

NEW PROGRAMS!

The list of programs is growing as we gear up for Belvedere. Some of the new offerings will include Jazzercise, Pathways to Flourishing Health series with Sentara Martha Jefferson, Aging Mastery Program, monthly history programs with the Charlottesville History Club, and Morning Coffee and Sports Talk. Many more are on the horizon—we'll keep you posted.

INTRODUCE SOMEONE TO THE CENTER

Know someone who made a New Year's Resolution to get off the couch and get moving? To try Line Dancing? To dust off that old saxophone or put that box of watercolors to use? To travel? Introduce that someone to The Center! Remember that anyone can try out our programs one time for free.



With support from  CFA Institute

The Center's Financial Wellness Series, a partnership with CFA Institute, will return in the spring with some of its popular workshops to help you learn the basics about investing, as well as how to make your money last through your retirement. We will also debut several new classes, including *Understanding Credit and Reducing Your Debt*, *What You Need to Know About Retirement Accounts*, and *Financial Education for Women*. Stay tuned for more details soon!

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- Volunteering pg 4
- Program Notes pg 5
- Travel Guide pg 9
- Pull-Out Calendar
- More!

So Close: The Center at Belvedere

Save the date for the grand opening of our new home!

After years of discussion and planning, countless hours of work by staff and volunteers, and much generous philanthropic support from the community, the vision of a new home for healthy aging is close to becoming reality. The Center at Belvedere is getting real. Really real. Those walls are solid, those windows frame fabulous spaces for programs of every kind. What's rising from the foundation on Belvedere Boulevard just two miles from our current home is no figment of the imagination.

Now, at T minus four months and counting, we are beyond excited to announce that The Center at Belvedere will celebrate its Grand Opening on Saturday, April 18, 2020. Save the date for a public event that will include ribbon cutting, tours, demonstrations, and more—we'll share all the fun details soon. The Sentara Family Medicine practice that shares our building will also be showing off its new offices with tours and special health promotions.

There's still work to be done, of course, both on the building and on the campaign. Builder Barton Malow and many sub-contractors will be working during January and February to complete the interior spaces. Projects include installing the building's two elevators, painting all of the walls and ceilings, laying carpet in offices and classrooms, installing wood floors in the auditorium and sprung wood floors in the group exercise studios, and wiring light fixtures. Work on the grounds will also continue—it won't be dirt forever!

Want to help support the move from our Hillsdale property to The Center at Belvedere?

- Volunteer - See the article on page 4 for information about upcoming volunteer opportunities.
- Give to the capital campaign for The Center at Belvedere - make a gift to support the construction costs for this community resource. You can make a gift online or you can contact Melanie Benjamin, Advancement Director, at melanie@thecentercville.org or at 434.974.7756 (x106).
- Encourage a friend to visit The Center - Tell someone you know about the programs and mission of The Center and our anticipated move in April. Invite them to visit the current Center for our regular Try It Out Tuesday orientation, held the first Tuesday of each month.



December 2018



May 2019



November 2019

You've been hearing about the amenities and partnerships that will be part of our new home at Belvedere. Here's a closer look at one of each ...

Greenberry's Coffee Co. at The Center at Belvedere

Along with space dedicated to lifelong learning, recreation, arts, and physical fitness, the Center at Belvedere will also have a Greenberry's Coffee Co. Social engagement is one of the key elements of healthy aging. This Greenberry's Coffee Co. will serve coffee, tea and so much more while providing a comfortable and inviting location to meet a new friend, share a lunch with a classmate after Tai Chi, or grab a pastry with the instructor before Spanish class. Why choose Greenberry's Coffee Co. for The Center at Belvedere? The answer comes down to local roasters dedicated to quality and our community.

see GREENBERRY'S, page 8



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

* Winter hours. Regular closing at 8:30 pm resumes March 1.

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

Eileen Barber	Marketing Coordinator
Melanie Benjamin	Advancement Director
LaMarké Chapman	Custodian/Event Facilitator
Jennifer Crews	Program Director
Emily Durbin Evans	Philanthropy Coordinator
Kirstin Fritz	Philanthropy Director
Judy Gardner	Membership Director
Linda Hahn	Travel Coordinator
Bobbi Hughes	Coordinator of Volunteer Resources
Scott Hilles	Finance Director
Lani Hoza	Program Coordinator
Wiley Martin	Welcome Desk Coordinator
Zach Mayer	Facilities Coordinator
Virginia Peale	Marketing & Communications Director
Deborah Poage	Administrative Assistant
Shannon Stevens	Controller
Peter Thompson	Executive Director
Alex Waltrip	Fitness Coordinator

BOARD OF DIRECTORS

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Paul Jacob	Kurt Woerpel

WELCOME NEW MEMBERS!

Claudia Berdan
Mike Brinkac
Ruth Buys
Cynthia Camirand
Rodney Collier
Lynne Conboy
Adele Creutz
Suzanne Curley
Daphne Elliott
Monte Fiske
Brian Gallagher
June Goodwin
Betty Goss
Larry Goss
Ellen Henderson
Wendy Hughes
Joseph Jackson
Katie Jackson

Debrah Kirby
Enid Krieger
Derek Laing
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Dawn Mason
John Mikkelsen
Ina Mikkelsen
Francis Parham
Kathleen Quinn
Kim Ragsdale
Juanita Reigle
Teresa Ritzert
Karin Rose
Sara Rychener
Shelley Sass
Judy Shiffler
Janet St. Amant

Mark Steward
Lisa Steward
Cynthia Stratton
Glen Stratton
Odessa Thomas
Doyle Thomas
Susan Vernon
Arlene Weinstein

WELCOME BACK!

John D. Elliott
Patricia Gadus
Mary Holden
Mary E. Mullen
Catherine Spencer
Rodney Van Ausdall

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

Need Help with Membership Dues?

At The Center our mission is to provide opportunities for active aging to all members of the community, regardless of their ability to pay. Thanks to generous donors, we offer no-questions-asked scholarships to help with membership and program fees. Contact Judy Gardner at 434.974.7756 or judy@thecentercville.org for more information about scholarships.

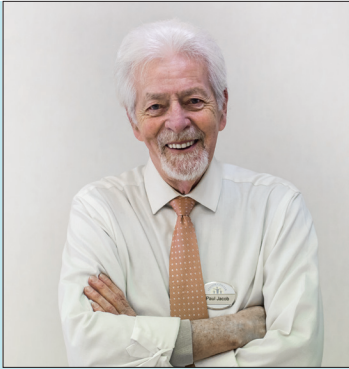
SENIOR COUNCIL

The Center has always had a Code of Conduct that, over the years, has been periodically reviewed and revised. The latest iteration was adopted earlier this year. It covers everyone using The Center, including staff and volunteers. Simply put, it calls for us to treat each other with respect, understanding, and cordiality.

We all engage with this organization and its programs to enrich our lives, and this enrichment owes much to our relationship with fellow members. Interactions that include a smile, a helping hand when needed, or an expression of understanding go a long way in promoting kindness and an environment where everyone feels welcome.

Sounds like a family, doesn't it? Well, it is. We are an extended, adopted family and The Center should be a real home for all. Mr. Rogers, who is currently enjoying a moment, had it right all along.

—Paul Jacob, Council President



TRY IT OUT TUESDAY!

New & Prospective Member Orientation

JANUARY 7, NOON OR FEBRUARY 4, 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.

Joy & Pete Cross: A Lifetime Journey

A couple's complementary pursuits lead naturally to physical and mental fitness and fun

LONG-TIME CENTER MEMBERS JOY AND PETE Cross believe that access to healthy aging should include activities that improve physical and mental fitness. And, like many of us, Joy and Pete's relationship with fitness developed over time.

"Fitness is a journey, not a destination. It must be continued for the rest of your life."

—Dr. Kenneth Cooper

Pete, a Philadelphia native, played varsity soccer while studying geology at the University of Virginia, but he did not engage in any regular physical activity beyond that. His relationship with physical fitness changed in 1969, when Pete read Dr. Kenneth Cooper's groundbreaking book *Aerobics*. The book's title was a term coined by Dr. Cooper, and the book was the first research-based one of its kind to demonstrate the benefits of exercise to support cardiovascular health. This book dramatically changed how people around the world defined what it was to be healthy. Pete embraced the activities described in *Aerobics*, becoming first a recreational runner and then, at age 50, adding strength training and aerobic classes to his fitness routine.

If you knew Pete earlier in his life, you might not have expected him to become a fitness junkie. For many years, Pete taught geoscience at the secondary and university level. He also became executive director of a museum focused on geology and paleontology in Birmingham, AL, but his interest in fitness set him on a side path. Pete went back to college to earn the necessary certifications to become a personal trainer with the idea of working in this field upon "retirement."

Pete met the woman who would become his partner in fitness, and life, in Birmingham. Joy had recently returned to her hometown after

more than 30 years in New Orleans, where she worked as a real estate agent. There, Joy also had a couple of entrepreneurial pursuits. She and her daughter ran a company that made pen and ink sketches of home buyers' new residences, and Joy owned and operated a small business called "At Your Request," which supported the needs of older adults through the process of downsizing. In her work, Joy would manage the move and then set up her client's new residence—everything from placing furniture to hanging pictures and arranging fresh flowers before her clients entered their new home for the first time. During all of those years, Joy was an avid walker, often getting up early in the morning to complete her exercise before her family awoke.

After Joy and Pete joined forces, the pair began looking for a way to be closer to Pete's family. Charlottesville not only offered this benefit, but would be an ideal place for these two exercise lovers to retire, with its four seasons and mountains for hiking.



After moving to Charlottesville in 1998, Joy and Pete joined The Center to engage with other active seniors in the community. Pete began working as a part-time fitness specialist at ACAC and offered classes in balance at The Center. "This type of work is a perfect match for

my personality and interests as I approach my 88th year, with no plans to retire," he says.

Like so many, Joy also was searching for that "right" combination of activities that would motivate her to pursue a healthier lifestyle. The solution for her was to engage in exercise activities that included a social component. She began regularly attending land and water classes offered at ACAC—some of which are also offered through The Center—and now attends several fitness classes each week. Joy feels that classes offered through The Center and at ACAC have improved her physical endurance and mental alertness. "Participating in group classes is a great way to meet people and make new friends," Joy notes. It's also motivation to keep going to class.

Along with physical fitness, Pete and Joy are active lifelong learners with creative outlets that promote cognitive health. Pete is an avid outdoor photographer and Joy paints watercolor landscapes, several of which have been displayed at The Center. The couple share a love of old barns and enjoy traveling into the countryside to capture these structures using their preferred artistic medium. Pete has co-led tours of Iceland for three decades, including two natural history tours for The Center. A third tour is scheduled for August 2020. He has also taught classes on Iceland and photography at The Center.

Along with being active members and volunteers, Joy and Pete make annual gifts to support The Center's mission of healthy aging. In 2007 Pete joined the Board of Directors for a 3-year term. During his board tenure, he helped develop plans for a dedicated fitness wing at The Center at Belvedere with space and equipment that will support healthy aging for seniors in our community. "It is exceptionally rewarding to work with seniors to help them transition into a more active lifestyle," he says. Dr. Cooper would be proud. ■

Love The Center? Become a Charter Member!

Do you get your exercise at The Center? Look forward to band practice every week? Keep your brain active with Chess or Backgammon? If you love coming to The Center, consider becoming a Charter member. In honor of the opening of The Center at Belvedere, we are offering a limited number of Charter memberships.

Just 100 of these special memberships are available between now and May of 2020. Becoming a Charter member means that you will enjoy a lifetime of the all-inclusive benefits of Prime membership and never have to worry about renewing.

The cost of charter membership is \$5000, payable in a single payment or in two payments, \$2500 on joining and another \$2500 due within a year of the first payment.

Please note:

- Charter memberships carry all current privileges of Prime membership, plus any new benefits added in the future.
- Charter members are nonrefundable and nontransferable.
- You must be 50+ years of age to purchase or receive a Charter membership.

Contact Membership Director Judy Gardner for more information about this special opportunity.

Prime Membership: Still Not Sure?

By now you have no doubt heard that membership at The Center comes with choice. You can opt for Standard membership, which provides access to about 80% of our programs, with fee-based programs and services available for additional fees. Or, you can choose Prime membership, which is an all-inclusive option that provides access to all programs, including those with fees, as well as the equipped fitness room (exceptions are travel, designated special events or programs, and services such as seated massage or manicures). But maybe you haven't made up your mind whether or not Prime membership is for you. The answer is yes if you can say yes to any of the following questions:

1. Do you participate in a fee-based program at The Center? If so, it is almost certainly cheaper to go for Prime membership. For example, let's say you do Tai Chi three days a week, paying \$36/month for that program. That adds up to \$432 per year, which, added to the \$180 cost of Standard membership, comes to \$612. Prime membership only costs you \$480 for a year and includes Tai Chi and all other recurring fee-based programs. Go for Prime!
2. Do you participate in more than one fee-based program at The Center? If so, you certainly will find Prime much cheaper than what you are already paying. Let's add Ageless Grace and Tap Dancing to the cost of Tai Chi. Ageless Grace runs you \$360/year and tap dancing \$480. Add those up and you are paying \$1452 annually. Choose Prime instead and you save almost \$1000/year!
3. Would you consider trying fee-based programs if there wasn't an extra cost involved? Then by all means, choose Prime. You can try Arthritis Exercise for a month or two, add in Primetime Fitness, try a few months of Ageless Grace, all without additional cost.
4. Are you interested in access to the equipped fitness room at Belvedere? This is included in the cost of Prime as well. If you choose Standard membership, you can still use the equipped fitness room, but you will have to pay \$15/month to do so.



Take Tai Chi and Tap Dancing and whatever else you'd like to try!

Questions about membership? Contact Judy Gardner at 434.974.7756 or judy@thecentercville.org.

Volunteering!

GETTING OUR MOVE ON

The Center is moving from Hillsdale Drive to Belvedere Boulevard in the spring. You know how much work it is to move a household, so you can imagine the logistics involved in moving an entire organization! Staff and volunteers have been getting organized, looking at essential needs, and creating a transition strategy to ensure things go as smoothly as possible. Keep an eye out for updates about the process and progress as spring approaches. Volunteers are providing crucial help for the transition to our new home and, once we get there, volunteers will be vital to keeping it running—just as they here. Increased hours of operation and more programming at Belvedere mean there will be many new ways to volunteer, as well as a need for additional volunteers in existing roles. In return for your time and skills, you may enjoy more social connection, physical and mental activity, and the good feeling that comes from helping others!

Don't miss the Center Volunteer Fair
Wednesday, January 15 | 11:30 AM–2:00 PM

VOLUNTEER OPPORTUNITIES

- Greeters/Lobby Ambassadors**
Welcome guests and members and assist with check-in at lobby kiosks
- Special Events Assistants**
Assist in multiple ways with special events
- Kitchen Lead Coordinator**
Help staff manage the kitchen during programs and activities throughout the year
- Kitchen Staff**
Assist in the kitchen during programs and activities
- Library Assistants**
Keep library materials organized
- Travel Reservation Agents**
Perform skilled clerical work to help with travel office operations and eventually serve as trip escorts
- Grounds Maintenance**
Help keep grounds looking good year-round
- Facilities Maintenance**
Assist with building projects and inventory; conduct maintenance or repairs depending upon skills and expertise
- Administrative Assistants**
Provide general administrative and clerical support
- Programming Assistants**
Provide support for programs with general administrative duties and other tasks as requested
- Grant Researcher**
Research and recommend grants for which The Center should apply
- And more to come!**

If you are interested in volunteering for any of the positions above, please contact Bobbi Hughes, Coordinator of Volunteer Resources, at 434.974.7756 or bobbi@thecentercville.org.



programs

SPECIAL EVENTS

REDUCING STRESS THROUGH MEDITATION

Free and open to the community

Thursday, January 16, 11:00 am–12:00 pm

The scientific community has recently been exploring the use of meditation as a means for reducing stress and anxiety, thereby enhancing overall health. Join Gerry Gorman, long time meditator, as he discusses the extraordinary effect of meditation to reduce stress-related re-



sponses, improve concentration, and enhance clarity of thought and mental balance. He will also present a simple, yet powerful, meditation technique that has helped many people personally, professionally, and spiritually.

SKYLINE HARMONY CHORUS CONCERT

Free and open to the community

Sunday, January 19, 3:30–4:30 pm

Skyline Harmony Chorus is central Virginia's chorus of female vocalists who seek the challenge and joy of 4-part a cappella singing. Join this lively and spirited group as they perform some new songs as well as some old favorites. Free, but donations appreciated.

CULTIVATING HAPPINESS

Free and open to the community

Tuesday, January 21, 11:00 am–12:00 pm

Happiness can affect your overall health. Social interaction is a component to happiness and is extremely important as you age. Join Dr. Mary Preston, geriatric doctor and professor at UVA and Mary Baldwin, and Tracy Meade, long-term care consultant, as they discuss ways to avoid isolation in retirement years.

LET'S TALK ABOUT YOUR FEET!

Free and open to the community

Tuesday, January 28, 12:00–1:00 pm

For Your Aging Feet and Plantar Fasciitis - Dr. Amanda Lutter is a board-certified podiatrist and foot and ankle surgeon in private practice. Join her and Dr. Christopher Stewart, founder of the Central Virginia Foot & Ankle Laser Center, for a discussion of foot conditions affecting patients 50+ years old. These include bunions, hammertoes, corns and calluses, neuromas, ingrown nails, fungal nails, Athlete's foot, and causes of heel pain, in particular, plantar fasciitis. Dr. Lutter will be available following the presentation for individual Q&A.

DMV CONNECT ON SITE

Free and open to the community

Wednesday, Jan. 29, 9:30 am–4:00 pm

Wednesday, Feb. 26, 9:30 am–4:00 pm

DMV Connect will be at The Center to provide the following services to our senior community: Driver's licenses and ID cards, Real ID's, titles and registrations, driver transcripts, disabled parking placards or plates, address changes, E-Zpass transponders, and hunting and fishing licenses.

These sessions are open to the community on a walk-in basis. No appointments will be taken.

NEW PROGRAMS

CHRONIC PAIN SUPPORT GROUP

Free and open to the community

Tuesdays, beginning February 4, 1:00–2:00 pm

Chronic pain is something that never goes away. If you have it, you know that often doctors and medicine can't help; but you can learn to help yourself. The American Chronic Pain Association support groups provide help, validation, and education in basic pain management and life skills. The groups do not focus on symptoms or provide treatment of any kind; rather they are a means for people to share what they have learned about living with pain and to encourage others to create more satisfying lives. Mary Hughes is the facilitator.

FITNESS FOR SENIORS

Wednesdays, 9:30–10:30 am

Fitness for Seniors is an active class that instructs functional fitness. No matter your age or current physical condition, this class will focus on the foundations for strength, mobility, endurance and flexibility. Whether you are a fitness enthusiast or new to group classes, you can modify this class to meet your needs. Come join Alex, the Center's fitness coordinator, for an engaging class that will help you get active and stay active! Free for members!

LIFELONG LEARNING

BOOK DISCUSSION GROUP

Free for members, but first-time guests welcome

Wednesdays, January 8* and February 5 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 8: *Rules of Civility* by Amor Towles
February 5: *Burqas, Baseball, and Apple Pie: Being Muslim in America* by Ranya Tabari Idliby

**Note January meeting is the 2nd Wednesday due to the New Year's holiday*

WRITING YOUR LIFE STORY—AN INTRODUCTION

Free and open to the community

Wednesday, Jan. 8, 11:00 am–12:00 pm

Rich life stories are often woven from small, daily events that define a person and make them who they ultimately become. Come to this introductory session presented by Jackie Jamison of Charlottesville Life Stories to learn what it takes to write a life story, your "personal letter" to the generations that follow. Space is limited, so please register in advance at the Welcome Desk or online. *If you'd like a more in-depth experience learning about writing your memoirs, please see the Writing Your Life Story Workshop entry below.*

BACK BY POPULAR DEMAND! WRITING YOUR LIFE STORY WORKSHOP

Open to the community

Wednesdays, January 15–29, 11:00 am–12:00 pm

"Do not pass through life without leaving something behind for others to learn from your experiences. You may discover a you you've never known." – Antwone Fisher

Get a start on writing your life story! Participants in this 3-week course will work on creating a life outline, writing keepsake letters to loved ones, and consider poetry and quotations as a way to organize material. The class will provide encouragement and guidance in creating a writing habit, and will include weekly writing prompts to share and discuss. Jackie Jamison of Charlottesville Life Stories is the instructor. Space is limited, so please register in advance at the Welcome Desk or online. Members \$15 for the series, Guests \$20

RELIGION, SCIENCE, AND SPIRITUALITY

Free and open to the community

Friday, January 10, 10:00–11:30 am

Do Animals Have Souls? - There is a lot of evidence that animals are aware of another reality. Some species watch over their dead for a day before moving on. Others perform rituals that have no apparent utilitarian purpose. And many pet owners, when their pets die, are convinced they have gone to a "pet heaven."



Friday, February 14, 10:00–11:30 am

Is God All Powerful & All Loving? - If so, how do we explain the Nazi Holocaust, and how Hitler, Stalin, Mao Tse Tung, Pot Pol, Kim II Sung, Castro, and other Communist leaders killed 100 million of their own people, many of whom met horrible deaths? The victims had no option to exercise their God-given free will. How does this change our perception of God? Or does it?

ALL THINGS DIGITAL

Free and open to the community
Monday, January 13, 1:00–2:30 pm
Post-Holiday Gadget Review - Did you get or give some new technology this holiday season? Join Derrick Gerstman and RJ Jones of FlossTech to learn about the top tech gifts that took this holiday season by storm.

Monday, February 10, 1:00–2:30 pm
Come learn how the many benefits of Google can help to simplify your life, with Derrick Gerstman and RJ Jones.

MONEY AND YOU WITH JORGEN VIK

Free and open to the community
Tuesday, January 14, 10:00–11:30 am
The Year and Decade Ahead - Jorgen Vik, Partner with SKV Group, LLC, will discuss what may lie ahead for the coming year and decade as it relates to your investment and finances.

Tuesday, February 11, 10:00–11:30 am
Retirement Account Rules - What is taxed? When is it taxed? How will it pass to your heirs? Jorgen Vik, Partner with SKV Group, LLC, will address these questions and more!

**Wells Fargo Advisors Financial Network and SKV Group, LLC are not legal or tax advisors. You should consult with your attorney, accountant, and/or estate planner before taking any action.*

CREATING BIRD-FRIENDLY ENVIRONMENTS AT HOME

Free and open to the community
Wednesday, January 22, 10:00–11:00 am
Wow, it's cold out! Come learn how birds survive the cold or other inclement weather events and what you can do to help them during the wintry season. You'll also get a preview of spring migration. Presented by Scott Karr of Wild Birds Unlimited.

WRITING FOR PLEASURE COFFEE HOUSE

Free and open to the community
Friday, January 31, 12:00–2:00 pm
Charlottesville-based writer Sara Robinson has published a memoir and several poetry collections. Her poetry has appeared in *Piedmont Virginian* magazine, *Blue Ridge Anthology*, and the Poetry Society of Virginia. She gives poetry readings, teaches poetry in the UVA/OLLI program, conducts workshops, and is the founder of Lonesome Mountain Pros(e). She also writes the "Poetry Matters" column for *Southern Writers Magazine*.

Friday, February 28, 12:00–2:00 pm
Guest Speaker TBA

ELDERLAW WITH DORIS GELBMAN

Free and open to the community
Tuesday, January 21, 10:00–11:30 am
Aging in Place Part I - Staying in Your Home - What are the practical, health, and financial considerations that you need to consider in order to stay in your home as you grow older? What resources need to be researched and planned for? This program will cover topics such as needing to move or modify your home, community resources available to help you stay independent, and what costs to plan for. May discuss alternative ideas such as "Co-housing" or "Naturally Occurring Retirement Community (NORC)" if time allows.

Tuesday, February 18, 10:00–11:30 am
Aging in Place – Part II - Independent and "Continuing Care Retirement Communities" (CCRC) These communities are springing up all over and many are advertised like luxury, country club living for the rest of your life. Is that the reality? The offerings and contracts for such communities can be dizzying and they vary from community to community. This might be a great option for you and—it might not. Don't sign on the bottom line getting the real scoop on all the fine print!

STAR LIGHT, STAR BRIGHT

Free and open to the community
Tuesday, February 11, 10:00–11:00 am
Larry Saunders, President of the Charlottesville Astronomical Society, will share details about upcoming March spectacles to see in the night sky, including a planetary clustering of Mars, Saturn, and Jupiter, as well as the Moon and a preview of the Lyrids meteor shower in April.

LONG TERM CARE OMBUDSMAN PROGRAM

Free and open to the community
Thursday, February 20, 1:00–2:00 pm
Do you have a friend or loved one in a skilled nursing or assisted living facility? Did you know there is a free Ombudsman Program (run by the Administration on Aging) available? Ombudsmen advocate for older persons receiving long term care, whether the care is provided in a nursing home, assisted living facility, or through community-based services to assist persons still living at home. Join Cheairs Graves from JABA for information on how to access and use this service.

ARTS



A TASTE OF ART

Open to the community
Tuesdays, 12:00–2:00 pm, Jan. 28–Mar. 17
In this eight-week class, students will explore interesting introductions to many art forms. Lessons cover drawing with graphite, colored pencils, markers, and oil pastels, as well as printmaking, weaving, lettering, collage, and watercolor painting. Each lesson is a stand-alone, so if one class must be missed, you won't be at a loss during the next one! For the first class, students are asked to bring 11" x 14" drawing paper (at least 80 lb), a medium hardness pencil (No. 2 or HB), an eraser, and colored pencils. (Don't buy a set for this; the instructor has plenty of donated pencils for all.) Materials for future lessons will be discussed on the first day of class. Members \$75, Guests \$85

PAINTING WITH WATERCOLOR

Open to the community
Tuesdays, 9:45–11:45 am
Jane Skafte offers a judgment-free opportunity to explore watercolor in this six-week course for beginning and intermediate artists. It is all about enjoying creative exploration in color. Our subjects will be still-life and photos. In each session, a variety of techniques and strategies for experimenting with materials will accompany instruction in basic skills and color theory. Demonstra-

tion of techniques such as dry brush, wet brush, bloom, scumbling, and blotting, and wet-into-wet will be followed by ample time for you to experiment and produce a beautiful work of art. Space is limited; please register at the Welcome Desk or online. A supplies list is available on our website. Members \$55, Guests \$65

MOVE FOR HEALTH with DARCY HIGGINS, DPT

(Note time change!)
Free and open to the community
Thursday, January 9, 1:00–2:00 pm
Designing an Individualized Fitness Program - "Get more exercise" is one of the most common New Year's resolutions people make; we try, but without a plan in place, we often aren't as successful as we could be. Join Darcy Higgins, DPT, from Spectrum Physical Therapy, to learn specific guidelines for establishing an exercise and fitness program tailored to your own situation. Learn what you need to know about your body and signs to watch for as you progress through your health plan.

Thursday, February 13, 1:00–2:00 pm
Stress and Anxiety Management: For Your Day and Your Night - Stress and anxiety affect us in ways we might not even realize: our mood is changed, our sleep is disturbed, we develop aches and pains, and we become more susceptible to serious, long-term illnesses. Darcy Higgins, DPT, will discuss your body's reaction to stress and what you can do to be aware of it, and to control it.

STAYING HEALTHY with SPECTRUM PHYSICAL THERAPY

Free and open to the community
Tuesday, January 28, 10:00–11:00 am
How Not to Fall in the Winter - Erin Chapman, DPT, will lead participants through balance exercises to help prevent winter falls that could become spring nightmares. She will also provide other tips for staying safe in the wintry months.

Open to members; please register in advance
Tuesday, February 25, 9:30–11:30 am
Join professionals from Spectrum Physical Therapy for a free pain and dysfunction screening for Center members. If you are interested, please sign up in advance at The Center's Welcome Desk for a 15-minute session to discuss your concerns and get screened. Therapists will then advise participants regarding various treatment options that might include physical therapy, follow-up with a physician, or imaging.

COOKING DEMO with THE UVA DIETETICS INTERNS

Open to members; please register in advance
Wednesday, February 5, 5:00–6:00 pm
Join the UVA dietetics interns and find out how to prepare some healthy dishes — you'll even get to sample them! Space is limited; please register online or at the Welcome Desk.

HEARING HEALTH with EVOLUTION HEARING

Free and open to the community
Wednesday, January 15, 10:00–11:00 am
Comparing Apples to Oranges in Hearing Aids - The hearing aid world is confusing. Top of the line, mid-level technology, \$7,000 or \$595? How do you know how to decide? Dr. Kristin Koch will educate you on the hearing aids that are now available, how much you should spend, what you get for your money, and why it matters for you and your hearing.

Wednesday, February 19, 10:00–11:00 am
Learn the Top 10 Questions You Should Ask Before Purchasing Hearing Aids - Where to begin with hearing aids and what do you even ask about? Join Dr. Kristin Koch to learn the most important questions to ask before making the investment in your hearing health. Whether you've been wearing hearing aids for years, or are just thinking about it now, you'll benefit from attending!



SOCIAL/RECREATIONAL

Note: There will not be a January luncheon

THE CENTER'S 60th BIRTHDAY LUNCHEON

Wednesday, February 19, 11:30 am

Join us for a special luncheon to commemorate The Center's 60th birthday!

SUPPORT GROUPS

AA

Every Thursday at 1:00 pm

BEREAVEMENT SUPPORT GROUP

Every Friday at 3:00 pm

ESSENTIAL TREMOR SUPPORT GROUP

2nd Thursday of each month at 4:00 pm

LOW VISION SUPPORT GROUP

4th Wednesday of each month at 10:00 am

PARKINSON'S CAREGIVER SUPPORT GROUP

1st Thursday of each month at 10:45 am

CHRONIC PAIN SUPPORT GROUP

Every Tuesday at 1:00 pm starting Feb. 4

OVEREATERS ANONYMOUS

Wednesdays, 7:00 pm

If you have an unhealthy relationship with food—compulsive overeating, undereating, food addiction, anorexia, bulimia, binge eating, or over-exercising—you are not alone and OA can help. The primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the 12 Steps of OA to those who still suffer.

Well Co-ordinated: The Center Welcomes New Staff

Welcome Desk, Marketing, and Fitness Coordinators will help with member and program growth



Wiley Martin, Welcome Desk Coordinator

Remember that article about Wiley in The Center's newsletter about a year ago? The one that described him as a member and volunteer? No? Well, that's okay, because we have a new reason to write about him—he recently made the move from Center volunteer to Center staff. Welcome Desk coordinator is Wiley's third—maybe fourth?—act. His first career began after he graduated from the University of California, Berkeley, and joined the Navy, completing three tours in Vietnam as a reconnaissance pilot. Then, in 1973, he started a 33-year flying career with American Airlines. (Fun fact: While with American Airlines, Wiley served as an instructor for other pilots, one of whom was Chesley Sullenberger. You, know, "Sully.")

It was around the time his two youngest children were off to college that Wiley took his first step toward captaining the Welcome Desk.

"I love this place."

—Wiley Martin

With more time for hobbies and other interests, he came to visit after hearing about The Center from a friend. Not that he needed something to stay busy—along with being the family genealogist, a stamp collector, and a voracious reader who helped start a weekly book club in Crozet, Wiley plays string bass and practices the piano every day.

Yet with all of that, he felt so strongly about The Center and its impact on people's lives that he started volunteering at the Welcome Desk on Wednesday afternoons. When the job of full-time Welcome Desk coordinator was created, he decided to apply.

"The aging population makes The Center all the more important for our community," Wiley

says. He starts to talk about all of the programs and the plans for The Center at Belvedere before wrapping up with a simple declaration: "In short, I love this place and I'm thrilled to be joining the staff team."

Eileen Barber, Marketing Coordinator

Speed dating, er, introduction: Tacos. Luka. Black. *Tuesdays With Morrie*. Creating connections with others.

Now you know five true things about new marketing coordinator Eileen: Favorite food, favorite pooch, how she takes her coffee, favorite book, and one of her passions.

Want to know more? This Charlottesville native (yes, there are some) is a product of The Village School, Western Albemarle High School, and James Madison University. She comes by her love of learning naturally, with an

"The Center seemed like a perfect fit."

—Eileen Barber

archaeologist-turned-math-teacher father and an education professor mother. (Fun fact: Program Coordinator Lani Hoza taught Eileen AP Psychology at WAHS. Go Warriors!)

At JMU, Eileen majored in Writing, Rhetoric, and Technical Communication and minored in Nonprofit Studies. Perfect, right?! During college, she interned with Boulder Hot Sauce Company and with the Anicura Adoption Center, which she joined as a full-time animal adoption coordinator before deciding to return to her hometown.

Back in Charlottesville, Eileen worked as a paid intern at the PB&J Fund, a nonprofit that empowers children and families through culinary and nutritional education and improves access to affordable, healthful food for under-resourced community members. She did administrative work, created impact reports, and helped out with classes—all of which familiarized her with the multiple-hat-wearing that goes along with most nonprofit work.

How did she land here? "I was hoping to find a job in the nonprofit sector where I could use the skills I developed in school. I'm excited about having opportunities to write and to use my experience with social media management, website development, and communication to increase

traffic to The Center's online presence. When I started looking into it, The Center seemed like a perfect fit. I'm looking forward to connecting with a population in the community that I might not otherwise interact with, and to working with a team that's very collaborative."

Alex Waltrip, Fitness Coordinator

"Community." That's what Alex says drew him to The Center to take on the newly-created fitness coordinator position.

Alex grew up in Williamsburg, VA, but lived in Northern Virginia for three years prior to moving to the Charlottesville area recently with his wife and six-month-old son. Both of them are looking forward to "a slower-paced lifestyle and less traffic." (Well, Alex, it's all relative ... some Charlottesvilleans might have something to say about traffic!)

A Virginia Commonwealth University graduate, Alex is a certified exercise physiologist with the American College of Sports Medicine and a NASM-certified personal trainer with experience in physical therapy and chiropractic. His own goal is one he shares with everyone he works with: to create a lifelong relationship with fitness.

"I developed a passion for fitness after making a drastic lifestyle change which was followed by an even more drastic weight loss," explains Alex, who loves sharing his story. "My plan for The

"Community is what drew me to The Center."

—Alex Waltrip

Center is to implement the industry's latest in exercise programming, injury prevention, and functional movement. I will develop private and group sessions where individuals can work at their own pace to reach their health and fitness goals."

A few fun facts about Alex: "My wife and I love to travel to different AirBnB locations, meet new people, and visit wineries." Their favorite vacation spot is Disney and, in fact, Alex considers himself "a Disney vacation professional"—something for Linda to keep in mind should she need help in the travel office. ■



Greenberry's Coffee Co. was founded in Charlottesville by Sean and Roxanne Simmons, a husband and wife duo who wanted to bring a higher quality of coffee to the public. After years in the corporate world, they decided to learn coffee roasting from Alfred Peet, the pioneer who first brought high-end coffee to America in the 1960s. In 1992, the couple opened their flagship store in Barracks Road Shopping Center and soon developed a loyal following of customers who appreciated their specialty coffees, teas, fresh-baked pastries, and a warm, inviting atmosphere.

Today, with more than 20 years of coffee roasting experience, Greenberry's Coffee Co. has grown to 35 shops on three continents, in



countries that include the United States, Japan, and Saudi Arabia. But even with all of this growth, some things haven't changed—all Greenberry's coffee is still roasted in Charlottesville to ensure that quality is kept at its highest and consistency retained around the globe.

Our Greenberry's Coffee Co. shop will be located in The Center at Belvedere's atrium, just inside the main entrance. Open seven days a week, it will welcome both members and the public with a large selection. Along with coffees, teas, and snacks, Greenberry's

at Belvedere will sell fresh salads and sandwiches as well as beer and wine. Individuals who elect to join The Center with a Prime membership—an all-inclusive option that offers access to fee-based programs at no additional cost—will receive a \$20 gift card for the Greenberry's Coffee Co. along with other discounts and benefits.

Wednesday Music Club

The vision for The Center at Belvedere has always included expanded

capacity for working with other area nonprofits, whether through providing volunteers, partnering on programs, or sharing space. We are thrilled that the Wednesday Music Club, with its long history of enriching our community, will be one of those organizations.

"The Wednesday Music Club plans to move most of its operations to The Center at Belvedere come fall of 2020 and is excited about this new partnership!" says Corky Sablinsky, Club president. She notes that the nonprofit—which will celebrate its 100th anniversary in 2023—"has been dreaming of moving to a facility with a beautiful auditorium and adequate parking in order to expand its membership and offerings. Looks as if our dreams have been realized!"

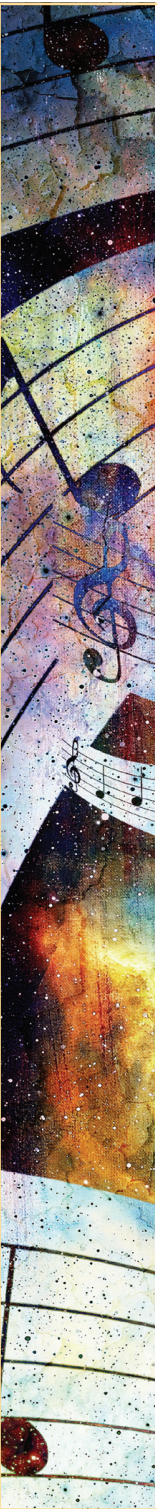
The mission of the Wednesday Music Club (WMC) is to promote musical and educational opportunities for its members, for teachers, for music lovers, and for the youth of Central Virginia through regular performances, shared group experiences, competitions, and financial support. Initiatives added over the past few years include scholarships for university music majors; music lesson scholarships for Charlottesville symphony student players; an educational outreach program in which the Club funds proposals from schools and organizations in Charlottesville, Albemarle and contiguous counties; and "Music Here!", a partnership with Walker Upper Elementary School and the Boys & Girls Club of Central Virginia.



According to Sablinsky, "Club activities during its 2020–21 season at The Center will include musical programs on the first Wednesdays of many months as well as four Young Musicians recitals and a Winners Recital, all of these on Sunday afternoons. The latter will showcase talented youngsters performing on a range of instruments who have won prizes and scholarships at the Club's annual competition."

In the most recent WMC newsletter, Sablinsky wrote that Board members who took a hard hat tour of The Center at Belvedere in November "were mightily impressed. . . . Pat Davis, who facilitated WMC's partnership with The Center, reported that the facility 'exceeded her expectations.'"

That's a sentiment we hope everyone will share. And with so many health benefits associated with music, whether listening to it or playing it, WMC will be a wonderful partner for the Charlottesville region's future heart of healthy aging. ■



Together in Song: A Community Sing-In

The Leipzig Connection
Saturday, March 14, 4pm
First Presbyterian Church

Featuring music by Bach, Mendelssohn and Clara Schumann

Choral Masterclass with Michael Slon
Saturday, March 14 10am – 1pm

Singers from the community can perform with the Society at 4:00 (concert call at 3pm) by attending a choral masterclass with Michael Slon at 10am. Please contact ed@oratoriosociety.org for information and to register for the masterclass

Donations will be accepted in support of Loaves and Fishes

a community-based nonprofit giving food with kindness and compassion to those seeking assistance while providing an opportunity for volunteers to serve their neighbors in Charlottesville and surrounding communities.

Tickets: \$30 Masterclass and concert; \$20 concert only; \$10 students

MaySong Concert
Friday, May 22 7:30pm

Celebrating the 250th Anniversary of Beethoven's birth
Old Cabell Hall • UVA
Tickets: \$37, \$27, \$10 students

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



DAY TRIPS

RIVERSIDE CENTER FOR THE PERFORMING ARTS - GREASE

Open to the community
Wednesday, January 22

Rydell High's class of 1959 features the duck-tailed, hot-rodding "Burger Palace Boys" and their gum-snapping, wise-cracking "Pink Ladies" in bobby sox and pedal pushers that capture the look and sound of the 1950s in a rollicking musical. At the heart of the story is the romance between Danny and Sandy, with the gang singing and dancing its way through such songs as "Greased Lightnin'," "It's Raining on Prom Night," and "Alone at the Drive-In Movie" that recall the music of Buddy Holly, Little Richard, and Elvis Presley. Three-course lunch is included. Activity level: easy. Members \$115; Guests \$125



TEA AND HISTORY TOUR - BELLE GROVE PLANTATION

Open to the community
Wednesday, February 12

Travel to King George, VA, to enjoy a sumptuous tea at historic Belle Grove Plantation. Established in 1670 on the banks of the Rappahannock River, Belle Grove is the birthplace of President James Madison; the stately mansion, built in 1791, is now home to a bed and breakfast. Tea is followed by a tour of the home and an in-depth tour that covers the known history of the enslaved community that once labored at the plantation. Activity level: moderate. Members \$101, Guests \$111

HOLLYWOOD CASINO AT CHARLES TOWN RACES

Open to the community
Sunday, March 1

Try your luck at Hollywood Casino, a destination for world-class casino gaming and entertainment located in scenic Charles Town, WV. There are slots, table games and a large poker room. Lunch is on your own. Receive \$20 in free slots. Activity Level – easy. Members \$64, Guests \$74

VIRGINIA'S CIVIL WAR BATTLEFIELDS

Open to the community
Tours start in April 2020

On April 17, 1861—after the firing on Fort Sumter and Lincoln's call for Virginia volunteers to help put down the rebellion—the Old Dominion, the most populous southern state, voted to secede from the federal union. Once the Confederate capital was moved to Richmond, the South's only large-scale industrial city, everyone understood that Virginia soil would soon be highly contested. During the bloody four-year conflict, the Old Dominion witnessed over 40 major battles and hundreds of smaller engagements. Indeed, most of the American Civil War was fought in the state of Virginia. Join award-winning Civil War historian Rick Britton for tours to several of Virginia's most fascinating Civil War battlefields.

FIRST MANASSAS OR FIRST BULL RUN

Wednesday, April 8

Explore the war's first major battle (July 21, 1861). Stops include the Stone Bridge, Matthews Hill, and Henry House Hill where T. J. Jackson stood like a stone wall. Lunch is on your own at a stop to be determined. Members \$72, Guests \$82

GAINES'S MILL

Open to the community
Wednesday, May 13

One of the largest of the Seven Days' Battles (June 27, 1862), the site in Hanover County is beautifully preserved and features an easy trail walk. After lunch we'll take in Richmond's beautiful Hollywood Cemetery, the final resting place of Jefferson Davis, U.S. presidents Tyler and Monroe, and numerous Confederate generals. Lunch is on your own at a stop to be determined. Members \$72, Guests \$82

FREDERICKSBURG

Open to the community
Wednesday, June 10

One of the war's ten biggest battles (December 11 & 13, 1862), Fredericksburg featured urban and rural combat. Stops include Chatham, Prospect Hill, and the famous Stone Wall where 18 assaults were turned back. Lunch is on your own at a stop to be determined. Members \$72, Guests \$82



GETAWAYS & CRUISES

Please call the Travel Office at 434.974.6538 to book any of the trips listed below.

VILANOVA, SPAIN

Open to the community
April 13–21, 2020

Enjoy a stay at the Masia Notari, a rustic property where past elements are blended with modern day comforts. Located 45 minutes from Barcelona, it's a perfect location for day trips to explore the beauty and history of Spain. Roundtrip transfers and air, all meals, gratuities, and six day trips are included. Single occupancy \$4396; double occupancy \$3995 per person. Travel protection is additional.



EXCLUSIVE NATURE & PHOTO TOUR OF ICELAND

Open to the community
August 18–30, 2020

Iceland is magical, especially in late summer when the colors, weather, and angles of sunlight are transitioning into fall. This 12-day tour with a veteran guide gives great insight into Iceland's unique nature and culture, with the bonus of experiencing the country's burgeoning culinary scene. All-inclusive package includes round trip transfers (air and ground), all meals, transportation in Iceland, all admissions, and gratuities. Single occupancy \$7,720; Double occupancy \$6,400 per person. Travel protection is additional.

TUSCANY 2020

Open to the community
September 18–26
September 25–October 3 - SOLD OUT!
October 2–10

Enjoy a week's stay at Villa Teresa in the Chianti Hills region, the heart of Tuscany. Built as a country residence for an Italian noble family from Florence, it is perfectly situated to enjoy everything the area has to offer. Six days of tours include Siena, the Chianti Region, Clay Hills, Val D'Orcia, and the Etruscans. All tours, transportation, meals, and gratuities are included. Travel Protection is available. Single occupancy \$4,595; Double occupancy \$3,995 per person.

PERSONAL TRAVEL

NEED A TRAVEL AGENT?

Travel Coordinator Linda Hahn is a certified agent, specializing in cruises and vacations. In addition to our regular group trips, Linda can help with personal travel for you, your family, or friends. Just email her, or call the Travel Office at 434.974.6538. This service is free for members, \$25 for guests.

Because Your Gifts Keep The Center Going ...

THE CENTER CAN KEEP YOU GOING!

As you know, The Center receives no government funds for its annual operations. Donations from friends like you provide more than 60% of the funds needed to run The Center. Without your contributions, The Center could not continue offering the number and quality of programs you can enjoy today. Without your support there would be fewer choices, less exercise, less art, less lifelong learning, less music, fewer games, fewer volunteers, and less fun.

- You keep The Center's 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!



Your annual support matters!

2019 Annual Giving Campaign Update

Thank you for contributing to the 2019 Annual Giving Campaign!

At the time this newsletter went to the printer in early December, generous donors like you had given a total of \$72,915 toward the \$250,000 that The Center needs by December 31, 2019. If you have yet to make a tax-deductible gift—or could make another gift—please give now to help fund the \$177,085 The Center needs to flourish in the New Year.

*Please note that mailed gifts must be postmarked by December 31 to count as a 2019 gift. Thank you again!

To Give Today

You can make your gift by mail, in person at the Welcome Desk, or online at thecentercville.org/give19. To give over the phone, contact philanthropy coordinator Emily Evans at 434.974.7756. Thank you!

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Contact Richard Thurston,
Center member since 2013, for details.

phone: 434.227.4863

email: 1946Almanack@gmail.com



Your Occasional Music



Invitational Art Exhibit

In January and February, The Center's lobby gallery will feature works in a variety of mediums and styles by some of the most popular artists that have exhibited at The Center over the past several years.

These artists are proud to display some of their recent work for the enjoyment of the community. Don't miss this last exhibit at our Hillsdale home!

DONATIONS MADE IN MEMORY OF (OCTOBER 1–NOVEMBER 30)		DONATIONS MADE IN HONOR OF (OCTOBER 1–NOVEMBER 30)
<p>Gary L. Beasley by: Sharon Beasley</p> <p>Marylee Bullock by: Mr. & Mrs. Michael Sheffield</p> <p>Curtis Burton by: Betsy Bean</p> <p>The Cummings and Davies Parents by: Pat and Madison Cummings</p> <p>Ralph Feil by: Polly & Warren Andrews Penny & Phillip Mahone Carolyn Polson & Gary McGee Dr. & Mrs. Stephen Schmitz</p> <p>Center Golf Group Members who have Passed by: Center Golf Group</p> <p>Maxine Gentry by: Rod Gentry</p> <p>Scott Kleinman by: Betsy Bean</p> <p>Bill Hodson by: Robert Rossbach Michelle & Albert Hazzard Barbara Anderson</p> <p>Harriet Oakley by: Kristin Stahley Mr. & Mrs. Don Hankins</p> <p>Mary Reese by: Betsy Bean Bruce Garretson</p> <p>Arthur Shalloway by: Singles Shmooze Sherry Sinard</p> <p>Carol Jean Spranz by: Elsie Barnd</p> <p>Alvin Toms by: Mrs. Ann Toms</p>	<p>Mrs. Eleanor Wade Tremblay by: Catherine Tremblay Susan & Richard Tremblay</p> <p>Bev Whitlock by: Betsy Bean</p> <p>Bob Whitworth by: Julaine Gray</p>	<p>Paul Jacob by: Berta Hysell</p> <p>Mary Ann Leeper by: Helen and Henry Minnich</p> <p>Clay Sisk by: Martha Lee Sikes</p>
	WE REMEMBER	
	<p><i>We remember the following Center members and friends who recently passed away.</i></p> <p>Gerald Baliles</p> <p>Larry Davis</p> <p>John Dodge</p> <p>Mildred Dudley</p> <p>Wanna Ernst</p> <p>Blair Gammon</p> <p>Thomas Guthrie</p> <p>Melton Haney</p> <p>Mary Howard</p> <p>Ruth Hunt</p> <p>Tyson L. Janney</p> <p>June G. Knudson</p> <p>Frank Mayo</p> <p>Phyllis McMinimy</p> <p>James Pace</p> <p>Saul R. Pearlman</p> <p>Cliff Rehm</p> <p>James Riall</p> <p>Jane Saint-Amour</p> <p>Elizabeth Sutherland</p> <p>Delores Woodward</p>	<p>MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (OCTOBER 1–NOVEMBER 30)</p> <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>Inez Duff Bishop Charitable Trust</p> <p>Mary Jane & Ken Derby</p> <p>Margaret & Mark Dryer</p> <p>Julia Dunstan</p> <p>Linda Ford</p> <p>Audrey & Gus Goldsmith</p> <p>Mr. & Mrs. Carter Myers</p> <p>Peggy Watts Gup</p> <p>Constance Hallquist</p> <p>Brenda and Curtis Hathaway</p> <p>Mr. & Mrs. Donald A. King, Jr.</p> <p>Mary Ann Leeper</p> <p>Ann & Carter Myers</p> <p>Sandra Palumbo</p> <p>Diana Seay</p> <p>Rosemary Evans & Kenneth Shade</p> <p>Ann Vonnegurt-Frieling</p> <p>Chris Von Frieling</p> <p>Vivian Wade</p> <p>Caroline & Joseph Warden</p>



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September 18–26, 2020

October 2–10, 2020

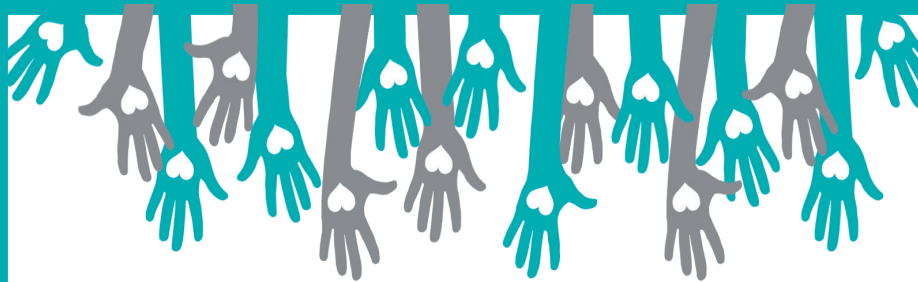
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Volunteer Fair

WEDNESDAY, JANUARY 15
11:30 AM - 2:00 PM

**Be a part of the successful transition to
The Center at Belvedere!
Be a Volunteer!**



The Center's 60th Birthday!

FRIDAY, FEBRUARY 14
3:00–4:00 PM

JOIN US TO CELEBRATE THE
CENTER'S 60TH BIRTHDAY!