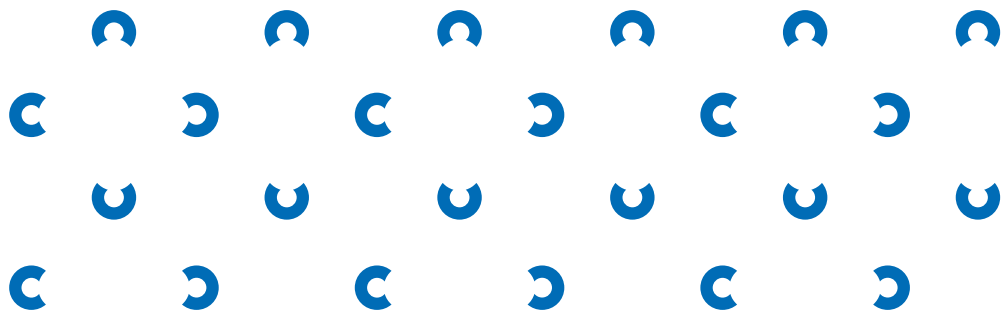




THE  
CENTER



NEWS from  
THE CENTER

JANUARY/FEBRUARY 2019

National Accreditation #4

It's official—The Center has achieved its fourth national accreditation! That means we've continued to meet the highest standards of excellence. Read about our celebration, which featured VCU gerontologist Ayn Welleford as keynote speaker, on page 10.



Keynote speaker Ayn Welleford (right) with her mother.

Save the Date: March 16

The annual Grand Gala is one of the ways The Center builds community support—sponsorships, event tickets, raffle tickets, and donations directly support as much as 16% of our annual operating costs. See page 8 for more on what's in store with our 2019 fundraiser!

Winter Hours

The Center will close at 6:30 pm on Tuesdays and Thursdays during January and February. Normal hours will resume in March.

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- Program Notes pg 5
- Travel Guide pg 9
- Philanthropy News pg 8
- Pull-Out Calendar
- More!

WE'VE BROKEN GROUND ON  
THE CENTER AT BELVEDERE!

And we couldn't have done it without your support



Digging in were Kathy Galvin, Charlottesville City Council; Ann Mallek, Albemarle County Board of Supervisors; Enid Krieger, The Center; Paul Jacob, The Center; Greg Menke, The Center; Dawn Heneberry, Chair, Campaign Committee; Judson Foster, Carter Bank & Trust; Mike Matthews, Owners Representative; Jeff Dreyfus, Bushman Dreyfus Architects; Matt Wood, Barton Malow; and Peter Thompson, The Center.

It's been a long road, but we picked up momentum over the past year and—seemingly all at once—the components necessary for The Center at Belvedere came together. This happened at the end of October, allowing us to schedule groundbreaking for November 16. But, November. So due to the uncertainties of November weather and rough terrain at the site, we arranged for most of the activity to take place at The Center's current location. We billed it as a groundbreaking event with a twist. Little did we know how twisted it would get!

The plan was for a hardy band of shovel-wielders to be at the Belvedere property briefly, while most people gathered at The Center. No one would miss a thing, though, with a very cool set-up to accommodate live streaming of the action from Belvedere to two huge screens at The Center. Then, while the shoveling party traveled the short distance to Hillsdale Drive for the rest of the celebration—remarks and refreshments—Tim Tessier of Bushman Dreyfus Architects would present a 3-D virtual tour of the new building.

Some wintry weather had moved through central Virginia and the Shenandoah Valley on Thursday, affecting electricity and traffic, but Friday dawned bright and sunny in Charlottesville. The traditional shovel ceremony at the building site was scheduled to start at 11:00, with opening remarks by

See GROUNDBREAKING on page 2

Weather (Un)Wise?

Take a look back at The Center's milestone special events and you might be struck by something. Lightning, perhaps. No! Kidding! What might actually strike you is the number of times these events have coincided with unfortunate atmospheric conditions. Take, for example, the day the University League (now the Junior League of Charlottesville) first opened the doors of the Senior Center (now The Center). It was February 14, 1960, and the small, rented space downtown was set up for a celebratory reception—white tablecloth, punch bowl, silver candelabra, the works. But a huge snowstorm had blanketed the town overnight and while a photo from archives shows a few determined people—"founding mothers" Betty Cauthen, Helen Towe, and Mickey Murphy among them—made it in, the crowd was wasn't quite what it might have been.

See WEATHER on page 12



### Hours

Monday: 8:30 AM–4:30 PM  
Tuesday: 8:30 AM–6:30 PM  
Wednesday: 8:30 AM–8:30 PM  
Thursday: 8:30 AM–6:30 PM  
Friday: 8:30 AM–4:30 PM  
Saturday: Closed  
Sunday: 1:00–5:00 PM

### Contact

491 Hillsdale Drive  
Charlottesville, VA 22901  
434.974.7756  
thecentercville.org

### ABOUT THE CENTER

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 by the University League (now Junior League of Charlottesville), the Center has been an independent 501(c)(3) charitable organization since 1963 and receives no federal, state, or local government funding for operations. *News From the Center* is a bi-monthly publication of The Center. Annual subscriptions are free for members.

### FIRST NATIONALLY ACCREDITED SENIOR CENTER IN VIRGINIA

### THE CENTER STAFF

LaMarké Chapman	Custodian/Event Facilitator
Jennifer Crews	Program Director
Emily Durbin Evans	Philanthropy Coordinator
Margaret Fitch	Program Coordinator
Kirstin Fritz	Philanthropy Director
Judy Gardner	Member & Guest Relations Coordinator
Linda Hahn	Travel Coordinator
Bridget Harrison	Marketing Assistant
Kimberly Haynes	Coordinator of Volunteer Resources
Scott Hilles	Finance Director
Lani Hoza	Program Coordinator
Zach Mayer	Facilities Coordinator
Virginia Peale	Marketing & Communications Director
Deborah Poage	Administrative Assistant
Peter Thompson	Executive Director

### BOARD OF DIRECTORS

Greg Menke	President
Jennifer King	Vice President
Dick Brownlee	Treasurer
Rene Bond	Secretary
Gordon Burris	Joe Krenn
Jonathan Davis	Joyce Turner Lewis
Rich DeMong	Larry Martin
Jean Foss	Steve Peters
Joe Gieck	Steve Shawley
Sean Greer	Christine Thalwitz
Hi Ewald	Bill Tucker
Robyn Jackson	Kurt Woerpel
Rob Jiranek	

## Meet Member Zohra Siddiqui



In her 77 years, Zohra Siddiqui has seen many changes.

Born in India when it was under British rule, Zohra was sent to a boarding school when she was just 4 or 5 years old so she could learn English. She remembers the 14th of August, 1947, very well, the day the Union Jack came down at the school and the tricolor flag of India went up. "I remember this because we were given a packet of sweets," Zohra recalls. Almost immediately her family moved to the newly created Pakistan, where Zohra boarded with an Anglo-Indian family to keep up her English and prepare for Karachi Grammar School and St. Joseph's College for Women. After graduation, she stayed in the same school system to teach and write, publishing several text books for children in the middle grades.

Zohra was not destined to remain in one place, however, because she married a naval officer. Their first foreign posting was to Saudi Arabia. Then, when her husband returned to the Pakistani navy, they moved back to Pakistan, where they were residing in 1971 when war broke out with Bangladesh. Their final posting was in

England, where Zohra stayed for three years before returning once more to Pakistan to teach and work as a principal of a boys' school. "I became a workaholic then," Zohra remembers, "and I had a heart attack." By the time it became clear Zohra needed to retire, her children were living in America, so, with encouragement from them, Zohra made what she expects will be her last move and came to the United States to live with her daughter and to help care for her grandson, who is now a junior in college. "That was the best time of my life," Zohra smiles. "He has brought us a lot of joy and pride. He loves everything about Charlottesville and America."

Asked about her own impressions of America, Zohra's answer is surprising: "Americans are very staid compared to the British. In England, I used to have to turn the faces of my children away so they wouldn't stare at people kissing in lines!" She also remembers being struck by the space she found here, by how large everything is, and how lovely the landscapes are. "I was enthralled by the beauty of this country," she says.

Zohra did find one thing troubling about America. "When I came here," she notes, "I watched with astonishment as little old ladies moved their own heavy things, lived alone, drove their own cars – this was unimaginable in my country. There, if you have children, you will be taken care of – there are very, very few homes for old people in Pakistan."

But Zohra was delighted to discover The Center, where she comes for exercise, knitting, and the chance to see friends. "And give lectures!" Zohra laughs. "I never stop being a school teacher." She also stays active with painting, embroidery, volunteer work, and writing letters to friends all over the world. "Older people should keep in touch with old friends, those who have known you since childhood, if they can," she recommends. "Email them, write letters by hand, and the older they are, the better. They are your connection with your youth. Otherwise, those memories can be lost."

What else might you not know about Zohra? Her maiden name means "child of a saint." She once worked for an advertising agency before deciding her heart was really in the classroom. And she is a self-proclaimed technophobe. "I find it hard to deal with iPhones, iPads, things like that. I only watch Netflix when my daughter comes home to show me how it works!" ■

### GROUNDBREAKING

Greg Menke, president of The Center's Board of Directors. The site looked great, with some heavy equipment from Barton Malow, a banner and balloons to mark the spot, and hard hats and golden shovels at the ready. It almost went off without a hitch.

Despite the sunshine, road closures due to storm damage from the previous day caused traffic snarls that prevented Sally and Joe Gieck, two of our most dedicated supporters, from digging in with the rest of the shovelers at Belvedere. And about two seconds before Greg started speaking, we got word from back at The Center that the power had gone out\*. No lights. No live streaming. No 3-D virtual tour.

But who needs bells and whistles? It's heart that makes The Center what it is, and everyone's heart was in the right place to carry on with good cheer. Despite the dark, remarks by Rene Bond, Board of Directors; Albemarle County Supervisors Ann Mallek and Ned Gallaway; Charlottesville City Councilors Kathy Galvin; and Executive Director Peter Thompson conveyed the significance and happiness of the occasion. And there was food, a bright spot at any affair!

In the meantime, site work has begun in earnest. Stay tuned for the forecast.

*\* According to Dominion Energy, a major transmission line over the Blue Ridge Mountains failed due to ice-covered trees laying atop power lines. Around 16,000 Dominion customers lost electricity, but crews worked to reroute and restore power ... right after the party ended.*





# MEMBERSHIP

Judy Gardner, *Member & Guest Relations Coordinator*  
judy@thecentercville.org

Membership is open to anyone age 50 and better. Annual membership is \$135 per person or \$249 for a household of two. The Mary P. Reese Scholarship Fund makes scholarships available for anyone who cannot afford membership dues; please contact Judy for information.

## WELCOME NEW MEMBERS!

Cheri Acker  
Charles Ancona  
Becky Bartness  
Roseanne Bloom  
Barbara Ann Boyce  
Pamela Brezinski  
Bobbie Brown  
Lucy Burnette  
Alice Collier  
Rodney Collier  
Jane DeSimone Dittmar  
Patricia Doorley  
Sue Eaton  
Rosemary Eyre-Brook  
Ronald P. Forino  
Charles Gross  
Marian Gross  
Christine Gutzler  
Norman Gutzler  
Martha Hamill  
Joan Hamilton  
Nancy Handley  
Odell W. Hearn  
Carol Hood  
Mary Hostetter  
Alan Julliard  
Linda Julliard

Glenn E. King  
Linda Miller  
Linda Moore  
Janet Moran  
Helen Ida Moyer  
Barbara Poleschner  
Ann Regn  
Judy W. Rodgers  
Betty Scholl  
Elizabeth Snead  
Michael Solatka  
Dorothy Tavenner  
Judith Thompson Garland  
Susan Usher-Jones  
Cynthia Wolanski  
Richard Ziminski

### WELCOME BACK!

Lawrence Blackburn  
Kathy Cabot  
Patricia Egbert  
Lauren Fleischmann  
Ramonde Gardner  
Nathaniel Garland  
Joel C. Underwood  
Roberta Williams  
Bonnie Wyneken

*If you joined or re-joined between October 1 and November 30, 2018, and were not recognized here, please contact Judy.*

## TRY IT OUT TUESDAY!

### New & Prospective Member Orientation

**COME TUESDAY, JANUARY 8, NOON  
OR TUESDAY, FEBRUARY 5, NOON**

Have you recently joined The Center? Are you considering joining but want to learn more? Then come to our next Try It Out Tuesday for a light lunch and a brief presentation about The Center, along with a chance to meet staff, program leaders, and other new members.

Thank you to [The Colonnades](#) for its support of Try It Out Tuesday.

### Give Your Valentine the Gift of Healthy Aging!

Skip the flowers and chocolate this year and give your sweetheart the chance to see what The Center has to offer. Gift certificates are available for membership, programs, and travel. Purchase yours at the Welcome Desk or online.



### Do you know that The Center offers scholarships?

Are you interested in taking advantage of the more than 100 programs and activities offered at The Center each week but worried about the cost? Thanks to the gifts of generous donors, The Center offers no-questions-asked scholarships through the Mary P. Reese Scholarship Fund. These scholarships cover membership dues and program fees. For more information, contact Judy Gardner at 434.974.7756 or via email. Would you like to help someone for whom membership dues or program fees might be a barrier to participation? Donate to our scholarship fund!

## Members: A Gift Just for You!

Refer a friend who joins the Center and get an extra month of membership.



## SENIOR COUNCIL

In November we broke ground on The Center at Belvedere. In December we achieved our fourth national accreditation. What makes these amazing things possible? Effective organization and leadership, a generous community of donors and supporters, and willing and able volunteers. Excellence is achieved because we all work together to promote the mission of The Center.

Along with a multi-talented staff, a skilled and dedicated board, and a diverse, enthusiastic, and loyal community of people who enjoy coming together to have fun and to age healthily, the Council plays an important role in the successful operation of The Center.

### What does the Council of Group Leaders DO?

The Council's mission is to communicate the policies, plans, and decisions of the Board of Directors to the membership and the concerns of the membership to the Board of Directors; inform the membership about activities and events of all groups/ programs at The Center; and act as advisory council to Center staff and the Board of Directors on programming and other issues.

Each Center program or group is represented by a leader who is asked to attend monthly Council meetings, which are also open to all members. Along with regular business, a typical Council meeting will include presentations or updates from members of staff, the Board, and/or the community.

Council representatives discuss what's happening, offer input on proposed actions, provide information about their groups, and convey feedback from members. The Center's Board and staff often ask for recommendations or suggestions from Council. The main purpose of Council is to facilitate communication between the board, the staff, and Center members in all directions.

### You are Invited to Council Meetings

Center members are welcome to attend our next meeting on Monday, January 7, at 1:00 pm, in the Board Room. In addition to agenda items specific to the month, you'll learn more about the many programs and possibilities available at or through The Center. Can't make the meeting? Minutes are posted on the member bulletin board in the Center's main hall. —Jean Foss, Council President



### Keep That New Year's Resolution!

Admit it, every year you resolve to live a healthier lifestyle. You promise yourself to exercise more and get away from your couch and TV. You tell yourself you will turn off those screens and spend more time with your friends. You resolve to keep your brain active and vow to learn Spanish or return to your saxophone. And every year you see your good intentions languish before January ends.

Make this year different! At The Center you can find fun ways to exercise in programs designed to meet you where you are, whether that's ready for a vigorous hike or more inclined to try Chair Yoga. You can find new friends interested in traveling to places you have always wanted to see. You can join one of three bands or rehearse with the Still Sharp Singers. And you can explore the more than 100 programs every week guaranteed to keep your body and brain vigorous. So, if you are not a member, join today!

If you are a member, don't forget you can renew your membership at any time for another year. Contact Judy Gardner, Guest & Member Relations Coordinator, at judy@thecentercville.org or 434-974-7756 for more information.



# VOLUNTEERING

**Kimberly Haynes, Coordinator of Volunteer Resources • [kimberly@thecentercville.org](mailto:kimberly@thecentercville.org)**

Hundreds of members volunteer at the Center and at other community nonprofits. We can help you find the perfect volunteer position to suit your interests, talents, and skills. Contact Kimberly to learn more, or visit the volunteer section of our website. You don't have to be a member to volunteer!

## Volunteer Spotlight: *Robyn Jackson*

**W**ant to get important projects successfully spearheaded? Ask a busy person for help!

Robyn Jackson, for example. She has always helped her community with her valuable expertise and energy.

A native Virginian, Robyn—along with her husband Brian and their three sons (ages 23, 19, and 14)—are proud that Charlottesville is their home. Her many accomplishments are shining examples of how one person can make a positive difference in the community.

Robyn, who earned her undergraduate and graduate degrees at the University of Virginia, is a former French teacher and school counselor with 20 years of experience teaching children and adults. During part of that time she also managed a grant for high-risk counseling and mediation for Charlottesville City Schools.

For the past ten years Robyn has devoted her energy to The Civility School, an organization she founded to teach social skills and professional etiquette to students of all ages. Its mission is teaching respect for the comfort and convenience of others, with an emphasis on courtesy and empathy—both much needed in an era where increasing incivility is negatively impact

everything from personal relations to politics to business success. The Civility School also runs the Jefferson Cotillion, which is celebrating its 40th birthday this year.

Robyn's community service has included volunteer work for both of Charlottesville's hospitals. She chaired the Children's Ball, an important fundraiser for the Neonatal Intensive Care Unit at UVA Hospital before it found its permanent home at The Children's Hospital. She has also spent several years on The Women's Committee of Sentara Martha Jefferson Hospital and chaired Martha's Market, a yearly fundraiser for women's health care. Robyn is also proud of her accomplishments with the Charlottesville-Albemarle SPCA's Critter Ball and its dog show, where one of her three rescue dogs, a bassett hound named Red Bean, received a coveted award.

Robyn's concern about her own parents' health and decreasing social life led to her interest in The Center and her position on its Board of Directors. She is currently chair of the committee responsible for the 2019 Grand Gala, an annual Center fundraiser slated for March 16 at the Charlottesville Omni Hotel. (See our cover story for more information about what Robyn and her committee have planned, as well as details about sponsorship and its benefits.)



Thank you, Robyn, for your generous work in support of our community—we are proud to have you here at The Center! ■

### Martin Luther King Day is January 21

With "Make it a day ON ... Not a day off!" as its call to action, this commemoration is designed to keep Dr. King's legacy of service to others alive in communities across the United States. The day of service is his nationally-recognized birthday holiday.

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### Thank you, volunteers, for teamwork in a successful Holiday Yard Sale!

Endless thanks to volunteers and staff for the great effort put forth at our November yard sale. We simply could not hold these events without you, much less count on the proceeds to contribute to The Center's operating budget that supports our 100+ programs.

## Volunteers Needed!

*If you are interested in volunteering for any of the positions below, please contact Kimberly Haynes, Coordinator of Volunteer Resources, at 434.974.7756 or [kimberly@TheCenterCville.org](mailto:kimberly@TheCenterCville.org).*

### AT THE CENTER

#### ALL THINGS DIGITAL PROGRAM LEADER

**Are you a digital leader?** The Center is seeking a volunteer to put together monthly programs for older adults. This leader must keep up with emerging trends and innovations, have a passion for technology, and be willing to present or find a presenter on a specific digital topic each month.

#### ROSE GARDEN VOLUNTEERS

Volunteers make the garden bloom! The garden exists largely because of volunteers who care for it on a seasonal basis. This rose garden is a cooperative project between The Center and Piedmont Master Gardeners. It's a demonstration garden, and Master Gardeners work with center members and others in the community to maintain it from March through November for teaching all aspects of rose care. While some gardeners specialize, most do it all, working with a range of botanicals and planting from seeds, seedlings, grafts, or bulbs. And though it can be as physically demanding as you want it to be—digging, planting, weeding, watering, fertilizing, deadheading, pruning, winterizing—there is a role for everyone. A gardener's work is never done—please contact us if you would like to volunteer with our rose garden crew.

### IN THE COMMUNITY

#### LITERACY VOLUNTEERS

Compassionate and enthusiastic volunteers are needed to tutor adults in reading, writing, or speaking English. Literacy students come from a variety of backgrounds and are hoping to acquire the skills they need to independently pursue life goals, support their families, and contribute to their communities. No teaching experience is necessary—just a desire to help an adult in our community achieve his or her goals—but training is required. Register now for the upcoming Tutor Training on January 26.

#### READYKIDS PLAY PARTNERS



ReadyKids is searching for "play partners" to teach preschool-aged kids early literacy skills. Child care providers and volunteers work together, as a two-person teams, on this program that runs from October to May. Sessions are one hour long, scheduled between 9:00 and 11:00 am on Tuesday, Wednesday, and Thursday mornings. Supplies and training are provided. Encourage a child to listen actively, follow instructions, and use these skills throughout their lives.



# PROGRAMS

**Lani Hoza** • lani@thecentercville.org | **Margaret Fitch** • margaret@thecentercville.org

Many, but by no means all, of our recurring programs are listed below. See the calendar insert for a complete schedule and our website for program descriptions. Programs listed as “free and open to the community” are open to all. Guests are welcome to sample fee-based programs one time for free. Don’t see a program you’d like? Ask about starting one!

## SPECIAL EVENTS

### DMV CONNECT ONSITE AT THE CENTER

Open to those 50 and better in the community

Monday, January 28, 10:00 am–3:00 pm

DMV Connect will be at The Center and will be available to provide the following services to our senior community: Driver’s licenses and ID cards, titles and registrations, driver transcripts, disabled parking placards or plates, address changes, E-ZPass transponders and hunting and fishing licenses. No appointments; first come, first served. DMV’s newest outreach program brings service to you! **DMV Connect teams conduct all DMV transactions except vital records and testing.**

### CELEBRATE THE CENTER’S 59TH BIRTHDAY!

Free and open to the community

Wednesday, February 13, 12:00 noon

Celebrate The Center’s birthday a day early with cake, punch, and ice cream. If you have pictures from The Center’s younger days, we invite you to bring them to share.

### THE HAMNER THEATRE PRESENTS... ABOUT THE *CHEKOV UNBOUND* PROJECT

Free and open to the community

Sunday, February 24, 2:00–3:00 pm

The *Chekov Unbound* project is an original adaptation of Russian playwright Anton Chekov’s play, *Three Sisters*. This adaptation is presented by UVA playwriting professor and playwright Doug Grissom with an ensemble of 12 older actors, a director, and dramaturg. The play strives to reflect the community we live in and homes in on the universal themes of Chekov’s play: unrequited love, the yearning for something else, and the poignancy of opportunities missed. There will be a time of discussion with the actors and director following the performance.

## SPECIAL PROGRAMS

### ROBUST AGING TOOLBOX

Free and open to the community

Tuesdays in January and February  
10:00–11:30 am at Ivy Creek (Indoors)

In this series Dan Kulund shows you tools for robust aging and how to use them. Each tool is a physical activity or mental skill to keep you healthy, vigorous, and strong as you grow older. Choose the right ones for aging, walking, working, playing, falling, and thinking. You are welcome to attend any or all of the sessions. Tools provided. Dr. Kulund served as the United States Air Force Chief of Health Promotion. Location is Education Building at Ivy Creek, 1780 Earlysville Road.

January 8 - Tools for aging  
January 15 - Tools for walking  
January 22 - Tools for working  
February 29- Tools for playing  
February 5 - Tools for falling  
February 12 -Tools for thinking  
February 19 - Tools for aging  
February 26 - Tools for walking

### A TOUCH OF SAGE-ING

Free and open to the community

Tuesday, January 15, 1:00–2:00 pm  
(encore presentation from October 30)

Sage-ing is looking at life in a new way as we grow older, a practice that involves sharing the wisdom of our lives, transmitting that wisdom as a legacy to future generations, and giving back through service. Join educator Lynn Moore, PhD, for this informative session. Lynn is a certified Sage-ing leader.

### BALANCED EXERCISE FOR “SEASONED ADULTS”

Free and open to the community

Tuesday, January 22, 10:30–11:30 am

Dr. Greg Pudhorodsky is a local retired rheumatologist who has transitioned careers to become a personal fitness trainer. He knows that it’s never too late to start exercising! Join him as he discusses and demonstrates exercises that are ideal for the seasoned adult.

## NEW PROGRAMS

### ENJOYING SHORT STORIES

Free to members but first time guests welcome!

Fridays, beginning Jan. 11, 2:15–4:15 pm

If you enjoy robust literature written by a variety of authors but only have a little extra time to read each week, this may be the program for you. The agenda for the first meeting will be a discussion of Isaac Asimov’s “The Fun They Had” (copies available at the meeting) as well as conversation to determine the next selections to tackle.

### SHEEPSHEAD

Free and open to the community

Thursdays, 12:00–2:00 pm

Come play or learn to play Sheepshead (or “Schafkopf”), a trick-taking card game (like bridge or spades) that originated in Germany in the late 18th century and continues to be very popular in Wisconsin and other midwestern United States. Anyone, including beginners, with an interest in card-playing welcome.

### ALL ABOUT THE BEADS

Open to the community

1st & 3rd Tuesdays beginning February 5,  
10:00 am–12:00 pm

Join instructor Bobbi Hughes as she walks you through various jewelry-making techniques. All classes are à la carte: take only one or as many as you like! Some sessions will include open studio time for you to finish projects, swap beads with classmates, or just enjoy the company of fellow beading enthusiasts while you look for future projects! Materials are included. Class size is limited, so please register at the Welcome Desk or online.

**Feb. 5**–Learn to make a multi-strand beaded necklace with a clasp. Members \$15, Guests \$20

**Feb. 19**–Learn how to make a teardrop-bead statement necklace with clasp. Members: \$10, Guests \$15

## LIFELONG LEARNING



### BOOK DISCUSSION GROUP

Free for members but first time guests welcome!

First Wednesday of each month,  
11:00 am–12:00 pm

This enthusiastic group meets monthly to discuss predominantly contemporary works of fiction and nonfiction. Participants make suggestions, the group selects the books, and everyone enjoys sharing their impressions of the month’s selection. Join in the discussion!

**January 2** - *Commonwealth* by Ann Patchett

**February 6** - *White Dog Fell from the Sky*  
by Eleanor Morse

### MONEY AND YOU WITH JORGEN VIK

Free and open to the community

Tuesday, January 8, 10:00–11:30 am

Predicting the next year is notoriously difficult. What about the next decade? A discussion on what factors may impact the longer run, and how to look past near-term predictions.

Tuesday, February 12, 10:00–11:30 am

Can money buy happiness? We often hear how money can’t buy happiness, but is this entirely true? A discussion on the connection between money and happiness.

### ABSTRACT ART CLASS

Open to the community

Tuesdays, January 8–February 26  
(8 sessions), 1:00–3:00 pm

This 8-week course is built on the elements and principles of design and evaluation of various abstract techniques. Guidance will be offered for students to find pleasing and unique solutions when abstracting from direct observation. Students will need drawing paper of at least 80# weight, pencil, eraser, and colored pencils. Class is limited to 12 participants. Members \$75, Guests \$85

### RELIGION, SCIENCE, AND SPIRITUALITY

Free and open to the community

Friday, January 11, 10:00–11:30 am

**The Blue Zones** –10 years ago, Dan Buettner of National Geographic searched the world

for places where people stay actively healthy longer, and are happiest. His findings have become a national phenomenon. Though his focus is secular, it echoes what the Bible and sacred literature say about sin and virtue. Is religion just a blueprint for being fully human? And by denying ultimate reality do we make ourselves less than fully human?

Friday, February 8, 10:00–11:30 am

**Why We Fight: Is War a Force that Gives Life Meaning?** Protests against governmental policies cause escalating street violence. Refugees flee as their leaders glorify and escalate war. Violence and war have been around since Biblical times, and in many eras violence was glorified for its own sake. Can religion cure us of violence or is violence an addictive drug we will never break free of?

**ELDERLAW WITH DORIS GELBMAN**

Free and open to the community

Tuesday, Jan. 15, 10:00 am-11:30 am

**Veterans' Benefits** – There are many benefits from the Veterans Administration that folks just don't know about. As we grow older, available and reduced rate health related services are a godsend and we should look at those available to us from the Veterans Administration. Come and find out about some very beneficial opportunities.

Tuesday, February 19, 10:00–11:30 am

In this session, explore Advanced Medical Directives, Do Not Resuscitate Orders (DNR), and Physicians Orders for Life Sustaining Treatment (POLST). What are they and what are the differences? We'll also discuss hospice and how it works. And finally, we'll spend some time talking about funeral planning. Don't be scared! It's going to be fun, even if it's cold, dark, icy February!

**BRACELETS, A NECKLACE, AND BEADS – OH, MY!**

Open to the community

Tuesday, January 15, 10:00 am–12:00 pm

Bobbi Hughes will continue her popular “make it, take it” jewelry beading sessions by teaching you how to attach a clasp to a necklace or bracelet. You'll leave the class with your own fashionable accessory! Materials are included. Class size is limited; please register at the Welcome Desk or online. Members \$10, Guests \$15

**CREATING A BIRD-FRIENDLY ENVIRONMENT AT HOME**

Free and open to the community

Thursday, January 17, 10:00–11:00 am  
(An encore of the October 25 presentation)

Let Scott Karr, owner of Wild Birds Unlimited, introduce you to the entertaining world of backyard birding. Learn how to identify and attract native and migratory birds to your yard with appropriate food and shelter. Also learn tips for how to deal with bird-feeding challenges like squirrels!

Thursday, Feb. 21, 10:00–11:00 am  
(An encore of the December 13 presentation)

Join Scott Karr, owner of Wild Birds Unlimited, as he continues to discuss the fun of backyard birding. Learn how to help our feathered-friends survive the cold and stay healthy during the frosty winter months.

**WRITING FOR PLEASURE COFFEE HOUSE**

Friday, January 25, 12:00–2:00 pm

Friday, February 22, 12:00–2:00 pm

**PHYSICAL WELLBEING**



**HEARING HEALTH WITH DR. KRISTIN KOCH**

Free and open to the community

Wed., January 16, 10:00–11:00 am

**Improve Your Balance And Prevent Falls** – It's a startling fact that falls are the leading cause of injuries in older adults. You may not realize that part of your balance system is in your ears. Join Dr. Kristin Koch, owner/audiologist at Evolution Hearing, for simple exercises and tips that can help anyone who is worried about falling and their balance!

Wed., February 20, 10:00–11:00 am

**Comparing Apples To Oranges In Hearing Aids** – The hearing aid world is a confusing one. Top of the line, middle level technology, \$7,000, \$595 ... how do you know what to do? Join Dr. Kristin Koch, owner/audiologist at Evolution Hearing, to educate yourself about the hearing aids that are available now, how much you need or should spend, what you get for your money, and why it matters to you and your hearing.

**CARING FOR YOUR WELL-BEING SERIES**

**SPONSORED BY CARING TRANSITIONS**

Free and open to the community

Tuesday, Jan. 22, 11:00 am–12:00 pm

**Valentine's for a Stranger: Card-making fun for Hospice of the Piedmont** – Loneliness and isolation are some of the hardest parts of life as we get older. Join us to make homemade cards, with simple words of kindness and encouragement, that will make a big difference and give someone a lift on Valentine's Day! We will provide all the crafting materials (unless you have some to donate!)—just bring your creativity and compassion!

*About Hospice of the Piedmont: The non-profit Hospice of the Piedmont is the region's oldest and most experienced hospice. Dedicated to delivering the most comforting end-of-life experience possible, it has shared the journey with patients in Albemarle, Augusta, Buckingham, Culpeper, Fauquier, Fluvanna, Greene, Louisa, Madison, Nelson, Orange, and Rappahannock.*

Will not meet in February.

**STAYING HEALTHY WITH SPECTRUM PHYSICAL THERAPY**

Free and open to the community

Tuesday, January 29, 10:00–11:00 am

“What you Need to Know about Osteoporosis” - Rebecca Schock, Director at Spectrum Physical Therapy, will give an overview about the condition, including the differences between osteopenia and osteoporosis, testing results, activities to avoid, and basic exercises that may help to prevent or treat the disease.

Tuesday, February 26, 10:00–11:00 am

Darcy Higgins, regional director of Spectrum Physical Therapy, will discuss the importance of having a strong “core” to enhance stability. Come learn what the core is, why it is important to your health and well-being, and then participate in some stability exercises.

**COOKING DEMO WITH THE UVA DIETETIC INTERNS**

Free for members

Wednesday, February 6, 5:00–6:00 pm

Join the UVA dietetic interns and find out how to prepare some healthy dishes. And you'll get to sample them. Space is limited; please register online or at the Welcome Desk.

**BEMOVED®**

Open to the community

Wednesdays, 9:30–10:30 am

BeMoved® is a dance-fitness experience, designed by Sherry Zunker a well-known choreographer, a professional with over 30 years of training. Classes begin with easy to follow movements that integrate the upper and lower body. The warm up flows into dance styles inspired by a wide variety of dance genres such as Rat Pack, Bollywood, Disco, Gospel, Pop and Latin. BeMoved® is designed to inspire participants to experience dance as a means to health, joy, and fulfillment. Members \$20 per month, Guests \$30 per month.

**AGELESS GRACE**

Open to the community

Mondays, 1:15-2:15 pm;

Wednesdays, 2:30-3:30 pm

A new and fun way to move that includes a chair (seated dancing—standing is optional)! great music from 40s big bands to today's music, creativity, and a sense of humor! A mind-body program designed by fitness specialists to stimulate the whole body-head to toe- as you listen, recall, move, and sing along with hit tunes, promoting a sense of well-being and joy.

**SOCIAL/RECREATIONAL**

**KINGFISHERS FISHING CLUB**

Free for members but first time guests welcome!

Wed., January 2, 9:30–11:00 am

The Kingfishers will elect new officers and plan programs and outing targets for the year.

Wed., February 6, 9:30–11:00 am

Join us for a presentation on winter and early spring bass fishing.

**WINE CLUB**

In January and February, The Center's Wine Club will meet at lunch time at a restaurant yet to be determined. We avoid the early darkness of winter as well as the melting of the winter

**"We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths." —WALT DISNEY**

freeze. Any Center member who would like to enjoy a meal with a pairing of wine(s) and learn more about wine and food, join us. Please call Jean Foss at 434.973.3709 for more information, to register, and to get on our email list so that you will receive information about our monthly events. Cost varies.

CANASTA

Free for members

Wednesdays, 11:30 am–3:30 pm

Our game is Canasta Essentials, consisting of five decks of cards, similar to “Hand and Foot Canasta”. We are a friendly and sociable group and all look forward to this weekly good time. New members are always welcome—you do not need a partner—and we’re happy to teach anyone who wants to learn. We can play with 2, 3, 4, or 6 players.

JANUARY LUNCHEON

Open to the community

Wednesday, January 16, 11:30 am

Deadline to register is noon on Friday, January 11

Menu is TBA. Members \$15, Guests \$16. Sign up online or at the Welcome Desk.

FEBRUARY LUNCHEON

Open to the community

Wednesday, February 20, 11:30 am

Deadline to register is noon on Friday, February 15

Menu is TBA. Members \$15; guests \$16. Sign up online or at the Welcome Desk.

PING PONG!

Free for members

Wednesdays, 3:00–5:00 pm

Join your fellow members for a fun game of ping pong. It doesn’t matter your skill level, just stop by anytime during the 2 hours. It’s fun exercise!

SUPPORT GROUPS

ESSENTIAL TREMOR SUPPORT GROUP (meets 2nd Thursdays)

Free and open to the community

Thursday, January 10, 4:00–5:00 pm

Topic TBA

Thursday, February 14, 4:00–5:00 pm

Topic TBA

AA - GROWTH & RECOVERY

Free and open to the community

Thursdays, 10:00–11:00 am

Open meeting.

BEREAVEMENT SUPPORT GROUP

Free and open to the community

Fridays, 3:00–4:30 pm

Facilitated by Hospice of the Piedmont-trained counselors, the group offers opportunities to discuss grief topics, learn healthy ways of coping, and share support with others going through similar experiences.

SUPPORT GROUP FOR CAREGIVERS OF PARKINSON’S PATIENTS

Free and open to the community

1st Thursday of every month, 10:45–11:45 am

Open to anyone who cares for someone with Parkinson’s Disease.

LOW VISION SUPPORT GROUP

Free and open to the community

1th Wednesday of every month, 10:00–11:00 am

Adults who are visually impaired are invited and encouraged to attend this monthly meeting. In an informal setting, you will be able to share experiences and ideas. Find out about services and equipment available to you in the community. Suzanne Burch, MEd. with Vision Solutions is the facilitator.

WE REMEMBER

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

- Maxine J. Baird
- Virginia Burins
- Rosanne Casey
- Lillian Epstein
- Albert Falcone
- Max Gentry
- Sarah P. Hendley
- Paul A. Kasparson
- Margaret W. Lohr
- Jean Romenesko
- Woods P. Stringfellow
- Marie Thacker
- Mary Lee Vickery
- Regina W. Wright

CARING FAMILY DENTISTRY IN BELVEDERE STATION



Welcome Belvedere neighbors!

Come visit our state-of-the-art office conveniently located at 914 Belvedere Way.

Family Dentistry serving the Charlottesville area since the 1950s!

Stephen Fraites, D.D.S.

Call our office for an appointment  
(434) 293-4053 | www.fraitesdental.com



Currently Seeing Patients  
Ages 2–101 (and Counting!)

Welcome Home



Ranked “Highest in Customer Satisfaction Among Senior Living Communities” by J.D. Power.

At The Colonnades, we believe life’s best experiences are yet to come. From art class to yoga, we provide a full schedule of activities, along with a maintenance-free lifestyle, so you can spend each day doing what you love.

Call us at 434-333-7170 or visit ColonnadesSeniorLiving.com to schedule a tour.



THE COLONNADES  
MONOGRAM COLLECTION BY SUNRISE

Sponsored by Foundations of the University of Virginia

© 2018 Sunrise Senior Living  
Sunrise Senior Living received the highest numerical score in the J.D. Power 2018 Senior Living Satisfaction Study, based on 2,539 total responses among 7 senior living communities measuring experiences and perceptions of residents/family members/friends, surveyed October–December 2017. Your experiences may vary. Award applicable to United States only. Visit jdpower.com.



# PHILANTHROPY

Kirstin Fritz, *Philanthropy Director* • [kirstin@thecentercville.org](mailto:kirstin@thecentercville.org)

The Center receives no government funding for its day-to-day operations. Donations from philanthropic individuals and community partners fund more than 60% of the programs and resources The Center offers each year. Thank you for your incredible generosity. Below please find a few of the ways you can invest in healthy aging in our community.

## Thank You for Your Generosity!

Thank you to everyone who contributed to the 2018 Annual Giving Campaign! As you know, The Center receives no government funds for its operations and donations provide more than 60% of the funds needed to run The Center.

So, your support matters – in fact, it’s essential!

When you support The Center ...

- You keep the doors open, your favorite programs running, and your friends thriving.
- You keep membership dues and program fees as low as possible.
- You improve the lives of the thousands of people who use The Center each year, which increases the overall health of our community.

### 2018 Annual Giving Campaign Update

Your newsletter went to the printer on December 1, 2018. At that time, generous donors like you had given a total of \$103,002 toward the \$240,000 that The Center needs by December 31, 2018. If

you have yet to make a tax-deductible gift—or could make another gift—please give now to help fund the \$121,998 The Center needs to flourish in the New Year.

### 2018 Member Challenge Update

Thank you to all The Center’s generous and supportive participants! In 2018, 34% of members were so committed to The Center that they also make philanthropic donations! 50 members made donations for the first time!

There’s still time! If you haven’t given yet, donate today to answer the Member Challenge. Thank you for all the ways you give back to The Center throughout the year.

### To Give Today

You can make your gift by mail using the enclosed return envelope, drop it off at The Center’s Welcome Desk, or donate online at [thecentercville.org/give18](http://thecentercville.org/give18). To give over the phone, contact philanthropy coordinator Emily Evans at 434.974.7756. ■

## Destination Staycation

Grand Gala 2019: HOMETOWN Charlottesville

# SAVE THE DATE!

**GRAND GALA 2019: *Hometown Charlottesville***  
**SATURDAY, MARCH 16, 2019**  
*at the Omni Hotel Charlottesville*

All proceeds benefit healthy aging opportunities at The Center.  
Many thanks to presenting sponsor Virginia National Bank.

To become a sponsor, contact Kirstin Fritz at [Kirstin@TheCenterCville.org](mailto:Kirstin@TheCenterCville.org) or at 434.974.7756.

The Grand Gala has always had a “destination” theme. Travel makes for a great party and ties into The Center’s popular travel program. It also exemplifies The Center’s mission of helping all adults, particularly those with the most life experience, stay on the journey of exploration.

As we build our new center—still right here in Charlottesville—we wanted to honor this beautiful place that we call home. So, this gala will have more of a “staycation” feel as we celebrate Charlottesville, our HOMETOWN.

Join us at the Omni Hotel Charlottesville on March 16! Come taste some hometown favorites, peruse the local artists and shops featured in the silent auction, and dance the night away to the swinging sounds of Big Ray and The Kool – all while raising funds to benefit The Center’s programs and operations.

Here’s how you can join the fun.

- **Shout out a friend.** Placing an ad in the Gala’s program is a great way to acknowledge a friend or honor your favorite senior. Contact Emily Evans for more information.
- **Purchase a ticket.** A limited number of individual tickets, \$200 per person, go on sale in January 2019.
- **Sponsor a table.** Sponsorships start at \$2,500 and include a table for 10 and public recognition. Plus, they significantly benefit The Center! Contact Kirstin Fritz to learn more.
- **Volunteer.** An event of this size is only possible thanks to the helping hands of many volunteers. There are volunteer jobs before, during, and after the Gala. Contact Kimberly Haynes if you’d like to help.

## SUPPORT THE CENTER ALL YEAR LONG!

The Sustainers Circle is a special group of donors who sustain The Center year-round by committing to give each month.

Giving monthly is an easy way for you to support the healthy aging programs that benefit so many older adults and lets you spread an annual donation over the course of a year for easy budgeting. Each month, your gift will be automatically charged to your credit or debit card. You can change or cancel at any time.

Members of the Sustainers Circle Receive:

- Invitations to roundtable discussions and other special events
- Special recognition in The Center’s annual report
- Yearly tax statement summarizing annual giving

### Are you interested in joining the Sustainers Circle?

Go to [thecentercville.org/sustainers-circle](http://thecentercville.org/sustainers-circle) to make a recurring donation. To talk to someone about joining, contact philanthropy coordinator Emily Evans at 434.974.7756 or [emily@thecentercville.org](mailto:emily@thecentercville.org).

## Many Thanks to the 2018 Sustainers Circle!

Col. William Adams	Beverley Jacobs
William A. Baker	Russell M. Lafferty
Betty L. Bollendorf	Jane Lawton
Norma Chadwick	William & Margaret Marley
Pat C. Cook*	Bill McDermott
Elizabeth Crane	Dorothy Monty
Larry & Vicky Eicher	Marjorie C. Ratcliffe
Nancy Fischer	Peggy Slez
Kirstin M. Fritz	Hedy R. Southard
Glen Henderson	Peter M. Thompson
Julie Horne	Mildred & Robert Westbrook
Paul Jacob	

### NEW! Add-on VIP Tickets

This year when individual tickets go on sale in January, you can choose to upgrade your ticket to enjoy a VIP experience. Sponsors can upgrade their table, so all their guests can join in! The VIP experience includes:

- ✓ VIP Pre-Party featuring Red & The Romantics (No crowds! Early parking!)
- ✓ VIP Bar (Faster service!)
- ✓ VIP Check-in (Shorter line!)
- ✓ VIP Check-out (Less wait!)

\$50 per VIP Ticket OR \$500 per VIP Table

Only a limited number of Add-on VIP Tickets & Tables are available on a first come, first served basis. Get yours while you can!



# TRAVEL

Linda Hahn, *Travel Coordinator* • linda@thecentercville.org

Travel Office Direct Line: 434.974.6538 / Hours: Monday–Friday 9:30 am–2:30 pm

**All trips are open to the public;** guests pay an additional \$10 for day trips and an additional \$25 for getaways. For details and pricing not shown below, please call the travel office, visit the travel section of our website, or email Linda.

## DAY TRIPS



### WASHINGTON ON YOUR OWN

Wednesday, January 23

Join us as we travel to our nation's capital for another "WOYO" day trip. Travelers will be dropped off and picked up in front of the West Wing of The National Gallery of Art. Enjoy the many intriguing galleries and exhibits of the Smithsonian or other nearby museums. Lunch is on your own. *Members \$63; Guests \$73*

### ROBERT RUSSA MOTON MUSEUM IN FARMVILLE

Wednesday, February 6

Robert Russa Moton High School, now a National Historic Landmark and museum, is the student birthplace of America's Civil Rights Revolution. In 1951, Barbara Johns, a 16-year-old student at Moton High School walked out of class to protest the conditions at the school compared to nearby Farmville High School. The strike helped spark the desegregation movement in America which led to the famous Brown vs. Board of Education. Lunch is on your own. *Members \$49; Guests \$59*

### THE BOOK OF MORMON AT THE LANDMARK THEATRE

Sunday, March 31

It's an easy trip to Richmond to see what The New York Times calls "The best musical of the century." This outrageous musical comedy follows the misadventures of a mismatched pair of missionaries sent halfway across the world to spread the good word. Lunch is on your own. *Members \$142; Guests \$152*

### THE COLOR PURPLE AT RIVERSIDE CENTER FOR THE PERFORMING ARTS

Wednesday, April 10

From Alice Walker's Pulitzer Prize-winning bestseller and Steven Spielberg's Oscar-nominated film comes a stage musical with a fresh, joyous score of jazz, ragtime, gospel, and blues. This stirring family chronicle follows the inspirational Celie as she journeys from childhood through joy and despair, anguish and hope, to discover the power of love and life. Lunch is included. *Members \$108, Guests \$118*

## CLASSES & PRESENTATIONS

### ICELAND PRESENTATION

Free and open to the community

Thursday, February 14, 10:00–11:00 am

Bjorn Ruriksson and Pete Cross have led tours through Iceland for many years. Join them as they share stories and photos of their travels through the Land of Fire and Ice. Stay tuned for details about an upcoming trip!

### ALBEMARLE'S EARLY DAYS – A 6-WEEK LECTURE SERIES FEATURING TOP HISTORIANS

Open to the community

Tuesdays, March 12–April 16  
4:00–5:00 pm

Perfect for both history buffs and recent transplants, "Albemarle's Early Days" covers the period up to the Revolutionary War. Topics cover "The Land & Its First People" (the area's many riches and its original inhabitants); "The Founding of Big Albemarle" (the county's formation and the establishment of towns); "Enslavement & the Land" (covering both white indentured servants and the enslaved African American community); "Agriculture in Early Albemarle" (the crops that ensured the county's prosperity); "Jefferson's Early Years" (the boyhood of Albemarle's favorite native son); and "Monticello I" (the first version of the house that Jefferson built). The lecturers—experts in their fields—include **Dr. Leni Sorensen** (a slavery and culinary historian); award-winning historian **Jayne D'Alessandro-Cox** (author of Thomas Jefferson — From Boy to Man); **Gardiner Hallock** (Monticello's director of restoration and collections); William & Mary's **Dr. Susan Kern** (professor of history and the American South); and local author and award-winning historian **Rick Britton**. *Members \$80; Guests \$90*

**The Travel Session** – NEED DATE! "Early Albemarle & Revolutionary War" tour. Stops include Monasukapanough, the approximate site of Albemarle's Monacan village; Charlottesville's Court Square (captured by the British on June 4, 1781); the Farm (site of British Lieut. Col. Banastre Tarleton's headquarters); and the Barracks where Gen. "Gentleman Johnny" Burgoyne's British and Hessians soldiers were quartered for two years. *Free!*

## GETAWAYS & CRUISES

### GREAT PARKS, GHOST TOWNS, AND SEDONA'S RED ROCKS

May 16–24

Travel the lonely roads of the Mojave and Sonoran deserts, from the salt pans, to the lowest place in North America, to ghost towns high atop mined-topped mesas. You'll experience stark Death Valley, quirky Sedona, and all of the enchanting places in between. Meals: 8 breakfasts, 1 lunch, and 5 dinners. Price Per

Person: \$3,634 double, \$4,763 single. Deposit: \$350 per person includes Travelers Protection Plan. Please call the Travel Office to book this trip, 434.974.6538

### TOFTCOMBS MANSION HOUSE – EDINBURGH, SCOTLAND

(check date) August 1–9

Built in 1824, Toftcombs has welcomed many notable guests during its time as a former hotel and private residence. Nestled in 10 private acres in the stunning Scottish Borders countryside, only 30 minutes from Edinburgh, Toftcombs is beautiful and grand, yet relaxed and comfortable, providing a spacious haven to enjoy memorable times. Activities to choose from include golf, tennis, health spa, bike riding, horse riding, clay pigeon shooting, archery, and walks in the nearby hills. It's also just a short walk from the pretty village of Biggar, where you will find restaurants, shops, and pubs. Breakfast is included daily. Call the travel office to book your room! Space is limited!

### PORTUGAL AND THE DOURO RIVER CRUISE

October 9–19

Spend two nights exploring Lisbon, then set sail through the Portuguese Frontier. Visit Spain's walled city of Salamanca, and the quaint and historic towns of Portugal along the Douro River. Airfare is included. Price per person starts at \$5428 double, \$8547 single for Riviera deck. Deposit of \$829 per person includes Travelers Protection Plan. Meals: 9 breakfasts, 6 lunches and 8 dinners. Book now by contacting the travel office.



### CULTURAL CUBA - VIKING OCEAN CRUISES

January 24–January 31, 2019

A few cabins are available aboard the Viking Star! Delve into the riches of Cuba and engage with its people in a rewarding blend of history and spirited Caribbean flair. Cruise the Caribbean, then spend three days in the cultural center of Cienfuegos, Cuba's "Pearl of the South" and a UNESCO Site. Discover historic Santiago de Cuba, and learn the stories behind Cuba's most influential figures. All meals are included on board the ship. We are planning an overnight in Miami on January 23rd prior to boarding the ship on the 24th. Call the travel office today for details and pricing.

**PLANNING A TRIP ON YOUR OWN?** Individual travel services are available for members and guests. Email linda@thecentercville.org or call the travel office at 434.974.6538 to learn more.

# Celebrating Accreditation!

*The Center continues to be a model of excellence, garnering a fourth national accreditation from NISC*



An article in the last issue of the newsletter detailed the rigorous accreditation process, what achieving national accreditation means, and why it’s so important. At that time, thanks to the tireless efforts of dozens of volunteers, our 500-plus-page application had been sent off to the National Institute of Senior Centers (NISC) and we were waiting for a reviewer to conduct an onsite evaluation.

Well, she came, she saw, and we conquered. The NISC Accreditation Board awarded us our fourth national accreditation, which is valid for five years. Only four of approximately 11,500 senior centers in the country have reached this milestone.

To celebrate, we hosted a gathering on December 5th with visionary leader and trail-blazer in the field of aging E. Ayn Welleford as our keynote speaker. An Associate Professor and former Chair of VCU’s Department of Gerontology, Dr. Welleford works as Gerontologist for Community Voice to #DisruptAgeism while promoting optimal aging for individuals and communities.

With her talk “Turning the Tables on Ageism: Development, Adaptation, Growth,” Dr. Welleford shared insights into the essential roles that only older adults can fill in our culture and our communities and discussed how we can disrupt the dangerous impact of ageism by embracing daily practices to support the pursuit of positive longevity.

The event in December also included remarks by Enid Krieger and Paul Jacob, co-chairs of the accreditation task force, and music by classical guitarist Greg Brown.

We are so grateful to everyone whose effort day in and day out makes The Center a role model for centers nationwide; to the incredible corps of volunteers—including Center members, City and County representatives, community partners, and philanthropic supporters—who worked for months to help document excellence across nine comprehensive industry standards; and to The Colonnades, which generously sponsored The Center’s accreditation application and celebration for the fourth time!

DONATIONS MADE IN MEMORY OF (OCTOBER 1–NOVEMBER 30)	
<p><b>Pat C. Cook</b> By: Caryl A. Mueser</p> <p><b>William Currier</b> By: Jay Gammon Peter Thompson</p> <p><b>Martha Cragun</b> By: Dwight Cragun</p> <p><b>Gabriel Esquivel</b> By: Margie Adamson Mary Barnabei Jim Brinkerhoff Karla Berger Carol Cutler Jim Craig Joe Hanlon Maxine Lorence Thomas McCormick Carolyn Rader Martha Roberts Susan Roberts Richard Self Martha Sikes Clay Sisk Gordon Stewart Bobbie Thompson Marge Woolheater</p> <p><b>Al Falcone</b> By: Margie Adamson Elizabeth Allan Joyce P. Atwood Jean Baker Betsy Bean Betty Blackburn Betty Bollendorf Alice Brady Larry &amp; Dotty Brown Linda Cardella Norma Chadwick Sallie Duehring Jean Fording Shirley French Judith Gardner Margaret Haugen Roberta M. Hysell Jennifer L. King Lorna Derry Miller Fred Mulholland Sam &amp; Elaine Muntner Linda Perriello Wayne &amp; Belinda Pullen</p>	<p>Juanita M. Purvis Bruce W. Saunders Zohra Siddiqui Martha E. Sinden Sherry Sinard John &amp; Jan Stalfort Edward &amp; Louise Tayloe Peter M. Thompson Mildred &amp; Robert Westbrook Dan Yancey</p> <p><b>Gerald Farrell</b> By: Anne Farrell</p> <p><b>Lloyd &amp; Ora Geer</b> By: Leslie Geer</p> <p><b>Maxine Gentry</b> Betsy Bean Sandra Cohen Marge Haugen Peter Thompson Mildred &amp; Robert Westbrook</p> <p><b>Al Highsmith</b> By: Bruce Garretson Caryl A. Mueser Peter M. Thompson</p> <p><b>David Lewis:</b> By: Joyce Lewis</p> <p><b>Margaret Mahoney</b> By: Mary Louise Spear</p> <p><b>Ron Mohr</b> By: Jean Baker Wallace &amp; Marilyn Downs Senior Center Golf Group</p> <p><b>Debbie Naylor</b> By: Susan &amp; Michael Sheffield</p> <p><b>John Putalik</b> By: Wallace &amp; Marilyn Downs Senior Center Golf Group</p> <p><b>Marie Thacker</b> By: Betty Bollendorf Alice Brady Peter M. Thompson</p> <p><b>Bev Whitlock</b> By: Cherie Scherzinger</p> <p><b>Peter Way</b> By: Wallace Downs Senior Center Golf Group</p>
MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (OCTOBER 1–NOVEMBER 30)	
<p><i>The 1180 Society recognizes The Center’s philanthropic leaders. Through unrestricted gifts of \$1,180 or more each year, these generous donors provide significant support for healthy aging in our community. Contact Kirstin to learn more about The 1180 Society.</i></p>	
<p><b>Better Living Foundation</b> <b>Inez Duff Bishop Charitable Trust</b> <b>Kakie Brooks &amp; George Beller</b> <b>Pamela Jean Burke</b> <b>Donald &amp; Sally Clark</b> <b>Anna M. Day Foundation</b> <b>Rosemary Evans &amp; Kenneth Shade</b> <b>Alice Frei</b></p>	<p><b>Julie Horne</b> <b>Phyllis D. Jackson</b> <b>Mr. &amp; Mrs. Donald A. King, Jr.</b> <b>Ann &amp; Carter Myers</b> <b>Virginia &amp; Sameer Tahboub</b> <b>Robert F. Taylor</b> <b>James C. Walker</b> <b>Jane &amp; Bob Whitworth</b></p>
<p><i>Why 1180? The Society was named in honor of the current Center’s original address, 1180 Pepsi Place.</i></p>	
DONATIONS MADE IN HONOR OF (OCTOBER 1–NOVEMBER 30)	
<p><b>Marylee Bullock</b> By: Susan &amp; Michael Sheffield</p> <p><b>Center Staff and Board</b> By: Barbara Millar</p> <p><b>Al Falcone</b> By: Cherie Scherzinger</p>	<p><b>Joe Gieck</b> By: John L. Lanham</p> <p><b>Peter M. Thompson</b> By: Kelly A. Thompson</p>



# THE CENTER AT BELVEDERE

**Peter Thompson, Executive Director** • peter@thecentercville.org • Direct Line: 434.974.4577

The Center at Belvedere will be a modern, vibrant community hub with the necessary capacity to meet our burgeoning population and the functional space appropriate to the multidimensional activities we all need to stay healthy. Expanded programs and onsite amenities both inside and out will offer convenience and fun in a beautiful setting.

## Your Hard Work is Paying Off!



**I**t's A Go! Thanks to the hundreds of friends who have made philanthropic gifts, as well as provided time and counsel, the vision for The Center at Belvedere has passed a landmark towards becoming a reality. As you read on the front page, we broke ground in November and project opening in the spring of 2020!

In the past few months, we met a \$500,000 challenge pledge from an anonymous philanthropist which brought us to an important benchmark of \$14.5 million or 80% of the campaign goal. We secured the necessary short-term and long-term financing from Carter Bank within hours of our ground-breaking celebration.

In October we were thrilled that the Guaranteed Maximum Price was delivered within our budget. We are grateful to our design and construction team for navigating a hot construction market to bring our project within budget.

At the helm of the project is Matthews Development Company; Bushman Dreyfus Architects, which is responsible for its design; and Barton Malow, which will lead the construction. Consultation from Lifespan Design Studio is ensuring age-friendly, “universal” design.

Conveniently located in the Belvedere neighborhood off East Rio Rd., the new Center will prioritize accessibility through design, proximity to public transit, and scholarships for those



who have a need. The Center at Belvedere will be a modern, vibrant community hub.

Visit the updated website for the latest news and renderings. ■

*Please call me if you have any questions or would like to discuss a gift or pledge to help close the campaign. Thank you!*

**FOR POSITION ONLY  
SORRY - ADVERTISER CHANGING  
ADS AT THE LAST MINUTE!**



Lots of people got a little savvier about their finances during the first round of our Financial Wellness Series, a partnership with CFA Institute. If you or someone you know could benefit from education about saving or investing, keep an eye peeled for notices about our next round of workshops, coming in the spring.



### ANNUAL HATS-N-MITTENS PARTY

No more cold hands for local children thanks to the warm hearts (and nimble fingers) of the Crafty Ladies. This volunteer group at The Center has been crafting hats and mittens for kids for more than 35 years. The annual Hats 'n Mittens Party took place in December, with 15 children from Agnor-Hurt Elementary School's head start program, several teachers and parents, some Crafty Ladies, and Santa Clause! Each child got to choose a hat-and-mitten set from the tree. Volunteers spend all year long knitting more than 200 sets – one for each child in MACAA's local and surrounding counties Head Start programs.

WEATHER, cont.

Fast forward to 2010 when we were celebrating 50 years of service. Plans included a birthday bash at the Omni—“Martinis, Bikinis & Lamborghini: An Evening of 007 Heaven”—slated for February 6 and a Rhine River cruise in mid April on which 50 Center members and supporters booked passage. It almost seemed fitting that 15 inches of snow fell over February 5th and 6th, but the Eyjafjallajökull volcano that began erupting on April 14 in Iceland and shut down air traffic in Europe? No one could have

predicted that. The result was a “Take Two” on the Bond affair and a “replacement” trip to Italy later in the year.

With history not on our side, it was rather daring of us to schedule a combination platter of accreditation and birthday events for February 13 and 14 in 2014. But dare we did. Sure enough, right on cue, Mother Nature sent the region almost 16 inches of white stuff. Guest speaker Colin Milner, founder and CEO of the International Council on Active Aging, still managed to fly in from Canada, but we had to cancel two of his three planned engagements.



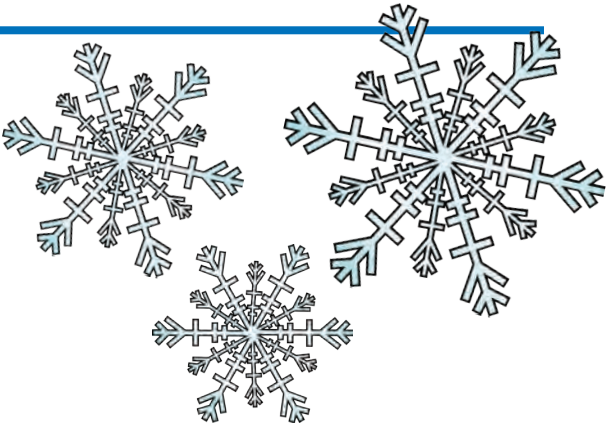
The latest installment of our fun with weather series involved a big milestone for The Center at Belvedere. You can read about it in the cover article. It was probably our own fault for billing it as a groundbreaking event with a twist.

Ed. Note: Queen Elizabeth II has an “official birthday” in June, when the English weather is far more likely to be conducive to the outdoor pageantry of Trooping the Colour than would her actual birth month of April. Something to consider. Just saying.



## INCLEMENT WEATHER POLICY

To find out if we are closed or have delayed opening due to inclement weather, listen specifically for The Center announcement on local media outlets. The information will be available on NBC29, CBS19News, WINA, and WCHV. We will also post information as quickly as possible on The Center’s website and Facebook page. If none of those options work for you, simply call The Center at 434.974.7754 and listen to the message.



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## SIT ON IT!

We didn’t mean this in the way Richie or the Fonz did on “Happy Days”—we wanted your opinions about several chairs under consideration for The Center at Belvedere. Many thanks for the very helpful feedback provided by those of you who pulled up a chair and sat for a spell.



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