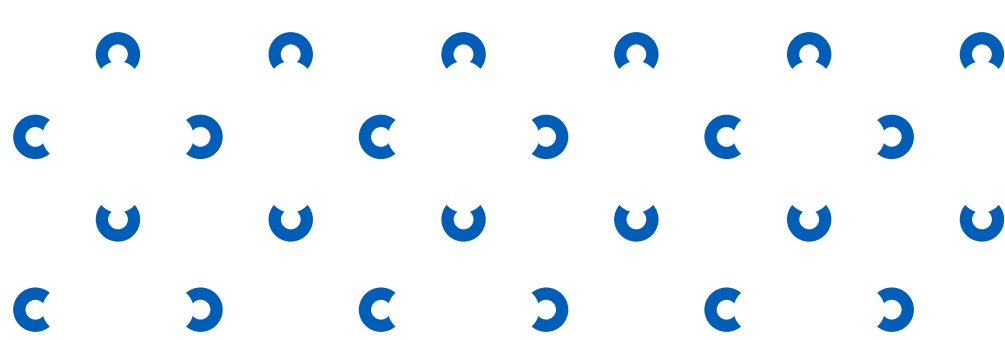




**THE
CENTER
AT BELVEDERE**



NEWS from THE CENTER

DISCOVER THE POWER OF HEALTHY AGING

NOVEMBER/DECEMBER 2023



Shavon Peacock

Small Works Open Exhibit

Both the first and second floor galleries at The Center will be packed with small-scale artworks in November and December. Artists from all over Charlottesville and its surrounding counties are displaying a tremendous range of media and styles including oils, acrylics, pastels, fiber, mixed media, and collage. Whether you love edgy abstract work or more traditional fine art pieces, you'll find a wonderful example on display.

Join us for an artist reception on Tuesday, November 14 from 4:30–6:30 pm. The Atrium and the second floor Gallery Lounge will both be filled with good conversation and light refreshments.

come + celebrate
Wednesday, November 15
3:30–5:30 pm

We invite all of our community to gather at an open house with live music and light refreshments. Offer Peter your well wishes as he transitions from leading the charge on healthy aging to enjoying its benefits.

Inside

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- More!



Thoughts on 24 Years Serving Healthy Aging from Outgoing Director Peter Thompson

I've often been asked how it feels to be transitioning after 24 years with The Center. My overwhelming feeling is one of gratitude.

Gratitude for the thousands of people who have befriended me. The greatest joy I have had is watching people grow as they learned to paint, made new friends, returned from living their travel dreams, reinvigorated their lives with a fitness program, or volunteered through or at The Center. I transitioned to nonprofit work in order to have a positive impact and I've seen that every day.

Gratitude for the colleagues with whom I've worked. The Center is a great place to work, and it can be challenging as well. We have high expectations of our professional team who juggle multiple daily deadlines to provide scores of programs, welcome hundreds of participants, and attend to all the administrative work. It takes special people to make The Center hum and I know you share my appreciation for the dedicated professional team we enjoy today and have benefitted from over the decades.

Gratitude for those who came before us. The Center has steadily and wisely grown since opening in 1960.

See PETER on back cover

Q&A with New Executive Director Melanie Benjamin

The Center at Belvedere's new Executive Director is a familiar face to many members, community partners, and supporters. Melanie Benjamin has spent the last four years as The Center's Philanthropy Director, following a long career in fundraising. After a nationwide search, the Board of Directors and our staff could not be more genuinely excited for Melanie to take the helm of this vital community resource. Even in cases of internal promotion, however, we know leadership transitions are still periods of change. In this Q&A, allow us to reintroduce you to Melanie Benjamin and share what's ahead for The Center and its healthy aging mission.



Q: Why did you apply for the Executive Director position?

A: I believe in our mission down to my bones. Aging should be respected and valued, but often, aging is portrayed as something to avoid, hide, or make fun of. What if, instead, communities invested in infrastructure that valued aging as the gift it truly is, and supported older adults to sustain their health and well-being through the changes and challenges that aging brings? Over 60 years ago, our community members made a choice to create a space where people could come together to increase the number of years they spent in good health. It's a critically important legacy that I am thrilled to be a part of and, with the continued help of our community, even more is possible.

See Q&A on page 19



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:



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LAQUANDA VEST

MEMBER & VISITOR SERVICES DIRECTOR

434.974.7756 • laquanda@thecentercville.org

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

WELCOME NEW MEMBERS!

- | | | |
|----------------------|----------------------|--------------------|
| Maria Asouline | Peter Haensel | Lina Nowicki |
| Lance Asouline | Pamela Hand | Sandra Palumbo |
| Lisa Batch | Samantha Hansen | Noemi Paz |
| Joan Baumgardner | Jeffrey Hawkins | Barry Pandalton |
| Patricia Bistowe | Michael Holthus | Christine Peterson |
| Sandra Box | Hillary Horn | Allison Petty |
| Mike Breen | Yvonne Hubbard | Shirley Prillaman |
| Richard Brewer | William Hueston | Beth Ann Rinehart |
| Christine Cain | Tonia Hugus | William Robbins |
| William Cain | Mary Huntington | Susan Roberts |
| Mary Camp | James Hupp | Patricia Robinson |
| Patti Caplan | Saundra Hutchison | Patty Rogers |
| Mary Carson | Albert Ivens | Robin Romer |
| Bridgett Cherry | Jessica Jackson | Nan Rothwell |
| Pratima Chhetri | Christine Jewell | Melanie Roy |
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| Lisa Cornet | Penelope Kaiserlian | Reggie Ryals |
| Loretta Coughlin | Lawrence Kemp | Yvonne Scheffer |
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| Holly Nelson Davis | Gary Kindon | Elizabeth Schleck |
| Ineke Dickman | Rosemarie Kindon | Eileen Scola |
| Michael DiFeo | Denise Kirchner | Soler Shpigler |
| Susan Dixon | Elaine Knight | Debra Shpigler |
| Dorothy Ely | Carol Lindsey | Robin Simard |
| Elizabeth English | Donna Lloyd | Carol Simon |
| Mark English | Ann Loper | Nancy Stone |
| Virginia Evans | Alex Mahone | Deborah Strzepek |
| Marilyn Finley | Penny Mahone | Martha Stuart |
| Karen Ford | Barbara Mann | Kim Tobias |
| Georgia Fowler | Ellen Martin | Patrick Tolan |
| Rosendo Fuquen | Mary Gilpin-Hudson | Vincent Townsend |
| John Gaare | Sandra Maslen | Helgi Townsend |
| Verna Gastesi | Eric Maslen | Cathie Trider |
| Michael Geisert | Charlotte Mason | Gary Trider |
| Carolyn George | Theresa McClanahan | Barbara Trovillo |
| Elizabeth Girstantas | Laurel McClurken | Susie Vance |
| Lisa Green | Eugene McClurken | Nancy Wendover |
| Gary Greene | Mary McKee | Anne Wills |
| Sara Greer | Heidi Misslbeck | Christine Wulff |
| Wendy Guiffre | Stephanie Moshier | Robert Zak |
| Janet Haas | Jerry Neumann | |
| Meg Haensel | Pari Nikpey | |

If you joined between August 1 and September 30 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 for anyone who cannot afford membership dues.



COUNCIL NOTES

Council meetings, where program leaders and Center members come together to share ideas and issues, are held on the first Monday of the month from 1:00-2:00 pm. Following the resignation of the formerly-elected President in September, Vice President Peggy Slez will complete the remainder of the President's term which concludes on March 31, 2024. For more information about the Council or a copy of the

bylaws, please contact Peggy at mjslez@gmail.com. Better yet, come to a Council meeting!

Monday, November 6: Meet Board members Cecil Thompson and Shareef Tahboub. Council members will also approve the appointment of a nominating committee for the March 2024 election of Council officers. The offices to be filled are President, Vice President, Corresponding Secretary, and Recording Secretary. All Center members are eligible to run; let us know if you're interested!

Monday, December 4: Special congratulations and a warm welcome to new Executive Director, Melanie Benjamin. The agenda will also include the November Board of Directors meeting report and discussion of a possible change in meeting day and time.

Peggy Slez, Council President

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 9-12. Check the website for programs added after our print deadline!

SPECIAL EVENTS

THURSDAYS AROUND 5

Free and open to all; registration encouraged

Ken Farmer and Jon Spear

Thursday, November 9, 5:01–7:00 pm

Enjoy the music of two of Central Virginia's most popular singer-songwriters and guitar pickers: Ken Farmer of Antiques Roadshow fame and Jon Spear. Their sound neatly blends Ken's background as a blues and bluegrass picker with Jon's penchant for old school rock and folk music, a combination that will delight and entertain you. Food truck: Crustworthy.

WEDNESDAY MUSIC CLUB

Free for Center members; registration required

Song, Dance, and Poetry

Wednesday, November 1,
10:15–11:30 am

Featuring Beth Chandler on flute, Carl Donakowsky on violoncello, and Paulo Steinberg on piano.

Music for Clarinet and Viola

Wednesday, December 6,
10:15–11:30 am

Featuring James Tobin on clarinet and Stanley Beckwith on viola.

CVILLE BAND PERFORMANCE

Free and open to all

Saturday, November 11, 1:00–2:00 pm

Members of the Cville Band present solo recitals on flute, clarinet, and alto saxophone.

SMALL WORKS EXHIBIT ARTISTS RECEPTION

Free and open to all

Tuesday, November 14, 4:30–6:30 pm

Small works are rarely included in formal exhibitions. Come and celebrate the many artists of this unique show in the first floor Atrium and the second floor gallery lounge with refreshments and good conversation.



TERRA VOCE IN CONCERT

Open to all; registration required

Thursday, November 16, 6:00–7:00 pm

Flutist Elizabeth Brightbill and cellist Andrew Gabbert present a colorful and eclectic program with pianist Maria Yefimova for their first trio concert in Charlottesville. Musical selections include works by Amy Beach, Reena Esmail, Mozart, and Henning Kraggerud, as well as Irish traditional, Brazilian choro, and tango music. \$15.

IN THE MIX

Free and open to all; registration encouraged

Thursday, November 30, 6:00–7:30 pm

This concert features the soul-stirring styles of gospel, blues, and smooth jazz while showcasing elements of African American musical expression. Performers include multi-instrumentalist and vocalist Horace Scruggs, keyboardist and singer Travis Smith, bassist Wilbert Harris, and drummer Greg Brown. As part of the performance, Scruggs will delve into those elements and how they are linked to the greater African American narrative.

HOLIDAY BAND CONCERT

Free and open to all

Saturday, December 2, 3:00–4:30 pm

Enjoy an afternoon with the Second-Wind and First-Wind Bands and the Flashbacks as they present their annual holiday concert. Michael Auman directs this large group of players, most of whom had either never played an instrument or hadn't played since their school days.



ARMY-NAVY GAME ON THE BIG SCREEN

In partnership with SKV Group's Gratitude Charlottesville

Open to all; registration required by December 2

Saturday, December 9, 3:00–6:00 pm

Join us for an afternoon of tailgate food and football fun as we watch the Army-Navy game on the widescreen in our auditorium. BYOB. Free to veterans and their families; Members \$15; Guests \$25.

ARTS

INTERMEDIATE OIL

Open to all; registration required

Thursdays, November 2–30, 9:30 am–12:30 pm (4 weeks, no class Nov. 23)

Ann Cheeks demonstrates and teaches techniques for creating expressive oil paintings, encouraging you to tap into your emotional response to your chosen subject. Work on simplifying forms, planning values, and finding your own voice in your paintings as you create small studies and one 18x24" stretched canvas. Prime members free; Standard members \$35; Guests \$50. Materials fee is \$45, payable to instructor at start of first class.

CHINESE BRUSH PAINTING

Open to all; registration required

Thursdays, November 2–30, 3:30–5:30 pm (4 weeks, no class Nov. 23)

Thursdays, December 7–21, 3:30–5:30 pm (3 weeks)

Continue 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 \$35; Guests \$50. Materials fee is \$50, payable to instructor at start of first class.



INTERMEDIATE TO ADVANCED OIL PAINTING

Open to all; registration required

Fridays, November 3–17, 12:00–3:00 pm (3 weeks)

Fridays, December 1–22, 12:00–3:00 pm (4 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 drawing to create small studies and a larger painting. Prime members free; Standard members \$35; Guests \$45. 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.

BEGINNER TO ADVANCED SCRAPBOOKING

Open to all; registration required

Mondays, November 6 & 27,
1:30–4:30 pm (2 weeks)

Mondays, December 4 & 11,
1:30–4:30 pm (2 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 \$40. Materials fees vary; see website for details.



ART AS PLAY

Open to all; registration required

Tuesdays, November 7–28,
1:30–4:30 pm (4 weeks)

Draw, paint, scrape, collage, write, drip... play! This class is for people new to art making and those looking to loosen up their current practice. Using multiple techniques with acrylic paint, markers, and tissue paper, Ann Cheeks will encourage curiosity, experimentation, and rule breaking. Prime members free; Standard Members \$30; Guests \$40. Materials fee is \$40, payable to instructor at start of first class.

PROGRAMS continue on page 4

PAPER CRAFTING WITH DIANE

Open to all; registration required

Tuesday, November 7,
10:00 am–12:00 pm
Tuesday, December 12,
10:00 am–12:00 pm

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

RIBBON SCARF MAKING

Open to all; registration required

Tuesday, November 14,
10:00 am–12:30 pm
Thursday, December 7,
10:00 am–12:30 pm

Make a beautiful, lightweight fiber art knotted scarf with ribbons, metallics, sequins, and decorative fibers from all over the world. Choose your color scheme and learn several ways to tie your completed scarf. Prime members free; Standard members \$15; Guests \$20. Materials fee is \$20, payable to instructor at start of class.

INTERMEDIATE MONOTYPE PRINTMAKING

Open to all; registration required

Tuesdays, December 5–19,
9:00 am–12:00 pm (3 weeks)

This painterly printing process results in a unique image each time. Create prints with unique mark making, lots of layers, and mixed media with instructor Ann Cheeks. Prime members free; Standard members \$30; Guests \$40. Materials fee is \$30, payable to instructor at start of first class.



HOLIDAY OIL PAINTING

Open to all; registration required

Tuesdays, December 5–19, 1:00–4:00 pm
(3 weeks)

All levels of oil painters, beginners to advanced, can learn how to focus on shapes, proportions, light, shadows, and colors in this seasonal class with instructor Katie Hutter. Bring your own reference photos or use those provided to paint ornament and Thanksgiving-themed scenes. Prime members free; Standard members \$25; Guests \$40. Materials fee is \$15, payable to instructor at start of first class; see additional required materials online.

WOODCARVING HOLIDAY ORNAMENTS

Open to all; registration required

Wednesdays, December 6 & 13,
2:00–4:00 pm (2 weeks)

Mike Micucci teaches you how to carve your own holiday ornaments. Prime members free; Standard members \$10; Guests \$20. Materials fees vary; see website for details.

LIFELONG LEARNING

THE WORLD OF ITALIAN RENAISSANCE

Free and open to all; registration encouraged

Saturday, November 4, 11:00 am–12:00 pm
Saturday, December 2, 11:00 am–12:00 pm

Which characteristics of art were reborn in the Renaissance and why? Instructor Julia May leads you through Italy from the 13th century through the 16th, considering techniques, purpose, and artistic training in a fun series for non-expert art lovers.



ACHS SPEAKER SERIES: LEWIS & CLARK LEGACY TRAIL

Free and open to all; registration required
Tuesday, November 7, 6:00–8:00 pm

The Albemarle Charlottesville Historical Society provides a brief history of this trail project. Learn why and how it was developed, and review the documented historic sites and recent discoveries along the trail.

GOOD LIFE SERIES

Free and open to all

Do You Have Trust Issues?

Tuesday, November 7,
11:00 am–12:00 pm

Many people choose to incorporate trusts into their estate plans, but why? Attorney Beth Norton will discuss the most common types of trusts, their purposes and pitfalls, and alternatives to trusts.

Understanding the Importance of Long-Term Care Planning

Tuesday, December 5,
11:00 am–12:00 pm

What does it mean to need extended care? This straight-talk session addresses the impact of care on a family, common misperceptions, the odds of needing care, why living arrangements are important to consider, and who pays for care.



SCAM PREVENTION SEMINAR

Free and open to all; registration encouraged
Wednesday, November 8, 10:00–11:00 am
Thursday, December 7, 6:30–7:30 pm

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



WORLD WAR II DISCUSSION GROUP

Free and open to all; registration encouraged
Second Thursday each month, beginning
November 9, 12:00–1:30 pm

This discussion group explores a wide variety of topics including particular battles, military training, the psychological effects on veterans, and life on the home front. Every month a club member or guest speaker will present their research on an aspect of World War II, followed by discussion and socializing.

SPIRIT: A JOURNEY IN DANCE, DRUMS, AND SONG FILM AND DISCUSSION

Free and open to all; registration encouraged
Thursday, November 9, 3:00–5:00 pm

Introduced by Kevin Costner and directed and choreographed by Tony Award Winner Wayne Cilento, over 80 performers bring Peter Buffett's multicultural rock and dance spectacular to life with a powerful performance that combines the dazzle of Broadway and the power of contemporary music with the dynamic songs, chants, and dances of Native American culture in this rare PBS find. There will be a discussion afterward.

GEROSCIENCE

Free and open to all; registration required
Fridays, November 10 & 17,
10:00–11:00 am (2 weeks)

Dr. Norton Fishman introduces the new science exploring why we age, how we age, and what we can do about it. Better understand how longevity research can lead us to better extend our healthspan as well as our lifespan.

NATURAL BURIAL

Free and open to all; registration encouraged
Monday, November 13, 2:00–3:00 pm

Hill & Wood Funeral Home and Stephanie Bonney, General Manager of Panorama Natural Burial, lead an hour of Q&A covering the differences between conventional and traditional burial, how to prepare for a natural burial, and more.

MONEY AND YOU

Free and open to all; registration required

The Psychology of Retired Life

Tuesday, November 14, 10:00–11:30 am

For a long time, retirement was viewed as "life after work," but no more. Jorgen Vik, partner with the SKV Group, LLC, leads a discussion on this life stage and ideas on how you can map it out.



The Year That Was

Tuesday, December 12, 10:00–11:30 am

What happened in the economy and the world of finance this year and how did it impact you? Jorgen Vik, Partner with the SKV Group, LLC, looks back on some of the highlights of 2023.

THE FAMILY LOVE LETTER

Free and open to all; registration required
Wednesday, November 15, 6:00–7:00 pm

Foster sensitive conversations with your family about preserving, protecting, and transferring the legacy you will one day leave behind. Your personalized family love letter will help you make thoughtful choices and prevent rash decisions or mistakes in a time of grief and confusion.

ARE ANNUITIES RIGHT FOR ME?

Free and open to all; registration encouraged
Thursday, November 16, 6:00–7:00 pm

Insurance companies spend a lot of time and money advertising annuities. Is it all hype or can the right annuity benefit your overall retirement strategy? Join in a discussion about the different annuity types and terminology with a registered financial advisor.



PUTTING THE GENIE BACK IN THE BOTTLE: N POLLUTION ISSUES DRIVEN BY OUR COMMUNITY

Open to all; registration encouraged
Tuesday, November 28, 5:00–6:30 pm

James Galloway is widely recognized as a leading international authority on how excessive reactive nitrogen, mostly from man-made fertilizers, cycles through the environment, resulting in a cascade of detrimental effects.



LGBTQIA+: WHAT DO ALL THOSE LETTERS MEAN?

Free and open to all; registration encouraged
Monday, December 11, 11:30 am–1:30 pm

Have you ever wondered what the letters LGBTQIA+ mean? Dr. Julie Alexandrin and Jilan Tobar lead a safe interactive session that explores vocabulary, perceptions of sexuality and gender, and social influences.

RECURRING MEDICARE PROGRAMS

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

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

Wednesday, November 15, 6:00–7:00 pm
with Margo Kreider

Thursday, December 7, 1:00–2:00 pm
with Margo Kreider

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

Wednesday, December 20, 6:00–7:00 pm
with Margo Kreider

ELDER LAW WITH DORIS GELBMAN

Will not meet in November and December

PHYSICAL WELL-BEING



AGING IN PLACE

Free and open to all; registration encouraged
First Friday of each month, 11:00 am–12:00 pm

Learn ways to live a long, healthy, secure life at home. Caregivers and families will also benefit from attending. Presented by Visiting Angels. The November topic will be everything you wanted to know about home care but didn't think to ask.

WELLNESS AND HEALTHY AGING

Free and open to all; registration required
First Friday of each month, 1:00–2:00 pm

In this new monthly series, Dr. Jason Itri provides information about factors that influence health and disease, methods to determine risk of common diseases such as cardiovascular disease, and evidence-based interventions that promote healthy aging.



TALKING HEALTH: DEPRESSION AND ANXIETY

Free and open to all; registration required
Monday, November 6, 10:00–11:00 am

LPN Charlotte Miller of Loving Arms Care describes the symptoms and causes of depression and anxiety, as well as treatment options and how to cope.

HEARING HEALTH

Free and open to all; registration required

Link Between Hearing Loss and Brain Health

Wednesday, Nov. 15, 10:00–11:00 am

New research is emerging showing a strong link between untreated hearing loss and cognitive decline. Learn how you can protect yourself and your loved ones.

Comparing Apples to Oranges in Hearing Aids

Wednesday, Dec. 20, 10:00–11:00 am

When hearing aid prices range from \$595 to \$7,000, how do you know what to do? Dr. Kristin Koch, audiologist at Evolution Hearing, will help you educate yourself about the various hearing aids available, how much you need or should spend, what you get for your money, and why this choice matters.

BEGINNING MEDITATION

Open to all; registration required
Mondays, November 20–December 4, (3 weeks) 9:00–10:30 am

Relax and destress, promote a positive frame of mind, and gain insights on life challenges. Holistic healing instructor Barbara Martin leads a mindfulness-based class with simple meditation and relaxation techniques. Prime members free; Standard members \$25; Guests \$35.

SOCIAL/RECREATIONAL



WEDNESDAY MOVIE NIGHT

Free and open to all; registration encouraged
First and third Wednesdays, 5:00 pm

November 1: March of the Penguins

November 15: An Old Fashioned Thanksgiving

December 6: A Hard Day's Night

December 20: Miracle on 34th Street

ROUND DANCE

Free and open to all

Thursday, November 16, 4:45–6:15 pm

Join in an afternoon of round dancing — a style of choreographed ballroom dancing.

ROUND DANCE LESSONS

Open to all; registration required
Thursdays, November 30–January 25, 4:45–6:15 pm (8 weeks)

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. Prime members free; Standard members and guests \$80.

SONGS OF THE STAGE AND SCREEN

Free and open to all

Tuesday, November 7, 2:00–3:00 pm

Nate Freed, Nancy Graddy, and Liz Howard sing songs from Broadway and the silver screen made popular by crooners and divas from the 1940s to today.



BEER AND BINGO

Open to all; registration required

Tuesday November 7, 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 Prime membership! One complimentary beer, wine, coffee, or tea is included. One bingo board included, \$5 per additional board. Members \$10; Guests \$15.

PRIDE HOLIDAY POTLUCK AND GAME NIGHT

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

Bring a favorite dish to share with your Pride Game Night friends. In addition to a variety of games, we will also have ping pong! Drinks will be available for purchase at Greenberry's or bring your own non-alcoholic beverage.



CINEMA DISCUSSION GROUP

Free and open to all; registration encouraged
Second Wednesday each month,
6:00–7:30 pm

Movie and cinema fans are invited every month to discuss a movie, explore the art of filmmaking, connect, and share ideas.



MYSTERY BOOK CLUB

Free for Center members; registration encouraged

Fourth Monday each month,
11:30 am–1:00 pm (no meeting Dec. 25)

Love the suspense of a good mystery? Do you enjoy books that bring out your inner detective? Want to share stories that keep you on the edge of your seat with others? Join this new book discussion group!



EMPTY NESTERS BOOK CLUB

Free and open to all; registration encouraged
Third Wednesday each month,
6:00–7:00 pm

Do you finally have time to read? Join other empty nesters to discuss books and life after the kids are grown and out of the house. The November book will be *Where'd You Go, Bernadette* by Maria Semple.

PUMPKIN PIE WITH PALS

Free for Center members; RSVP by November 28
Thursday, November 30, 2:30–4:00 pm

Didn't get enough pie during Thanksgiving? Come enjoy pumpkin pie, coffee, and socializing at the Center.

BOOK SWAP

Free and open to all

Wednesday, December 13,
9:00 am–4:00 pm

Have books on the shelf you no longer want or need to do a little decluttering? Bring books in good to excellent condition to swap for new titles.



THE CENTER SWEET SWAP

Free and open to all; registration required by Dec. 8

Friday, December 15, 2:00–3:00 pm

The season of sharing is here, so let's make it sweet! Bring in homemade holiday treats (with the recipe) to exchange with other bakers. Full guidelines and instructions online.

GINGERBREAD HOUSE COMPETITION

Open to all; registration required by Dec. 13
Monday, December 18, 2:00–3:00 pm

Show off your artistic talents as you try to create the best gingerbread house. Form a team of 2-5 people and use the provided kit in a 30-minute dash to make the most creative, festive, and eye-catching house. Winning teams will receive a holiday prize. \$35 per team; only one individual registration needed per team.

DASHING DECEMBER LUNCHEON

Open to all; registration required by Dec. 13
Wednesday, December 20,
11:30 am–1:00 pm

Wayside Chicken will cater a festive meal of fried and baked chicken, mashed potatoes and gravy, green beans, and lemon pound cake. Gather with good friends and great food just in time for the holidays. Members \$15; Guests \$18.



TRAVEL BUDDIES

Free for Center members; registration encouraged

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

Do you love to explore and travel? Share your adventures in this discussion group.

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

Weekly Recurring Dance Programs

Exercise in disguise abounds at The Center! These dance classes and social gatherings take place every single week, offering you an opportunity to move your body, learn new steps, and make new friends.

SILVER SWANS BALLET

Free and open to all

Level I, Mondays, 12:15–1:15 pm

Level II, Mondays, 11:00 am–12:00 pm

ENGLISH COUNTRY DANCE

Free and open to all

Mondays and Tuesdays, 1:00–2:00 pm

TAP DANCE

For Center members (Prime free; Standard \$45/mo)

Beginner

Tuesdays, 10:15–11:00 am

Beginner/Intermediate

Tuesdays, 11:00 am–12:00 pm

Intermediate

Thursdays, 10:00–11:00 am

Advanced

Thursdays, 11:15 am–12:00 pm

SQUARE DANCE

Free and open to all

Wednesdays, 12:30–1:30 pm

Thursdays, 7:00–8:00 pm

LINE DANCE

Beginner

For Center members

Wednesdays, 5:00–6:00 pm

Fridays, 12:15–1:45 pm

Intermediate/Advanced

Free and open to all

Tuesdays, 6:00–8:00 pm

Fridays, 1:45–4:15 pm

Advanced

For Center members

Wednesdays, 12:00–4:00 pm

INTERNATIONAL FOLK DANCE

Free and open to all

Wednesdays, 6:30–8:00 pm

Thursdays, 2:30–4:00 pm





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.

Volunteering During the Holidays

Who would ever turn down a willing volunteer? Especially at the holidays! Isn't that when people are in the most need?

These are exactly the questions you might ask if you wait until Thanksgiving or later to offer your time to local nonprofit organizations.

The feelings of gratitude and generosity that winter holidays inspire in us are beautiful things and many people become driven to seek out opportunities to give back to their community at this time of year.

If you want to spend the time between Thanksgiving and New Year's giving back to your community, you need to contact nonprofit organizations now! They have already begun planning for the upcoming season and there are a few reasons you shouldn't delay your first call.

You should speak with organizations now to find out what their needs are. Make sure those needs are aligned with your goals as a volunteer.

Some organizations may have an application process. You might have to complete an orientation or go through training. Some positions are even legally required to give you a background check. All of these steps take time and mean we can't just show up at the soup kitchen on Thanksgiving Day, ladle in hand.

Starting volunteer work before the holidays gives you a chance to learn the organization's protocols, policies, and procedures. You can be a substitute volunteer if your schedule won't free up for full shifts until the holiday season hits.

Finally, the cold, hard truth is that our desire to give does not always match organizations' needs. When so many people decide to volunteer because it's the holidays, that creates competition and many volunteer opportunities fill up fast.

Start looking into volunteer opportunities now so you're prepared for the season of giving! ■

Volunteer Opportunities

At The Center

The Center has a variety of openings for volunteers.

- Fitness Room Monitor
- Tour Guide
- Lobby Volunteer

Schedules vary and training is provided for all positions. Contact Bobbi for more information.

In the Community

Volunteer with the Red Cross

One year = 365 chances to make a difference. The American Red Cross has a wide range of volunteer opportunities including becoming a Blood Donor Ambassador or joining the Disaster Action Team. For more information, email betty.whittaker@redcross.org or call 540.525.9029.



Holiday Volunteering Ideas

- Run in a local Turkey Trot
- Support a community event like a toy donation drop-off
- Clean up after a holiday party for young families in need
- Serve at a soup kitchen
- Be a bell ringer for the Salvation Army
- Organize donations for an area food bank
- Collect winter clothes for a local shelter
- Sort, pack, and deliver holiday meal kits
- Visit local hospitals
- Hand out warm drinks to people waiting for transportation to an overnight shelter
- Bring joy to an assisted living facility
- Wrap and deliver gifts to children from low-income families
- Help a hospice organization
- Show your gratitude for veterans
- Volunteer at other service organizations



The Center is running its annual donation drive for Blue Star Families of Central Virginia. Please contribute to a holiday care package for deployed soldiers. Suggested items range from toiletries and non-perishable food items to travel-size games and collapsible fly swatters. To participate, simply leave your contribution in one of the collection bins around The Center by November 11. You're also welcome to include a handwritten note of support for deployed soldiers. If you have a recently deployed loved one, please let Blue Star Families know. Visit bsfcv.avenue.org for more information.

Toiletries

Resealable baby wipes
Deodorant
Nail clippers/file
Disposable razors
Individual Kleenex packs
Mouthwash
Chapstick with SPF
Foot powder
Saline nasal spray
Travel size shampoo/conditioner
Travel size pain relievers
Eye drops
Hand lotion (in tubes)
Q-Tips
Sunscreen
Dental floss
Throat lozenges

Food Items

Beef jerky
Cereal (in small boxes)
Ramen noodles
Canned tuna/meat
Twizzlers
Canned fruit (pop top cans)
Gum
Instant oatmeal
Dried fruit
Pancakes in a cup
Granola/Power bars
Nuts/Peanut butter
Pasta (pop top cans)
Trail mix

Member-Donors Vicky and Larry Eicher Help Create a Community Resource and Reap the Rewards of Healthy Aging

We hear time and time again how wonderful Charlottesville is as a retirement destination. One in four local households have a resident over the age of 65, well above the national average. Social infrastructure like The Center at Belvedere provides space where older adults can make the social connections that are paramount to healthy aging.

For members Vicky and Larry Eicher, The Center's healthy aging programming and infrastructure wasn't just a benefit of retiring in Charlottesville ... it was a driving force in their decision.

After spending their professional lives as career diplomats, the Eichers entered the '90s researching possible places to retire and considering their criteria for where they'd like to live. A book about the best retirement destinations in the U.S. mentioned Charlottesville, so they included it in their visits and got their first introduction to The Center (then called the Senior Center).

The Eichers were instantly impressed by the wide variety of programs for seniors who wanted to stay both mentally and physically active.

In one convenient location, they could attend movies, concerts, ice cream socials, art classes, or lectures on law, history, or technology. As an avid photographer, Vicky could join a camera club. She could even sign up for day trips to Tangier Island in Virginia or the White House at Christmas.

"I felt like I should get a sleeping bag and move into one of the offices," Vicky says! "We liked it [so much, a robust senior center] *became* one of our criteria."

As the Eichers continued visiting cities across the U.S., nothing compared to The Center. With everything else Charlottesville had to offer, their choice of retirement destination was clear.

Vicky notes, "Most people move to be closer to their kids ... not realizing the kids have their own lives! They have to set up their own networks."

Networking and making new friends is often easier said than done, but the open and welcoming environment at The Center makes it simple.

After coming into The Center with a question one day, Vicky

happened to meet another member over a cup of coffee on the back terrace. Over time, that coincidental connection has grown into a gathering of three or four friends meeting every week to chat and celebrate milestones.

Vicky's civic engagement in Charlottesville is wide reaching.

She has volunteered as an election official and recently walked in her 21st annual Women's Four Miler. A five-time cancer survivor herself, Vicky is a passionate supporter of the Four Miler and if you've ever crossed paths with her at The Center, you've probably walked away with a pledge form in hand!

That promise of active community was enough for the Eichers to become Center members and make their first philanthropic gift even before finalizing their move to Charlottesville, and they've kept up their giving for over 20 years.

Vicky says, "We knew we wanted to have it waiting for us. We thought well enough of the Senior Center, we wanted to support it and make sure it was still here!"

Cultivating a warm and welcoming environment for older adults to connect, learn, and enjoy life doesn't happen in isolation! It is thanks to the engagement and philanthropic support of members like the Eichers that The Center can continue providing its wide variety of healthy aging programming.

If you would like to join Vicky and Larry as member-donors, supporting The Center is easily accomplished on our website at thecenterville.org or you can make a donation at the Welcome Desk. Questions? Contact Philanthropy Assistant Director Lynn Divers at 434.220.9745 or lynn@thecenterville.org. ■



DONATIONS MADE IN HONOR OF
(August 1-September 30, 2023)

<p>The Center Staff by Betsy Bean</p> <p>Linda Hahn by Rachael Holmes</p> <p>Todd Lowther by The Center Team</p>	<p>Clay Sisk by Shelby Clements</p> <p>Peter M. Thompson by Betty Bollendorf by Wendy & Carlton Carroll</p>
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DONATIONS MADE IN MEMORY OF
(August 1-September 30, 2023)

<p>Leon Blumreich by Jay Gammon</p> <p>Carolyn Rader by Shelby Clements</p> <p>Bill Reed by Sherry Sinard by Betty Bollendorf</p>	<p>Mary U. Sihler by William Sihler</p> <p>Glenn Stoner by Betsy Bean</p>
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WE REMEMBER

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

<p>Betty Arbogast Peggy Augustus Leo Casey Richard DeMong Jeanette Fitzgerald Mary Flippen Harriet Hoctor Groeschel Alice Handy Mavis Hetherington Anne Staples Hobson Louise Maher Sylvia Milner</p>	<p>Barbara P. Mitchell Jennie Quick Carolyn Rader Thomas Slaughter Joyce Stancill Glenn Stoner Richard Strubel Janet Sullivan Donald Tuttle Llwanda Williams Margaret Wood</p>
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ROSEWOOD VILLAGE

ENJOY WARM, LOVING, CAREFREE LIVING AT ROSEWOOD VILLAGE.

SCHEDULE YOUR VISIT TODAY!
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HOLLYMEAD
2029 LOCKWOOD DRIVE,
CHARLOTTESVILLE, VA

GREENBRIER
500 GREENBRIER DRIVE,
CHARLOTTESVILLE, VA

8 time GOLD Winner Assisted Living
& 5 Time GOLD Winner Memory Care.

FAVORITE
READER'S CHOICE
2022

Schedule a Visit!

Pull-Out Program Calendar

THURSDAY

- 8:30 TAI CHI \$
- 9:00 *Ivy Creek Hikers*, Party Bridge,
Energizing Yoga \$
- 9:15 PRIMETIME FITNESS \$
- 10:00 **AA Meeting**
Tap Dance (Int.) \$
Foot & Nail Care Clinic \$
- 10:30 First Wind Band \$,
ARTHRITIS EXERCISE \$
- 11:15 Tap Dance Lessons (Adv.) \$
- 12:00 **NIA-Moving to Heal \$**
Music in the Atrium
Sheepshead
Massage Appts. with
Rachel Available \$
- 12:15 BALANCE & STABILIZATION \$
- 1:00 Apple/Mac Class
Woodcarvers
- 1:15 Cardio Strength \$
- 2:00 Backgammon, Cribbage
- 2:15 **Gentle Yoga \$**
- 2:30 **International Folk Dance,**
Beginners Mah Jongg
- 3:00 **Drumming Group**
(will only meet Nov. 2 & 9)
- 3:30 Tai Chi \$
- 5:00 **Tap Your Troubles Away \$**
(will not meet Nov.2)
- 7:00 **Square Dancing**

FRIDAY

- 8:30 TAI CHI \$, Hatha Yoga \$
- 9:00 **Level 1 Walking**
- 9:15 PRIMETIME FITNESS \$
- 9:30 Friday Art Group
- 9:45 Tone & Groove \$
- 10:00 Rummikub
- 10:45 Flashbacks \$
- 11:00 **Friday Fitness**
Ping Pong
Floor Barre \$
Chair Yoga \$
- 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
- 3:30 **Parkinson's Yoga \$**

SATURDAY

- 8:45 **Gentle Yoga \$**
- 9:00 **Lawn Games Available until 2:00**
Oil Painting Group
- 10:00 **MOVE TO THE RHYTHM DANCE**
PARTY \$
Energizing Yoga \$
- 10:00 **Chess (All Levels)**

The Center at Belvedere

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

2 9:30 Intermediate Oil \$ 10:00 Hearing Screenings Transforming Stress, cont. 1:00 Mastering Medicare 3:00 Socrates Café 3:30 Chinese Brush Painting \$ 4:45 Round Dance Lessons, cont. 6:00 NAMI Support Group Kirtan Jazz Jam	3 10:00 Beg/Int Crochet, cont. 11:00 Aging in Place 12:00 Int/Adv Oil Painting \$ 1:00 Wellness and Healthy Aging Diabetes Discussion Group	4 10:30 Pride Brunch 11:00 World of Italian Renaissance
9 9:30 Intermediate Oil, cont. Exploring the Mystery of Dreams, cont. 10:00 Writing for Health and Healing Transforming Stress, cont. 12:00 WWII Discussion Group 2:00 Varieties of Spiritual Experience, <i>cont.</i> 3:00 Spirit The Dance Film & Discussion 3:30 Fitness Room Orientation Chinese Brush Painting, cont. 4:00 Essential Tremor Support Group 4:45 Round Dance Lessons, final 5:01 Thursdays Around 5 6:00 African American Book Club Charlottesville Camera Club	10 10:00 Geroscience Beg/Int Crochet, cont. 12:00 Int/Adv Oil Painting, cont.	11 1:00 Cville Band Solo Recital
16 9:30 Intermediate Oil, cont. 10:00 Exploring the Mystery of Dreams, cont. Writing for Health and Healing Transforming Stress, final 3:00 Socrates Café 3:30 Chinese Brush Painting, cont. 4:45 Round Dance (Free) 5:00 Fitness Room Orientation 6:00 NAMI Support Group Are Annuities Right for Me? Terra Voce in Concert \$ 6:30 Cajun & Zydeco Dance	17 8:00 Birding at Foxhaven 10:00 Geroscience Beg/Int Crochet, cont. 12:00 Int/Adv Oil Painting, final 2:00 Poetry Workshop	18 10:00 Beginners Guide to Medical Cannabis
22 Center closed for Thanksgiving	23 Center closed for Thanksgiving	24 Center closed for Thanksgiving
30 9:30 Intermediate Oil, cont. 10:00 Writing for Health and Healing 11:00 Extended Care Planning 2:30 Pumpkin Pie with Pals 3:30 Chinese Brush Painting, final 4:45 Round Dance Lessons \$ (new series) 5:00 Film Screening "Deeply Rooted" 6:00 In the Mix		

December 2023

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 \$
 9:45 Tone & Groove \$
 10:00 Writing for Healing & Growth \$
 Sew & Sews, Getting Better at
 Bridge, **Grateful Threads Quilters**
 10:30 *Chair Yoga*
 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
 1:45 Strengthen Your Health & Life \$
 2:15 Balance with Beth \$
 3:00 Meditative Stretch \$
 3:30 Tai Chi \$

TUESDAY

9:00 **Energizing Yoga \$**
 9:15 PRIMETIME FITNESS \$
 10:15 Tap Dance Lessons (Beg) \$
 10:30 ARTHRITIS EXERCISE \$
 10:45 Second-Wind Band \$
 HIIT 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**
 1:15 Cardio Strength \$
 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, Poker
 12:00 **Tops**, Canasta, **Music in the**
Atrium, Crafts DIY, Advanced
 Line Dance
 12:30 **Square Dance Lessons**
 1:00 *Ageless Grace \$*, Scrabble
 American Mah-Jongg
 Recorder Lessons \$
 1:15 Cardio Strength \$
 1:45 Strengthen Your Health & Life \$
 2:00 Knit-Wits
 2:30 Ping Pong
Conversational Spanish (Beg.)
 3:00 Foam Rolling \$
 4:15 **Stretch for Balance & Strength \$**
 5:00 Beginners Line Dance
 5:30 Tai Chi \$
 6:00 **AA Meeting**
 6:30 **International Folk Dance**

<p>4 9:00 Beginning Meditation, final 10:00 Bunko 1:30 Scrapbooking (all levels) \$ 3:00 Drop-in Bereavement Support Group</p>	<p>5 9:00 Injury & Pain Screenings Int. Monotype Printmaking \$ 9:30 Coffee & Caregiving 10:00 Try it Out Tuesday A Group for Men 11:00 Good Life Series 1:00 Holiday Oil Painting \$ 6:00 Trivia 6:30 Piedmont Master Gardener Talk</p>	<p>6 9:30 Veterans Coffee Hour Kingfishers 10:00 Wise Women, Too 10:15 Wednesday Music Club: Music for Clarinet and Viola 11:00 Book Group 2:00 Woodcarving Christmas Ornaments \$ 5:00 Wednesday Movie Night 6:00 Latin Ballroom Dance, cont. Medicare & Social Security Planning 7:00 Standard Ballroom Dance, cont.</p>
<p>11 11:00 Veteran Women's Social 11:30 LGBTQIA+: What Do All Those Letters Mean? 1:30 Pride Game Day Piedmont Pastelists 1:30 Scrapbooking (all levels), final 2:00 Preparing for Death Discussion Series Current Events</p>	<p>12 9:00 Int. Monotype Printmaking, cont. 10:00 Money & You Home Safety Series Paper Crafting with Diane \$ 10:30 Wise Women Connect 1:00 Bookmobile Holiday Oil Painting, cont. 2:00 Karaoke</p>	<p>13 9:00 Drop-in Bereavement Support Group 9:00-4:00 Book Swap 10:00 Welcome Wednesday 10:30 Parkinson Caregiver Support Group 11:00 Medicare 101 1:00 Travel Buddies 2:00 Woodcarving Christmas Ornaments, final 5:30 Songwriter Open Mic Night 6:00 Moonlighter's Quilting Latin Ballroom Dance, final Cinema Discussion Group 7:00 Standard Ballroom Dance, final</p>
<p>18 10:00 Bunko 2:00 Gingerbread House Competition \$ 3:00 Drop-in Bereavement Support Group</p>	<p>19 9:00 Int. Monotype Printmaking, final 9:30 Move for Health Alzheimer's Support Group 10:00 A Group for Men 1:00 Holiday Oil Painting, final Holiday Caroling with Bill Porter 6:00 Albemarle Modern Quilt Guild</p>	<p>20 9:00 Injury & Pain Screenings Hearing Health Wise Women, Too 11:30 Dashing December Luncheon \$ 1:00 Let's Talk Books 5:00 Wednesday Movie Night 6:00 Mastering Medicare Veterans Social Empty Nesters Book Club</p>
<p>25 Center Closed through Jan. 1</p>	<p>26 Center Closed through Jan. 1</p>	

Pull-Out Program Calendar

THURSDAY

8:30 TAI CHI \$
 9:00 *Ivy Creek Hikers*, Party Bridge,
Energizing Yoga \$
 9:15 PRIMETIME FITNESS \$
 10:00 **AA Meeting**
 Tap Dance (Int.) \$
Foot & Nail Care Clinic \$
 10:30 First Wind Band \$,
 ARTHRITIS EXERCISE \$
 11:15 Tap Dance Lessons (Adv.) \$
 12:00 **NIA-Moving to Heal \$**
Music in the Atrium
 Sheepshead
Massage Appts. with
Rachel Available \$
 12:15 BALANCE & STABILIZATION \$
 1:00 Apple/Mac Class (will not meet
 Dec. 21)
 Woodcarvers
 1:30 **Drumming Group**
 2:00 Backgammon, Cribbage
 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 TAI CHI \$, Hatha Yoga \$
 9:00 **Level 1 Walking**
 9:15 PRIMETIME FITNESS \$
 9:30 Friday Art Group
 9:45 Tone & Groove \$
 10:00 Rummikub
 10:45 Flashbacks \$
 11:00 **Friday Fitness**
 Ping Pong
 Floor Barre \$
Chair Yoga \$
 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
 3:30 **Parkinson's Yoga \$**

SATURDAY

8:45 **Gentle Yoga \$**
 9:00 **Lawn Games Available until 2:00**
 Oil Painting Group
 10:00 **MOVE TO THE RHYTHM DANCE**
PARTY \$
Energizing Yoga \$
 10:00 **Chess (All Levels)**

The Center at Belvedere

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

		1 10:00 Beg/Int Crochet, cont. 11:00 Aging in Place 12:00 Int/Adv Oil Painting \$ 1:00 Wellness and Healthy Aging Diabetes Discussion Group	2 10:30 Pride Brunch 11:00 World of Italian Renaissance 3:00 Holiday Band Concert
7	10:00 Hearing Screenings Ribbon Scarf Making \$ Exploring the Mystery of Dreams, cont. Beginners Guide to Medical Cannabis 1:00 Mastering Medicare 3:00 Socrates Café 3:30 Chinese Brush Painting \$ 4:45 Round Dance Lessons, cont. 5:30 Pride Holiday Potluck & Game Night 6:00 NAMI Support Group Jazz Jam 6:30 Scam Prevention	8 10:00 Beg/Int Crochet, cont. 12:00 Int/Adv Oil Painting, cont.	9 3:00 Army/Navy Football Game on The Big Screen
14	10:00 Exploring the Mystery of Dreams, final Writing for Health and Healing 12:00 WWII Discussion Group 2:00 Varieties of Spiritual Experience, cont. 3:30 Fitness Room Orientation Chinese Brush Painting, cont. 4:00 Essential Tremor Support Group 4:45 Round Dance Lessons, cont.	15 8:00 Birding at Foxhaven 12:00 Int/Adv Oil Painting, cont. 2:00 Center Sweet Swap	16
21	10:00 Writing for Health and Healing 3:00 Socrates Café Pictures with Santa 3:30 Chinese Brush Painting, final. 4:45 Round Dance Lessons, cont. 5:00 Fitness Room Orientation Pictures with Santa 6:00 NAMI Support Group 6:30 Cajun & Zydeco Dance	22 12:00 Int/Adv Oil Painting, final	23 Center Closed through Jan. 1

November 2023

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- 9:45 Tone & Groove \$
- 10:00 Writing for Healing & Growth \$
Sew & Sews, Getting Better at
Bridge, **Grateful Threads Quilters**
- 10:30 *Chair Yoga*
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
- 1:45 Strengthen Your Health & Life \$
- 3:00 Meditative Stretch \$
- 3:30 Tai Chi \$

TUESDAY

- 9:00 **Energizing Yoga** \$
- 9:15 PRIMETIME FITNESS \$
- 10:15 Tap Dance Lessons (Beg) \$
- 10:30 ARTHRITIS EXERCISE \$
- 10:45 Second-Wind Band \$
HIIT 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**
- 1:15 Cardio Strength \$
- 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, Poker
- 12:00 **Tops**, Canasta, **Music in the
Atrium**, Crafts DIY, Advanced
Line Dance
- 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
- 2:30 Ping Pong
Conversational Spanish (Beg.)
- 3:00 Foam Rolling \$
- 4:15 **Stretch for Balance & Strength** \$
will not meet Nov.22)
- 5:00 Line Dance (Beg.)
(will not meet Nov.22)
- 5:30 Tai Chi \$ (will not meet Nov.22)
- 6:00 **AA Meeting** (will not meet Nov.22)
- 6:30 **International Folk Dance**
(will not meet Nov.22)

- 1**
- 9:30 **Veterans Coffee Hour**
Kingfishers
 - 10:00 Wise Women, Too
 - 10:15 Wednesday Music Club: Song,
Dance and Poetry
 - 11:00 Book Group
 - 3:00 **Re-Connect Support Group, cont.**
 - 5:00 **Wednesday Movie Night**

- 6**
- 10:00 **Percussion 101, cont.**
**Talking Health: Depression
and Anxiety**
Bunko
 - 1:00 **Mandala Dot Art Painting** \$
 - 1:30 **Scrapbooking (all levels)** \$
 - 3:00 **Drop-in Bereavement Support Group**

- 7**
- 9:00 **Injury & Pain Screenings**
 - 9:30 **Coffee & Caregiving**
 - 10:00 **Paper Crafting with Diane** \$
Home Safety Series
A Group for Men
 - 11:00 **Good Life Series**
 - 1:30 **Percussion 102, cont.**
Art as Play \$
 - 2:00 **Songs of the Stage and Screen**
 - 5:00 **Beer and Bingo** \$
 - 6:00 **ACHS Speaker Series:**
Lewis and Clark Legacy Trail

- 8**
- 9:00 **Drop-in Bereavement
Support Group**
 - 10:00 **Scam Prevention**
 - 10:30 **Parkinson Caregiver Support
Group**
 - 11:00 **Medicare 101**
 - 1:00 Travel Buddies
Navigating Senior Living
 - 3:00 **Re-Connect Support Group, final**
 - 5:30 **Songwriter Open Mic Night**
 - 6:00 **Moonlighter's Quilting**
Latin Ballroom Dance
(new series) \$
Cinema Discussion Group
Extended Care Planning
 - 7:00 **Standard Ballroom Dance**
(new series) \$

- 13**
- 10:00 **Percussion 101, cont.**
 - 11:00 **Veteran Women's Social**
 - 1:00 **Piedmont Pastelists**
 - 2:00 **Pride Game Day**
Natural Burial
Current Events

- 14**
- 10:00 **Ribbon Scarf Making** \$
Money and You
 - 10:30 **Wise Women Connect**
 - 1:00 **Bookmobile**
 - 1:30 **Percussion 102, cont.**
Art as Play, cont.
 - 2:00 **Karaoke**
 - 4:00 *Singles Schmooze*
 - 4:30 **Small Works Exhibit Artists
Reception**
 - 5:30 **Pride Game Night**
 - 6:00 **Medicare & Social Security
Planning**

- 15**
- 9:00 **Injury & Pain Screenings**
 - 10:00 **Hearing Health**
Wise Women, Too
Welcome Wednesday
 - 1:00 **Let's Talk Books**
 - 5:00 **Wednesday Movie Night**
 - 6:00 **Latin Ballroom Dance, cont.**
Mastering Medicare
Veterans Social
The Family Love Letter
Empty Nesters Book Club
 - 7:00 **Standard Ballroom Dance, cont.**

- 20**
- 9:00 **Beginning Meditation** \$
 - 10:00 **Percussion 101, cont.**
Bunko
 - 3:00 **Drop-in Bereavement Support Group**

- 21**
- 9:30 **Move for Health**
Alzheimer's Support Group
A Group for Men
 - 10:00 **Percussion 102, cont.**
Art as Play, cont.
 - 1:30 **Albemarle Modern Quilt Guild
Trivia**

- 22**
- 9:00 **Drop-in Bereavement
Support Group**
 - 10:30 **Parkinson Caregiver
Support Group**
 - 1:30 Dollhouse Miniatures
- CENTER WILL CLOSE at 4:30 pm**

- 27**
- 9:00 **Beginning Meditation, cont.**
 - 10:00 **Percussion 101, final**
 - 11:30 **Mystery Book Club**
 - 1:30 **Scrapbooking (all levels), final**
 - 2:00 Current Events
Preparing for Death Discussion Series

- 28**
- 10:00 **Long Term Care Insurance Q & A**
 - 10:30 **Wise Women Connect**
 - 1:00 **Bookmobile**
 - 1:30 **Percussion 102, final**
Art as Play, final
 - 2:00 **Karaoke**
 - 4:00 **Singles Schmooze**
 - 5:00 **Putting the Genie Back in the Bottle**

- 29**
- 6:00 **Latin Ballroom Dance, cont.**
 - 7:00 **Standard Ballroom Dance, cont.**



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

WASHINGTON ON YOUR OWN

Wednesday, November 1, 7:45 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 locations include the West Wing of the National Gallery of Art and the National Museum of African American History and Culture. Members \$82; Guests \$102.



MUSEUM OF THE BIBLE

Wednesday, November 8, 8:00 am–3:30 pm

The Museum of the Bible located in Washington, D.C. contains more than 40,000 objects and artifacts ranging from the time of Abraham through the New Testament era. Artifacts include Biblical papyri, Torah scrolls, Jewish artifacts, and contemporary treasures of Christian and Jewish Culture. Lunch is on your own. Members \$100; Guests \$120.

MIRACLE ON 34TH STREET AT THE RIVERSIDE CENTER FOR THE PERFORMING ARTS

Wednesday, December 20, 9:30 am–6:00 pm

Based on the movie of the same name, this joyous, heartwarming holiday classic is filled with humor, spectacle, and beloved music such as "It's Beginning to Look a Lot Like Christmas." Get swept away by the charms of single mother Doris Walker, her six-year-old daughter, and a Macy's Santa Claus who just may be the real deal. Lunch is included. Members \$146; Guests \$166.



VIRGINIA MUSEUM OF FINE ARTS

Thursday, January 11, 2024,
8:30 am–4:30 pm

A perennial favorite, The Virginia Museum of Fine Arts in Richmond has diverse collections, including Faberge eggs, Tiffany glass, Impressionist paintings, Renaissance works, and more. The museum's artworks span several cultures from around the world: Indian, Egyptian, Japanese, French, Native American, and African. Explore and lunch on your own with The Center's convenient transportation. Members \$80; Guests \$100.



JERSEY BOYS AT THE RIVERSIDE CENTER FOR THE PERFORMING ARTS

Wednesday, March 6, 2024,
9:30 am–6:30 pm

With phenomenal music, memorable characters, and great storytelling, this musical phenomenon takes you behind the scenes of Frankie Valli and the Four Seasons. Follow the evolution of four blue-collar kids who became one of the greatest successes in pop music history as you enjoy electrifying performances of top hits including "Sherry," "Big Girls Don't Cry," "Can't Take My Eyes Off You," "Dawn," and "My Eyes Adored You." Lunch is included. Members \$150; Guests \$170.



NATIONAL AIR AND SPACE MUSEUM

Friday, March 15, 2024, 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.



ODYSSEY CRUISE ON THE POTOMAC

Friday, March 22, 2024, 8:30 am–5:30 pm

Glide along the Potomac River in our Nation's capital aboard the one-level, glass-enclosed *Odyssey* for a delicious luncheon cruise. Admire cherry blossoms as you sail beneath historic bridges and enjoy the up-close views of the nation's greatest monuments. Lunch and live entertainment are included. Members \$190; Guests \$210.

GETAWAYS

SOUTHERN CARIBBEAN CRUISE WITH ROYAL CARIBBEAN

January 27–February 8, 2024

Enjoy a winter getaway to the tropics aboard Royal Caribbean International's *Vision of the Seas*. Sail round trip from Baltimore to St. Croix, U.S.V.I.; Philipsburg, St. Maarten; Castries, St. Lucia; Bridgetown, Barbados; and Basseterre, St. Kitts and Nevis. Package includes round trip bus transportation, all meals, entertainment, port fees, taxes, and gratuities.



CYPRUS

March 12–25, 2024
March 19–April 1, 2024

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!



BERMUDA AND PERFECT DAY CRUISE

June 13–22, 2024

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.

**COME
ALONG!**

**CENTER TRIPS ARE
OPEN TO ALL!**

The Thompson Timeline

Milestones from the past 24 years

— **1999** • Peter Hired as Executive Director



— **2002** • 1st National Accreditation by NISC

— **2005** • Increase Operating Hours by 40%

— **2006** • New Travel Office Opens



— **2007** • 2nd National Accreditation

— **2008** • Commonwealth Council on Aging Best Practices Award in Healthy Aging



— **2009** • NuStep Pinnacle Award: Senior Center



— **2010** • Center celebrates 50 years • CYFS Family Friendly Employer Award
• UVA School of Nursing Honor Society Community Service Award

— **2011** • Purchase Property for The Center at Belvedere



— **2013** • 3rd National Accreditation
• Charlottesville Ten Miler Beneficiary



— **2014** • “The BIG Think: Is Charlottesville Ready for the Age Shift?”



— **2015** • Help Found Charlottesville Area Alliance in support of an age-friendly community

— **2017** • CFA Selects Center as Strategic Partner for Financial Wellness Series
• Secure City and County Capital Investment for Belvedere Construction

— **2018** • 4th National Accreditation
• Break Ground on The Center at Belvedere



— **2019** • Inaugural Diversity Speaker Series

— **2020** • The Center at Belvedere Opens



— **2021** • The Center Joins C3 Green Business Alliance
• Addition of Evening Hours

— **2022** • Launch Racial Equity Action Plan
• ICAA NuStep Pinnacle Awards: Wellness CEO & Community Center
• C3 Community Award: Excellence in Energy Efficiency

— **2023** • Addition of Saturday Hours
• Peter Retires



Fostering a Healthy and Connected Community

From the moment he signed on as Executive Director in 1999, Peter set The Center on a path of continual excellence. Within three years, the National Institute of Senior Centers (NISC) had awarded our Center as the first nationally accredited senior center in Virginia, with then-governor Mark Warner attending the celebration! Only 1% of the country’s approximately 11,000 senior centers are accredited and The Center is one of just seven in the nation to have achieved this status four times. “These are centers that are held up as models for others to follow,” wrote NSIC program manager Maureen O’Leary.

Under Peter’s leadership, the organization was ahead of the media curve in promoting awareness of how aging affects all aspects of our community from health care and family caregiving to housing, transportation, and the work force. Through the years, The Center has partnered with JABA and other organizations on multiple initiatives to increase understanding of aging issues and advocate for changes in attitudes, policies, and actions. Generation Us, a lifestyle section that ran for more than a year in The Daily Progress, explored age-related issues that cross generations through stories with a local slant. The Charlottesville Area Alliance formed a collective of regional partners working to advance an age-friendly community, being mindful of the unique needs of older adults. And “The Big Think”’s event design— shedding light on emerging demographic, societal, and cultural trends for local businesses, government, and community leaders— received an NISC Program of Excellence Award.

Along with shepherding The Center to prominence as a national model, Peter participated in work to advance the senior center field and improve society’s perception of older adults’ value. NISC sought him out to represent Virginia on its Delegate Council, and then asked him to head a nationwide task force that identified innovative ways to meet the needs and interests of an aging population. Locally, Peter has worked on multiple boards and committees to ensure inclusion of age-friendly considerations that will provide everyone with the same opportunities to engage in community life.

In his first annual report message as Executive Director, Peter wrote that “We are blessed to have everything in place to grow in the quality and quantity of what we provide for seniors in our region...” Under his leadership—and with hard work by volunteers and staff, and the generosity of many—that continues to be true. Along with a steadfast commitment to the health and wellbeing of older adults, Peter’s legacy at The Center will be the pursuit of full participation for everyone, ensuring that our community has one of the best centers of its kind in the country. ■



The Center Achieves Its Emissions Target

Facility Manager Trevor Saunders Receives Climate Champion Award

During the construction of The Center at Belvedere, building an eco-friendly facility was a high priority. Our team knew that a premium HVAC system would give members and visitors the best air quality, supporting everyone's physical well-being. Saving on energy costs with solar panels keeps more funding available for healthy aging programming. And doing our part to lower carbon emissions in Charlottesville contributes to a healthier environment for everyone, so we can all age to the best of our potential.

In 2021, The Center was one of 16 inaugural members of Charlottesville's Green Business Alliance, a leadership circle facilitated by the Community Climate Collaborative. A central part of joining the GBA is making a commitment to reduce emissions over a five-year period.

Greenhouse gas emissions are measured in Metric Tons of Carbon Dioxide Equivalent (MTCO_{2e}). In 2019, between electricity and gas usage, The Center's annual emissions measured 91 MTCO_{2e}. We made a pledge to the GBA to slash this usage to only 63 MTCO_{2e} per year – a reduction of over 30%.

Because The Center at Belvedere is over 2.5 times larger than the old building on Hillsdale Drive, we had our work cut out for us in setting such aggressive environmental goals. Early on in our operations at Belvedere, we struggled and emissions rose to 102 MTCO_{2e} in 2022.

But thanks to Facility Manager Trevor Saunders, we have made amazing progress in 2023!

In late spring, Trevor adjusted some building timers and as a result, we have not had to pay an electric bill since May! Solar panels are providing for all our energy needs and saving The Center thousands of dollars every month.

When the Community Climate Collaborative looked at this data, they found that based on a 12-month period from August 2022 through July 2023, The Center not only met, but surpassed its annual emissions target!

We are now down to only 54 MTCO_{2e} in a 12-month period.

At the Community Climate Collaborative's annual Party for the Planet in October, Trevor received the Climate Champion Award in recognition of his inspirational work and impact.

Next time you see Trevor around the building, thank him for his hard work. In less than a year, he has cut our greenhouse gas emissions in half! ■



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Taking Stock of Opportunities to Support Your Center

If you want to support the 8,500+ healthy aging programs and resources offered by The Center each year, making a gift with appreciated stocks is a great way to make a difference in our community — and it can also offer nice tax benefits! The Center gratefully accepts donations of commonly held, publicly traded stocks. Making a gift of stock via an electronic transfer from your brokerage account to The Center's account is both easy and tax-wise. To donate stocks or securities:

1. Provide your broker with The Center's electronic transfer information and designate a stock or mutual fund to transfer.

*If you prefer to remain anonymous, please include your name and note your preference to remain anonymous.

2. Help us to thank you by informing The Center of your intention

When stocks are transferred electronically, they often arrive without the donor's name. To help The Center quickly acknowledge your generosity, we encourage you to let us know you have made a gift of stock by contacting Philanthropy Manager Anna Grey Hogan at 434.220.9743 or annagrey@thecentercville.org.

The information presented here is not offered as legal or tax advice. Please seek the counsel of your tax advisor, attorney, and/or financial planner to review tax calculations to ensure that a contemplated gift is appropriate for your situation. ■

THE CENTER'S BROKERAGE INFORMATION

Brokerage House:	Charles Schwab
Account Name:	Senior Center, Inc.
Account Number:	4671-8217
DTC Number:	0164, Code 40
Reference:	Donor Name*
Charles Schwab Phone #:	1-800-435-4000
Text Comment:	Donor's Name*

Join us for the
Holiday Band Concert
Saturday, December 2
3:00–4:30 pm

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Charlottesville Band, est. 1922 | cvilleband.org

The 1180 Society: What is Leadership Giving?

Grateful for *every* gift, The Center relies on the generous philanthropy of individuals, businesses, foundations, and organizations to fund more than 60% of the revenue needed to fulfill our healthy aging mission. Last year 1,020 community members chose to support The Center. Among this group of charitable individuals are those who choose to support The Center with gifts of \$1,000 or more annually.

To acknowledge the essential and important commitment of these individuals and businesses, The Center created the 1180 Leadership Annual Giving Society. Named for the address of the previous Center building at 1180 Pepsi Place, the 1180 Society helps create the kind of community our seniors need and deserve by supporting diverse, quality programs and activities.

As one 1180 Society member shared, “The Center means so much to me and my quality of life, I just had to support it! It’s been my lifeline. I’m so much healthier and happier.”

The 1180 Society contributes critical funding not only to the health of individuals but also the collective health of our community. The U.S. Surgeon General’s advisory on the detrimental impact of loneliness on health (equivalent to smoking a pack of cigarettes a day!) has heightened awareness of this public health crisis. The Center provides opportunities for our local community to gather for precisely the activities that stave off those ill effects. By deciding to contribute to The Center, 1180 Society members help boost the number of older adults who can live high-quality, productive, and independent lives—which increases health span and decreases preventable health care spending.

This is one of three Center leadership societies designed to recognize those who make philanthropic gifts. The others are the Sustainers’ Circle, comprised of donors who make monthly contributions, and the Robey Society, which recognizes those who have named The Center as a beneficiary of their estate. The members of these three leadership giving societies receive invitations to Center events and recognition in The Center’s annual report, on the donor wall located on the first floor of The Center at Belvedere, and in this print newsletter.

How can you join? An 1180 Society gift can be made over time, paying a portion of the gift each month, or with a single contribution of



Giving society members enjoying a talk by Scott Elliff of Ducard Vineyards.

\$1,000 or more. Gifts made in honor or in memory of a friend or loved one also count towards 1180 membership, as do gifts to support Center scholarships or specific programs. Gifts of cash, stocks, or distributions of donor-advised funds or retirement funds all qualify.

When you make the decision to support The Center, at any level, you make a positive, impact on the health and well-being of our community. Even more exciting: now through the end of the calendar year, the value of all gifts up to \$25,000 will be matched.

For more information about joining the 1180 Society, please contact Philanthropy Assistant Director Lynn Divers at 434.220.9745 or lynn@thecentercville.org. ■

Subscribe to our e-Newsletter at thecentercville.org and get weekly Center news updates



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Bring this ad to Wild Birds Unlimited Charlottesville and get 20% off one regularly priced item! Offer good until December 31, 2023. Limit one coupon per customer.

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DEI Committee Notes

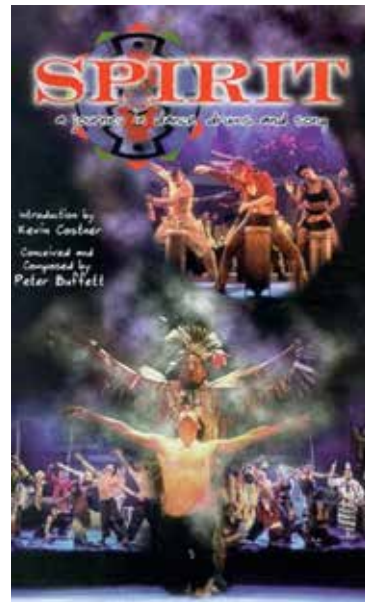
Since 2018, the Diversity, Equity, and Inclusion Committee (DEIC) has played a major role in developing programs and events for The Center designed to create a culture of welcome and belonging to all members of our community. A variety of race-related speaker series presentations, dances, movies, a small-group dialogue pilot program, LGBTQ+ programs, and recognition of various cultural holidays have kept the issues of cultural or racial bias and discriminatory practices in our community at the forefront of the minds of staff, volunteers, and members. Research has shown that only about 5% of organizations that implement DEI programs are successful; we believe The Center should be considered a part of that 5% and we continue to move forward. To paraphrase a marketing slogan from the 1960s, "We've come a long way, baby!" Look around the building and note the number of underrepresented groups on staff, volunteering, or participating in programs. It's a big change from the years prior to 2018, when many people did not feel comfortable in The Center space.

As we near the end of 2023, the calendar will be *brimming* with activities such as *Spirit: A Journey in Dance, Drums, and Song* Film and Discussion, a moving homage to Native Americans; a huge variety of Pride programs and game nights; a gospel, blues, and jazz concert featuring well-known vocalist Horace Scruggs; and so much more. In 2024, The Center will begin the new year with a Speaker Series *The Uncomfortable Truths of Systemic Racism*. Local experts will discuss issues around housing, economics, education, healthcare, and justice in our area. Stay tuned! ■



Horace Scruggs

SPIRIT: A Journey in Dance, Drums, and Song Film and Discussion



Thursday, November 9
3:00–5:00 pm

Over 80 performers bring Peter Buffett's multicultural rock and dance spectacular to life with a powerful performance that combines the dazzle of Broadway and the power of contemporary music with the dynamic songs, chants, and dances of Native American culture in this rare PBS find. There will be a discussion afterward.

Thank YOU

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Commonwise Home Care
Craig Builders
Hanckel-Citizens Insurance
The Heritage Inn
An Assisted Living and Memory Care Community
Home Instead Senior Care
UnitedHealthcare**

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

MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (August 1–September 30, 2023)

Jeanmarie Badar &
James Kauffman
Kimberlee & David
Barrett-Johnson
Ruthe Battestin
Benchmark Senior Solutions
Rene Bond
Katherine Brooks &
George Beller
Wendy & Carlton Carroll
The Colonnades
Elizabeth Dinwiddie
Nancy Fischer

Deborah Franklin
Eva Ireland & Walter Morgan
National Council on Aging, Inc.
Sandra Palumbo
Southern Development Homes
Elly & Bill Tucker
UnitedHealthcare
Nancy & Kevin Watkins
Phil Wendel
Mary T. Wilson &
Michael R. Wilson
Gina & Greg Yoder

STOP BY SATURDAY

The latest addition to our monthly orientation lineup! Learn about everything The Center has to offer on the last Saturday of every month at 10:00 a.m.



Q: What are you most looking forward to in the coming months?

A. I'm excited to engage with individuals who use The Center and those who don't as we explore how to support healthy aging for all. The Center has great programs that support healthy aging and happily, over 10,000 area residents come to The Center each year. But with over 60,000 older adults living within our five surrounding counties, we need to reach out to more individuals and communities, listen and understand their interests, and create programs that support everyone's well-being. We hope to engage with more partners like Piedmont Master Gardeners, Wednesday Music Club, Piedmont Housing Alliance, and Charlottesville Ballet. These partnerships help create more opportunities for individuals interested in aging well and open the great work of our partners to new communities.

Q: What are your top priorities in your first 90 days?

A. Listen and engage with our community from the perspective of this new job – that includes meeting with staff, members, volunteers, partners, our Board, and other stakeholders. I'll also make time to expand my understanding of Center operations and our community connections. You can expect to see me at a few evening and weekend programs this winter! I will also be doing some fundraising to support our work since I am moving into this role at a time when many folks choose to make gifts to charities like The Center.

Q: What does your new role mean for The Center's philanthropy department?

A. We are currently searching for a new Philanthropy Director and my hope is to hire that person as soon as possible. Meanwhile, we've got a great team in place and I don't believe we will miss a beat. But I personally will miss working as closely as I have in the past with my colleagues Lynn Divers and Anna Grey Hogan.

Philanthropic gifts account for 60% of the revenue needed to do our work. Recent donations have allowed us to expand our operating hours and programming, lowered barriers to healthy aging by funding scholarships, and provided salaries for an amazing team that helps The Center run smoothly six days a week. Part of my role will be to ensure that we tackle the challenge of supporting our growth.



Q: How can members connect with you as you pursue these goals?

A. In addition to the daily interaction each of us, as Center staff, have with members and visitors, I will spend an hour each week in the Atrium for casual check-ins and conversation. You won't have to sign up to talk with me, and we don't even necessarily have to talk about The Center—my intention is to mindfully listen to whatever our participants want to share.

Q: How can members support The Center during this transition?

A. Come and be curious. Meet a new friend. Engage with programs you haven't tried before or volunteer. And, if you can, support The Center's mission with a gift. ■

SEEKING TREATMENT FOR KNEE OSTEOARTHRITIS PAIN?

The SKOAP Knee Osteoarthritis research study is recruiting nationwide!

The SKOAP study focuses on participants 45 years and older, who suffer from chronic knee pain or have experienced knee pain (most days) for at least three months.

SKOAP will compare non-surgical pain treatments as an alternative to surgery with the goal of reducing knee osteoarthritis (KOA) pain and improving function in study participants and those with knee osteoarthritis.

SKOAP study sites near you: University of Virginia Health System (Dept of Anesthesiology)



TO LEARN MORE SCAN QR CODE OR VISIT [SKOAPSTUDY.ORG](https://www.skoapstudy.org)



A Sequenced-strategy for improving outcomes in people with Knee OsteoArthritis Pain (SKOAP Trial)



Groundbreaking at The Center at Belvedere in 2018



Longtime Center Volunteer Leader Mary Reese and Peter in 2011



Peter and Center champion Joe Gieck in 2010

PETER, continued from page 1

Gratitude for the volunteers who shared their wisdom and experience through program leadership, customer service, governance, and more.

Gratitude for the generous friends who donate their resources every year, as well as to those who supported a \$17 million capital campaign—the biggest local grassroots nonprofit campaign at that time.

Gratitude for the scores of community organizations that we collaborate with.

And gratitude to my wife Barbara, my family, and my friends who supported and cheered me on as I led an organization through economic pressures, a 47,000 square foot building project, a global pandemic, and the endless “opportunities for growth” we’ve experienced.

People also ask what changed the most over 24 years. The Center played a leading role in helping our community understand the power of healthy aging. We have proven that a powerful story, well communicated, can ignite a community. Among many impactful initiatives, we worked with JABA and other organizations to launch the Charlottesville Area Alliance, leveraging dozens of community groups that now focus on building a more age-friendly community.

That led to turning a dream into a vision and ultimately into a reality. Even some of The Center’s greatest supporters didn’t truly believe we could realize the vision for The Center at Belvedere. Yet we persevered and despite Covid interrupting our progress, today the community thrives in our award-winning home.

I look forward to seeing how The Center develops in this facility. Adhering to our founding mission of healthy aging while serving as a hub for everyone is providing a vital bridge across generations, as well as economic, racial, and other divides.

That work is the third biggest change I’ve seen. Although we always strove to be welcoming to Charlottesville’s diverse community, in 2020 we dug in to more purposefully and intentionally listen and learn from multiple community leaders about local problems. We developed an equity action plan, attracted several new volunteer leaders, formed new partnerships, and committed to the journey for a more equitable and welcoming Center and community.

There are many reasons The Center has thrived for 63 years. At our best we are future focused, we listen to our constituents, we engage with multiple stakeholders to address community priorities, we are humble and disciplined about who we are and who we are not, and we care for one another.

I’m confident that our new Executive Director Melanie Benjamin will continue to “look around the corner,” as Mary Reese always said was a leader’s fundamental role, and build an even brighter future for The Center. Knowing she was ready to take the helm helped prompt my transition and it gives me great joy to see her take the lead.

Thank you for your friendship and support and now I will implement even more of what I’ve learned are the keys to healthy aging in my own life! ■

The Center at Belvedere
540 Belvedere Boulevard
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