great Decisions
 4:00 *Singles Schmooze*
Arrhythmics A Capella Concert
Reverse Mortgage Pros and Cons
 5:30 **Bingo**
 6:30 **Chamber Music Concert by YOCVA**

15 8:30 **Flowers Interpret Art**
 9:00 **Injury & Pain Screenings**
 10:00 **Hearing Health**
 Wise Women, Too
Welcome Wednesday
Creative Collage \$
 11:00 **Maintaining Mental Health**
Support Group
 1:00 Let's Talk Books
 2:30 **Re-Connect Support Group, cont.**
Second Act: In Performance, cont.
 4:00 **Fluvanna Art Association Reception**
 5:00 **Movie Night - The Pajama Game**
 6:00 **Empty Nesters Book Club**
The Future of Housing in
Charlottesville

20 9:30 **Int. Italian, final**
 11:30 **Adv. Italian Conversation, final**
 1:00 **Int. Italian, final**
Make a Mosaic Picture Frame \$
Beg. Guitar Lessons, cont.
 2:00 **Int. Guitar Lessons, cont.**

21 9:30 **Move for Health**
Alzheimer's Support Group
Beg. and Int. French, cont.
 10:00 **Elder Law**
 12:00 Bunko
 1:00 **National Park Art Series, final**
Navigating Senior Living Options
Second Act: In Performance, cont.
Conversational French, cont.
 4:00 **Non-surgical Solutions**
Cville Tool Library
 6:00 **Trivia, Albemarle Modern Quilt Guild**

22 10:30 **Parkinson Caregiver**
Support Group
 11:00 **Extended Care Planning**
 12:00 **Adult First Aid/CPR/AED \$**
 2:30 **Re-Connect Support Group, cont.**
 5:30 **Stroke Support Group**
 6:00 **Moonlighter's Quilting**
Welcome Wednesday
Mastering Medicare

27 **Center Closed for Memorial Day**

28 9:30 **Beg. and Int. French, cont.**
 10:00 Wise Women Connect
 12:00 **Mystery Book Club**
 1:00 **Bookmobile**
 2:00 **Karaoke, Joy Cross Art Exhibit**
 3:00 Great Decisions, cont.
 4:00 *Singles Schmooze*
 5:30 **Silent Film Series**
 6:00 **Bingo**

29 11:00 **Medicaid Long Term Services**
& Support
 2:30 **Re-Connect Support Group, final**
Second Act: In Performance, final

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 \$
Retreads Softball
10:15 **Feel Good Flow \$**
10:30 First Wind Band \$
ARTHRITIS EXERCISE \$
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 \$**
6:15 **Ping Pong**
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 \$
12:15 Beginners Line Dance
12:45 Piano Music in the Atrium
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
BALANCE & STABILIZATION \$
3:00 **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 \$**

The Center at Belvedere

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

<p>2 9:30 Paint Loose I, cont. 10:00 Hearing Screenings 12:30 Seascapes Painting, cont. 1:00 Mastering Medicare Apple Mac Users Group Autism Questions; Answered, cont. 2:30 Conversational French, cont. ReConnect Support Group II, <i>cont.</i> 3:00 Socrates Café, Wise Women 3 3:30 Android Phone Training 6:00 NAMI Support Group Jazz Jam, The Rivanna Watershed</p>	<p>3 11:00 Aging in Place 12:00 Advanced Oil Painting \$ FULL 1:00 Diabetes Discussion Group 1:30 Diabetes Through a Plant-Based Lens</p>	<p>4 9:00-1:00 Senior Safety Day 9:45 How Not to be a Victim of Scams, Fraud and Abuse Medical Reasons for Fall Risks 10:30 Pride Brunch 11:00 Spark Your Singing: Adult Singing Class Brain Health & Aging Emergency Preparedness & Home Safety 11:30 Publishing 101</p>
<p>9 9:30 Paint Loose I, cont. 10:00 Style Tips and Tricks \$ Dementia Caregiver Support Group 12:00 WWII Discussion Group 12:30 Seascapes Painting, cont. 1:00 Autism Questions; Answered, cont. 2:00 Varieties of Spiritual Experience 2:30 Conversational French, cont. ReConnect Support Group II, <i>cont.</i> 3:30 Fitness Room Orientation 4:00 Tremor Support Group Spring Style Fashion Show 6:00 African American Authors Book Club NAMI Support Group</p>	<p>10 9:30 Thriving Solo Singles 10:00 Healthy Recipe Group 12:00 Advanced Oil Painting, cont. 1:30 Diabetes Through a Plant-Based Lens, cont.</p>	<p>11 11:00 LGBT+ History of Charlottesville 11:30 Publishing 101, cont.</p>
<p>16 8:30 Flowers Interpret Art, cont. 9:30 Paint Loose I, cont. 10:00 Style Tips and Tricks, final 12:30 Seascapes Painting, cont. Card Making \$ 1:00 Apple Mac Users Group ADHD Support Group Autism Questions; Answered, cont. 2:30 Conversational French, cont. ReConnect Support Group II, <i>cont.</i> 3:00 Socrates Café, Wise Women 3 3:30 Android Phone Training 5:00 Fitness Room Orientation 5:30 Pride Movie 6:00 NAMI Support Group 6:45 Cville Band Woodwind Quintet</p>	<p>17 8:30 Flowers Interpret Art, cont. 8:00 Birding at Foxhaven 9:30 Thriving Solo Singles, <i>cont.</i> 10:00 Writers Critique Workshop Mindful Movement 12:00 Lunch Box Readings Advanced Oil Painting, cont. 1:00 Good Health Series 1:30 Diabetes Through a Plant-Based Lens, cont. Still Sharp Singers Concert</p>	<p>18 8:30 Flowers Interpret Art, final 11:30 Publishing 101, final 3:00 Spring Band Concert</p>
<p>23 9:30 Paint Loose I, final 12:30 Seascapes Painting, cont. 1:00 Autism Questions; Answered, final 2:00 Varieties of Spiritual Experience 2:30 Conversational French, final ReConnect Support Group II, <i>final</i> 3:00 Songs from Stage and Silver Screen 5:01 Thursdays Around 5-Thomas Gunn</p>	<p>24 9:30 Thriving Solo Singles, <i>cont.</i> 10:00 Mindful Movement, <i>cont.</i> 12:00 Advanced Oil Painting, cont. 1:30 Diabetes Through a Plant-Based Lens, cont.</p>	<p>25 Center Closed for Memorial Day</p>
<p>30 9:30 Paint Loose Art Display & Reception 10:00 Teabag Art \$ 12:30 Seascapes Painting, final</p>	<p>31 9:30 Thriving Solo Singles, <i>final</i> 10:00 Mindful Movement, <i>final</i> 12:00 Advanced Oil Painting, cont. 1:30 Diabetes Through a Plant-Based Lens cont.</p>	

June 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**
 11:00 **Silver Swans Ballet II**, Poker
 11:30 **Feel Good Flow** \$
 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
 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
Art as Play \$
 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 \$
 11:00 Tap Dance Lessons (Beg/Int) \$
Massage Appt. with Chase \$
 11:45 Stretch for Balance & Strength \$
 12:30 Party Bridge
 12:45 **Piano Music in the Atrium**
 1:00 **English Country Dance**
Beginner Scrapbooking \$
 2:15 **Gentle Yoga** \$
 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.)
 6:15 **Ping Pong**
 6:45 **Families Anonymous**

WEDNESDAY

8:30 **Hatha Yoga** \$
 9:00 *Hiking*, **Massage Appts. with Chase** \$
 9:15 PRIMETIME FITNESS \$
 9:30 Crafty Ladies
 9:45 Tone & Groove \$
 10:00 *Senior Bowling* \$, Push Card Game
 11:00 SENIOR FITNESS
 Maximize Your Strength \$
 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** \$

3 1:00 Council Meeting
Beginner Guitar Lessons, cont.
 2:00 **Int. Guitar Lessons, cont.**
Woodcarving an Eagle Caricature \$

4 9:00 **Injury & Pain Screenings**
 9:30 **Beg. and Int. French, cont.**
Coffee & Caregiving
 10:00 **Try it Out Tuesday**
 10:30 **Balance and Fall Q and A**
 11:00 **Good Life Series**
 12:00 Bunko
 1:00 **Leaning into Abstraction** \$
 2:00 Eco-Friendly Flower Arranging \$
 4:00 **Non-surgical Solutions**
 6:00 **Trivia**

5 9:30 **Veterans Coffee Hour**
 Kingfishers
 10:00 **Wise Women, Too**
 11:00 Book Group
 2:30 **A Midsummer Night's Dream**
 3:15 **Forgotten Disruptive Technology**
 5:00 **Movie Night - In & Out**

10 1:00 **Piedmont Pastelists**
Beg. Guitar Lessons, cont.
 2:00 Current Events
Opening to Grief, cont.
Woodcarving an Eagle
Caricature, final

11 9:30 **Beg. and Int. French, cont.**
 10:00 **Paper Crafting with Diane** \$
 Money and You
 Wise Women Connect
 1:00 **Bookmobile**
Leaning into Abstraction, cont.
How-tos of Medical Cannabis
 2:00 **Karaoke**
 3:00 **Great Decisions, cont.**
 4:00 *Singles Schmooze*
 5:30 **A Midsummer Night's Dream**
 6:00 **Bingo**

12 10:00 **Welcome Wednesday**
Investing for Beginners:
Mutual Funds
 10:30 **Parkinson Caregiver Support**
Group
 11:00 **Medicare 101**
 1:00 **Travel Buddies**
Hypnosis for Well-being \$
 3:00 **Hearing Care Clinic**
 5:00 **Let's Talk Wine**
 6:00 **Moonlighter's Quilting**
Cinema Discussion Group

17 1:00 **Watercolor Painting** \$
Beg. Guitar Lessons, cont.
 2:00 **Int. Guitar Lessons, cont.**

18 9:30 **Move for Health**
Alzheimer's Support Group
Beg. and Int. French, final
 12:00 Bunko
 1:00 **Leaning into Abstraction, cont.**
Navigating Senior Living Options
Non-surgical Solutions
 4:00 **Pride Game Night**
 5:30 **Albemarle Modern Quilt Guild**
Trivia

19 **Center Closed for Juneteenth**

24 12:00 **Mystery Book Club**
 1:00 **Beginner Guitar Lessons, final**
 2:00 Current Events
Opening to Grief, cont.
Int. Guitar Lessons, final

25 10:00 **Wise Women Connect**
Create Dried Floral Art \$
 1:00 **Bookmobile**
Rethink Recycling
Leaning into Abstraction, final
 2:00 **Karaoke**
 3:00 **Great Decisions, cont.**
 4:00 *Singles Schmooze*
 5:30 **Silent Film Series**
 6:00 **Bingo**

26 10:00 **How to Support Someone with**
Dementia
 10:30 **Parkinson Caregiver Support**
Group
 12:00 **Joyous June Luncheon** \$
 5:30 **Stroke Support Group**
 6:00 **Moonlighter's Quilting**
Mastering Medicare



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.

WASHINGTON ON YOUR OWN

Wednesday, May 1, 8:00 am–5:30 pm

Hitch a ride to our nation's capital for independent exploration! Enjoy galleries, museums, and lunch on your own with The Center's convenient transportation. Drop-off location is at the West Wing of the National Gallery of Art. Members \$99; Guests \$132.

RUN FOR YOUR WIFE AT SWIFT CREEK MILL THEATRE

Wednesday, May 29, 10:00 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.

MONACAN INDIAN NATION POWWOW

Saturday, June 1, 10:00 am–4:30 pm

Travel to Amherst County for the annual Monacan Indian Nation Powwow, a gathering of Native Americans celebrating their culture and traditions. Enjoy dancing and drumming, storytelling, a birds of prey exhibit, and more. The Powwow also includes Native arts and crafts for purchase. Lunch is on your own. Members \$82; Guests \$105.

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.

NATIONAL D-DAY MEMORIAL, BEDFORD VA

Wednesday, September 4, 9:00 am–4:30 pm

Honor the Allied forces that participated in the invasion of Normandy on June 6, 1944 at the nation's official monument to D-Day. The Memorial is built upon consecrated earth, a mixture of

sand from the coast of Normandy and Bedford soil, and contains the signature monument, The Overlord Arch. Learn about the lessons and legacy of D-Day during a guided docent tour. Lunch is on your own at the nearby All American Family Grill. Members \$95; Guests \$130.



TANGIER ISLAND

Thursday, September 12, 6:30 am–7:30 pm

Relax on a boat ride to Tangier Island, located in the middle of Chesapeake Bay. Tour the island, browse local gift shops, or visit the Tangier Island History Museum. Lunch is on your own. Members \$132; Guests \$167.

POPLAR FOREST

Friday, October 11, 9:00 am–4:30 pm

Gain deeper knowledge about the lives and experiences of those who lived in the enslaved community at Jefferson's retreat house on a docent-led tour. Explore award-winning, thought-provoking, and meticulous historical restorations, both inside and outside the walls of the house. Lunch is on your own at The Neighbors Place. Members \$100; Guests \$135.

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. Members \$215; Guests \$250.

POQUOSON SEAFOOD FESTIVAL

Saturday, October 19, 7:30 am–6:30 pm

Sample a wide variety of delicious seafood in the Hampton Roads area as the 44th annual Poquoson Seafood Festival works to preserve the heritage of the Chesapeake working watermen. The festival features over 150 arts and craft vendors, seafood vendors, commercial vendors, and musical entertainment. Lunch is on your own. Members \$107; Guests \$142.

GETAWAYS

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 Cruises' *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.

EGYPT

October 15–26

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.

SAVANNAH, GEORGIA

October 20–23

Stay in the Historic District of charming Savannah, Georgia. Tour historic houses and museums, see downtown Savannah by trolley, and enjoy gospel music on a dinner cruise down the Savannah River. There will be plenty of free time for shopping and independent fun. Package includes round trip bus transportation, hotel stay, 3 breakfasts, 1 lunch, and 2 dinners.

BILTMORE ESTATE FOR THE HOLIDAYS

December 15–17

There is no place like The Biltmore Estate for the holidays. Travel to Asheville, North Carolina and stay in the Village Hotel on the Biltmore Estate grounds. Enjoy festive lights at the North Carolina Arboretum and a candlelight tour of the Biltmore Estate. Package includes 2 breakfasts, 1 lunch, and 2 dinners.



HOLLAND AND BELGIUM IN BLOOM

April 3–12, 2025

Sail on board the Emerald Sky to see the archetypal Dutch topography of windmills, tulips, and winding canals. A fascinating trip through time, this insightful itinerary acknowledges the history of working-Dutch communities, dating as far back as the 13th century, before a guided tour to the Hague and a visit to Mauritshuis. Discover what attracts art lovers to Antwerp's intriguing medieval center before technicolor Amsterdam and Keukenhof Gardens, which leave a lasting impression on the senses.

6:00–8:00 pm. Maxicelia Robinson will moderate a panel including Dr. Wes Bellamy; leading real estate expert S. Lisa Herndon; former Mayor and affordable housing leader Dave Norris; Executive Director of the Piedmont Community Land Trust Luis Oyola; and Charlottesville City Councilor Michael Payne.

Together, this panel will work to answer questions about housing equity and the future of affordable and low-income housing in Charlottesville and Albemarle County. 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 the University of Virginia doing to alleviate our housing shortage?

While in-person seats are limited, both events will be livestreamed via Zoom for online viewing.

The series will continue approximately every other month through January 2025. Future topics include education on August 7 and 21, health care on October 2 and 16, the justice system on December 4 and 18, and economics on January 2 and 15.

More information and free tickets are available at thecentercville.org. ■

**MANY THANKS TO THESE 1180 SOCIETY MEMBERS!
(February 1–March 31, 2024)**

- | | |
|---|---|
| Cheryl Andrews-Stott
& Thomas Stott | Barbara Millar
& Peter Thompson |
| Mary Barnabei | Ralph Miller/RAM Charitable
Foundation |
| Christine Barnicle | Monticello Reverse Mortgage |
| Priscilla & Ludy Benjamin | Donna & Wally Nunley |
| Sharon & Alan Culbertson/
Culbertson Foundation | Janet Overman |
| Rebecca & Philip Deemer | Jutta & Philip Page |
| Elizabeth Dinwiddie/
Anna M. Day Foundation | Smooth Skin Laser |
| Sally Pecora Dunn | Margreta & David Swanson/
Swanson Family Giving Fund |
| Hantzmon Wiebel CPA and
Advisory Services | Ting Internet |
| Ann Hays | Linda Verhagen |
| Innovative Insurance Group,
LLC/Anthem BCBS Medicare | Virginia InnovAge PACE -
Blue Ridge/Charlottesville |
| Kirsten Lynch | Kelly & Michael West |
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The Heritage Inn
An Assisted Living and Memory Care Community
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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.

Volunteer Opportunities

at The Center ...

A variety of openings

- Karaoke Monitor
- Lobby Ambassador
- Program Assistant
- Pepperidge Farm Bread Pickup
- Outreach Ambassador

Schedules vary and training is provided for all positions. Email Bobbi Hughes or call 434.220.9755 for more information.

and in the Community ...

JABA Outreach Ambassador

Has JABA helped you or a loved one with Medicare counseling, caregiver support, or advocacy for someone in long-term care? If you are enthusiastic about spreading the word about JABA's many services for older adults, adults with disabilities, and caregivers, this is an opportunity for you! **Volunteer Outreach Ambassadors** participate in events and provide information about JABA programs and services to the public. To volunteer, visit the JABA website or complete an online application. Questions? Email volunteer@jabacares.org or call 434.817.5289.

BALLROOM continued from page 1

Style of ballroom.

When all was said and done at Judy's third ever dance competition, her marks came in and she placed First in International Standard Dances!

"When I got first place, I felt in some ways I didn't deserve it," she says. "But an instructor told me, 'Your marks are on your ability, not on how many people are in the competition.'"

She describes the experience as a lifetime highlight, but winning contests was hardly what she pictured when she joined The Center in 2020.

Judy only meant to seek out some kind of exercise and initially started out in Fitness Coordinator Alex Waltrip's Senior Fitness class. Then, The Center began offering weekly ballroom dance lessons and Judy got to reconnect with a long lost passion from her teenage years.

"I got married at 20 and didn't dance again until about four or five years ago," she says. "It was completely different! I had to unlearn a lot."

She adds, "Steven teaches with detail, so you learn properly. He's a wonderful instructor! ... You don't have to be experienced. You can come in off the street."

These beginner-friendly lessons may look wildly different to a heart-pumping, Lycra-clad aerobics class, but don't underestimate their impact on healthy aging!

"It's fabulous exercise!" Judy shares. "It uses all parts of your body from your legs and feet to your posture to your brain... You're improving all of you."

Ballroom is also a naturally social exercise, as you meet and dance with different partners. There's no requirement or need to come with a

ready-made dance partner in tow.

"A lot of more senior people can get isolated very easily," Judy says. "Dancing is a wonderful way of meeting people and learning something new."

Steven leads monthly ballroom dance series each month. International Standard Style lessons, like what Judy is now a champion in, meet on Wednesdays at 7:00 pm. May lessons will be in tango, and June lessons will be in the foxtrot. Steven also teaches Latin Style ballroom on Wednesdays at 6:00 pm with May's focus on the jive and June's on the samba. All classes are open to the public and included in Prime membership, so Center members can have easy access to this 'exercise in disguise.'

"It's just as healthy as lifting weights!" Judy says, with one final piece of advice: "Tell the men not to be too shy!" ■



Photo courtesy of Steven Babusko

DONATIONS MADE IN HONOR OF (February 1-March 31, 2024)

Melanie Benjamin

by John Lanham

The Center Staff and Volunteers

by Margaret Dunham & Jeffrey LaVault

Sonja Smith

by Ann Hays

Peter Thompson

by Sharon & Alan Culbertson

Clay Sisk

by Teresa & Roy Lee Angles

Anonymous

Mary Barnabei

Janice Clements

Betty Anne Dicken

Gay Goodwin

John Jackson

Maxine Lorence

Diane Ritter

Karen Schultz

Richard Self

Martha Lee Sikes

Bobbie Jean & Ronald Thompson

DONATIONS MADE IN MEMORY OF (February 1-March 31, 2024)

Walter Blackburn

by Anne Pontuso

Mark Buckner

by John Jackson

Sandra Reid

Wayne Burgess

by Isolina Nunez Anderson

& John Anderson

Jane Fellows

by Corinne & Timothy Conlon

Bill Hodson

by Suzanne Velazquez

Our late parents & siblings

by Elaine & Nathan Freed

Mary Reese

by Joyce Turner Lewis

Anne Waldner

by Wendy Waldner Flynn

WE REMEMBER

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

R.L. Anderson	Kate Kessler
William Bachman	Chloe Leback
Rosemary Balister	Elaine Miller
Eleanor Bishop	Patricia Millman
Robert Burnett	Anne Muse
Thomas Campbell	Sally Nelson
Joan Carris	Carson Payne
Diana Chambers	Richard Podgorny
Mary Jane Chisholm	John Pratt
James Craig	David Ripley
Kirk Dunklee	Nancy Ryder
Evelyn Garnett	John Scott
Juliana Hendrick	Jean Shepard
Keith Holley	Louise Sinclair
Olga Jareb	Judy Snyder
Daniel Josephthal	Mary Ward
Michele Kellermann	Violet Watson

Giving Societies Recognize Long-term Planning and Annual Giving

Did you know that over 60% of The Center's operational budget comes from philanthropic giving? That's right! Your philanthropy directly impacts the lives of local older adults. By providing scholarships and ensuring high quality programming, donations help members of our community reach their healthy aging goals.

To acknowledge and celebrate the vital and important contributions of those who financially support our mission, The Center's Board of Directors created three giving societies.

1180 Society: Named for the address of our previous Center building—1180 Pepsi Place—the 1180 Society recognizes donors who have made an outstanding personal commitment to The Center by making unrestricted gifts of \$1,000 or more over the course of one fiscal year (April 1–March 31). The generosity of 1180 Society members underpins the health and vitality of our community by providing critical resources to keep The Center running smoothly. The commitment of the 1180 Society is a driving force behind our programs.

Sustainers Circle: Donors who make a monthly gift of \$5 or more become members of the Sustainers Circle. Monthly contributions at any level provide regular cash flow to support our operations. Many Sustainers find monthly donations to be a convenient way to make a meaningful impact throughout the year. Sustainers can also make changes to their monthly commitment at any time. Those in a position to give \$83.34 a month or more, can become members of both the Sustainers Circle AND the 1180 Society!

Robey Legacy Society: Those who name The Center as a beneficiary in their estate, will, financial plans, or other deferred gift arrangements become members of the Robey Legacy Society. Although Frances Jean Robey was not a Center member herself, she was touched by the stories a friend shared about The Center's impact on her life and the community. Those stories inspired Jean to leave her entire estate to The Center—and her story now inspires others. Planned gifts to The Center, including estate bequests, can be tailored for any purpose and amount.

Giving society members invest in The Center's work to promote healthy aging through social engagement, physical well-being, civic involvement, and lifelong learning. To recognize this important role, members of all three giving societies receive special acknowledgement and benefits to celebrate their role as pillars of our community. These

include invitations to round table discussions and other special Center events as well as recognition in The Center's annual report and on The Center's donor wall, located on the first floor of The Center at Belvedere, and in this very print newsletter.

Feeling inspired to join a Center giving society? Make your gift or learn more about our giving societies at thecenterville.org/giving or by contacting Philanthropy Director Lynn Divers at lynn@thecenterville.org. Together we can ensure The Center enriches the lives of individuals, their families, and our community for years to come. ■



The Champions Reception in April celebrated giving society members with breakfast and a performance by The Flashbacks.



Our 102nd Season 2024 Summer Concert Series

6.11 Season Opener / Monticello High School

6.30 Family Pops / The Paramount

7.23 The Classics / The Paramount

8.13 Great American Songbook + Jazz / The Paramount



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Ways to Give: The Five Ts of Philanthropy



Think philanthropy is just about the money? Think again. Philanthropy's linguistic roots translate to "the love of humanity" and there are so many ways to show that love!

Generous community members support The Center and its healthy aging mission through each of the "Five Ts"—time, talent, ties, testimony, and treasure.

The moment you walk through The Center's front doors, you see philanthropists at work. Welcome Desk volunteers and Lobby Ambassadors are giving the gift of precious time. Volunteers who share their time support Center operations and help our community take advantage of healthy aging opportunities. Whether keeping the library in tip-top shape, teaching a class, or greeting members and guests as they sign in, the gift of time is an essential T, as volunteers provide more than half of the work it takes to keep The Center running!

Many of these volunteers also share the second T: talent. With a lifetime of wisdom and experience to share, older adults make Charlottesville a better place to live for everyone. Do you know how to create a craft, speak a language, or navigate computers? Teaching a class or leading a group at The Center enriches the variety of programming here and is a great way to meet new friends who share an interest in the same topic.

The third T—ties—references the value of staying connected. Each of us has a circle of influence, people with whom we share a portion of our lives. Are there people tied to you who may benefit from learning about The Center? Perhaps you don't play an instrument, but you have a friend who does. The many bands at The Center welcome new musicians and provide options for all skill levels.

Ties are closely connected to the fourth T—testimony. Whether

you're having fun in dance classes, finding comfort in a bereavement group, learning how to sew, or enjoying discussion in a men's group, sharing your story with others helps fuel the Center's community.

The final T, and the one most people think of when we speak of philanthropy, stands for treasure. Make no mistake, it takes many generous gifts to keep The Center a vibrant hub of community activities that provide opportunities for older adults to achieve their healthy aging goals. Over 60% of Center operations is supported by generous donations and every single gift is essential to ensuring The Center can serve as a resource now and into the future.

Treasure is gratefully accepted at The Center in many forms. Donations can be made by cash, check, credit card, online, by mail, or in-person at the Welcome Desk during open hours. The Center also accepts donations of stocks or securities, or gifts made through your IRA using a Qualified Charitable Distribution.

You can make a gift in honor or memory of a friend, mentor, or family member. Many companies match their employees' and retirees' donations to qualified nonprofits like The Center. Certain pre-approved "gifts in kind"—tangible gifts that help fulfill our healthy aging mission—are also welcome.

Should you have questions about how to share your treasure, contact Philanthropy Director Lynn Divers at lynn@thecentercville.org or 434.220.9745.

Together, our 5 Ts—time, talent, ties, testimony, and treasure—create our vibrant, healthy aging communi-T. Whichever Ts you choose to share with The Center, we offer our heartfelt thanks for including us in your philanthropy. ■



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DEI Committee Notes

Have you seen, on the big blue polygons on the wall by the exercise rooms, the changing displays highlighting Black History Month, Women's History Month, Pride Month, Holocaust Remembrance Day, Earth Day, Native American Heritage Month, World AIDS Day, Kwanzaa, the Hindu festival of Diwali, World Hunger Day, and World Refugee Day?

Did you hear the awesome music at the Soul Expressions Dance Party, or the laughter at LGBTQ & Allies game Night, or Horace Scruggs' band illustrating varieties of Black music impacting other music styles throughout United States history?

Did you travel to the Mending Wall and Black History Museum and Cultural Center in Richmond, or the Monacan Indian Nation Powwow in Amherst County with The Center's Travel Office?



Did you know that the Guatemalan Embassy gratefully used The Center to provide vital services to Guatemalan immigrants in our community?

These activities are just a few examples from the past few years of the dedicated and enthusiastic work of Center volunteers and staff "to integrate diversity, equity and inclusion within The Center's core mission of healthy aging."

Will you help eliminate racial bias and inequity in our Center and the wider community we serve? Reach out to a committee member to learn how you can get involved!

Welcome A-Board to the FY25 Board of Directors!

The Center rang in a new fiscal year on April 1 and owes its gratitude to several members of its Board of Directors for their service, both those wrapping up their terms and the generous individuals bringing new experience to the table.

Heartfelt thanks go to Dan Brody, Joyce Turner Lewis, Sean Greer, Larry Martin, and recent Board President Christine Thalwitz as they complete their time as Board members.

"We are so grateful to our dedicated Board members who help steer The Center's ship," says Executive Director Melanie Benjamin. "Their work and ambassadorship ensures we have the strong foundations necessary to bring healthy aging opportunities to our community."

The Center's Board welcomes two new members this year.



Michael Joyce

Michael Joyce is a partner and private wealth advisor at Taylor Associates, where he specializes in retirement income distribution plans. He is the current Vice President of the Central Virginia Estate Planning Council and joined The Center's Finance Committee in 2023.



Doris Gelbman

The Center's other new Board member this year is a familiar face to many members: Doris Gelbman. As an elder law attorney for her practice, Gelbman Law LLC, Doris works to prevent elder abuse and exploitation and cultivates relationships throughout the community to address the full spectrum of needs for our growing aging population. She presents monthly seminars in elder law at The Center on the third Tuesday of each month. ■

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