

The Center at Belvedere Earns National Award

AIA The American Institute of Architects



The American Institute of Architects (AIA) awarded Bushman Dreyfus Architects the prestigious Design for Aging Review 2021 Award of Merit for The Center at Belvedere. In announcing the award, AIA representatives hailed The Center as a new prototype and model for similar centers. Calling the robust offering of activities and layout and detailed design “exceptional,” the jury noted that “Every aspect of the site, program, and building reflects a strong desire to be comfortable, safe, and life-enriching for its users ... This is not a classic senior environment and works hard to break stereotypes.” Everyone who supported the vision for The Center at Belvedere—and indeed our entire community—can be extremely proud of this recognition.



Saturday, March 26, 2022

Set sail on the S. S. Center! Enjoy cruise ship style fun—casino games, music, art, dancing, entertaining demos, food, drink, and more—in support of healthy aging in our community. Proceeds benefit our multi-dimensional programs and scholarships. Keep an eye out for details on how to book passage!

Inside

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- More!

Minding the Gap: Will Your Healthspan Match Your Lifespan?

LIFESPAN IS THE TOTAL NUMBER OF YEARS LIVED BY AN INDIVIDUAL. HEALTHSPAN IS THE NUMBER of years lived in good health. While life expectancy has increased by almost three decades since the mid-twentieth century, healthy life expectancy has not kept pace. The ten-year gap between the two represents both a community challenge and a very individual one.

From the United Nations to the American Heart Association, organizations are launching initiatives to address this issue, and the World Health Organization proclaimed 2021–2030 a decade of healthy aging. As a September article in the journal *Nature* noted, “Healthspan-centered actions will require an increasingly concerted, multidimensional effort that utilizes public health initiatives, acts on social determinants of health, and capitalizes on emerging technologies to equitably add value to senior life.”

The Center is a community resource for bridging the healthspan-lifespan gap, helping older adults increase the number of years they spend in good health with programs that promote physical activity, social ties, lifelong learning, resiliency, and independence. This multidimensional, comprehensive approach is the most effective and achievable means for improving health and well-being, not just in later life but at every stage of life, and The Center also offers many opportunities to adults of all ages.

As we head into a new year with the traditional resolutions and hope for the future, please take time to explore the ways that you and your loved ones can pursue vibrant, rewarding lives. Here’s to more years in good health! ■

Q&A with Member Susan Trimble

What attracted you to the Center?

I was living in Florida and realized that I had to get out of its summer heat and humidity. With that goal in mind, I drove up and down the eastern states for three summers, looking for the ideal summer retreat. That’s when I discovered The Center, first in the old building in 2019, then I returned in 2020, and again in 2021. My first impression—and why I kept returning to The Center—was that there was a lot to do here! Not many places have ping-pong, international folk dance, Tai Chi, a coffee house, a travel center, computer classes, a game room, a library, a clinic, an art room, a gym, a stage and auditorium, an atrium, and exercise rooms ... all under one roof. I was like a kid in a candy store. And I began to feel really good! The people at The Center looked at me, smiled, said hello. For me, as an older person in a new town, that meant a lot. I felt recognized. I had found my summer place.

What are your favorite things to do?

I absolutely love doing things with other people, and The Center has ample opportunities. The activity for me is just an excuse to be around interesting and active people. I love singing duets at Tuesday’s karaoke, discussing books at the monthly Book Club meetings, and giving and receiving feedback on each others’ paintings during pastel meetings. I am constantly learning from others and amazed at their insights.

How has joining The Center impacted your life?

The Center has prompted a major positive change in my life! I am now moving full-time to Charlottesville, all because of The Center. People ask me, “Why are you moving here?” and I answer, “Because of the Center.”

“Really?” they respond, expecting me to say, “My daughter is here,” or something similar. Instead, I tell them why The Center is so stimulating and how it offers so much for seniors that can enrich their quality of life. Most of all, I realize The Center’s norm of paying attention to each person, of making people feel recognized and important, is its hidden gem.

During Covid in Tallahassee I felt rather isolated at first, in my house day after day—but not for long. I had joined The Center in 2020 and discovered that it offered many classes online and I could participate through Zoom, even though I lived in Florida. Soon I was painting in watercolors, doing pastels, discussing books, and attending lectures, all online. The quality of the Zoom sessions and the technical support from The Center were a joy. Thanks to The Center, its staff, and instructors, these sessions were

See Q&A on page 7





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

Hours

Monday, Wednesday, Friday 8:30am-4:30pm
Tuesday & Thursday 8:30am-8:00 pm
Greenberry's: Monday-Friday 7:00 am-4:00 pm

About THE CENTER AT BELVEDERE

The Center’s mission is to positively impact our community by creating opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity, and lifelong learning. Founded in 1960, The Center is a 501(c)(3) nonprofit organization. EIN/TAX ID #54-073566

Healthy Aging for All

Everyone should have the opportunities that aging brings. In our work to extend healthy life expectancy and quality of life for everyone, The Center is committed to creating an environment that is welcoming, just, equitable, and inclusive, without biases or discrimination based on differences of any kind. Because the only healthy environment is one that reflects and respects the rich diversity of the communities we serve.

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

BOARD OF DIRECTORS

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THURSDAYS
AROUND
FIVE

Coming
March 10:
Michael Clem



MEMBERSHIP

KEVREYL WELLS
MEMBERSHIP COORDINATOR
434.974.7756 • kevreyl@thecentercville.org

WELCOME NEW MEMBERS!

Pam Allen
Virginia Andkjar
Donna Arehart
JoAnn Atwood
Jeanmarie Badar
Crystal Ballif
William Barker
Lee Barker
Randy Baskerville
Donald Bates
Sharon Beeler
Robert Bennetta
Diane Borgman
Carol Burger
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Thomas Campbell
Marianne Capone
Carol Cassell
Gary Chovan
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Linda Currence
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Glen Dufrisne
Judith Dunivan
Shirley Fleishman
Nancy Hall
Claudia Hall
Desiree Herzfeld
Lori Jakubow
Mary Scot Jonte
Michael Kaminski
Danna Kelley
John Kirby
Bonnie Kirby
Marlene Lenert
Laurie McCullough
Robert McMahon
Kathy Micucci
Michael Micucci
Marie Moss
Margaret Noonan
Aimée Noonan
Tim O'Kane
Art Okun

Randolph Pendleton
Betty Ray
Marcia Ripley
David Ripley
Robin Rockwell
Marion Ross
Donald Ross
Steven Rundle
Dianne Shatin
Anne Shea
Karen Sherwood
Ruth Sisman
Lila Smith
Tom Snyder
Robert Toplin
Anu Townsend
Chris Vonfrieling
William Walling
Dorthea White
Barbara Wiederltehr
Marylee Workman

If you joined between October 1 and November 30 and were not recognized here, please contact KevReyl.

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

MANY THANKS TO THESE 1180 SOCIETY MEMBERS!
(October 1-November 30, 2021)

Anonymous
Byrd Abbott-Fields & Kenny Fields
Thomas Crowell
Anne Delaney
Kenneth & Mary Jane Derby
Julia Dunstan
Vicky & Larry Eicher
Charlotte & Cliff Erickson
Rosemary Evans & Kenneth Shade
Molly & J. Hiram Ewald
Martha Fruehauf, *Fruehauf Foundation*
Sally & Joe Gieck
Nancy Hunt
Jennifer King
Mary Ann Leeper
Lynn & Larry Martin
Alice Meador, *Alice P. Meador Fund in the CACF*
Carl Newman, *The Nature Conservancy*

Julia & Richard Nunley, *R & J Nunley Fund at the CACF*
Sandra Palumbo
Jocelyn & Bruce Saunders
Kathy Seabrook
Robert Selden Jr.
Christine Shaw, *Shaw Charitable Fund of the US Charitable Gift Trust*
William Sihler
Kathryn Skinner
Susan Ehrlich Smith, *Ehrlich Family Fund*
Jan & John A. Stalfort II
Merle Thompson
Peter M. Thompson
Linda Verhagen
Laura & Jorgen Vik
Carolyn & Joseph Warden
Jane Whitworth
Alana & Kurt E. Woerpel III



COUNCIL NOTES

The mission of The Center Council is to communicate the policies, plans, and decisions of the Board of Directors to the members of The Center and the members’ concerns to the Board of Directors. Meetings are held on the first Monday of each month at 1:00 pm and last approximately one hour. Come to observe or come to be heard—all Center members are invited and welcome to attend.

Monday, January 3 – Happy New Year! Resolve to become more engaged, to learn more about members and leadership at The Center by attending Council meetings. Your attendance is counted as volunteer time!

Monday, February 7 - The agenda will include the Nominating Committee (Berta Hysell, Gene Philippi, Jane Whitworth) presentation of Center Council candidates for election at the March meeting. Nominations may also be taken from the floor. The offices to be filled are President, Vice President, Corresponding Secretary, and Recording Secretary. If you are interested in becoming a candidate or learning more about the officers’ duties, please contact me (mjslez@gmail.com) or Carolyn Merrick, the Council staff liaison.

—Peggy Slez, Council President

programs

All programs ON-SITE unless otherwise indicated.

Register online at thecentercville.org or call 434.974.7756.

Note: This is just a partial list; recurring programs without topic updates are listed in the calendar on pages 4–5. Check the website for programs added after our print deadline!

SPECIAL EVENTS

THURSDAYS AROUND 5

Free and open to all; registration requested

Enjoy live performances that showcase area musicians!

Ken Farmer & The Authenticators

Thursday, January 13, 5:01–7:00 pm



A live event with this band is a guaranteed good time—sway in your seat or dance the night away to alternative, rockabilly, and blues for the heart and soul. Ken Farmer, guitar and lead vocals; Rob Martin, lead guitar and vocals; Frank Cain, drums; and Preston Wallech, bass guitar, play fresh originals and vintage covers.

Academical Village People

Thursday, February 10, 5:02–7:00 pm

The award-winning and world-traveling Academical Village People was founded in 1993 by a group of guys who thought, “Hey, this a cappella stuff is pretty sweet, but let’s have a little more fun with it.” The group embraces the importance of both quality vocals and entertaining performances while never taking themselves too seriously.

ITALIAN CELLO SONATAS

For Center members; please register

Wednesday, February 2, 10:15–11:30 am

Center members are invited to attend the Wednesday Music Club’s February presentation. Italian Cello Sonatas will be presented by cellist Adam Carter and his students.

ARTS

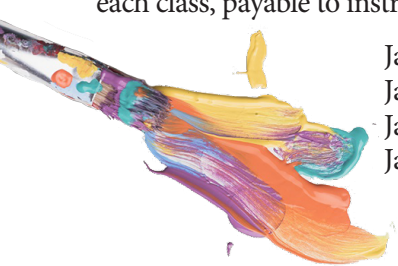
LEARNING FROM THE MASTERS SERIES

Open to all; registration required

Tuesdays, January 4, 11, 18, 25;
10:00 am–1:00 pm (4 separate classes;
register for each individually)

Join artist Jan Settle for a little art history and lots of fun acrylic painting as you learn about famous women artists. With Jan’s instruction and assistance, you will use each artist’s iconic paintings as a reference and add your personal creative touch! Prime members free; Standard members \$15 per class; Guests \$20 per class. Materials fee is \$15 for all for each class, payable to instructor at time of class.

Jan. 4 – Georgia O’Keefe
Jan. 11 – Mary Cassatt
Jan. 18 – Frida Kahlo
Jan. 25 – Lee Krasner



Prete, Linda Nacamulli, Donna Redmond, and Sara Gondwe. Come meet the artists and enjoy light refreshments. If you miss the reception, you are welcome to stroll the galleries anytime during The Center’s regular hours.

ART EXHIBIT AND RECEPTION

Free and open to all

Thursday, January 6,
4:00–6:00 pm

On exhibit in January and February are works by photographer Ben Greenberg and painters Janie

THE STORIES BEHIND THE PHOTOS

Free and open to all; please register

Thursday, January 6, 6:00–7:00 pm

Award-winning photographer and author Ben Greenberg will lead you through his Virginia Natural Public Lands photos on display at The Center. Join Ben to hear the stories behind the stunning visuals he captures.

STRETCH YOUR IMAGINATION—BRACELETS!

Open to all; registration required

Monday, January 10, 10–12 pm or 1–3 pm

Charlotte Beagle has been fashioning beaded jewelry for over 30 years and is excited to share with you how to make a one or two strand memory wire bracelet or a stretch bracelet. Learn about memory wire and have fun combining beads and leather to create a one-of-a-kind bracelet that will fit most anyone. Prime members free, Standard Members \$10, Guests \$15. Materials fee \$10 per person, payable to instructor at time of class.

BASIC WOODCARVING

Open to all; registration required

Tuesdays, January 11 and 18 (2 weeks),
1:00–2:00 pm

This class is a beginner’s class and will teach the basics of wood carving. Learn to carve an old time Santa. No experience is necessary. All materials; basswood, carving knife, and protective glove will be provided and will be yours to take home upon completion of the course. Join Mike Mucucci who has been carving for 29 years. Prime members free; Standard members \$10; Guests \$20. Materials fee is \$50 for all payable to instructor at time of class.

WATERCOLOR BASICS

Open to all; registration required

Fridays, Jan. 28–Feb. 18, 12:30–2:30 pm

Learning watercolor is really fun when someone shows you how to avoid the trouble spots along the way. Join Jane Skafte for this four-session introductory class that covers a new topic and technique each week. Prime members free; Standard members \$40; Guests \$55. See website for a list of supplies.

BEADING 101 WITH CHARLOTTE

Open to all; registration required

Wednesday, February 2, 1:00–3:00 pm

Experienced jewelry maker and Center member Charlotte Beagle will show you how to work with beads to create lovely projects. Prime members free; Standard members \$10; Guests \$15.

LIFELONG LEARNING

BOOK DISCUSSION GROUP

Free and open to members

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

This enthusiastic group focuses on contemporary works of fiction and nonfiction. Free for members but first-time guests are always welcome.

Jan. 5 - *Hamnet* by Maggie O’Farrell

Feb. 2 - *The Boys in the Boat* by Daniel James Brown

ADVANCED BEGINNERS GUITAR LESSONS

Open to all; registration required

Mondays, Jan. 10–March 7, 1:00–2:00 pm

If you can play a few guitar chords and strum, join accomplished musician and instructor Mike D’antoni for this 8-week class to learn more advanced chords, fingerpicking, and strum patterns while having fun and with familiar songs. BYOG—bring your own guitar! Prime members free; Standard members \$64; Guests \$96.

BEGINNERS GUITAR LESSONS

Open to all; registration required

Mondays, Jan. 10–March 7, 2:15–3:15 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 8-week class. BYOG—bring your own guitar. Prime members free; standard members \$64; guests \$96. (Will not meet Jan. 17)



MONEY AND YOU

Free and open to all; please register

Predicting 2022

Tuesday, January 11, 10:00–11:30 am

Why are we drawn to predictions? Should we pay attention to them? Jorgen Vik, CFP and partner with the SKV Group, will lead the discussion.

Our Own Worst Enemy

Tuesday, February 8, 10:00–11:30 am

Investment returns and investor returns are different things. Join Jorgen Vik for a discussion of how our emotions may get the better of us when we invest.

MEDICARE 101

Free and open to all; please register

Wednesday, Jan. 12, 11:00 am–12:00 pm

Tuesday, Jan. 18, 6:00–7:00 pm

Wednesday, Feb. 9, 11:00 am–12:00 pm

Medicare can be so confusing! Learn how it works and set yourself up for success with guidance from Sharon Accardo.

AFRICAN AMERICAN AUTHORS BOOK CLUB

Free and open to all

2nd Thursday of each month, 6:00–7:30 pm

This group has been reading books by African American or African authors since 1996. While selected books are by African American authors, the club members are racially and culturally diverse and join together each month to enjoy intellectual discussions and camaraderie.

Jan. 13 - *My Monticello* by Jocelyn Johnson

Feb. 10 - TBD

PROGRAMS continue on page 6

MONDAY

8:30	TAI CHI \$
9:00	Hiking
9:15	PRIMETIME FITNESS \$
10:00	Writing for Healing & Growth \$ Sew & Sews Getting Better at Bridge
10:30	Chair Yoga
11:00	Poker, Silver Swans Ballet II \$
11:45	BALANCE & STABILIZATION \$
12:15	Silver Swans Ballet I \$
12:30	Chess
1:00	Mah-Jongg (Chinese) Ageless Grace \$ English Country Dance

January

3	
2:00	Bunko

10	10:00 Piedmont Pastelists Stretch Your Imagination Bracelets \$
	1:00 Council Meeting Adv. Beginner Guitar Lessons \$ Stretch Your Imagination Bracelets \$
	2:15 Beginner Guitar Lessons \$

17	
	Closed
	Martin Luther King, Jr. Day

24	
1:00	Adv. Beginner Guitar Lessons \$
2:15	Beginner Guitar Lessons \$

31	
1:00	Adv. Beginner Guitar Lessons \$
2:15	Beginner Guitar Lessons \$

February

7	1:00 Senior Council Adv. Beginner Guitar Lessons \$
	2:00 Bunko
	2:15 Beginner Guitar Lessons \$

14	
1:00	Adv. Beginner Guitar Lessons \$
2:15	Beginner Guitar Lessons \$

21	
1:00	Adv. Beginner Guitar Lessons \$
2:00	Bunko
2:15	Beginner Guitar Lessons \$
3:00	Master Gardener Presentation

28	
1:00	Adv. Beginner Guitar Lessons \$
2:15	Beginner Guitar Lessons \$

TUESDAY

9:15	PRIMETIME FITNESS \$
10:00	Whist
10:30	ARTHRITIS EXERCISE \$, Tap Dance (Beg)\$
10:45	Second-Wind Band
11:45	Stretch for Balance & Strength \$
12:30	Party Bridge
1:00	Beginning Spanish, English Country Dance
1:15	Round Dance Lessons
2:10	Advanced Beginner Spanish
3:15	Keeping Up Your Spanish
3:30	MOVE TO THE RHYTHM DANCE PARTY \$
5:00	Beginners Line Dance Boot Camp \$
5:15	Tai Chi
6:00	AA Women's Group Improvers/Intermediate Line Dance

4	
10:00	Try It Out Tuesday, Hearing Screenings Learning from the Masters \$
11:00	Good Life Series
5:00	Singles Schmooze
6:45	Has Your Get Up and Go Got Up and Left?

11	
10:00	Money & You Learning from the Masters \$
1:00	Basic Woodcarving \$
1:15	Round Dance
2:00	Karaoke

18	9:30 Alzheimer's Support Group
10:00	Elder Law Learning from the Masters \$
12:00	Energy Clinic Lunch & Learn
1:00	Basic Woodcarving \$ Natural Public Lands of Virginia
3:00	Art with Olga - Damien Hirst
5:00	Singles Schmooze
6:00	Medicare 101

25	
10:00	Learning from the Masters \$
10:30	Wise Women Connect
2:00	Karaoke



1	10:00 Try It Out Tuesday
	11:00 Good Life Series
	5:00 Singles Schmooze
	6:45 Has Your Get Up and Go Got Up and Left?

8	
10:00	Money & You
2:00	Karaoke

15	9:30 Alzheimer's Support Group
10:00	Elder Law
5:00	Singles Schmooze

22	10:30 Wise Women Connect
	2:00 Karaoke

WEDNESDAY

8:30	TAI CHI \$, Vinyasa
9:00	Hiking
9:15	Primetime Fitness \$
9:30	Crafty Ladies
9:45	Tone & Groove \$
11:00	SENIOR FITNESS Poker
12:00	Tops, Canasta
12:30	Square Dance Les
1:00	Ageless Grace \$, So American Mah-Jong
1:30	Recorder Lessons
2:00	Knit-Wits
2:30	Ping Pong

5	
9:30	Kingfishers
11:00	Book Group

12	
10:30	Parkinson's Car
11:00	Medicare 101
1:30	Senior Statesme

19	
10:00	New & Prospect
	Hearing Health
11:00	These Honored
3:00	UVA Interns Coo

26	
11:30	Luncheon at Th
1:00	Maintaining a I

2	9:30 Kingfishers
	10:15 Italian Cello Son
	11:00 Book Group
	1:00 Beading 101 \$

9	
10:30	Parkinson's Car
11:00	Medicare 101
1:30	Senior Statesme

16	
10:00	New & Prospect
	Hearing Health

23	11:30 Luncheon at Th
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Ben Greenberg



PROGRAM KEY: *green = off-site*; **bold = open to the public**; *blue = online*; black = on-site; ALL CAPS = online AND on-site; \$ = fee. Check for program updates at thecentercville.org.

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

THURSDAY

Yoga \$	9:00 <i>Ivy Creek Walking Group</i> , Party Bridge
	9:15 PRIMETIME FITNESS \$
	10:00 AA Meeting
	10:30 <i>Chair Yoga</i> , First Wind Band, Tap Dance Lessons (Int)\$ ARTHRITIS EXERCISE \$, Crafts DIY
	11:30 Tap Dance Lessons (Adv) \$
	11:45 BALANCE & STABILIZATION \$
	12:00 <i>NIA-Moving to Heal</i> \$, Unwind Yoga \$, Sheepshead
	1:00 Apple/Mac Class Woodcarvers
	2:00 Backgammon Drumming Group
	2:30 International Folk Dance , Member Social
	5:15 <i>Tai Chi</i>

FRIDAY

8:30 TAI CHI \$
8:30 Basic Hatha Yoga \$
9:15 PRIMETIME FITNESS \$
9:30 Friday Art Group
9:45 Tone & Groove \$
10:00 Rummikub Pinochle
10:45 Flashbacks
11:00 Balance with Beth \$ <i>Friday Fitness</i>
12:00 Writing for Pleasure Beginners Line Dance
1:00 Euchre, Still Sharp Singers, Mah Jongg (American)
1:30 Improvers/Int. Line Dance
2:30 Acoustic Jam Session
2:30 Bingo \$, Barbershop Belles & Beaux

	6 11:00 The Joy of Acting (\$) 3:00 Socrates Café 4:00 Artists Reception & Exhibit Opening 5:00 Fitness Room Orientation 6:00 Jazz Jam Session The Stories Behind the Photos	7 3:00 Transitions: Learning to Live with Loss
regiver Support Group <i>en</i>	13 11:00 The Joy of Acting (\$) 1:00 Move for Health 3:30 Fitness Room Orientation 4:00 Essential Tremor Support Group 5:01 Thursdays Around 5 6:00 Camera Club Meeting African American Authors Book Club	14 9:30 Off the Main Street: Senior Living Options 11:00 Has Your Get Up and Go Got Up and Left? 11:45 Great Songs and Songwriters \$ 3:00 Transitions: Learning to Live with Loss
itive Member Orientation Dead alking Demo	20 11:00 The Joy of Acting (\$) 3:00 Socrates Café 5:00 Fitness Room Orientation	21 11:00 Writing a Debut Novel 11:45 Great Songs and Songwriters <i>(cont.)</i> 3:00 Transitions: Learning to Live with Loss
e Center \$ Healthy Brain	27 11:00 The Joy of Acting (\$) 3:30 Fitness Room Orientation	28 11:45 Great Songs and Songwriters <i>(cont.)</i> 12:30 Basics of Watercolor \$ 3:00 Transitions: Learning to Live with Loss

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regiver Support Group <i>en</i>	10 11:00 Acting Shakespearean Monologues (\$) 1:00 Move for Health 3:30 Fitness Room Orientation 4:00 Essential Tremor Support Group 5:02 Thursdays Around 5 6:00 Camera Club Meeting African American Authors Book Club	11 11:45 Great Songs and Songwriters <i>(cont.)</i> 12:30 Basics of Watercolor \$ <i>(cont.)</i> 3:00 Transitions: Learning to Live with Loss
itive Member Orientation	17 11:00 Acting Shakespearean Monologues (\$) 3:00 Socrates Café 5:00 Fitness Room Orientation	18 11:00 Has Your Get Up and Go Got Up and Left? 11:45 Great Songs and Songwriters <i>(last class)</i> 12:30 Basics of Watercolor \$ <i>(last class)</i> 3:00 Transitions: Learning to Live with Loss
e Center \$	24 11:00 Acting Shakespearean Monologues (\$) 3:30 Fitness Room Orientation	25 3:00 Transitions: Learning to Live with Loss

Art on Exhibit in January and February

During January and February, enjoy Virginia Natural Public Lands photos by Ben Greenberg on the first floor and, on the second floor, works by Janie Prete, Linda Nacamulli, Donna Redmond, and Sara Gowndwe. Come stroll the upper and lower gallery halls any time The Center is open!



Donna Redmond

CHARLOTTESVILLE CAMERA CLUB

2nd Thursday of each month, 6:00–7:45 pm
Center members are welcome to join in these monthly meetings!

January 13: “Love Those Lines” - In a judged competition, club photographers will enter photos where lines play a dominant role in a composition.

February 10: “Old and New” - The photos entered into this competition will show a juxtaposition of old and new objects and concepts.

OFF THE MAIN STREET: CREATIVE SENIOR HOUSING OPTIONS

Free and open to all; please register
Friday, January 14, 9:30–11:00 am

Lori Jakubow, senior real estate specialist, fills you in on the latest trends and the creative housing options available for the 50 and better market. She'll also talk about smart home solutions for aging in place and how to navigate downsizing prior to a move.

GREAT SONGS AND SONGWRITERS

Open to all; registration required
Fridays, Jan. 14–Feb. 18, 11:45 am–12:45 pm



Revisit song hits from the 1940s through today to listen and analyze what makes them memorable, both lyrically and musically. Rogers and Hart, Lionel Ritchie, Taylor Swift, and so many other songwriters will be included. Join musician, teacher, and songwriter Mike D'Antoni for this 6-week series to discuss what makes a great song great! Prime members free; Standard members \$30; Guests \$48.

ENERGY CLINIC LUNCH AND LEARN

Free and open to all; please register
Tuesday, January 18, 12:00–1:00 pm

Did you know you may be eligible to receive thousands of dollars' worth of energy-efficiency products and services through LEAP, Dominion, and the City of Charlottesville? Join the Charlottesville Climate Collaborative (C3) Residential Climate and Equity Program Manager Latricia Giles to learn more. Register by emailing latricia@theclimatcollaborative.org by January 11.

NATURAL PUBLIC LANDS OF VIRGINIA WITH BEN GREENBERG

Free and open to all; please register
Tuesday, January 18, 1:00–2:30 pm

Ben's photographs of landscapes, wildlife and nature provide a journey through the national parks, nature preserves, and local parks protected and preserved for current and future generations. Join Ben for stories on the history and development of some of his works and observe firsthand what makes Virginia such a beautiful state.

ELDER LAW WITH DORIS GELBMAN

Free and open to all
Tuesday, January 18, 10:00–11:30 am
“FREE BRITNEY!” and Other Famous People Under Guardian/Conservatorship – We're seeing more and more cases like this, allegedly “abusive” conservators or guardians. WHY is it happening? Most importantly, how do you prevent it from happening to YOU?
Tuesday, February 15, 10:00–11:30 am
Ageism in Medical Settings – Now that you're older, maybe a bit slower, have some hearing loss or other deficits, are YOU being treated fairly by medical providers? How big is this problem and what can you do to make your voice heard?

THESE HONORED DEAD—TALK AND BOOK SIGNING

Free and open to all; please register
Wednesday, Jan. 19, 11:00 am–12:30 pm
Retired Army Chaplain Colonel Joel P. Jenkins, recipient of the Bronze Star Medal, describes his experiences officiating at the first two Memorial Services conducted in the Pentagon after 9/11, and his support of the survivors. He will also share stories from his service in Iraq and other deployments.

WRITING A DEBUT NOVEL

Free and open to all; please register
Friday, January 21, 11:00 am–12:00 pm
Elaine Ruggieri, former VP of Public Relations at UVA's Darden School of Business, recently completed her debut novel, Retreat at St. Jerome's, which began as a short story in 2004. Hear Elaine's story about how she began and finished this book that explores romance, religion, and real life.

PHYSICAL WELL-BEING

NEW! BASIC HATHA YOGA

For Center members; registration required
Fridays, beginning Jan. 7, 8:30–9:30 am
Challenge your balance, strength, flexibility, and concentration through simple seated, standing, and reclined yoga poses in this class with Christine Bostic. You will also practice breathing exercises, a bit of Qi gung, and self-massage. Prime members free; Standard members \$25 per month.

MOVE FOR HEALTH with DARC Y HIGGINS, DPT (on-site & online)

Free and open to all

Thursday, January 13, 1:00–2:00 pm
Pain Science for your Body and Your Mind

Thursday, February 10, 1:00–2:00 pm
What Can I Do to Reduce My Risk for Falls?

UVA DIETETIC INTERNS COOKING DEMO

Wednesday, January 19, 3:00–4:30 pm
For Center members; registration required
Spice up your day with a fiesta of a cooking demo! Learn how to make a dipping trio of guacamole, salsa, and queso with fresh ingredients.

HEARING HEALTH with EVOLUTION HEARING (on-site and online)

Free and open to all; registration requested if attending on-site

Wednesday, Jan. 19, 10:00–11:00 am

Best Practices in Hearing Testing and Hearing Aid Care - Science and technology have brought advancements in both of these arenas. Are you being taken care of in the best ways possible to optimize your hearing, brain health, and hearing aid investment? Audiologist Dr. Kristin Koch helps you answer that question.

Wednesday, Feb. 16, 10:00–11:00 am

New Technology in Hearing Aids - The hearing aid world is both confusing and exciting! Did you know that some hearing aids are now waterproof, can have Bluetooth, and can communicate directly with your TV and/or cell phone? Come learn more, whether you've been wearing hearing aids for years or just exploring what could work for you.

MAINTAINING A HEALTHY BRAIN

Free and open to all
Wednesday, January 26, 1:00–2:00 pm
Join mental health counselor Jessica Eure, LPC, for a discussion of lifestyle factors that influence brain health. Find out the latest in aging brain research and things that contribute to cognitive decline.

TRANSITIONS: Learning to Live with Loss

A program sponsored by Hospice of the Piedmont's Center for Grief and Healing
Free and open to all; registration required
Fridays, Jan. 14–March 18, 3:00–4:30 pm
Facilitated by a licensed professional, this 10-week group is geared toward people still adjusting to loss after a year or more, who are now feeling “stuck” and in need of additional support in re-establishing personal contacts, connections, and a sense of purpose in life. The focus is on life rather than death, positive thinking, and self-determined action rather than “cure”. It is part education, part support, and will include both tears and laughter. Please call 434.817.6915 for inquiries and to register.

SOCIAL/RECREATIONAL

ROUND DANCE

Free and open to all
Tuesday, January 11, 1:15–3:15 pm
If you have round dance experience and want to join in an afternoon of dancing, please come!

ROUND DANCING LESSONS

Open to all; registration required
Tuesdays, Jan. 18–March 8, 1:15–3:15 pm
In this 8-week series, Eileen Rudert and Chip Hopper share the joy of round dancing—choreographed ballroom dancing in which, like square dancing, the dance sequence is called or cued. Dancers learn figures and all couples execute the same steps in a circle. Dance the Waltz, Foxtrot, Cha Cha, Jive, Two-step, and more to music in various genres. Prime members free; Standard members and Guests \$80.

LUNCHEONS AT THE CENTER

Open to all; registration required
Wed., January 26, 11:30 am–12:30pm
Wed., February 23, 11:30 am–12:30 pm
Come enjoy a good meal and good fellowship with friends old and new. Menus TBA. Members \$15; guests \$16

This is just a partial list of programs Support groups, recurring programs without topic updates, and ongoing fitness classes are listed in the calendar. Don't forget to check the website for programs added after print deadline!

DONATIONS MADE IN HONOR OF (October 1–November 30, 2021)

Bobbi Hughes
by Peggy Watts Gup

Carolyn Merrick
by Enid Krieger

Clay Sisk
by Lynn Hatch

In Honor & Memory of Elizabeth Seabrook
by Fay & Don Feeney
by Kathy Seabrook
by Teri & Michael Seabrook
by Linda Rhodes

Enid Krieger
by Will and Mittie Harvey

Helen Destrem pes
by Shirley Jones

Julie Horne
by Jocelyn & Bruce Saunders

Marylee Bullock
by Susan & Michael Sheffield

The Music Club
by Gretchen & Michael McKee

Peter M. Thompson
by Merle Thompson

VOLUNTEERING



BOBBI HUGHES
COORDINATOR
OF VOLUNTEER
RESOURCES

Contact Bobbi to find
the perfect volunteer
position!

434.220.9755
bobbi@thecentercville.org

BE A SUBSTITUTE VOLUNTEER!

The Center relies on volunteers to keep the wheels turning. When one of our regular volunteers is unable to come in, we call on a corps of flexible substitutes to help out as lobby ambassadors, food pick-up drivers, welcome desk staff, and other volunteer positions when the need arises. Substitutes are trained for the job, and on Center policies and procedures to ensure continued customer service to members and guests. Interested? Please contact Bobbi.

Q&A continued from page 1

the highlight of my Covid days in seclusion.

It's true the new building is bright, clean, and airy, and lifts my spirits on entering, and the grounds are immaculate, the coffee delicious, and the travel programs tempting. But it is the people and the civility that affect me the most. I feel I can become a better person here at The Center, surrounded by people who are aging well together. And most of all, I am ever grateful for the staff and volunteers who put in hours to make things happen, and for the instructors devoted to their classes, and for the skilled musicians who play in the atrium and lift our spirits—thank you all. ■

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

DONATIONS MADE IN MEMORY OF
(October 1–November 30, 2021)

Al Falcone
by Jan & John Stalfort

Bud Stotz
by Barbershop Belles/Still Sharp Singers

Elaine Marino
by Elizabeth Garstang
by Monday Duplicate Bridge Group

Gilbert Roy
by Virginia Roy
by Barbershop Belles/Still Sharp Singers

Hamilton Creasy
by Janice Creasy

James Paton and Mary V. Paton
by Eric Pfaff

Jennie Sue Minor
by Randi & Randy Whitlow

Kerry Gardner
by Peggy Slez
Anne Delaney

Mary Long
by Mary Willetts

Mary Elizabeth Sihler
by Mary Elizabeth Andrews

Shirleen Holden
by Sherry Sinard

Community Contributions Build Bridges

For many years a group of duplicate bridge players, led by Ken and Elaine Marino, has rented space to gather and play at The Center on Mondays. Sadly, in September, Elaine passed away. While not all of the group's 60 players are Center members, they appreciate the fun and fellowship of their time here, and recently made a generous gift in Elaine's memory to the Mary P. Reese Scholarship Fund. The Center is honored to share in remembering Elaine through this memorial gift, which expands access to healthy aging programs and services. Last year, generous donors enabled The Center to provide over \$32,000 in scholarship support, helping to ensure that its programs and resources are available to everyone, regardless of their ability to pay. ■



Bach and Bonds: A Community Sing-In

We are pleased to invite all community singers to a morning choral masterclass, led by Michael Slon, and to perform with the choir and string orchestra in the afternoon. A fantastic opportunity to share the joy of choral singing with The Oratorio Society chorus!

\$30 - Masterclass & Concert | \$20 - Concert only
Tickets and Information: www.oratoriosociety.org



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Join the
Sustainers Circle
Matching Challenge and
Double the Power of
Your Giving

The Center has a new giving challenge to encourage members and friends to join our Sustainers Circle. The Sustainers Circle is a special group of donors who support healthy aging by making contributions of \$10 or more each month. To grow this circle of supporters, two donors will match up to \$5,000 in new monthly commitments made from January 1 through February 15. This means that when you join the Sustainers Circle by committing to make a monthly contribution, the value of your contributions will be doubled—every month, for a year!

Having monthly donors provides a consistent stream of funds that allows The Center to better plan how budgets are deployed to meet the interests and needs of our community. Being a member of the Sustainer’s Circle makes sense to Betty: “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.”

To recognize their essential role in supporting The Center’s mission, Sustainers Circle members receive invitations to round-table discussions and other special events, as well as recognition on The Center’s donor wall and in the annual report.

If you appreciate The Center and want to support healthy aging programming, consider joining the Sustainers Circle Matching Challenge and doubling the impact of each monthly gift you make for a year. But don’t delay, this Matching Challenge ends February 15, or when the \$5,000 match is exhausted, whichever comes first.

Becoming a member of the Sustainers Circle is easy; use The Center’s online giving form on our website or contact philanthropy coordinator Kiri Soprano. Once established, your gift to The Center will automatically be charged to your credit or debit card. Additionally, Kiri will be happy to work with you to change or cancel your monthly giving at any time.

Questions? Contact Kiri Soprano at 434.220.9743 or kiri@thecenter-cville.org.

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TRAVEL

LINDA HAHN
TRAVEL COORDINATOR
linda@thecentercville.org
434.220.9736

Travel Office Hours: Monday–Friday 9:30 am–2:30 pm

Trips are open to the public of all ages. For more information about trips or to book a reservation, call the travel office at 434.974.6538.

Traveling for the holidays or bringing family home to you? Contact Linda for all of your personal travel needs!

DAY TRIPS

SHOPPING AT SHORT PUMP TOWN CENTER

Tuesday, January 11

Spend the day at the open-air Short Pump Town Center just outside Richmond and full of shopping, dining, and entertainment options. Take advantage of the after-Christmas discounts; enjoy a long, leisurely lunch; or create a masterpiece at Color Me Mine painting and pottery studio. Lunch on your own.

FULL TEA EXPERIENCE AT GATEAU BAKERY & TEA ROOM

Thursday, February 17

Catch the coach to Warrenton to enjoy the delightful tastes and textures of a full tea service at this charming tea room. A selection of finger sandwiches and savories, scones and jam, and a variety of petit desserts are presented on a traditional three-tiered tray with a pot of your favorite tea.

RIVERSIDE CENTER - CAMELOT

Thursday, March 16

An idealistic young King Arthur hopes to create a kingdom built on honor and dignity, embodied by his Knights of The Round Table. His ideals are tested when his lovely queen, Guinevere, falls in love with the young Sir Lancelot, and the fate of

the kingdom hangs in the balance. This is Lerner and Lowe’s award-winning, soaring musical based on T.H. White’s novel.

THE QUARRY GARDENS AT SCHUYLER

Wednesday, June 8



Enjoy a private tour of the Quarry Gardens at Schuyler, which are nestled into a 600-acre property owned by Armand and Bernice Thiebolt. This is a landscape carved by industry and renewed by nature: 40 acres of private gardens with trails through plant communities around a group of retired soapstone quarries.

GETAWAYS

ALASKA AND THE YUKON

August 6–17, 2022

Enjoy a dream Alaska vacation! Travel from Anchorage to Denali National Park and Fairbanks before heading into the Yukon to travel through the land of the gold rush. In Skagway, you’ll board Holland America Line’s *Zuiderdam* and sail to Glacier Bay and Ketchikan. A cruise through the in-

side passage ends in Vancouver, BC. Valid passport required and travel protection is recommended.

TUSCANY 2022

Choose from three departure dates: September 30, October 7, or October 14

Spend a week in the Chianti Hills region, the heart of Tuscany, in the Villa Teresa, built as a country residence for a Florentine noble family. Six days of tours around the region, all transportation, meals, and gratuities are included.

WE REMEMBER

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

Patricia Barnett	Shy Hicks
Sharon Benser	Shirleen Holden
David Callaghan	Margaret Birch Martin
Claire Casey	Leigh Middleditch Jr.
Maureen Collins	Alison Montgomery
Shirley Craver	Mildred Morris
Richard Faix	Altha Powell
Adelaide Feldman	Claude Richardson
Ellis Frazier Jr.	Kerwin Stotz
Donald Fritz	Richard Sundberg
Kerry Gardner	Jane Varga
Thomas Grzymala	Lynn Bolen Warren