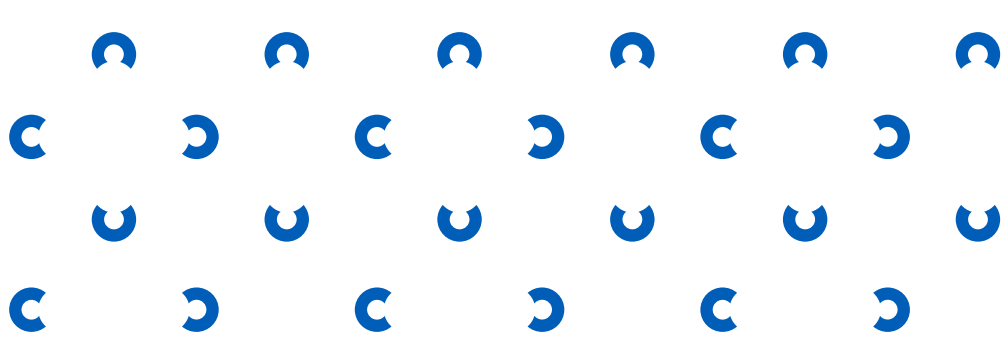




THE
CENTER
AT BELVEDERE



NEWS from THE CENTER

DISCOVER THE POWER OF HEALTHY AGING

JANUARY/FEBRUARY 2021

Considering Membership? *frequently asked questions*



1. What is the difference between Standard Membership and Prime Membership?
Standard membership provides access to about 80% of our programs, with

fee-based programs and services available à la carte for an additional cost. Prime membership is all inclusive, providing access to all programs and to the equipped fitness room at no additional cost (exceptions are travel, services such as massage, and designated special events or programs). For members who participate in fee-based programs, it is almost always cheaper to be a Prime member! Plus, there are additional benefits for Prime members. You receive 20% off facility rental, a certificate for a free month of membership to give to a friend or a family member, and a \$20 gift card to Greenberry's Coffee Co. at The Center at Belvedere.

2. Is access to the equipped fitness room included in Prime membership?

Yes! Access to the fitness room is one of the benefits of Prime membership. Standard members are welcome to use the fitness room for an additional fee of \$15/month.

3. Can you pay for both Standard and Prime membership by the month?

You can! Contact Judy Gardner at 434.220.9754 to set up monthly payments.

4. My spouse and I have a household membership. Can one of us go for Standard and one for Prime?

Absolutely! We will work out the cost for you when you join or renew.

5. What if I join for a year and then change my mind about what kind of membership I want?

No problem. We can change your membership at any time and rework your cost.

6. Are scholarships still available for membership and programs?

Yes. Contact Judy Gardner at 434.220.9754 for more information.

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- More!

Working to build a better, more equitable Center and community

In June, executive director Peter Thompson shared a statement about The Center's commitment to being an anti-racist organization. He wrote that we would build on the work we began after the white supremacist rallies here in August 2017, when we created a Diversity, Equity, and Inclusion Committee (DEIC) that examined the organization's core values and existing practices and introduced a number of initiatives to make The Center more welcoming to all.

The committee has done vital work focused on programming and community outreach, but when the killings of George Floyd, Breonna Taylor, and Ahmaud Arbery spurred a national uprising, we reflected again on our part in the historic problems of race in our community. Like many, we acknowledged complacency about societal injustices and resistance to change.

Racism is counter to The Center's mission, vision, and values. While The Center is not an advocacy organization per se, civic engagement is a vital part of our commitment to healthy aging for ALL people. Recognizing the major challenges relating to systemic racism and the complexity of this issue, The Center Board of Directors formed a Racial Equity Task Force (RETF) that began meeting in October to develop a plan for advancing equity and inclusion both within our organization and in conjunction with local efforts.

Understanding community needs is crucial to guiding our efforts, and we are fortunate to have volunteers on the Task Force with deep experience, knowledge, and commitment of the issues.

Chairing the group is **Juandiego Wade**, the Career Center Coordinator with Albemarle County Department of Social Services, and member and past chair of the Charlottesville School Board. He is involved in numerous community nonprofit organizations, including as Board Chair of United Way of Greater Charlottesville, and was recognized for his many contributions with the Charlottesville Chamber of Commerce Paul Goodloe McIntire Citizenship Award.

Continued on page 5

Meet Member Jim Hassmer

"Find a need and fill it."

That is the guiding principle by which Jim Hassmer has tried to live his life. A Methodist minister who served congregations for 30 years, Jim found helping others to be a natural part of his calling. After he retired from the ministry in 2010, his strong passion for social justice led Jim to look for ways to continue this service.

One of our most fundamental human needs is for food, and Jim has dedicated himself to doing what he can to help those who are hungry. Along with driving weekly runs for Meals on Wheels, Jim is the Charlottesville Area Gleaning Coordinator for the Society of St. Andrew. Gleaning, which is the practice of collecting leftover crops from farm fields after the fields have been harvested, was one way the ancient Hebrews provided for the poor in their society; ancient Israelite law required that the corners of the fields be left unharvested and available for gleaning by the poor, particularly widows and orphans. As a gleaning coordinator in Charlottesville today, Jim recruits volunteers to go wherever food might be lost — orchards, packing plants, bakeries, grocery stores, farmer's markets — and collect what would normally be discarded but is perfectly edible, just day-old or a bit bruised. The food is then donated to low-income housing units and local food banks, and Jim estimates they feed around 250 people each week with what they collect. "I look at my gleaning work as an emergency band aid on hunger needs. It doesn't correct the structural inequities that perpetuate hunger, but it does alleviate hunger in the short term," he notes.

Jim's concern for social justice also led him to join the NAACP, where he serves on the education committee, most recently working to convince the local school boards to fund free tutoring for underprivileged youth. "I feel the earth is here for all people to enjoy equally, and any disparity is unfair and unjust," Jim says. "Those who are privileged ... need to sacrifice to eliminate the inequities."

If all of this is leading you to imagine a man who can no doubt deliver a heck of a sermon, don't picture Jim only in the pulpit. There are other ways to minister. Imagine Jim dancing—with pool noodles in his hands.

Over 40 years ago, Jim met his wife at a square dance, and that may be one reason square dancing has been a life-long love and something Jim very much enjoys teaching here at The Center every week.

Continued on page 6





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

Current Hours *(subject to change)*
The Center: Monday-Friday 7am-4pm
Greenberry's: Monday-Friday 7am-2pm
Travel Office: Monday-Friday 9am-1pm

About THE CENTER AT BELVEDERE

The Center’s mission is to positively impact our community by creating opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity, and lifelong learning. Founded in 1960 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.

The Center welcomes everyone regardless of race, color, religion, gender, sexual orientation, gender identy, national origin, age, physical or mental disability, marital status, or any other basis prohibited by law. Its focus is on serving community members aged 50 and up, with healthy aging opportunities available for all adults.

News from The Center is a publication of The Center. Subscriptions are free for members.

Membership

For information about membership options, please visit our website or contact Membership Director Judy Gardner at 434.974.7756 or judy@thecentercville.org. The Mary P. Reese Scholarship Fund makes scholarships available for anyone who cannot afford membership dues.

THE CENTER STAFF

Eileen Barber	Marketing Coordinator
Melanie Benjamin	Philanthropy Director
Jennifer Crews	Program Director
Emily Evans	Philanthropy Assistant Director
Corey Fanning	Greenberry's Manager
Judy Gardner	Membership Director
Linda Hahn	Travel Coordinator
Bobbi Hughes	Coordinator of Volunteer Resources
Scott Hilles	Finance & Operations Director
Carolyn Merrick	Program Coordinator
Virginia Peale	Marketing & Communications Director
Deborah Poage	Administrative Assistant
Kim Shipley	Controllor
Stephanie Spargur	Greenberry's Assistant Manager
Peter Thompson	Executive Director
Vincent Walker	Facilities Manager
Alex Waltrip	Fitness Coordinator

BOARD OF DIRECTORS

Jennifer King	President
Steve Shawley	Vice President
Larry Martin	Treasurer
Rene Bond	Secretary
Dick Brownlee	Joyce Turner Lewis
Patti Cary	Deidra Massie
Jonathan Davis	Greg Menke
Joe Gieck	Steve Peters
Sean Greer	Christine Thalwitz
Jean Hart	Bill Tucker
Robyn Jackson	Mary Wilson
Paul Jacob	Kurt Woerpel

MEMBERSHIP

JUDY GARDNER
Membership Director

Join The Center for easy access to hundreds of great programs. Contact Judy at 434.974.7756 or judy@thecentercville.org.



WELCOME NEW MEMBERS! WELCOME BACK!

Diana Amatucci
Joseph Arcidicono
Patricia Arcidicono
Elizabeth Beckwith
Nancy Campa
Cathy Cathcart
John Cathcart
Charles Chabot
Margaret Crone
Dorothy Dilts
Andrea Faith

Lucy Goeke
Thomas Goeke
Bob Kahn
Jeanne McCusker
Patricia H. McElroy
Anne Palmer
Charles Peale
Ross Sargent
Bill Schultz
Gwynne Schultz
Judith Sheldon

Ellen Shrum
Susan Thomas
Susan Trimble
Lynn Urffer
Gloria Vitale
Linda Waring
Linda Weiler
Stuart Williams
Lee Wouters

Diane Arcoraci
Patricia Bailey
Mallory Pearson
Habib Qiami
Patsy Rogers
Kathryn Skinner
Alice Vieira
Sharon Weyer
Shirley Wilson

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



VOLUNTEERING

BOBBI HUGHES
Coordinator of Volunteer Resources

Looking for meaningful, safe ways to give back to our community? Contact Bobbi at 434.974.7756 or bobbi@thecentercville.org to learn about the many opportunities at The Center and at other area nonprofits.

Volunteering — What's In It For You?

Volunteering is an important part of The Center’s multidimensional approach to healthy aging. While it falls under the “vocational” dimension of wellness—the ability to achieve personal satisfaction and fulfillment from paid or unpaid work that matches one’s core values, skills, interests, talents, and hobbies with community need—volunteering, like many programs at The Center, has many facets.

Volunteers gets emotional rewards as well as physical ones. According to researchers at the Harvard T.H. Chan School of Public Health, a growing body of research shows that “volunteering is associated with better physical and mental health outcomes.” Lower blood pressure from contributing to a better world? Yes, please!

At The Center, Coordinator of Volunteer Resources Bobbi Hughes can help you can find a volunteer role that’s perfect for you, whether it’s a specific position or working with a group like the Sew & Sews or Crafty Ladies, whose projects benefit adults and children across the community.

Interested in volunteering? Take a look at what some Center volunteers have to say about why they donate their skills and time to The Center or other community organizations.



“It is such an excellent way to keep your mind and body working.”

“ ... [T]here are many reasons why I love volunteering at the Center ... I have met some amazing people that I actually feel are friends ... ”

“ ... [E]veryone is kind and the feeling of community is essential if you live alone.”

“I like the fact that everyone is very appreciative of the volunteers. I also like talking with everyone and finding out about what is going on in their lives.”

“ ... it's a great way to mingle and socialize.”

“We all have something to share or give to other people—that is why we should volunteer! Not to mention the proven benefits it gives the volunteer.”

“The most valuable aspect is meeting new people. Other aspects are learning new ideas and finding out about what other people do.”

“Volunteering keeps my days organized. It keeps me from being bored.”



programs

Registration is required for all on-site programs to ensure appropriate physical distancing. Masks must be worn at all times inside The Center.

Register online at thecentercville.org or call 434.974.7756.

To access information on how to "attend" online programs via Zoom:

- visit the particular event page on our website, www.thecentercville.org
or
- go to the calendar page on the website and click on the event; the link will take you to the page with instructions.

Note that this is a partial list; recurring programs that do not have topic updates are included in the calendars on pages 7 and 8.

NEW PROGRAMS

UNWIND YOGA *(on-site)*

Open to members

Thursdays, beginning January 7,
12:00–1:00 pm

This class uses various movement approaches including somatics, Qigong, and restorative and ha-tha yoga. Learn to deeply relax the nervous system, gently release tight muscles, and connect with your respiratory systems. Instructor Christine Bostic has over 14 years of teaching experience and will guide you through this beneficial class. Registration required. For Center members. Standard members \$25/month; Prime members free.

GROUP GUITAR LESSONS FOR BEGINNERS *(on-site)*

Open to members

Thursdays, January 18–March 8,
1:00–2:00 pm

It's not too late to learn a new instrument! If you've never touched a guitar or only know that it has strings, this class is for you! It's also a good refresher if you played many moons ago and might need a do-over. Join accomplished musician and instructor Mike D'antoni for this class. It's BYOG (bring your own guitar)! Prime members \$40 for the 8-week session; Standard members \$64. Space is limited; registration required on The Center's website.

SPECIAL EVENTS

88 TEMPLE PILGRIMAGE - SHIKOKU, JAPAN *(online)*

Free and open to all

Thursday, January 7, 3:00–4:30 pm

Come along with local travel and walking enthusiast Linda Scandore as she recounts her 745-mile pilgrimage around the island of Shikoku, Japan, to the 88 temples situated there. Along with her photos, Linda will recount the history of this special place, sharing stories of the kindness of the Japanese people and fellow pilgrims. Want to go yourself? She'll also tell you how to plan a walking trip to Japan.

WALK THE LABYRINTH *(on-site)*

Free and open to all

Wednesday, January 20, 12:00–4:00 pm

Walking a labyrinth is a meditative practice designed to quiet the mind and allow reflection and contemplation. Experience this ancient spiritual custom by silently walking a seven-circuit canvas labyrinth in our auditorium. Socks are required, no shoes allowed on the canvas. No appointment needed.

PANORAMIC TOUR OF DUBROVNIK WITH OLGA *(online)*

Free and open to all

Thursday, January 21, 3:00–4:00 pm

Olga Cuckovic, licensed Tourist Guide of Rome and the Vatican City, takes us on a tour of Dubrovnik, her hometown in southern Croatia. Hear the fascinating history of the city that was once the center of the independent Republic of Ragusa as you traverse narrow alleys, see charming museums, and walk along the mighty City Walls. Learn about the local culture and get helpful tips for traveling there in the future. Croatia is a very popular tourist destination; the spectacular city of Dubrovnik is one of its most beloved locations. Advance registration required.

MY THIRD EYE IS BLURRY POETRY READING AND DISCUSSION *(on-site)*

Free and open to all

Wednesday, January 27, 1:00–2:00 pm

Center member and local resident William Vollrath celebrates the publication of his collection of over 55 humorous and thoughtful poems about life's journey. Join him as he shares a few of his short poems that offer insight into the mysteries and challenges of life in the past year. Registration required.

SENIOR LIVING PANEL DISCUSSION AND Q&A *(online)*

Free and open to all

Wednesday, January 27, 3:00–4:00 pm

Looking to navigate the world of care as you age? Join our expert panel for a discussion of the different avenues offered in the area—from in-home care to assisted living to hospice. Zoom information available on The Center's website.

Aly Howse - Assisted Living Facility
Kate Daniels - Hospice
Regina Kerns - In Home Care
JABA - Adult Day Care Program
Alejandra Fletcher - Home Health
Laura Barlett - Life Care Manager/Patient Advocate

WALKING THE CAMINO SANTIAGO WITH LINDA SCANDORE *(online)*

Free and open to all

Tuesdays, February 2–23, 3:00–4:30 pm

Each year hundreds of thousands of people walk the Camino Santiago pilgrim routes that stretch across France and Spain. Linda has made epic journeys to Santiago de Compostela to walk several ancient routes. Come walk the path with her and hear the history of the "Way of St. James" along with stories of the kindness of the French and Spanish people and fellow pilgrims. Each week will explore a different section of the pilgrimage—see our website for details. Thinking of doing a part of the walk yourself? Linda will tell you how to plan and execute your trip. Advance registration required.

TOURING THE GALLERIA BORGHESE WITH OLGA *(online)*

Free and open to all

Thursday, February 18, 3:00–4:00 pm

The Galleria Borghese is considered by some to be the most beautiful museum in Italy. Olga Cuckovic, licensed tour guide of Rome and the Vatican City, guides us through the magnificent collection amassed by Cardinal Scipione Borghese, nephew of Pope Paul V. She will reveal the bigger picture behind each of the most famous pieces as well as share smaller stories and gossip from history that inform and delight us today.

ENVIRONMENTAL

BACKYARD BEEKEEPING *(online)*

Free and open to all

Thursday, January 28, 3:00–4:00 pm

Curious about what it takes to be a small-scale beekeeper, or why someone might want to propagate these pollinators in the first place? Join local resident Marilou Maglione as she describes her beekeeping practice and her passion for these amazing insects. Also learn planting and gardening practices that help local bees thrive.

HOW BIRDS SURVIVE THE COLD *(online)*

Free and open to all

Thursday, February 4, 3:00–4:00 pm

Join Scott Karr, owner of Wild Birds Unlimited, as he describes how birds survive the cold and what to look forward to in the coming spring months. In addition, Scott will answer any questions you might have about food, feeders, bird baths, and dealing with feeding frustrations (e.g., squirrels).

PRESENTATION BY THE PIEDMONT MASTER GARDENERS *(online)*

Free and open to all

Monday, February 15, 3:00–4:00 pm

USDA Organic: What Does It Really Mean?
Organic foods are a growing part of the US food chain. Join us to learn what "organic" means and how USDA organic products compare to conventionally grown foods.

ARTS

THE BASICS OF PAINTING WITH PASTELS *(on-site)*

Open to all

Tuesdays, January 5–26, 9:00–12:00 pm

During this four-week class you will experiment with different kinds of pastels on various surfaces. Create colorful landscape sketches and paintings using different tools and methods. Prior experience is welcome but not required. Artist and instructor Jan Settle is a member of the Mid-Atlantic Pastel Society (MAPS). Prime members - free; Standard members and Guests - \$55. Materials fee is \$35 per person, payable to instructor at time of class. Registration required at thecentercville.org.

WATERCOLOR I *(online)*

Open to all

Thursdays, January 14–February 4,
11:00 am–12:30 pm

All levels are welcome to enjoy creative exploration in color with artist Jane Skafte. She will start with exercises for beginners and anyone who works in other media but feels curious about painting with watercolor. Demonstrations of techniques will be followed by ample time to experiment and produce a work of art. Open to all. Prime members - free; Standard members and Guests - \$45. To register and get a list of materials, visit thecentercville.org.

WATERCOLOR II (online)

Open to all
Fridays, January 15–February 5,
10:30 am–12:30 pm

Jan Skafte offers this class for people with some watercolor experience who want to build on their skills. After a demonstration of techniques, students will have ample time to explore and be creative. Prime members - free; Standard members and Guests - \$50. Registration and materials list at thecenterctville.org.

VALENTINE CARD MAKING (on-site)

Open to all
Tuesday, January 26, 1:00–3:00 pm

Veteran card maker and Center member Sherry Sinard teaches you to make one-of-a-kind cards using a Fun Fold technique to which you will add creative embellishments. Prime members - free; Standard members and Guests - \$15. Materials fee is \$8 per person for all participants, payable to instructor at time of class. Registration required.

LIFELONG LEARNING



BOOK DISCUSSION GROUP (online)

Open to members
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. Members free; first-time guests are always welcome.

Jan. 6 - *Go Down the Mountain* by Meredith Battle
Feb. 3 - *Overstory* by Richard Powers

MONEY & YOU WITH JORGEN VIK (online)
Free and open to all
Tuesday, January 12, 10:00–11:30 am
The Markets in 2021 - Jorgen Vik, Partner with SKV Group, LLC, will lead a discussion on what we may expect from investments this year, and also projections out to 2025.
Tuesday, February 9, 10:00–11:30 am
Educating Your Children, Grandchildren, Nephews, or Nieces About Investing - A discussion on how to engage the younger generation in money management and investments.

America's Most Competitive Real Estate Market: THE ELECTROMAGNETIC SPECTRUM (online)

Free and open to all
Thursday, January 14, 3:00–4:00 pm

Television and radio broadcasters, cellular communication companies, and astronomical researchers are but a few of the many players using our airwaves to transmit information. How do we determine who gets to use what airwaves? In the U.S., this is a question with a lot of history and a lot of ongoing debate. Anisha Singh, from the Physics Ph.D. program at Stanford University, will explain the science of how we use light to transmit information, how the frequency spectrum is allocated for use, and the controversies and solutions that have emerged over the past century with this technology.

ELDER LAW WITH DORIS GELBMAN (online and on-site)
Free and open to all
Tuesday, January 19, 11:00 am–12:00 pm
Using Government Benefits to Your Benefit - There have been many changes in government programs and more can be expected in the year ahead. Explore the reason you've been paying taxes all these years. Attorney Gelbman will explain MediCARE and MediCAID, as well as Veteran's Benefits and other programs you may benefit from. You've been paying taxes all these years, now find out how to get your money's worth.
Tuesday, February 16, 11:00 am–12:00 pm
Elder Law: Why Do I Need a Special Kind of Lawyer Now That I'm Older? - There are all types of lawyers: criminal, divorce, bankruptcy, corporate, and many more. Elder law is a relatively new distinction, and one NOT generally taught in law schools. If you think you might need an elder law attorney, but are not quite sure what that means, here's your chance to find out. Doris Gelbman explains what kinds of issues and cases fall under the heading "Elder Law."

MARKETS & ECONOMY: A REVIEW OF 2020 & FUTURE PROSPECTS (on-site and online)

Free and open to all
Tuesday, January 26, 2:00–3:00 pm

How is COVID impacting the economy and markets? What can we expect in the new year? Find out how the economy and market environment in 2020 compared to prior crises. Presenter Rodney Sullivan has over 25 years of experience and currently serves as Executive Director of the Richard A. Mayo Center for Asset Management at the UVA's Darden Graduate School of Business. Registration required if attending on-site.

DIGITAL SECURITY AND YOU (online)

Free and open to all
Thursday, February 11, 3:00–4:00 pm
In the ever-changing landscape of the digital world, it is no longer enough just to have good antivirus protection—you need additional layers of protection in order to keep your online activities private and your financial transactions secure. Phil Jaderborg, CEO of PJ Networks Computer Services, will explain how using encryption on your Internet connection, your digital devices, and your e-mail communications can greatly increase your security and privacy, all without having to make things confusing or complicated.



THE CENTER
FINANCIAL WELLNESS

With support from  CFA Institute

FINANCIAL WELLNESS SERIES IN PARTNERSHIP WITH CFA INSTITUTE (on-site)
Free and open to all
Tuesday, February 23, 10:30–12:00 pm
How to Manage Investment Income - Whether or not you are still working, your money can be working for you! This session will introduce you to several different income-generating investment options so you can decide which may be the best choices for you. Topics covered include stocks, bonds, mutual funds, CDs, annuities, and real estate. Join Jorgen Vik, Partner with SKV Group, LLC, for this informative session. Free and open to all but please register through The Center's website.

PHYSICAL WELLBEING

PATHWAYS TO FLOURISHING HEALTH LECTURE SERIES (on-site and online)
Free and open to all
LIVING WELL BY PREPARING FOR DYING
Friday, January 8, 12:00–1:00 pm
Dr. Timothy Short, Associate Medical Director and Director of the Education Institute with Hospice of the Piedmont, and associate professor of medicine in palliative care at UVA, discusses things that matter most for you, your family and your community.
LOVE IN THE TIME OF COVID
Friday, February 5, 12:00–1:00 pm
Join Dr. Andy Macfarlan as he discusses how relationships can flourish during times of cultural and social stress.

MOVE FOR HEALTH WITH DARCY HIGGINS, DOCTOR OF PHYSICAL THERAPY (on-site and online)
Free and open to all - registration required
Thursday, January 14, 1:00–2:00 pm
Pain Control without Medication - Pain Science for Your Body and Your Mind
Thursday, February 11, 1:00–2:00 pm
What are Trigger Points? And how do you get rid of them?

HEARING HEALTH WITH EVOLUTION HEARING (on-site and online)
Free and open to all
Wednesday, January 20, 10:00–11:00 am
New (and Possibly Free!) Technology for Better Hearing - Did you know that Charlottesville has a Deaf & Hard of Hearing Services Center? Join Dr. Kristin Koch, Audiologist at Evolution Hearing, with special guest Caitlyn Kraft, our local expert on telecommunication assistance. Kristin will review how this center operates and how the program works, and will show off some of its most popular devices.
Wednesday, February 17, 10:00–11:00 am
New Relief for Tinnitus - Ringing, swishing, crickets, white noise ... anything you hear that really isn't there is called tinnitus. Dr. Kristin Koch, Audiologist at Evolution Hearing, will review tinnitus, discuss why it happens, and describe new treatment options.

SOCIAL/RECREATION

INTERMEDIATE BRIDGE LESSONS (on-site)
Open to all
Fridays, 1:00–2:00 pm (4-part series)
Experienced player and teacher Ken Marino offers classes intended for experienced bridge players that can be taken à la carte. Prime and Standard members - free ; Guests - \$10 per lesson. Register in advance at thecenterctville.org
Jan. 8 - **Creative Doubles** – Going beyond penalty doubles and take-out: negative, support, responsive, lead directing, and balancing doubles.
Jan. 22 - **Card signaling** – attitude, count and suit preference discard signaling
Feb. 5 - **Slam bidding** – Roman Key Card Blackwood, control cue bidding, grand slam force, and quantitative Notrump.
Feb. 19 - **Two over one** – Variations along with 1 NT forcing implications.

“I was honored when The Center asked me to serve on the RETF. I had served on different committees for The Center in the past and had a full plate, but I felt a calling to serve on the RETF during this time in our community and nation,” said Juan. “I consider The Center a community resource. A resource that should be accessible to all in the community. I am confident that the work of the RETF will result in The Center being more reflective of the community it serves. We have a dynamic task force willing to put in the time and work.”

Joining Juandiego are:

Kaki Dimock, Director of Human Services for the City of Charlottesville. A social worker by training, she has a deep commitment to meeting the needs of community through collaboration, inclusivity, and primary prevention.

Don Gathers, an organizer with the Charlottesville Public Housing Association of Residents (PHAR) and co-founder of Charlottesville Black Lives Matter. He is also a member of the UVA Equity Center Steering Committee, Unity Days Committee, Charlottesville Clergy Collective, Ground Theory of Structural Racism Steering Committee, and Congregate Charlottesville.

Dr. Ebony Hilton, an anesthesiologist and critical care physician at UVA Medical Center and an associate professor at the School of Medicine. She has studied health disparities for years and is a nationally recognized expert on how institutional racism has led to more severe impacts for communities of color from diseases such as COVID-19.

Enid B. Krieger, a retired hospital executive with 38 years of leadership experience in healthcare administration and management. She has been a leader and member of several nonprofit boards and committees and is currently a member of the Institutional Review Board at UVA Medical Center. Enid also serves on The Center’s DEIC and played the lead role in developing our recent speaker series on equity issues.

Deidra Massie, Sales and Marketing Director at The Colonnades. She serves on the Board of Directors of the Osher Lifelong Living Institute (OLLI) and The Center at Belvedere. Deidra also works with the local food bank through her church.

Siri Russell, Director of the Office of Equity and Inclusion for Albemarle County. Her work includes strengthening community partnerships and directing the Community Remembrance Project. Siri has also served on the boards of Charlottesville Pride Community Network and the Junior League of Charlottesville.

Christine Thalwitz, who teaches Spanish at Buford Middle School and Piedmont Virginia Community College. She is co-owner of the Bavarian Chef and is a principal marketing consultant with ACAC. Christine also serves on The Center’s Board of Directors.

The primary objectives of the RETF are to (1) identify the key equity, diversity and inclusion issues on which The Center, within the scope of its mission, should initially focus its resources, and (2) develop a set of recommendations to address these issues long term. Working with the DEIC and staff, the Task Force will create an action plan and make recommendations in the spring; those approved by the Board of Directors will inform the strategic planning process set to begin this year.

WE REMEMBER

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

Alan Batson
Janice Bernhard
Daniel Bird
Corliss Bradley
Jane Brame
Joseph Brittain
Elinor Fay Clark
Caroline Colvin
Nancy Eaton
Stella Erickson
Carolyn Ferguson
Bonnie Ford
Edward Foss
Luanne Glosser
Robbie Greenlee
Dorrit Grina

Alyce-Fay Hawley
Carl Headland
Jean Holienka
Sylvia Jones
Caroline Kelly
Vivian Larson
Margaret Lombardo
Gary Martin
David McCarthy Jr.
Joyce Page
George Phillips
Gayle Robertson
Katherine Sargeant
Mary Glover Smith
Caroline Watts

When the weather outside is frightful,



WE FIND LIFE DELIGHTFUL!



► **Branchlands** is a full-service senior living community in Charlottesville designed exclusively for the comfort, safety, and enjoyment of our residents. With a full suite of amenities and activities, Branchlands is the perfect place to let it snow.

- Inclusive monthly rent
- Chef-prepared dining
- Medication and nursing assistance
- On-site medical office and outpatient rehab
- Transportation and convenient to Route 29
- Housekeeping
- Very pet-friendly
- Locally-owned and operated



BRANCHLANDS

LIVE LIFE TO THE FULLEST!

branchlands.com

The Manor House Independent Living
434.973.9044

Linden House Assisted Living & Memory Care
434.973.0311



Lots of different information to convey in small squares, so please use the calendar key at right to determine whether a program is being offered online, on-site, or both. You can also refer to the program notes on pages 3–4, or check the website.

Every MONDAY	Every TUESDAY	Every WEDNESDAY	Every THURSDAY	Every FRIDAY
8:30 Tai Chi \$ 9:00 <i>Hiking</i> 9:15 PRIMETIME FITNESS \$ 10:00 Writing for Healing & Growth \$ Sew and Sews 10:30 Chair Yoga 11:45 BALANCE & STABILIZATION \$ 1:00 Ageless Grace \$ Mah-Jongg (Chinese) English Country Dance 6:15 Intermediate Line Dance	9:15 PRIMETIME FITNESS \$ 10:30 Arthritis Exercise \$ 11:45 Stretch Class \$ 1:00 Beginning Line Dance Beginning Spanish (will not meet Jan. 5) English Country Dance 2:10 Intermediate Spanish (will not meet Jan. 5) 3:20 Advanced Spanish (will not meet Jan. 5) 3:30 MOVE TO THE RHYTHM DANCE PARTY \$	8:30 Tai Chi \$ 9:00 <i>Hiking</i> 9:15 Primetime Fitness \$ (Online only on Wed) 9:30 Crafty Ladies 9:45 Tone & Groove \$ 10:00 Technology Assistance 11:00 SENIOR FITNESS 12:00 Tops 1:00 Ageless Grace \$ 2:00 Square Dance Lessons 3:00 Knit-Wits, Ping Pong	9:15 PRIMETIME FITNESS \$ 10:00 AA Meeting 10:30 Chair Yoga, Tap Dance Lessons (Beg)\$ Crafts DIY Arthritis Exercise \$ 11:30 Tap Dance Lessons (Int) \$ 11:45 BALANCE & STABILIZATION \$ 12:00 NIA-Moving to Heal \$ Reading for Pleasure Unwind Yoga \$ 1:00 Apple/Mac Class Woodcarvers 2:30 International Folk Dance 4:30 Zumba! \$ 6:15 Intermediate Line Dance	8:30 Tai Chi \$ 9:15 PRIMETIME FITNESS \$ 9:30 Friday Art Group 9:45 Stabilize Yoga 11:00 Friday Fitness 11:30 Original Strength \$ 12:00 Writing for Pleasure 1:00 Beginning Line Dance 2:00 Improvers Line Dance 2:30 Bingo \$ 3:00 Intermediate Line Dance
January	Every week ... recurring weekly or daily programs are at the top. Not every week ... monthly, semi-monthly, special events, etc. are below.			1 Closed New Year's Day
4 1:00 Senior Council	5 9:00 Painting with Pastels \$ 10:00 Try It Out Tuesday	6 9:30 Kingfishers 11:00 Book Group	7 3:00 88 Temple Pilgrimage	8 12:00 Pathways to Flourishing Health 1:00 Intermediate Bridge Class \$
11	12 9:00 Painting with Pastels \$ 10:00 Money & You with Jorgen Vik 2:00 Meditation	13	14 11:00 Watercolor I \$ 1:00 MOVE FOR HEALTH w/ DARCY HIGGINS 3:00 The Electromagnetic Spectrum 4:00 Essential Tremor Support Group	15 10:30 Watercolor II \$
18 1:00 Guitar Lessons \$	19 9:00 Painting with Pastels \$ 10:00 ELDER LAW WITH DORIS GELBMAN	20 10:00 HEARING HEALTH 10:00 New & Prospective Member Coffee 12:00 Walk the Labyrinth	21 10:00 Getting Your Final Affairs In Order \$ 11:00 Watercolor I \$ 3:00 Panoramic Tour of Dubrovnik	22 10:30 Watercolor II \$ 1:00 Intermediate Bridge Class \$
25 1:00 Guitar Lessons \$	26 9:00 Painting with Pastels \$ 1:00 Valentine Card Making \$ 2:00 MARKETS & ECONOMY REVIEW 2:00 Meditation	27 1:00 Poetry Reading and Discussion 3:00 Senior Living Panel Discussion	28 11:00 Watercolor I \$ 3:00 Backyard Beekeeping	29 10:30 Watercolor II \$

Find information about special events, programs, membership, and more at thecentercville.org

Monthly Giving
makes a year-long impact

As a nonprofit, The Center at Belvedere is fortunate to receive philanthropic support from community members like you each year. Contributions make up over 60% of the budget needed to provide the healthy aging programs and resources that you and your neighbors have come to rely. Some individuals are choosing an easy and impactful way to support The Center. Instead of giving one gift each year, they give monthly.

“Making a monthly gift to The Center allows me to support the programs I love at a level I feel good about. And because I give monthly, I can give a bit more than if I only wrote one check a year,” explains one Center member.

Giving monthly is easy. You can schedule monthly gifts using a credit or debit card, or use your bank’s bill pay application to send funds to The Center. And you can change or cancel your monthly commitment at any time by contacting the Center’s philanthropy team.

“Individuals who contribute monthly to The Center are an important group,” says philanthropy director Melanie Benjamin. “Not only are they making a difference by supporting healthy aging in our community, they also create a predictable stream of funds that The Center can count on. Having monthly donors allows us to better plan how we will deploy our budget to meet our mission.”

To honor monthly contributors, The Center created the Sustainers Circle, one of three leadership giving societies at The Center. To recognize their essential role in supporting The Center’s mission, Sustainers Circle members receive special acknowledgement and benefits, including recognition on The Center’ donor wall and our annual report, invitations to round-table discussions, and other special events. Additionally, Sustainers receive a yearly tax statement summarizing their annual giving.

Here are a few examples of how monthly contributors can make a

- difference at The Center:
- \$5 per month (\$60 annually) can support the purchase of equipment used in the group exercise classrooms
 - \$10 per month (\$120 annually) covers a portion of the annual cost to provide free WIFI throughout The Center.
 - \$25 per month (\$300 annually) provides funds for program staff to create new programs at The Center.
 - \$50 per month (\$600 annually) supports volunteer recruitment, training and engagement.
 - \$100 per month (\$1,200 annually**) supports financial scholarships to Center members because the ability to purchase a membership should never be a barrier to healthy aging.

Interested in giving monthly to The Center or learning about the Sustainer’s Circle? Contact Philanthropy Assistant Director Emily Evans by phone at 434.220.9743 or email her at emily@thecentercville.org.

** By giving \$100 per month, you will also join the 1180 Society.

Hassmer, continued from cover

“It’s a way of moving to music that engages with other people, exercising body and mind,” he explains. “And it’s fun. A lot of fun!”

But square dancing also requires hand contact with your partner, and in a time of pandemic when physical distancing is required, how can you do it? With pool noodles, pool noodles with little gloves on the ends. Want to see Jim flourish them as he do-si-dos? He would love to give you a demonstration any Wednesday at 2:00 PM, and you just might find yourself joining in.

And Jim thinks you *should* join in, his class or whatever else interests you, for his advice to other seniors is to “think of something you like to do, and explore a way of using it to connect with others.” If that way might be dance—or might be gleaning work—look Jim up. He would be delighted to help. ■

PROGRAM KEY: *green = off-site;* **bold = open to the public;** *blue = online;* black = on-site; ALL CAPS = online AND on-site; \$ = fee. Programs are subject to change. Check for updates and additions at thecentercville.org or visit our Facebook page.

Every MONDAY	Every TUESDAY	Every WEDNESDAY	Every THURSDAY	Every FRIDAY
8:30 Tai Chi \$ 9:00 <i>Hiking</i> 9:15 PRIMETIME FITNESS \$ 10:00 <i>Writing for Healing & Growth</i> \$ Sew and Sews 10:30 <i>Chair Yoga</i> 11:45 BALANCE & STABILIZATION \$ 1:00 <i>Ageless Grace</i> \$ Mah-Jongg (Chinese) English Country Dance 6:15 <i>Intermediate Line Dance</i>	9:15 PRIMETIME FITNESS \$ 10:30 Arthritis Exercise \$ 11:45 Stretch Class \$ 1:00 <i>Beginning Line Dance</i> <i>Beginning Spanish</i> English Country Dance 2:10 <i>Intermediate Spanish</i> 3:20 <i>Advanced Spanish</i> 3:30 MOVE TO THE RHYTHM DANCE PARTY \$	8:30 Tai Chi \$ 9:00 <i>Hiking</i> 9:15 <i>Primetime Fitness</i> \$ (Online only on Wed) 9:30 Crafty Ladies 9:45 Tone & Groove \$ 10:00 Technology Assistance 11:00 SENIOR FITNESS 12:00 Tops 1:00 <i>Ageless Grace</i> \$ 2:00 Square Dance Lessons 3:00 Knit-Wits, Ping Pong	9:15 PRIMETIME FITNESS \$ 10:00 AA Meeting 10:30 <i>Chair Yoga</i> , Tap Dance Lessons (Beg)\$ Arthritis Exercise Crafts DIY 11:30 Tap Dance Lessons (Int) \$ 11:45 BALANCE & STABILIZATION \$ 12:00 <i>NIA-Moving to Heal</i> \$ Reading for Pleasure Unwind Yoga \$ 1:00 Apple/Mac Class Woodcarvers 2:30 International Folk Dance 4:30 Zumba! \$ 6:15 <i>Intermediate Line Dance</i>	8:30 Tai Chi \$ 9:15 PRIMETIME FITNESS \$ 9:30 Friday Art Group 9:45 Stabilize Yoga \$ 11:00 <i>Friday Fitness</i> 11:30 Original Strength \$ 12:00 Writing for Pleasure 1:00 Beginning Line Dance 2:00 Improvers Line Dance 2:30 Bingo \$ 3:00 Intermediate Line Dance
Every week ... recurring weekly or daily programs are at the top. Not every week ... monthly, semi-monthly, special events, etc. are below.				
February				
1 1:00 Senior Council 1:00 Guitar Lessons \$	2 9:00 Alcohol Ink Painting \$ 10:00 Try It Out Tuesday 3:00 <i>Walking the Camino Santiago</i>	3 9:30 Kingfishers 11:00 Book Group	4 11:00 Watercolor I \$ 3:00 <i>How Birds Survive the Cold</i>	5 10:30 Watercolor II \$ 12:00 Pathways to Flourishing Health 1:00 Intermediate Bridge Class \$
8 1:00 Piedmont Pastelists 1:00 Guitar Lessons \$	9 10:00 Money & You with Jorgen Vik 2:00 <i>Meditation</i> 3:00 <i>Walking the Camino Santiago</i>	10	11 1:00 MOVE FOR HEALTH w/ DARCY HIGGINS 3:00 <i>Digital Sercurity & You</i> 4:00 Essential Tremor Support Group	12
15 1:00 Guitar Lessons \$ 3:00 <i>Piedmont Master Gardeners Presentation</i>	16 10:00 ELDER LAW WITH DORIS GELBMAN 3:00 <i>Walking the Camino Santiago</i>	17 10:00 HEARING HEALTH 10:00 New & Prospective Member Coffee	18 3:00 <i>Touring the Galleria Borghese</i>	19 1:00 Intermediate Bridge Class \$
22 1:00 Guitar Lessons \$	23 10:00 Long Term Care Q&A (By appt) 10:30 How To Manage Investment Income 2:00 <i>Meditation</i> 3:00 <i>Walking the Camino Santiago</i>	24	25	26
28 1:00 Guitar Lessons \$				

THE SUSTAINER'S CIRCLE

William Adams
Janis Arave
Melanie Benjamin
Betty Bollendorf
Elizabeth Crane
Vicky & Larry Eicher
Anne Farrell
Nancy Fischer
Leslie Geer
Glen Henderson
Mark Hofmann
Julie Horne
Beverley Jacobs

Jennifer L. King
Russell M. Lafferty
Christopher Lorish
Margaret & Bill Marley
Dorothy Monty
Mike Silverman
Peggy Slez
Hedy Southard
Thomas Stott
Peter M. Thompson
Jeannine "JJ" Towler
Robert Westbrook
Sharon Woltz

MANY THANKS TO THESE 1180 SOCIETY MEMBERS!
(October 1-November 30, 2020)

Anonymous Friends
Betty Bollendorf
Margaret & Mark Dryer
Rosemary Evans & Kenneth Shade
Martha Fruehauf
Sally & Joe Gieck
Diane & Daniel McCallum
Dawn & Ted Heneberry
Sandra Palumbo

Joanne Robinson
Carol & Rodney Rullman
Kathy Seabrook
Teresa & Robert Shaner
Daphne Teegarden
Chris VonFrieling & Ann Vonnegut-Freiling
Carolyn & Joseph Warden
Yvonne & John Watterson

DONATIONS MADE IN HONOR OF
(October 1-November 30, 2020)

Diane & Dick Brownlee
by: Bonita & Mike Metz

Helen Ida Moyer
by: Sunny Choi

Marylee Bullock
by: Sue & Michael Sheffiel

Sheila Queen
by: Gail & Irv Peters

DONATIONS MADE IN MEMORY OF
(October 1-November 30, 2020)

Jim Berry
by: Anonymous

Elizabeth Seabrook
by: Theresa & Michael Seabrook

Jean Glakas
by: Stewart Williams

Mildred Westbrook
by: Robert Westbrook

Marjorie Hughes
by: Carol & Rodney Rullman

Jimmy Williams
by: Stewart Williams

Marjorie Ratcliffe
by: Betsy Bean

Marty & Lena Wynne
by: Joseph Wynne

COMING IN MARCH ...

Building a More Inclusive Community: Community Talks about Race & Privilege

The Center's Diversity, Equity, and Inclusion Committee is pleased to present the third iteration of its popular Speakers Series. These presentations are meant to share information and create a safe place for open dialogue.

- March 3 Race: Biology or Construct? - *Dr. Jalane Schmidt*
- March 10 What IS White Privilege? - *Susan Bro*
- March 17 Getting Comfortable with Being Uncomfortable - *Kaki Dimok*
- March 24 Do You Have Black Friends, or Do You Just Know Black People? - *Allison Linney*
- March 31 Leveraging White Privilege to Change a Broken Social System - *Charlene Green*

Presentations will be online on Wednesday evenings from 5:30–7:00 pm and are free and open to all. Look for more information on our website and in our weekly e-news.

The Center at Belvedere
540 Belvedere Boulevard
Charlottesville, VA 22901

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COME ALONG!

Dreaming about your next vacation?

Or do you just want to get away now? Stop by The Center's travel office (no appointment necessary) and find out about things you can do safely now and in the future. Linda Hahn, travel coordinator and certified travel agent—or one of her volunteers—will be happy to assist you. **All trips and travel services are open to the public of all ages.**

Travel Office Hours
Monday–Friday 9am–1pm

Contact
434.974.6538 | linda@thecentercville.org

DAY TRIPS

ODYSSEY CRUISE - CHERRY BLOSSOMS
Thursday, April 1

Join us as we set sail on the Potomac River aboard the glass-topped Odyssey cruise ship. The Odyssey will cruise beneath historic bridges and travel past Washington, DC's greatest landmarks. You will be served a three-course lunch (included) while viewing the Washington Monument, the Jefferson Memorial and the beautiful cherry blossom scenery. Activity level – easy. Members \$140; Guests \$160.

VIRGINIA INTERNATIONAL TATTOO
Sunday, April 18

Travel to Norfolk to attend the 25th annual Virginia International Tattoo. It is a colorful celebration of partiotism, pride, and international goodwill featuring military bands and drill teams, dancers, and choirs. Lunch is on your own. Activity level – easy. Price – TBD.

GETAWAYS

PORTUGAL
April 30–May 7

Enjoy a stay in the Casa de Vilela in Santo Tirso, Portugal. This beautiful house dates back to the 18th century! The property is located in the Minho region of Northern Portugal, which is 35 minutes from Porto. Package includes roundtrip transfers and air, all meals, gratuities, and six day trips. Call the Travel Center for more details.

EXCLUSIVE NATURE & PHOTO TOUR OF ICELAND
August 18–30

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. The all-inclusive package includes round trip air and ground transfers, all meals, day trips, transportation, and gratuities. Activity level – active. Open to all. There are only a few spaces available! Contact the Travel Center to reserve your spot.

TUSCANY
October–Three departure dates available!

Spend a week in the Chianti Hills region, the heart of Tuscany, in a villa built as a country residence for a Florentine noble family. Six day tours let you explore the region. All transportation, meals, and gratuities are included. Call the Travel Center at for more details. Activity level – active.

VILANOVA, SPAIN
November 9–17 (rescheduled date!)

Join us for a stay at Masia Notari, a rustic property where past elements are blended with modern-day comforts. Located 45 minutes from Barcelona, it's a perfect location from which to enjoy day trips and the beauty and history of Spain. Price includes roundtrip transfers and air, all meals, gratuities, and six day trips. Activity level – active. Open to all. For more information contact Linda Hahn.

