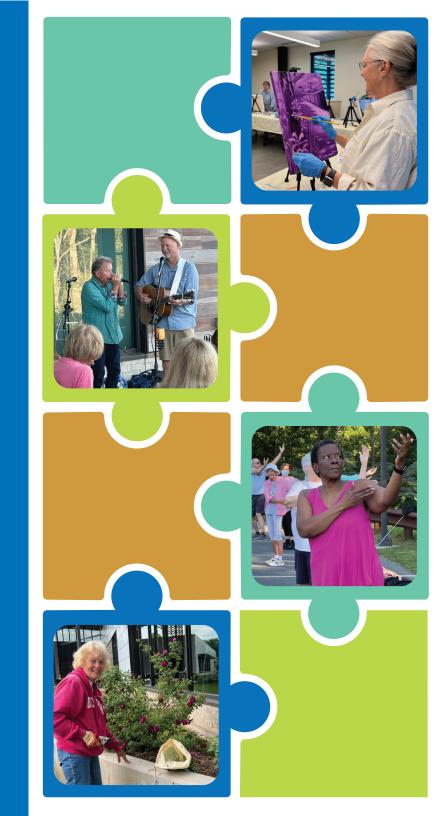
THE CENTER AT BELVEDERE

2024 ANNUAL REPORT





FROM THE BOARD PRESIDENT AND EXECUTIVE DIRECTOR

CELEBRATING ANOTHER YEAR OF AGING WELL!

Dear Friends,

Fiscal year 2024 (April 1, 2023–March 31, 2024) was a year of great accomplishment and change. In FY24, after 24 years, Peter Thompson retired from his role as Executive Director of The Center. Under Peter's leadership, our community came together to build and successfully open The Center at Belvedere, named one of the top five community centers in the country by the International Council on Active Aging. In FY24, The Center hosted over 10,000 healthy aging programs designed to support the well-being and resilience of area seniors, received over 75,000 visits by community members, logged over 40,000 hours by volunteers, and received vital financial support from over 1,000 donors.

As you may have gathered, successfully creating opportunities for healthy aging is truly a community endeavor. We want to take this opportunity to express our sincere thanks to Peter, our dedicated Board, Center staff, volunteers, community partners, members, and our generous donors. Your hard work, advocacy, and support have made The Center a national model for senior health and independence. Thank you for supporting longer, healthier, happier lives.

Christine

Christine Thalwitz
Board President

Melanie Benjamin Executive Director



Melanie Benjamin and Christine Thalwitz

2022-2025 STRATEGIC PLAN

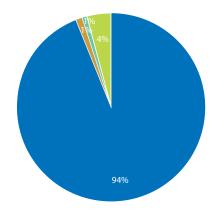
Moving through the midpoint of a strategic plan cycle focused largely on ways to maximize The Center's impact on community health, it follows that much of our progress involved advocacy (transit issues), collaboration (community messaging on aging), and partnerships (programming and education). Along with continuing work in those areas, our emphasis will be on cultivating a model of sustainability to ensure healthy aging opportunities are available to every older adult in our area, both now and in the future.

RACIAL EQUITY ACTION PLAN

This plan was not only a commitment to advance equity in the short term, but to embed equity into how we carry out our mission to promote healthy aging. Much of our work through FY24 has been internal, building evergreen initiatives—designed to create and sustain a culture at The Center where everyone thrives and their success and wellbeing are not predicted by their race, gender, age, and other dimensions of identity—into ongoing operations. Our hope now is to explore actions focused on community collaboration and partnerships.

2024 BY THE NUMBERS

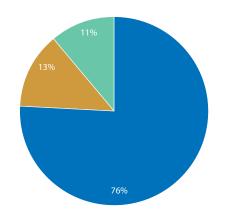




ASSETS

Land & Facility	\$20,058,240
Cash & Cash Equivalents	337,060
Other	227,139
Seabrook, Feil & Thompson	774,394
Endowments	

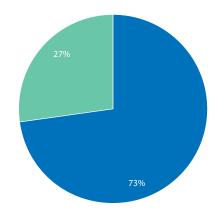
Total Assets \$21,396,833



EXPENSES

Total Expenses	\$2,677,451**
Management & General	290,439
Fundraising	348,528
 Healthy Aging Program Services 	\$2,038,484

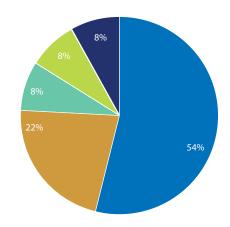
^{**}Does not include Greenberry's expenses



LIABILITIES & EQUITY

• Equity \$15,618,675 • Liabilities 5,778,158

Total Liabilities & Equity \$21,396,833



REVENUE

Contributions	\$1,469,309
Membership Dues	598,574
Programs & Travel	232,999
Rentals & Leases	209,681
 Other Operating Misc. 	229,840

Total Revenue \$2,740,403^

FY24 FINANCIAL DATA

The Center receives no regular funding from local, state, or federal governments and is sustained financially through diverse revenue streams from both philanthropy and earned income.

[^]Does not include investment returns from endowment funds and Greenberry's revenue

WELLNESS ISN'T ONE DIMENSIONAL—AND NEITHER IS THE CENTER!

Unexpected health benefits abound among our healthy aging programming. Did you know that live music can be a pain reliever? Or that viewing visual artwork can have an anti- inflammatory effect? Volunteering can lower your blood pressure. Good nutrition or learning a new language can reduce your risk for dementia. There is so much more to staying healthy and aging well than many realize ... so often members go on to find enjoyment in pursuits far beyond what they originally joined for! These are just a few of their stories.

ZOHRA SIDDIQI

CARDIO TO CREATIVITY TO COMMUNITY

Healthy aging is a marathon and members who realize this early have the most opportunity to engage with every dimension of wellness, adapting easily to the natural changes of aging. Center volunteer Zohra Siddiqi has been a member for over 25 years and enjoyed so many benefits she hardly imagined upon first joining.

Zohra initially came to The Center when it was the Senior Center at 1180 Pepsi Place as part of an exercise class supporting cardiovascular health.

From this class, a friend invited Zohra to take part in another group at the Senior Center: the Crafty Ladies. She says, "I learned things from other people and there was such a happy group there."

In exploring multiple programs, Zohra uncovered the true secret to healthy aging: people!

She shares, "I had come from a joint family home in my own country, Pakistan ... for the first few months [in Charlottesville], all I had was the cats and dogs ... But then coming here, I made many friends. I loved all the cheerful bustle and all the new things that went on."

These social connections are what keep Zohra at The Center 25 years later. She volunteers as a Lobby Ambassador and says, "Even when I don't remember the names, I can recognize the faces and I know what we talked about the last time we were all here. So that is one of the reasons I love [The Center], because you get to know people so much better."



PHILIP SCHRODT

THE SPIRITUAL SIDE OF AGING

One of the most overlooked dimensions of healthy aging is spiritual wellness, which can provide a sense of meaning and a feeling of connection to the larger world.

Spiritual wellness programming is on the rise at The Center in large part thanks to member Philip Schrodt.

A longtime academic, he brought an idea to The Center's programming staff for a class about Buddhism in the United States. He said, "Let's see if there's interest in doing it not from a religious, but a more sociological perspective."

Interest turned out to be so high, the class packed The Center's largest classroom to standing room only! From that class grew an ongoing discussion group, Varieties of Spiritual Experience, which meets on the second and fourth Thursday of each month.

"It's a chance to talk about stuff like death and the nature of world," Philip says. "It's a safe place to talk about these things and people are incredibly tolerant — they're listening."

The group includes people who grew up everywhere from New York City to a mining camp in Nevada and it's this variety that Philip emphasizes as his greatest benefit of Center membership. He says, "For me, it's about meeting a diverse set of people with a lot of different ideas, a lot of different experiences."

"Clearly the physical is important," he notes, "But what's really important is you gotta keep your brain moving. This is a way to get exposed to new ideas from your peers."



JUANITA ESTES

LIFELONG LEARNING TO LIFELONG FRIENDS

"I've done an awful lot here and I've barely touched the surface!" Center member Juanita Estes says.

Juanita joined The Center three years ago to play Scrabble, which meets weekly on Wednesday afternoons. But from one weekly wordy gathering, she discovered a wealth of lifelong learning opportunities.

She says, "I've brushed up on my high school French. I've learned the definitions of LGBTQIA+, which was very interesting. I'm taking a class on plant-based diets for diabetes. I've learned how to use my iPhone better. I've taken a medical marijuana class."

The list goes on and on!

While Juanita isn't a gym goer, she still finds physical fitness opportunities that suit her ability, interest, and needs through chair yoga and Qi Gong classes.

Each of these healthy aging opportunities comes with friends waiting to be made. Lifelong learning classes don't just keep your mind active, but also build the social connections that are equally important in aging well.

A large percentage of members note that even though they joined The Center to pursue learning or fitness opportunities, the greatest benefit they actually receive is the friendships they forge. Juanita is among them.

She shares, "My favorite thing right now is every Wednesday I come to Music in the Atrium with Jim Richardson. I love it and I sit around with a bunch of friends that I've met here and just gossip and talk and have a great time!" "I look forward to keep doing it. [The Center] has just been a fantastic place for me and I love it!"



PROGRAMMING HIGHLIGHTS

Programs at The Center grow and change as we work to meet the ever-evolving needs of older adults. Updates for FY24 programming relied heavily on listening to members' feedback and identifying ways we can touch every dimension of wellness.

Book clubs and discussion groups were major areas of growth. The immense popularity of existing programs like Wise Women Connect and Writing for Healing and Growth led our program team to open up many new groups with the same kinds of social and emotional support. Men's social and emotional wellness was also a highly sought after need and Center programming rapidly expanded to not one but three ongoing men's discussion groups.

Book clubs grew to reach new audiences for The Center by adding evening programming specifically for empty nesters. World War II buffs and cinephiles also now have their own monthly discussion groups.

We particularly worked to ensure members can stay on top of evolving technology. In addition to the long-running Apple/Mac group, there are regular trainings and workshops for Android and PC users, plus sessions to orient new users to The Center's website.

Supporting physical wellness is about more than exercise classes. The Center partnered with local pharmacies to bring vaccine clinics in time for flu season and added educational programming like the Explore the Blue Zones series.

These are just a few of the highlights from a rich and robust year of programming supporting multiple dimensions of wellness.



Senior Safety Day with Charlottesville Albemarle TRIAD



Virginia Festival of the Book event with author Rosalyn Story



Medicine & Society with UVA School of Medicine

NEW RECURRING PROGRAMS

Wise Women Too Writing for Health and Healing A Group for Men Another Group for Men World War II Discussion Group Mystery Book Club **Empty Nester Book Club** Cinema Discussion Group Android and PC Workshop **Technology Tutoring Android Phone Training** Silent Film Series Aging in Place Feel Good Flow Art as Play Paint Loose **Crochet Class Preparing for Death Series** Royal Siamese American Mah Jongg Website Welcome Medicine & Society **Explore the Blue Zones Vaccine Clinics** Learn about MicroCAT

SPECIAL EVENTS HIGHLIGHTS



Monticello's Folk Traditions: Early Music Access Project



The Lives Between the Lines



Celebration of Tales with storyteller Sheila Arnold



Volunteer Fair



180 Dance Band



Army-Navy Football Game

Facilities Manager Trevor Saunders (left) with the Climate Champion Award.



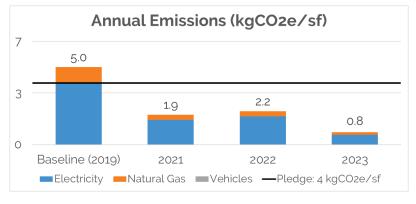
Saunders with the solar panels on the roof of The Center.

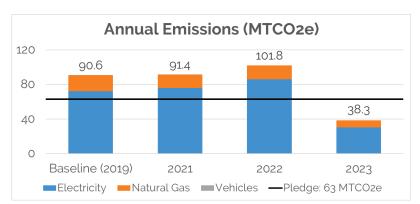


Carefully tracking building usage in zones helps optimize energy efficiency.

CLIMATE CHAMPION!

Facilities Manager Trevor Saunders received the Climate Champion Award at the Community Climate Collaborative's annual Party for the Planet in October 2023 in recognition of his inspirational work and impact. In less than a year, Trevor cut The Center's greenhouse gas emissions in half!







THANK YOU TO PETER THOMPSON

Peter Thompson retired in October 2023 after 24 years as Executive Director. Along with shepherding The Center to prominence as a national model, Peter participated in work to advance the senior center field as a whole and promote the value of healthy aging not just for individuals, but for society. Along with a steadfast commitment to the health and wellbeing of older adults, Peter's legacy at The Center will be the pursuit of continuous improvement and full participation for everyone.

TO OUR COMMUNITY OF DONORS, THANK YOU!

The Center gratefully acknowledges every individual, foundation, corporation, and organization that supported healthy aging in our community with their philanthropic gifts in FY24 (April 1, 2023 through March 31, 2024).

Thank you!

Symbol Key

- ♦ **1180 Society** The 1180 Society, named in honor of our long-time home at 1180 Pepsi Place, recognizes philanthropic leaders who make gifts of \$1,000 or more annually in unrestricted funds.
- ^ **Sustainers Circle** The Sustainers Circle recognizes individuals who support The Center's work every day through their commitment to make monthly contributions.
- \pm **Capital Campaign** Campaign Donors made gifts to support the capital campaign for The Center at Belvedere.
- + Robey Society The Frances Jean Robey Legacy Society recognizes individuals who have included The Center in their estate plans or other planned gifts.
- * deceased

\$25,000+

Elizabeth & Greg Allen ◊ Anonvmous◊

Diane & E. Richard Brownlee0

Elizabeth Dinwiddie/The Anna M. Day

Foundation◊

Sally & Joe Gieck◊+ ±

Jennie Sue Minor Trust*◊++

Joanne Robinson◊

Woodson Charitable Trust◊

Arline Zaborowski-Whitcomb & David Whitcomb/

Betty & David Whitcomb Fund at the CACF◊

\$10,000-\$24,999

Priscilla & Ludy Benjamin◊ The Blake at Charlottesville◊

Rene Bond◊+

BrightStar Care of Charlottesville◊ Katherine Brooks & George Beller◊

Mary & Mark Brown◊ Carter Bank & Trust◊

\$5,000-\$9,999

Elizabeth Allen & Thomas Allan◊+

Julie Christopher & Marge Connelly

Lynne D. Conboy/Duke Conboy Foundation◊

Joseph and Robert Cornell Memorial

Foundation◊

Delaney Hearing Center◊

Mary Jane & Kenneth Derby◊

The France-Merrick Foundation◊

Cindy & Richard Hewitt/Hewitt Family Fund at

the CACF◊

Hill & Wood Funeral Service◊

Manning Family Foundation◊

Larry & Lynn Martin◊

National Council on Aging, Inc.◊

Perry Foundation, Inc. ◊

Patricia Shawley◊

Southern Development Homes

Linda Verhagen◊ Phil Wendel♦

Bebe Heiner/Heiner Family Fund◊ The Heritage Inn◊ Home Instead Senior Care◊

Benchmark Senior Solutions◊ Inez Duff Bishop Charitable Trust◊ Branchlands Independent and Assisted Living Wendy & Jack Brown◊ Patti Cary & Todd Stansbury◊ Millie & Rip Cathcart◊ ± Claude Moore Charitable Foundation◊ The Colonnades◊ Commonwise Home Care◊ Cindy & Sam Craig/Craig Builders◊ Doris Gelbman/Gelbman Law PLLCO Hanckel-Citizens Insurance Corporation◊ Mr. & Mrs. Donald A. King, Jr.◊

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Kimberlee & David Barrett-Johnson/ArkWise

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Anthology of Charlottesville◊

Ameriprise Financial, LLC♦+

Moore's Charitable Foundation◊ Catherine & James Newman/Stillfield Fund I at the CACF◊+ Julia & Richard Nunley/R & J Nunley Fund at the CACF◊ Sandra Palumbo◊ Mary Reiman◊ Robin & Tom Seabrook◊ Ting Internet◊ UnitedHealthcare◊ Jane Whitworth◊+

\$2,500-\$4,999

Anonymous $(2) \Diamond +$

The Bama Works Fund of Dave Matthews Band at the CACF◊

Better Living Foundation◊

Blue Ridge ElderCare Advisors, LLCO

Elizabeth Borches/Volvo of Charlottesville

Commonwealth Senior Living at

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Innovative Insurance Group, LLC/ Anthem BCBS Medicare◊ Ivy Rehab Physical Therapy◊

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Monticello Reverse Mortgage◊ Bonnie & Charles Moorman◊

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Family Foundation◊



\$1,000-\$2,499

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Cynthia Benton-Groner & Paul Groner◊

Blue Ridge Home Safety◊
Betty Bollendorf◊

Margaret Brennan◊
Suzanne & Rob Brooks◊
Melinda Brown◊

Jean & Harry Burn/The Melville Foundation◊

Wendy & Carlton Carroll◊+
Diane & Samuel Clark◊

Pete Cross◊

Sharon & Alan Culbertson/Culbertson Foundation

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J. Hiram Ewald Family◊+
Nancy Fischer◊^

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Catherine & Bill Goodrum◊

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Margaret & William Marley◊↑ Diane & Dan McCallum◊

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Peggy Watts Gup & Norm Fenton

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