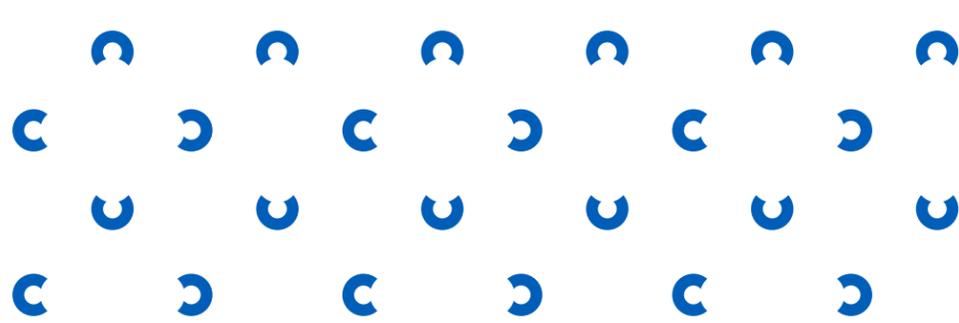




**THE
CENTER
AT BELVEDERE**



NEWS from THE CENTER

DISCOVER THE POWER OF HEALTHY AGING

JANUARY/FEBRUARY 2025

The Center is a Beneficiary of the Charlottesville Ten Miler!

If you're not running this year, please consider volunteering



Andrew Shurtleff

We're not the only organization celebrating a milestone year—the 50th running of the Charlottesville Ten Miler is on Saturday, March 22.

We are proud and grateful to be chosen as one of three primary beneficiaries of the 2025 race and participate in this beloved event's 50th year. The Ten Miler has raised tens of thousands of dollars for local charities over the past 49 years (including the Senior Center in 2013).

Like The Center, this race relies on volunteers to run smoothly, and our goal is to supply 50+ volunteers. Please support the race and the beneficiaries by volunteering, either in advance or on the day of the event. Staffing for packet pick-up, course volunteers, set up and clean up, merchandise sales, water stops, flyer and sign posting ... we're sure there is something to suit your interest and schedule. Along with the fun and satisfaction, you'll receive a free long-sleeved cotton tee shirt. Volunteer registration will begin in mid-February—keep an eye out for notices in the e-news and elsewhere.

Inside

- Programs pg 3
- Pull-Out Calendar pg 7
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- More!

The Center Marks 65 Years of Service!

Look for celebratory events, topical programs, and new initiatives throughout the year



Betz Gleason, Betty Cauthen, Jean Wilhelm, Betty Smallwood

On February 14, 1960, the Senior Center opened its doors, making a commitment to provide enriching and educational opportunities for seniors. Over the decades, through changes of leadership and locations, emerging research, lengthening lifespans, and cultural shifts, that commitment has evolved into The Center at Belvedere, with its mission of providing healthy aging opportunities for everyone.

On that snowy Valentine's Day, our four founding mothers—Betty Smallwood, Jean Wilhelm, Betty Cauthen, and Betz Gleason (who recently celebrated her 100th birthday at The Center!)—welcomed 25 members with the support of the University League.

In an interview for The Center's 50th anniversary, Gleason explained, "The University League was very conscientious about where it spent its money and wanted to be the most helpful, so they did a very extensive survey to find unmet social needs."

Their findings: many adults are "put out to pasture" at 65, despite the fact that they have much more to contribute to society.

See **Celebrating 65** on page 14

Prioritize Your Healthspan

HEALTHSPAN

AGE-RELATED DISEASE

Normal Aging Today

LIFESPAN

Optimal Longevity

On average, older adults in the U.S. outlive their health by 10 years. The Center works to help close that gap by creating healthy aging opportunities.

Everyone is familiar with the term lifespan. It's the number of years you live from birth until death. And almost everyone dreams of living a long life. It turns out, though, that healthspan is the concept we should be paying attention to.

Healthspan is the number of years you spend in good health. Until relatively recently, it was about the same as your lifespan. But advances in medicine and technology have helped extend lifespan—a great achievement. The downside is that society hasn't focused on the health of those extra years. We don't just want to live long lives—we want to enjoy them. So if you want to live your best, healthiest life and continue doing the things you value, healthspan is the thing.

"Everyone ages differently due to genetics, lived experiences, and family history," says Miranda Orr, a neuroscientist at Wake Forest University School of Medicine. That said, researchers agree that you can maximize your chance of a healthy old age by following lifestyle practices that include exercise, cognitive engagement, social activity, and cardiovascular health.

The work of The Center is providing and supporting lifestyle choices that influence your healthspan, regardless of age or ability. And those choices aren't only about fitness—they span many dimensions of wellness. The Center serves a diverse community and among our 150+ programs per week, there are healthy aging opportunities for people in all chapters of older adulthood.

See **Healthspan** on page 15



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

Hours

Monday & Friday 8:30 am–4:30 pm
Tuesday–Thursday 8:30 am–8:00 pm
Saturday 8:30 am–2:00 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 #54-0735666

News from The Center is a publication of The Center.

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.

Generous donors make scholarships available to anyone for whom Center membership dues are a barrier. For questions about making a gift to the Mary P. Reese Scholarship Fund or the Ralph L. Feil Endowed Scholarship Fund, please contact Lynn Divers at lynn@thecentercville.org or 434.220.9745.

BOARD OF DIRECTORS

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For more news, follow us on:



MEMBERSHIP

SUZANNE OREJUELA
MEMBERSHIP DIRECTOR

434.974.7756

membership@thecentercville.org

Join The Center for easy access to hundreds of great programs! To learn about membership options, including scholarships, please visit our website, stop by the Welcome Desk, or email membership@thecentercville.org.

Welcome New Members!

Gregory Amante	Leslie Furlong	Gail Raymaker
Renella Armitage	Nancy Galloway	Larry Rowley
Tom Bailey	James Galloway	Angela Sanders
Nancy Baum	Eve Giannetta	Courtney Sargeant
Margaret Black	Janet Glenn	Laura Schupp
Bruce Black	Carol Greenberg	Patricia Sclater
Diana Boeke	Robert Greenberg	Janice Smalarz
Mark Bowyer	William Gunter	Martha Somers
Jill Bowyer	Rita Henderson	Janis Spiers
John Brinker	Carol Hill	Maureen Spokes
Dorine Brown	David Hill	Susan Stimart
Earl Burton	Pam Hill	Kathleen Sutherland
Nancy Burton	Mary Hoggard	Linda Swanson
Gaynelle Carrillo	Rebecca Hunter	Neil Swanson
Cynthea Caughron	Pamela Jehle	Diane Tanous
Samuel Caughron	Leah Jung	John Townsend
Carl Creutz	Angela Loan	Deborah Webb
Jo Anne Currie	William McCauley	Judith Wheeler
Barbara Deily	Beverly McCauley	Nancy Whitman
John Dineen	Jean McKee	Julia Wilmer
Kai Dozier	Brian Pagnozzi	Kim Withers
Peggy Echols	Lorenzo Perez	Maria Zapatero
Cathie Farrell	Estrella Perez	

If you joined between October 1 and November 30 and were not recognized here, please contact Membership Director Suzanne Orejuela at 434.220.9732 or suzanne@thecentercville.org.



COUNCIL NOTES

Members and program leaders who attend Council meetings on the first Monday of each month at 1:00 pm, represent fitness, sports, dance, crafts, games, art, and music at The Center, and share in the lively exchange of ideas for making The Center a valuable experience for everyone. The date and agenda for each meeting are posted on the Council bulletin board in the fitness hallway, right above one of the Council's most recent projects, the Suggestion Box.

Comments and suggestions submitted via the Suggestion Box are collected regularly by Council Vice President Gary Moody and organized by the Council Executive Committee for discussion at an upcoming Council meeting or forwarded to The Center staff person best able to respond. Suggestion Box follow-ups are posted on the Council bulletin board. Check it out!

All Center members and program leaders are welcome and encouraged to attend any Council meeting. Come to listen or come to be heard. Attend one meeting or attend monthly. Make the Council one of your healthy aging choices in the New Year. Coming up: Meetings on **Mondays, January 6, and February 3, 2025**. I hope to see you there!

—Peggy Slez, Council President

Subscribe!

Get the latest events and announcements delivered right to your inbox with our weekly "It's Happening" e-newsletter. Visit TheCenterCville.org.

PROGRAMS

Register online at thecenterville.org
or call 434.974.7756.

Remember, this is a partial list! Recurring programs are included in the calendar on pages 7-10. Check the website for programs added after our print deadline!

SPECIAL EVENTS

THE UNCOMFORTABLE TRUTHS OF SYSTEMIC RACISM SPEAKER SERIES

Free and open to all; registration encouraged



How We Got Here: Historical Roots of Racial and Social Inequality in the United States

Wednesday, January 15, 6:00-8:00 pm

Kevin K. Gaines, PhD, Julian Bond Professor of Civil Rights and Social Justice at the University of Virginia, highlights the injustices from our nation's founding that continue to challenge us today.

Where We Go from Here

Wednesday, January 29, 6:00-8:00 pm

View and discuss *The Cost of Inheritance*, a PBS documentary that explores the complex issue of reparations in the U.S. through personal narratives, community inquiries, and scholarly insights to inspire understanding.



BOOK SWAP

Free and open to all

Wednesday, January 22, 9:00 am-4:00 pm

Have books on the shelf you no longer want or need to do a little decluttering? Bring books in good to excellent condition to swap for new titles.

WEDNESDAY MUSIC CLUB

Free and open to Center members; registration encouraged

Wednesday, February 5, 10:15-11:30 am

Wednesday Music Club's Fermata members, who gather monthly to sing and play instruments in each other's homes, perform a variety of chamber music and solos.

CELEBRATING 65 YEARS

Free and open to all

Friday, February 14, 1:30-3:00 pm

Help us kick off our 65th year of supporting healthy aging in our community with a little cake, a fun nod to the past, and a look at what's ahead.

ARTS

ACRYLIC PAINTING JOURNEY

Open to Center members; registration required

Thursdays, January 9-February 13,

9:00 am-12:00 pm (6 weeks)

Instructors Matalie Deane, Judy Shiffler, and Jan Settle will take turns presenting and helping you express your creativity with acrylic paints. Learn where to start and what tools to use as you create three paintings. Prime members free; Standard members \$70. Materials fee is \$65, payable to instructor at start of first class.

INTERMEDIATE ACRYLIC PAINTING

Open to Center members; registration required

Thursdays, January 9-30, 3:30-6:00 pm

(4 weeks)

Instructor Joanne Coleman will show you how to draw a composition, then use an underpainting before the final application of paint to finish your artwork. Learn about positive and negative space, perspective, capturing lights and shadows, and how to lead the viewer's eye in a thought-provoking manner. Prime members free; Standard members \$60. See required materials online.

CREATIVE COLLAGE

Open to Center members; registration required

Wednesday, January 15, 10:00 am-1:00 pm

Thursday, January 30, 10:00 am-1:00 pm

Wednesday, February 12, 10:00 am-1:00 pm

Wednesday, February 26, 10:00 am-1:00 pm

Explore the art of creating collages with instructor Sue Oliveri. This stimulating and enjoyable workshop provides a supportive and encouraging environment to create artistic collages with many cool images, textured papers, colors, and design possibilities. No experience necessary. Prime members free; Standard members \$15. Materials fee is \$10, payable to instructor at start of class.

GRAPE HYACINTH PAINTING

Open to Center members; registration required

Monday, January 27, 10:00 am-12:00 pm

Monday, February 17, 10:00 am-12:00 pm

Anticipate the blooming of spring bulbs with a 4" x 8" canvas painting of grape hyacinths created with the assistance of instructor Cindy Vito. Have fun mixing a multitude of blues! No experience necessary. Prime members free; Standard members \$25. Materials fee is \$20, payable to instructor at start of class.

WOODCARVING A LOVE TURTLE

Open to Center members; registration required

Wednesdays, January 29 & February 5,

2:00-4:00 pm (2 weeks)

Mike Micucci teaches you how to carve a "Love Turtle" just in time for Valentine's Day. Prime members free; Standard members \$10. Materials fee is \$35, payable to instructor at start of first class.

DECOUPAGE FOR BEGINNERS

Open to Center members; registration required

Monday, February 3, 1:00-3:00 pm

Learn the art of decoupage with instructor Cory Ryan. Use colored paper, cutouts of napkins, or tissue paper with special paint effects, gold leaf, and other elements to decorate objects. Prime members free; Standard members \$15. Materials fee is \$25, payable to instructor at start of class.

INTERMEDIATE WATERCOLOR PAINTING

Open to Center members; registration required

Tuesdays, February 11-March 4,

1:30-4:00 pm (4 weeks)

Instructor Joanne Coleman focuses on composition, perspective, lights and darks, and negative and positive space, plus how to lead your viewer's eye to an interesting part of your painting. Create a still life or an abstract painting. Prime members free; Standard members \$65. See required materials online.

SKYSCAPES IN OILS

Open to Center members; registration required

Thursdays, February 20-March 27,

9:00 am-12:00 pm (6 weeks)

Learn techniques and color mixing to bring many cloud types and beautiful sky views to life with instructor Katie Hutter. Prime members free; Standard members \$70. See required materials online.

ART CLASS CANCELLATION POLICY:

If you find that you cannot attend a class after registering please email programs@thecenterville.org or contact the Welcome Desk to let us know. Because supplies must be purchased in advance, cancellations with fewer than 7 days' notice will incur the materials fee. No-show Fee: Prime members will incur a **\$30 no-show fee** for any uncanceled registrations in addition to the materials fee.

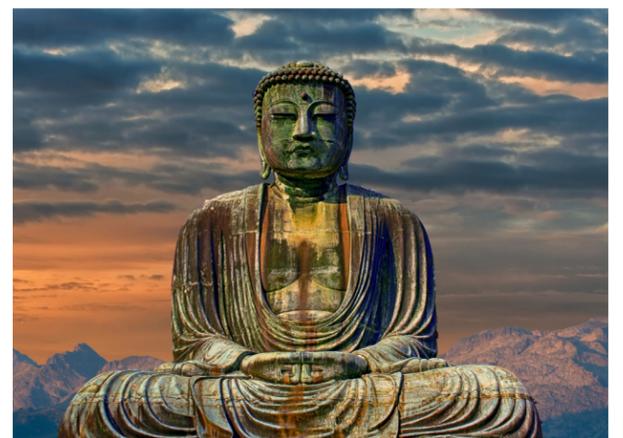
LIFELONG LEARNING

AGING IN PLACE

Free and open to all

1st Friday each month, 11:00 am-12:00 pm

Visiting Angels shares information for older adults, caregivers, and families. The January 3 topic is how to budget, pay for, and plan for in-home care. The February 2 topic is how home care, hospice, and home health work together.



INTRODUCTION TO BUDDHISM IN AMERICA

Free and open to Center members; registration required

Tuesdays, January 7-February 11,

2:00-3:30 pm (6 weeks)

Buddhism is one of the fastest growing religions in the U.S. This course with instructor Philip Schrodt will provide a systematic overview of Buddhist history, approaches, and practices from the 21st century in the U.S.

Programs continue on page 4

GOOD LIFE SERIES

Free and open to all; registration encouraged

Life Planning: Taking Control of the Rest of Your Life

Tuesday, January 7, 11:00 am-12:00 pm

Start the new year off right by learning how you and your loved ones can set clear goals and create a roadmap for your future.

American Heart Health Month

Tuesday, February 4, 11:00 am-12:00 pm

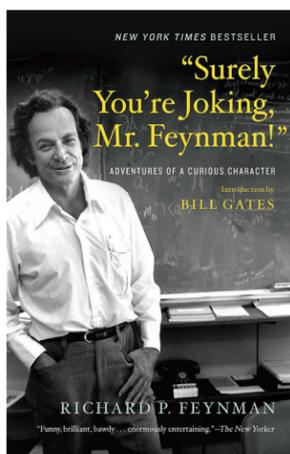
Celebrate Valentine's Day this year by keeping your heart healthy! Learn how to tell if you or a loved one has heart disease, as well as prevention and management strategies.

LONG-TERM CARE PLANNING

Free and open to all; registration encouraged

Tuesday, January 7, 1:00-2:30 pm

What expenses will a long-term care insurance policy pay for? Join Tracy Meade for the answer to this and more.



BOOK GROUP

Free and open to Center members

Wednesday, January 8,

11:00 am-12:00 pm

Wednesday, February 5,

11:00 am-12:00 pm

The January 8 book will be *Code Girls* by Liza Munday.

The February 5 book will be *Surely You're Joking, Mr. Feynman!* by Richard Feynman.

SENIOR STATESMEN OF VIRGINIA

Free and open to all; registration encouraged

Data Driven Takeaways from the 2024 Election

Wednesday, January 8, 2:30-4:00 pm

J. Miles Coleman, the associate editor of Sabato's Crystal Ball, breaks down the recent election, including Senate and Congress seats.

Ranked Choice Voting in Virginia

Wednesday, February 12, 2:30-4:00 pm

In June 2025, Charlottesville will use ranked choice voting in its primary election for City Council. The Albemarle County Board of Supervisors is also considering adopting this method of voting. Sally Hudson, former Virginia House Delegate and founder of Ranked Choice Virginia, explains how ranked choice voting works.

MEDICARE PROGRAMS

Free and open to all; registration encouraged

Thursday, January 2, 1:00-2:00 pm

with Margo Kreider

Wednesday, January 8, 11:00 am-12:00 pm

with Sharon Accardo

Tuesday, January 14, 6:00-7:00 pm

with Margo Kreider

Thursday, February 6, 1:00-2:00 pm

with Margo Kreider

Wednesday, February 12, 11:00 am-12:00 pm

with Sharon Accardo

Wednesday, February 19, 6:00-7:00 pm

with Margo Kreider



WWII DISCUSSION GROUP

Free and open to all; registration encouraged

2nd Thursday each month, 12:00-2:00 pm

Engage with a variety of topics relevant to World War II through monthly presentations by club members and guest speakers. On January 9, Richard Rys will tell the story of his mother's family's deportation from their home in Poland to the Soviet Union in 1940, their experiences in Soviet labor camps, and their eventual release and resettlement in England at the end of WWII. Rys returns on February 13 to share his father's experiences as a soldier in the Polish army and a POW in Germany, eventually escaping to rejoin forces in the UK.

DREAM GROUP

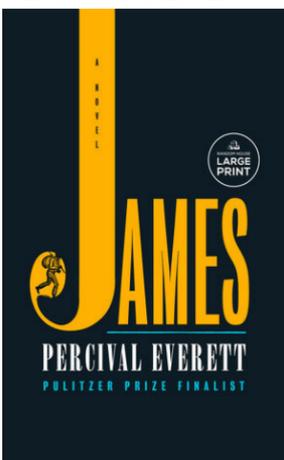
Free and open to Center members; registration required

2nd and 4th Thursdays each month,

1:30-3:00 pm

A dream study and sharing group enriches people by promoting psychological wholeness, personality support, and stability in life's journey. Aspects of the psyche, including the persona, shadow, anima, and animus are examined and integrated into an enlarged personality. The program is based on the archetypal psychology of Carl Jung, a Swiss psychiatrist, and is led by a trained and experienced guide, Ryland Swain M.A., L.I.C.S.W.

AFRICAN AMERICAN AUTHORS BOOK CLUB



Free and open to all

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

Join a diverse group of readers each month to enjoy camaraderie and spirited discussions about books by African American authors. The January 9 book will be *James* by Percival Everett. The February 13 book is TBD.

MONEY AND YOU

Free and open to all; registration encouraged

To Predict or Not to Predict?

Tuesday, January 14, 10:00-11:30 am

Jorgen Vik, partner with SKV Group, will guide a conversation on what draws us to predictions and what may be predictable. Come make some friendly guesses about 2025 investment results!

Do You Still Need Life Insurance?

Tuesday, February 11, 10:00-11:30 am

As we go through different stages of life, our financial needs and priorities change. Jorgen Vik, partner with SKV Group, presents an overview of what to consider when assessing your insurance needs.

CELEBRATING STRONG WOMEN READING GROUP

Free and open to all; registration encouraged

3rd Wednesday each month, 4:30-5:30 pm

Read and discuss narratives about women who have overcome a variety of obstacles and led inspiring lives. The book for January 15 is *The Personal Librarian* by Marie Benedict. On February 19, discussion will be on *Covenant of Water* by Abraham Verghese.

ELDER LAW

Free and open to all

I Just Moved to Virginia—Do I Need a New Will?

Tuesday, January 21, 10:00-11:30 am

Do you need a new will if you moved to Virginia from another state? Elder law attorney Doris Gelbman will tell you what factors to consider, from where you used to live to who prepared your will before and more.

Estate Planning 101

Tuesday, February 18, 10:00-11:30 am

Come get basic information on wills, trusts, powers of attorney, and advance medical directives from elder law attorney Doris Gelbman.



SCIENCE SEMESTER BOOK DISCUSSION GROUP

Free and open to Center members; registration encouraged

3rd Tuesday each month, 1:30-3:30 pm

Explore modern scientific topics at this monthly book club, whether you have a lifetime of academic experience or a new interest in the field. The January 21 book will be *Sapiens: A Brief History of Humankind* by Yuval Noah Harari. The February 18 book will be *The Blue Machine: How the Ocean Works* by Helen Czerski.

BUDGETING 101

Free and open to all; registration encouraged

Wednesday, January 22, 12:00-1:00 pm

Wednesday, January 29, 6:00-7:00 pm

Take control of your finances in this practical and empowering session! Instructor Kathy Lentz will help you create and manage a budget, and understand why budgeting is the key to achieving your financial goals.

MOVING FORWARD TO THE FUTURE

Free and open to all; registration encouraged

Saturday, January 24, 11:00 am-12:30 pm

Sometimes it takes a team to assist us with all of the decisions faced in retirement. Where will you age, should you move to be closer to family or healthcare resources, what items should you keep or live without, and will your budget support the lifestyle you envision? How do you create an extended care plan and pay for it?



ANCIENT ART OF THE AMERICAS

Free and open to Center members; registration encouraged

1st and 2nd Saturdays in February & March, 10:00 am-12:00 pm

Lecturer Julia May presents art and architecture produced in the Americas before the arrival of Europeans, known as pre-Columbian art. Admire and learn about works from cultures such as the Moche, Inca, Olmec, Maya, and Aztec in an entertaining, informative, and accessible environment.

FUNDING YOUR EXTENDED CARE

Free and open to all; registration encouraged

Friday, February 7, 11:00 am-12:30 pm

Find out what government agencies pay for extended care and under what circumstances. Tracy Meade, certified long-term care consultant leads the discussion.

EVEN WAR HAS RULES

Free and open to all; registration encouraged

Thursday, February 13, 10:00-11:30 am

There are many armed conflicts around the world today and such wars can seem beyond the bounds of rule. Learn from American Red Cross volunteer Albert Rees Jr. about International Humanitarian Law and how it governs armed conflict.

APPLYING THE CREATIVE PROCESS TO LIFE

Free and open to Center members; registration required

Thursdays, February 13-April 3, 10:00-11:30 am (8 weeks)

This series explores the elements of the creative process. Session topics include turning the mind upside down, identifying your essence as a creative tool, the art of surrender, the world as your mirror, living from the heart and soul, love without condition, resculpting your life, and applying the art of concentricity. Through the program, you will expand your self-definition as a creator.



BASICS OF DRONE OPERATIONS

Open to all; registration required

Mondays, February 17 & 24, 2:00-4:00 pm (2 weeks)

FAA Remote Pilot Carlton Carroll offers a basic description of drone features and requirements for drone operations, with one day of hands-on flying. Open to all. Members free; Guests \$25.



GENEALOGY CLASS

Free and open to all

Thursday, February 20, 1:00-2:30 pm

Unlock the stories of your family history with this introduction to genealogy. Librarian Miranda Burnett will share the basics of using Ancestry and FamilySearch, two tools for tracing your roots.

EXTENDED CARE PLANNING

Free and open to all; registration encouraged

Wednesday, February 26, 1:00-2:30 pm

Tracy Meade and Kim Volker discuss resources available for long-term care and the role of a geriatric care manager.

WHO WILL INHERIT THE MESS?

Free and open to all; registration encouraged

Thursday, February 27, 10:00-11:00 am

Would you like a tax efficient estate that makes it easy for the executor of your estate and avoids unnecessary family conflict? This interactive workshop will help you understand the importance of accurate and up-to-date estate documents, the difference between a will and a trust, and why asset titles and beneficiaries matter.

LANGUAGE CLASSES



ADVANCED FRENCH

Open to Center members; registration required

Fridays, January 10-February 7, 10:00-11:30 am (5 weeks)

Deepen your understanding and appreciation of French language and culture with instructor Anne Padilla. Refine your conversational skills, enhance your vocabulary, and explore advanced grammar concepts through interactive discussions, literary readings, and cultural activities. Prime members free; Standard members \$55.

INTERMEDIATE FRENCH

Open to Center members; registration required

Fridays, January 10-February 7, 11:30 am-1:00 pm (5 weeks)

Take your French skills to new heights with instructor Anne Padilla in an inclusive and supportive learning environment. Prime members free; Standard members \$55.

BEGINNER FRENCH

Open to Center members; registration required

Fridays, January 10-February 7, 1:00-2:30 pm (5 weeks)

Instructor Anne Padilla introduces you to the French language and the cultural heritage of Francophone countries. Prepare for future travels with essential vocabulary or simply enjoy the intellectual stimulation in a nonjudgmental environment. Prime members free; Standard members \$55.

BEGINNING ITALIAN

Open to Center members; registration required

Mondays, January 27-March 3, 9:30-11:00 am (6 weeks)

Learn to read, speak, and write both in the present and the past tense in the context of daily contemporary Italian culture with instructor AnnaMaria Bakalian. A variety of tools, such as games, exercises, activities on phonetics, and self-assessment tests will help you learn while enjoying yourself. Prime members free; Standard members \$35.

ITALIAN FOR TRAVELERS

Open to Center members; registration required

Tuesdays, February 4-March 4, 1:00-2:30 pm (5 weeks)

Overview the structure of the Italian language, including the present tense and the proper articles to read, write, and speak at a basic and effective level with instructor AnnaMaria Bakalian. New students should speak with the instructor before registering. Prime members free; Standard members \$35. Materials fee is \$10, payable to instructor at start of first class.

PHYSICAL WELL-BEING

NEW! ZUMBA FITNESS

Open to Center members; registration required

Thursdays, beginning January 2, 1:00-1:45 pm

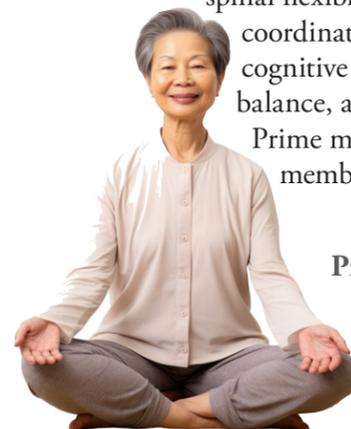
Zumba is a dance-based fitness class that combines Latin and international music with choreographed dance moves. Experienced instructor Corinne LaScala leads sessions that are fun and inclusive for people of all ages, fitness levels, and dance experience—so grab your sneakers and prepare to feel amazing. Prime members free; Standard members \$35 per month.

AGELESS GRACE®

Open to Center members; registration required

Online Mondays & Wednesdays, 1:00-2:00 pm

NEW! Onsite Tuesdays, 1:00-2:00 pm
This fun way to improve brain and body fitness uses a chair for seated dancing. Enjoy great music, creativity, and humor as you stimulate the whole body with 21 exercise tools based on everyday movements. Certified educator Sheila Queen can help you support joint mobility, spinal flexibility, right-left brain coordination, kinesthetic learning, cognitive function, systemic health, balance, and emotional expression. Prime members free; Standard members \$35 per month.



Programs continue on page 6

INTRO TO JAZZ DANCE

Free and open to Center members; registration required

**Mondays, beginning January 6,
11:30 am–12:30 pm**

Sherry Whaley leads a fun class beginning with the Luigi warm-up technique, which promotes body alignment, balance, and core strength and was the first standard method for teaching jazz and musical theater dance. After a warm-up, learn basic jazz steps and combinations or short dances in styles ranging from Broadway to Blues.

NEW! NOURISHING MOVEMENT

Free and open to Center members; registration required

Mondays, beginning January 8, 10:00–11:00 am

Invite your body to move in ways that feel good and challenge you to break habits, giving your body more freedom, options, and resilience. Mindful movement expert Susan McCulley leads a wide variety of sensation-centered movements that are adjustable for every body to heighten awareness and liveliness. No experience necessary and all fitness levels are welcome.



COOKING HEALTHY SOUPS AND STEWS

Free and open to Center members; registration required

**Thursdays, January 9–30,
10:00–11:30 am (4 weeks)**

Ditch the cans and packages this winter and learn how to make easy, nutritious versions from scratch at home. Learn through discussions, lectures, and video instruction with tasting samples. Materials fee is \$15, payable to instructor at start of first class.

HEARING HEALTH

Free and open to all; registration required

New Relief for Tinnitus

Wednesday, January 15, 10:00–11:00 am

Ringing, swishing, crickets, white noise... anything you hear that isn't really there is tinnitus. Dr. Kristin Koch, audiologist at Evolution Hearing, reveals why tinnitus happens, how we measure it, and what treatment options are available.

Top 10 Questions to Ask Before Purchasing Hearing Aids

Wednesday, February 19, 10:00–11:00 am

Dr. Kristin Koch, audiologist at Evolution Hearing, shares the most important questions to ask when making an investment in your hearing health. Whether you're considering your first hearing aid purchase or you've been wearing them for years, you'll benefit from discussion.

MOVE FOR HEALTH

Free and open to all; registration required

Total Hip & Knee Replacements

Tuesday, January 21, 9:30–10:30 am

To have or not to have? Nathan Gillispie discusses the pros and cons of total joint replacements.

Understanding Pain and Managing It

Tuesday, February 18, 9:30–10:30 am

Nathan Gillispie shares the science behind pain.

MINDFULNESS

WHAT CAN I LEARN FROM PAIN?

Free and open to Center members; registration required

Wednesday, January 29, 10:00–11:00 am

How hard do you work to avoid feeling pain? Therapist Dan Elash unveils the valuable lessons you may be missing out on. Pain is inevitable, but suffering is optional. Learning from your pain, physical or emotional, can ultimately enrich your life.

COMBATING LONELINESS

Free and open to Center members; registration required

Mondays, January 6 & 13,

10:00–11:00 am (2 weeks)

Human beings are social creatures. We often crave connection or miss it if we don't have it. While we start out in a social network, life and time can peel it away from us. Explore strategies, tactics, and mindsets that enable connectedness throughout our lives with instructor Dan Elash.

MINDFULNESS MEDITATION

Open to Center members; registration required

Tuesdays, January 7–February 25,

4:30–6:00 pm (8 weeks)

Relax and destress, promote a positive frame of mind, and gain insights on life challenges. Holistic healing instructor Barbara Martin leads a mindfulness-based class with simple meditation and relaxation techniques. Prime members free; Standard members \$50.

HOLISTIC HEALING

Free and open to Center members; registration required

Thursday, January 16, 1:00–2:00 pm

Tuesday, February 4, 1:00–2:00 pm

Research suggests when the body is relaxed, some may experience lower anxiety, blood pressure, insomnia, and pain. Explore holistic techniques to help your body relax such as meditation, reiki, and yoga with RN and reiki master Nancy Zamil.

TRANSFORMING STRESS

Free and open to Center members; registration required

Mondays, February 3–March 10,

9:30–10:30 am (6 weeks)

Susan Von Hemert, MSW, will give an introduction and overview of mind-body medicine and how it can improve your life. Learn breathing and meditation techniques in a supportive group setting to identify stress and alleviate it.

MAKING MOMENTS TO REMEMBER

Free and open to Center members; registration required

Thursday, February 13, 10:00–11:00 am

We all have moments, good and bad, that stand out from a lifetime of experiences. With therapist Dan Elash, learn how to insert yourself into the memories of others—loved ones or strangers—and live in their hearts, as well as how to let go of those memories that haunt us.

TREASURE WHAT YOU HAD

Free and open to Center members; registration required

Wednesday, February 26, 10:00–11:00 am

We have a choice in life: we can suffer what we have lost or we can enrich ourselves by treasuring and celebrating what we have had. How do you want to fill your life? Bring a notepad and join in a discussion with therapist Dan Elash.

SOCIAL/RECREATION

CINEMA DISCUSSION GROUP

Free and open to all; registration encouraged

2nd Wednesday each month, 5:00–6:00 pm

Movie and cinema fans are invited every month to discuss a movie, explore the art of filmmaking, connect, and share ideas. The January 8 discussion will focus on *The Big Lebowski*. The February 12 discussion will focus on *Network*.

MOVIE NIGHT

Free and open to Center members; registration encouraged

**1st and 3rd Wednesdays each month,
5:00–7:00 pm**

January 15: *Psycho*

February 5: *Free Solo*

February 19: *Hairspray: The Musical*

WWII MOVIE MATINEES

Free and open to all; registration required

Thursday, January 23, 2:00–4:00 pm

The Zookeeper's Wife

Thursday, February 27, 2:00–4:00 pm

Let There Be Light

PRIDE MOVIES

Free and open to all; registration encouraged

Thursday, January 23, 1:30–3:30 pm

Sordid Lives

Tuesday, February 18, 1:30–3:30 pm

Rustin

MEMBER APPRECIATION SOCIAL

Free and open to Center members; registration required

Thursday, January 23, 2:00–3:00 pm

Cozy up to our apple cider and cocoa bar with your fellow Center members.

PRIDE HIKE

Free and open to all; registration encouraged

Saturday, January 25, 1:00–3:30 pm

Enjoy a winter walk up the Saunders-Monticello Trail. Meet in the large parking lot off Route 20 for a 4.5-mile round trip to the Visitors Center and back. This is an easy hike with a gentle elevation and boardwalk or packed gravel surfaces. Dogs aren't allowed on this trail. Rain will cancel.

PRIDE VALENTINE DANCE

Free and open to all

Thursday, February 13, 5:00–7:30 pm



Come and get your groove on at an LGBTQ+-friendly Valentine's Day dance. Single? Come meet some folks or bring friends for a fun evening out. Coupled? Come dance with your honey! Bring a snack to share.

FEBRUARY LUNCHEON

Open to all; registration required by February 14

Wednesday, February 19, 12:00–1:30 pm

Bring someone you love to The Center for a lovely luncheon! Farm Bell Kitchen caters a meal of house salad, pulled pork, creamy slaw, pesto pasta salad, green beans, and a treat tray with brownies, lemon bars, and cookies. Prime members \$15; Guests \$18.

Remember, this is only a partial list of Center offerings. Check the website for programs added after our print deadline!

January 2025

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.

MONDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*
 9:15 PRIMETIME FITNESS \$
 Floor Barre \$
 9:30 Monday Group for Men
 9:45 Chair Yoga \$
 10:00 Writing for Healing & Growth \$
 Getting Better at Bridge
Grateful Threads Quilters
 11:00 **Silver Swans Ballet II**
 Poker
 11:30 Feel Good Flow \$
 Intro to Jazz Dance
 11:45 BALANCE & STABILIZATION \$
 12:15 **Silver Swans Ballet I**
 12:30 Chess
 12:45 Chinese Mah Jongg
 1:00 Beginner Recorder Lessons \$
 The Fifth Quarter
Ageless Grace \$
 English Country Dance
Music in the Atrium
Member Social
 Royal Siamese American
 Mah Jongg
 1:45 Strengthen Your Health & Life \$
 3:00 Meditative Stretch \$
 3:30 Tai Chi \$
Parkinson's Yoga

TUESDAY

9:00 Empowering Yoga \$
 Tai Chi
 9:15 PRIMETIME FITNESS \$
 10:00 A Group for Men
 10:15 Tap Dance Lessons (Level 1) \$
 10:30 ARTHRITIS EXERCISE \$
 10:30 Second-Wind Band \$
 11:00 Tap Dance Lessons (Level 2) \$
 11:45 Stretch for Balance & Strength \$
 12:30 Party Bridge
 12:45 *Beginning Spanish**
Piano Music in the Atrium
 1:00 English Country Dance
 Scrapbooking
 Ageless Grace \$
 2:00 *Advanced Beginner Spanish**
 3:15 *Keeping Up Your Spanish**
 3:30 MOVE TO THE RHYTHM
 DANCE PARTY \$
Parkinson's Yoga (Video)
 4:45 Fit to Go
 6:00 **AA Women's Group**
 Line Dance (Int./Adv.) Resumes 1/28
 6:15 **Ping Pong**
 6:45 *Families Anonymous*

* Classes meet online the 1st & 3rd Tuesdays;
 at The Center the 2nd & 4th Tuesdays.

WEDNESDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*
 9:15 PRIMETIME FITNESS \$
 9:30 Crafty Ladies
 9:45 Tone & Groove \$
 10:00 *Senior Bowling* \$
Nourishing Movement
 Push Card Game
 11:00 Maximize Your Strength \$
 12:00 **Tops**
 Canasta
 Crafts DIY
 Advanced Line Dance
 Dollhouse Miniatures
 12:30 **Square Dance Lessons**
 1:00 *Ageless Grace* \$
 Scrabble
 American Mah Jongg
 Recorder Lessons (Intermediate) \$
 1:45 Strengthen Your Health & Life \$
 2:00 Knit-Wits
 Chinese Brush Painting \$
 2:30 Ping Pong
Conversational Spanish (Beg.)
 3:00 Meditative Stretch \$
 3:30 **Parkinson's Yoga**
 5:00 Line Dance (Beg.)
 6:00 **AA Meeting**
 6:30 *International Folk Dance*

1

Center Closed for New Years Day

6 10:00 Sew and Sews
 Combating Loneliness
 1:00 Council Meeting
 Art as Play \$

7 9:00 **Injury & Pain Screenings**
 9:30 **Coffee & Caregiving**
 10:00 **Try it Out Tuesday**
 Paint Loose \$
 11:00 **Good Life Series**
 1:00 **Long Term Care Planning**
 12:00 Bunko
 2:00 Introduction to Buddhism in America
 4:30 Mindfulness Meditation \$
 6:00 **Trivia**

8 10:30 **Parkinson's Caregiver Support Group**
 11:00 **Medicare 101**
 2:30 **Senior Statesment of Virginia**
 5:00 Cinema Discussion Group
 6:00 **Moonlighter's Quilting**

13 10:00 Sew and Sews
 Combating Loneliness (final)
 1:00 **Piedmont Pastelists**
 Art as Play (cont.)
 2:00 Current Events

14 10:00 **Money and You**
 Wise Women Connect
 Paint Loose (cont.)
 Paper Crafting \$
 1:00 **Bookmobile**
 2:00 **Karaoke**
 Introduction to Buddhism
 in America (cont.)
 3:00 *Singles Schmooze*
 4:30 Mindfulness Meditation (cont.)
 6:00 **Mastering Medicare**

15 9:00 **Injury & Pain Screenings**
 10:00 **Hearing Health**
 Creative Collage \$
Welcome Wednesday
 10:30 Wise Women, Too
 12:30 Wednesday Group for Men
 4:30 **Celebrating Strong Women**
Reading Group
 5:00 Movie Night: *The Sixth Sense*
 6:00 **Speaker Series:**
How We Got Here

20
 Center Closed for
 Martin Luther King Jr. Day

21 9:30 **Move for Health**
Alzheimer's Support Group
 10:00 Paint Loose (cont.)
Elder Law
 12:00 Bunko
 1:30 Science Semester Book Discussion
 2:00 Introduction to Buddhism
 in America (cont.)
 4:30 Mindfulness Meditation (cont.)
 6:00 **Trivia**
Albemarle Modern Quilt Guild

22 9:00 **Book Swap**
 10:00 Holistic Healing with Chakras
 10:30 **Parkinson's Caregiver**
Support Group
 1:00 **Navigating Senior Living**
Options
 5:00 **Documetaries & Discussion**
 5:30 **Stroke Support Group**
 6:00 **Welcome Wednesday**

27 9:30 Beginner Italian \$
 10:00 Grape Hyacinth Painting \$
 1:00 Art as Play (cont.)
 2:00 Current Events

28 10:00 Wise Women Connect
 Paint Loose (cont.)
 1:00 **Bookmobile**
 2:00 **Karaoke**
 Introduction to Buddhism
 in America (cont.)
 3:00 *Singles Schmooze*
 4:30 Mindfulness Meditation (cont.)

29 10:00 What Can I Learn From Pain?
 2:00 Woodcarving a Love Turtle \$
 6:00 **Speaker Series: Where Do**
We Go From Here

Pull-Out Program Calendar

THURSDAY

9:00 Tai Chi, Party Bridge
Empowering Yoga \$
9:15 PRIMETIME FITNESS \$
10:00 *Ivy Creek Hikers*
AA Meeting
Tap Dance (Level 3) \$
Foot & Nail Care Clinic \$
Another Group for Men
Writing for Self Expression & Insight \$
10:30 ARTHRITIS EXERCISE \$
11:00 Tap Dance (Level 4) \$
11:45 Stretch for Balance & Strength \$
Balance & Stabilization \$
12:00 **NIA-Moving to Heal \$**
Music in the Atrium
Sheepshead
Massage Appts. with Rachel \$
1:00 Woodcarvers
Zumba Fitness \$
Total Barre \$
1:30 **Drumming Group**
2:00 Backgammon
2:30 **International Folk Dance**
American Mah Jongg (Beg.)
Reconnect Support Group II
3:15 Afternoon Rummikub
3:30 Tai Chi \$
Parkinson's Yoga (Video)
4:30 **Tap Your Troubles Away \$**
5:30 **Square Dancing**
6:15 **Ping Pong**

FRIDAY

8:30 Hatha Yoga \$
9:00 Tai Chi
9:15 PRIMETIME FITNESS \$
9:30 Friday Art Group
9:45 Tone & Groove \$
10:00 Rummikub
Level 1 Walking
Floor Barre \$
10:30 Beg./Int. Crochet \$
Flashbacks \$
11:00 Ping Pong
CHAIR YOGA \$
12:15 Beginners Line Dance
12:45 Piano Music in the Atrium
1:00 Euchre
Still Sharp Singers
American Mah Jongg
Writing for Pleasure
1:45 Improvers/Int. Line Dance
2:30 **Acoustic Jam Session**
Music in the Atrium
Bingo \$
Barbershop Belles & Beaux
3:30 **Parkinson's Yoga (video)**

SATURDAY

8:45 Empowering Yoga \$
9:00 Oil Painting Group
10:00 MOVE TO THE RHYTHM
DANCE PARTY \$
Calm Yoga \$
Chess (All Levels)
11:15 Floor Barre \$
11:45 Beg. Chinese Brush Painting \$
12:30 Total Barre \$

The Center at Belvedere

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

<p>2 10:00 Hearing Screenings 12:30 Wise Women Three 1:00 Mastering Medicare Apple/Mac Users Group 3:00 Socrates Café 3:30 Android Phone Training 6:00 NAMI Support Group Jazz Jam</p>	<p>3 11:00 Aging in Place 12:00 Adv. Oil Painting \$ 1:00 Diabetes Discussion Group</p>	<p>4 11:00 <i>Pride Brunch</i></p>
<p>9 9:00 Acrylic Painting Journey \$ 10:00 Dementia Caregiver Support Group Cooking Healthy Soups and Stews \$ 10:15 Cardio Drumming 12:00 WWII Discussion Group 1:00 Mexican Train Dominoes 1:30 Dream Group 2:00 Varieties of Spiritual Experience 3:30 Intermediate Acrylic Painting \$ 4:00 Tremor Support Group 5:30 Pride Movie 6:00 African American Authors Book Club NAMI Support Group</p>	<p>10 10:00 Healthy Recipe Group Advanced French \$ Mindful Movement 11:30 Inter. French \$ 12:00 Adv. Oil Painting (cont.) 1:00 Beginner-Pre-Inter. French \$ Intro to Pastel Painting \$</p>	<p>11</p>
<p>16 9:00 Acrylic Painting Journey (cont.) 10:00 Cooking Healthy Soups and Stews (cont.) 12:30 Wise Women Three 1:00 Apple Mac Users Group Holistic Healing ADHD Support Group 3:00 Socrates Café 3:30 Android Phone Training Intermediate Acrylic Painting (cont.) 6:00 NAMI Support Group</p>	<p>17 10:00 Advanced French (cont.) Mindful Movement (cont.) 11:30 Inter. French (cont.) 12:00 Lunch Box Readings Adv. Oil Painting (cont.) 1:00 Beginner-Pre-Inter. French (cont.) Intro to Pastel Painting (cont.)</p>	<p>18</p> <p style="text-align: center;">Center Closed</p>
<p>23 9:00 Acrylic Painting Journey (cont.) 10:00 Cooking Healthy Soups and Stews (cont.) Low Vision Support Group 10:15 Cardio Drumming (final) 1:30 Dream Group Pride Movie: Sordid Lives 2:00 WWII Movie Matinee Member Appreciation Social 3:30 Intermediate Acrylic Painting (cont.) 5:30 Stroke Support Group</p>	<p>24 10:00 Writers Critique Workshop Advanced French (cont.) Mindful Movement (final) 11:30 Inter. French (cont.) 12:00 Adv. Oil Painting (cont.) 1:00 Beginner-Pre-Inter. French (cont.) Intro to Pastel Painting (cont.)</p>	<p>25 10:00 Stop By Saturday 11:00 Moving Forward to the Future 1:00 <i>Pride Hike</i></p>
<p>30 9:00 Acrylic Painting Journey (cont.) 10:00 Cooking Healthy Soups and Stews (final) Creative Collage \$ 12:30 Card Making 3:30 Intermediate Acrylic Painting (final)</p>	<p>31 12:00 Adv. Oil Painting (cont.) 1:00 Intro to Pastel Painting (cont.)</p>	

February 2025

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MONDAY

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 9:00 *Hiking*
 9:15 PRIMETIME FITNESS \$
 Floor Barre \$
 9:30 Monday Group for Men
 9:45 Chair Yoga \$
 10:00 Writing for Healing & Growth \$
 Getting Better at Bridge
Grateful Threads Quilters
 11:00 **Silver Swans Ballet II**
 Poker
 11:30 Feel Good Flow \$
 Intro to Jazz Dance
 11:45 BALANCE & STABILIZATION \$
 12:15 **Silver Swans Ballet I**
 12:30 Chess
 12:45 Chinese Mah Jongg
 1:00 *Ageless Grace* \$
 English Country Dance
 Beginner Recorder Lessons \$
Music in the Atrium
Member Social
 Royal Siamese American
 Mah Jongg
 1:45 Strengthen Your Health & Life \$
 3:00 Meditative Stretch \$
 3:30 Tai Chi \$
Parkinson's Yoga

TUESDAY

9:00 Empowering Yoga \$
 Tai Chi
 9:15 PRIMETIME FITNESS \$
 10:00 A Group for Men
 10:15 Tap Dance Lessons (Level 1) \$
 10:30 ARTHRITIS EXERCISE \$
 10:30 Second-Wind Band \$
 11:00 Tap Dance Lessons (Level 2) \$
 11:45 Stretch for Balance & Strength \$
 12:30 Party Bridge
 12:45 *Beginning Spanish**
Piano Music in the Atrium
 1:00 English Country Dance
 Scrapbooking
 Ageless Grace \$
 2:00 *Advanced Beginner Spanish**
 3:15 *Keeping Up Your Spanish**
 3:30 MOVE TO THE RHYTHM
 DANCE PARTY \$
Parkinson's Yoga (Video)
 4:45 Fit to Go
 6:00 **AA Women's Group**
 Line Dance (Int./Adv.)
 6:15 **Ping Pong**
 6:45 *Families Anonymous*

* Classes meet online the 1st & 3rd Tuesdays; at The Center the 2nd & 4th Tuesdays.

WEDNESDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*
 9:15 PRIMETIME FITNESS \$
 9:30 Crafty Ladies
 9:45 Tone & Groove \$
 10:00 *Senior Bowling* \$
Nourishing Movement
 Push Card Game
 11:00 Maximize Your Strength \$
 12:00 **Tops**
 Canasta
 Crafts DIY
 Advanced Line Dance
 Dollhouse Miniatures
 12:30 **Square Dance Lessons**
 1:00 *Ageless Grace* \$
 Scrabble
 American Mah Jongg
 Recorder Lessons (Intermediate) \$
 1:45 Strengthen Your Health & Life \$
 2:00 Knit-Wits
 Chinese Brush Painting \$
 2:30 Ping Pong
Conversational Spanish (Beg.)
 3:00 Meditative Stretch \$
 3:30 **Parkinson's Yoga**
 5:00 Line Dance (Beg.)
 6:00 **AA Meeting**
 6:30 *International Folk Dance*

3 9:30 Beginner Italian (cont.)
 Transforming Stress
 10:00 Sew and Sews
 1:00 Council Meeting
 Decoupage for Beginners \$
 Art as Play (cont.)

4 9:00 **Injury & Pain Screenings**
 9:30 **Coffee & Caregiving**
 10:00 **Try it Out Tuesday**
 Paint Loose (cont.)
 11:00 **Good Life Series**
 12:00 Bunko
 1:00 Holistic Healing
 Italian for Travelers \$
 2:00 Introduction to Buddhism
 in America (cont.)
 4:30 Mindfulness Meditation (cont.)
 6:00 **Trivia**
 6:30 **Piedmont Master Gardener Series**

5 9:30 **Veterans Coffee Hour**
 Kingfishers
 10:15 Wednesday Music Club:
 Team Fermata
 10:30 Wise Women, Too
 11:00 Book Group
 12:30 Wednesday Group for Men
 2:00 Woodcarving a Love Turtle (final)
 5:00 Movie Night: *Free Solo*

10 9:30 Beginner Italian (cont.)
 Transforming Stress (cont.)
 10:00 Sew and Sews
 1:00 Art as Play (cont.)
 2:00 Current Events

11 10:00 **Money and You**
 Wise Women Connect
 Paint Loose (cont.)
 Paper Crafting \$
 1:00 **Bookmobile**
 Italian for Travelers (cont.)
 1:30 Inter. Watercolor Painting \$
 2:00 **Karaoke**
 Introduction to Buddhism
 in America (final)
 3:00 *Singles Schmooze*
 4:30 Mindfulness Meditation (cont.)

12 10:00 **Welcome Wednesday**
 Creative Collage \$
 10:30 **Parkinson's Caregiver**
Support Group
 11:00 **Medicare 101**
 2:30 **Senior Statesmen of Virginia**
 5:00 Cinema Discussion Group
Charcuterie Class \$
 6:00 **Moonlighter's Quilting**
History of LGBTQ+ Representation
in Movies

17 9:30 Beginner Italian (cont.)
 Transforming Stress (cont.)
 10:00 Grape Hyacinth Painting \$
 1:00 **Piedmont Pastelists**
 Art as Play (cont.)
Basics of Drone Operations \$

18 9:30 **Move for Health**
Alzheimer's Support Group
 10:00 Paint Loose (cont.)
Elder Law
 12:00 Bunko
 1:00 Italian for Travelers (cont.)
 1:30 Inter. Watercolor Painting (cont.)
Pride Movie: Rustin
 Science Semester Book Discussion
 4:30 Mindfulness Meditation (cont.)
 6:00 **Albemarle Modern Quilt Guild**
Trivia

19 9:00 Injury & Pain Screenings
 10:00 **Hearing Health**
 10:30 Wise Women, Too
 12:00 **Lovely Luncheon** \$
 12:30 Wednesday Group for Men
 3:00 Reconnect Support Group
 4:30 **Celebrating Strong Women**
Reading Group
 5:00 Movie Night: *Hairspray: The Musical*
 6:00 **Welcome Wednesday**
Mastering Medicare

24 9:30 Beginner Italian (cont.)
 Transforming Stress (cont.)
 1:00 Art as Play (final)
 2:00 Current Events
Basics of Drone Operations (final)

25 10:00 Paint Loose (final)
 1:00 Italian for Travelers (cont.)
 1:30 Inter. Watercolor Painting (cont.)
 4:30 Mindfulness Meditation (Final)

26 10:00 Treasure What You Had
 Creative Collage \$
 10:30 **Parkinson's Caregiver**
Support Group
 1:00 **Navigating Senior Living Options**
Extended Care Planning
 3:00 Reconnect Support Group (cont.)
 5:00 **Documetaries & Discussion**
 5:30 **Stroke Support Group**

Pull-Out Program Calendar

THURSDAY

9:00 Tai Chi, Party Bridge
Empowering Yoga \$
9:15 PRIMETIME FITNESS \$
10:00 **AA Meeting**
Tap Dance (Level 3) \$
Ivy Creek Hikers
Foot & Nail Care Clinic \$
Another Group for Men
Writing for Self Expression & Insight \$
10:30 ARTHRITIS EXERCISE \$
11:00 Tap Dance (Level 4) \$
11:45 Stretch for Balance & Strength \$
Balance & Stabilization \$
12:00 **NIA-Moving to Heal \$**
Music in the Atrium
Sheepshead
Massage Appts. with Rachel \$
1:00 Woodcarvers
Total Barre \$
Zumba Fitness \$
1:30 **Drumming Group**
2:00 Backgammon
2:30 **International Folk Dance**
American Mah Jongg (Beg.)
Reconnect Support Group II
3:15 Afternoon Rummikub
3:30 Tai Chi \$
Parkinson's Yoga (Video)
4:30 **Tap Your Troubles Away \$**
5:30 **Square Dancing**
6:15 **Ping Pong**

FRIDAY

8:30 Hatha Yoga \$
9:00 Tai Chi
9:15 PRIMETIME FITNESS \$
9:30 Friday Art Group
9:45 Tone & Groove \$
10:00 Rummikub
Floor Barre \$
Level 1 Walking
10:30 Beg./Int. Crochet \$
Flashbacks \$
11:00 Ping Pong
CHAIR YOGA \$
12:15 Beginners Line Dance
12:45 **Piano Music in the Atrium**
1:00 Euchre
Still Sharp Singers
American Mah Jongg
Writing for Pleasure
1:45 Improvers/Int. Line Dance
2:30 **Acoustic Jam Session**
Music in the Atrium
Bingo \$
Barbershop Belles & Beaux
3:30 **Parkinson's Yoga (video)**

SATURDAY

8:45 Empowering Yoga \$
9:00 Oil Painting Group
10:00 MOVE TO THE RHYTHM
DANCE PARTY \$
Calm Yoga \$
Chess (All Levels)
11:15 Floor Barre \$
11:45 Beg. Chinese Brush Painting \$
12:30 Total Barre \$

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434.974.7756

1 10:00 Ancient Art of the Americas
11:00 **Pride Brunch**

6 9:00 Acrylic Painting Journey (cont.)
10:00 **Hearing Screenings**
12:30 Wise Women Three
1:00 **Mastering Medicare**
Apple/Mac Users Group
3:00 Socrates Café
6:00 **NAMI Support Group**
Jazz Jam

7 10:00 Advanced French (final)
11:00 **Aging in Place**
Funding Your Extended Care
11:30 Inter. French (final)
12:00 Adv. Oil Painting (cont.)
1:00 **Diabetes Discussion Group**
Beginner-Pre-Inter. French (final)
Intro to Pastel Painting (cont.)

8 10:00 Ancient Art of the Americas (cont.)

13 9:00 Acrylic Painting Journey (Final)
10:00 **Dementia Caregiver Support Group**
Applying the Creative Process
to Life Series
Making Moments to Remember
Even War Has Rules
10:15 Cardio Drumming
12:00 **WWII Discussion Group**
1:00 Mexican Train Dominoes
1:30 Dream Group
2:00 Varieties of Spiritual Experience
4:00 **Tremor Support Group**
5:00 **Pride Valentine Dance**
6:00 **NAMI Support Group**
African American Authors Book Club

14 10:00 Healthy Recipe Group
12:00 Adv. Oil Painting (cont.)
1:00 Intro to Pastel Painting (final)

15

20 9:00 Skyscapes in Oils \$
11:00 **Long Term Care Planning**
12:30 Wise Women Three
1:00 Apple/Mac Users Group
ADHD Support Group
Genealogy Class
3:00 Socrates Café
3:30 Android Phone Training
5:30 **Pride Movie**
6:00 **NAMI Support Group**
Mastering Medicare

21 12:00 Lunch Box Readings
Adv. Oil Painting (cont.)

22 10:00 **Stop By Saturday**

27 9:00 Skyscapes in Oils (cont.)
10:00 **Who Will Inherit the Mess?**
10:15 Cardio Drumming (final)
1:30 Dream Group
2:00 **WWII Movie Matinee**

28 12:00 Adv. Oil Painting (final)

29



VOLUNTEERING

BOBBI HUGHES

Coordinator of Volunteer Resources
434.220.9755 • bobbi@thecentercville.org

Looking for meaningful ways to give back? Bobbi can help you find a volunteer position to suit your interests, schedule, and talents.

65 Ways to Be of Service in 2025

Volunteering has been an important part of The Center since its founding in 1960. The very first service project Center members conducted was the creation of Pinkie Puppets for children at local hospitals, a tradition that continued for decades. Our community knew, even then, that being of service was essential to older adults' sense of well-being. As we reach "retirement age" this year, we remain committed to vocational wellness, that feeling of purpose and meaning we derive from being of service to others. Here are 65 ways you could contribute to The Center or another area nonprofit through our Volunteer Office.

1. Welcome visitors to The Center.
2. Keep an eye on our equipped fitness room for safer exercise.
3. Help set up a special event, like the Active Aging Fair.
4. Fill in for another volunteer as a substitute.
5. Meet with Bobbi Hughes to match your skills and interests to an organization in need.
6. Contribute to a donation drive—The Center hosts a few each year.
7. Join a crafting group—many create blankets, hats, or mittens for children in our community.
8. Save gently used medical equipment for All Blessings Flow.
9. Report your volunteer hours to help organizations secure and fulfill grants.
10. Deliver food for Meals on Wheels.
11. Write a kind note to a deployed soldier.
12. Participate in the United Way Day of Caring.
13. Teach a class or facilitate a program at The Center.
14. Serve on an organization's Board of Directors.
15. Be a bell ringer during the holidays for the Salvation Army.
16. Tutor children or adults in literacy and the English language.
17. Act as a juror for mock trials at the UVA Law School.
18. Advocate for children in the foster care system.
19. Help customers at gift shops or retail stores that support nonprofits.
20. Lead tours of The Center for prospective members.
21. Serve as a counselor for low and middle-income taxpayers through AARP Tax-Aide.
22. Pick up donated furniture for Twice is Nice resale boutique.
23. Support community races like the Cville Women's 4-Miler or the Charlottesville Ten Miler.
24. Subscribe to The Center's weekly e-news to learn about new volunteer opportunities as they arise.
25. Provide peer support through an organization like the Ronald McDonald House.
26. Drive the Downtown Express train on the Downtown Mall.
27. Help out with The Center's biannual puzzle swaps or book swaps.
28. Raise a puppy for Service Dogs of Virginia.
29. Serve on the Executive Committee of The Center Council.
30. Count program attendance at The Center.
31. Take orders over the phone for the Emergency Food Network.
32. Work the equipment for karaoke twice a month.
33. Escort a visiting author during the Virginia Festival of the Book.
34. Visit with someone while their caregiver takes a well-deserved break.
35. Offer a friend with mobility issues a ride to an appointment or help with a simple chore.
36. Keep the gears of a nonprofit office running smoothly with filing and data entry.
37. Pick up The Center's weekly bread donation from Pepperidge Farm.
38. Comfort worried patients and their families at a local hospital.
39. Spread the word about healthy aging by giving a testimonial about The Center.
40. Share diverse interests and experiences with elementary school students in the Albemarle County Public Schools Extended Day Enrichment Program.
41. Help distribute this newsletter to various locations in Charlottesville and Albemarle County.
42. Participate in community surveys, especially about matters of public health and transportation.
43. Join in disaster relief with the American Red Cross.
44. Share your passion for local history at Thomas Jefferson's Monticello or the Jefferson School African American Heritage Center.
45. Keep our collection of greeting cards tidy.
46. Guide visitors through the only museum in the U.S. dedicated to Indigenous Australian art, Kluge-Ruhe.
47. Recycle empty, clean pill bottles with the labels removed for Doctors Without Borders.
48. Wrap gifts at The Center to help others prepare for the holiday season.
49. Be a steward of the trails at Ivy Creek.
50. Greet families visiting the Virginia Discovery Museum.
51. Assist the International Rescue Committee with moves and apartment set-ups.
52. Ensure blood donors have a positive experience during Red Cross blood drives.
53. Donate blood.
54. Bring yarn for the Crafty Ladies to turn into community donations.
55. Help people make reservations for life-changing adventures in The Center's Travel Office.

Continued on following page

Volunteering Opportunities

AARP Tax-Aide

AARP Foundation Tax-Aide needs volunteers to serve as Tax Counselors and Greeters for low and middle-income taxpayers February–April in the Charlottesville, Nelson, and Fluvanna areas. No experience necessary. Training is provided. For more information, visit aarp.org.

Literacy Volunteers of Charlottesville/Albemarle

Literacy Volunteers of Charlottesville/Albemarle is recruiting compassionate and enthusiastic volunteers to tutor adults in English speaking, reading, and writing. Many students also need support preparing for their U.S. Citizenship interviews. No teaching experience is required. For more information, visit literacyforall.org.

DONATIONS MADE IN HONOR OF (October 1–November 30, 2024)

Lynn Divers

by Linda Birch
by Elly & Bill Tucker

The Diversity, Equity, and Inclusion Committee

by Enid Krieger

Paul Jacob

by Sonnia Kesser

Enid Krieger

by Mittie & Will Harvey

Gary Moody

by Edward & Martha Coates

Jane Saltzman

by Kathryn & Norton Fishman

DONATIONS MADE IN MEMORY OF (October 1–November 30, 2024)

Theresa Bonfardeci

by Joanne Bonfardeci

Dot Cagley

by Celia Pfautz

Evelyn Campbell

by Susan Trimble

Hamilton Creasy

by Janice Creasy

Maxine Gentry

by William Gentry

Howard Horn

by Rea Everitt
by Singles Schmooze Group

Paul Kane

by Diane & Dan McCallum

Mary Antil Lederman

by Mary Ann Thompson

Margaret Mahoney

by Mary Louise & Jonathan Spear

Jim Maxwell

by Kate Daniels & Fred Jung

James C. Miller

by Christine Sweeters

Rick Podgorny

by Dottie Podgorny

Eva Aimone Smith

by Yvette Schmalz-Riedt

- 56. Mentor a young person with Big Brothers Big Sisters or Adopt a Grandparent.
- 57. Cover a Hospice employee's lunch break or vacation.
- 58. Tend The Center's rose and pollinator gardens with Piedmont Master Gardeners and our Horticulture Club.
- 59. Conduct a bridge or bingo game at Linden House, the assisted living portion of Branchlands.
- 60. Prepare food at The Haven for Charlottesville's unhoused population.
- 61. Call The Center's donors with a thank you message as part of our Gratitude Brigade.

- 62. Provide critical assistance on the hotline for the Shelter for Help in Emergency.
- 63. Reshelve books returned to The Center's Library.
- 64. Donate eyeglasses at The Center for Lions International.
- 65. Participate in community performances with Center bands and singing groups.

These are just examples of ways The Center has supported our local community. If one has sparked your interest, contact Volunteer Coordinator Bobbi Hughes to learn whether it's a current active need in the area.

Welcome to Our New Board Members

Mid-Year Additions Strengthen Organizational Capacity



Amber Best Roberts



Tori Terrell

While Board terms typically align with our fiscal year, The Center welcomed two new directors at its meeting in November.

Tori Terrell is the Vice President of Finance and Board Treasurer at Design Electric, a local commercial electrical contractor. She holds a certification as a Construction Industry Financial Professional and is active in both the American Subcontractors Association of the Shenandoah Valley and the Construction Financial Management Association. She has already served on The Center's audit committee and is eager to take on the challenge of helping us sustain a healthy cash flow.

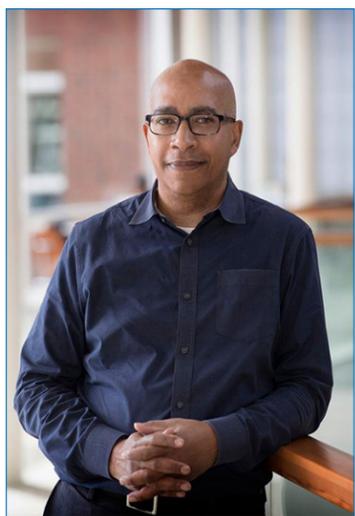
Amber Best Roberts is co-founder and COO of Commonwise Home Care, one of The Center's many Corporate Partners. Her background as an entrepreneur, nurse, and business leader inspired her to establish Commonwise in 2013 and she now oversees operations across multiple states and markets, managing a diverse range of departments. She looks forward to bringing her mix of business and clinical experience to The Center supporting our mission and enhancing quality of life for older adults in the community.

The role of the Board of Directors is to set strategic direction, provide oversight, and ensure the resources necessary for the organization to fulfill its mission and safeguard its reputation. We are very pleased that Tori and Amber have joined us in the work to ensure healthy aging opportunities are available in our community.

Speaker Series Concludes in January

The Center's 2024–25 speaker series, "The Uncomfortable Truths of Systemic Racism," wraps in January with two programs that reflect back on topics addressed throughout the series.

On January 15, Kevin K. Gaines, PhD, Julian Bond Professor of Civil Rights and Social Justice at the University of Virginia, will speak on "How We Got Here: Historical Roots of Racial and Social Inequality in the United States." He will highlight the injustices from our nation's founding that continued and grew into the inequities of housing, education, employment, medical care, justice system, transmission of generational wealth, etc., that continue to challenge our nation.



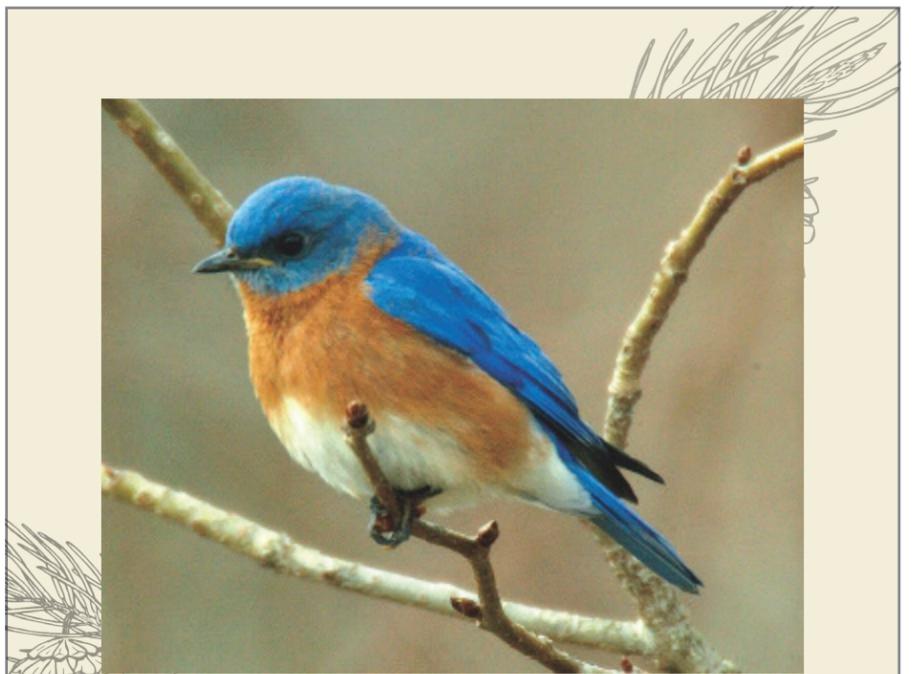
Kevin K. Gaines

"Where We Go from Here" on January 29 includes a viewing and discussion of the PBS documentary *The Cost of Inheritance* that aims to inspire understanding

of the scope and rationale of the reparations debate. Personal stories, archival materials, and expert interviews address the cumulative impact that Reconstruction, Black Laws, Jim Crow, modern day violence, and discrimination added to divergent wealth trajectories and opportunities firmly rooted in the system of enslavement.

The speaker series is an initiative of The Center's Diversity, Equity, and Inclusion Committee. Sessions are free and open to the public and run from 6:00 to 8:00 pm. Register at thecentercville.org.

The timing of these concluding events allows for reflection ahead of the United Nations' annual World Day of Social Justice on February 20th, which reminds us of the need to build fairer, more equitable societies across the globe—this includes the right of everyone to achieve their highest level of health.



**Come to Wild Birds Unlimited
Feed the Birds and Feel the Joy
20% Off One Item!**

Bring this ad to Wild Birds Unlimited Charlottesville and get 20% off one regularly priced item! Offer good until February 28, 2025. Limit one coupon per customer.



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TRAVEL

LINDA HAHN
TRAVEL MANAGER

linda@thecentercville.org
434.220.9736

All 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 or email Linda.

Personal travel needs? Contact Linda for help!

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

DAY TRIPS

WASHINGTON ON YOUR OWN

Thursday, January 9, 8:00 am–5:30 pm

Hitch a ride to our nation’s capital for independent exploration! Enjoy galleries, museums, and lunch on your own with The Center’s convenient transportation. Drop-off location is at the West Wing of the National Gallery of Art. Members \$100; Guests \$135.

HOLLYWOOD CASINO

Thursday, January 23, 8:30 am–7:30 pm

Try your luck at the Hollywood Casino in Charlestown, WV. Receive \$20 in slot play, or \$30 if you are retired military or first responder. Lunch is on your own. Members \$92; Guests \$127.

NATIONAL BALLET OF CHINA: CHINESE NEW YEAR AT THE KENNEDY CENTER

Friday, January 31, 8:30 am–7:30 pm

With its dazzling hybrid of Western ballet and Chinese culture, National Ballet of China thrills audiences with its luminous fusion of traditions, telling the story of a family’s Chinese New Year celebration to Tchaikovsky’s treasured Nutcracker score. See a scroll of Chinese folklore unfurl, showcasing the legendary monster Nian, the elegant and graceful Fans, the extravagant dances of Silk and Spinning Top, and more wonders in the ravishing Porcelain Kingdom. Lunch is on your own. Members \$227; Guests \$262.



MJ THE MUSICAL AT ALTRIA THEATER

Saturday, February 1, 9:00 am–5:00 pm

He was one of the greatest entertainers of all time. Now, Michael Jackson’s unique and unparalleled artistry comes to Richmond in MJ, the multiple Tony Award®-winning musical centered around the making of the 1992 Dangerous World Tour. Lunch is on your own. Members \$202; Guest \$237.

VIEWS OF KOREA AT VIRGINIA MUSEUM OF FINE ARTS

Wednesday, February 12, 8:30 am–4:30 pm

Explore diverse exhibits at the Virginia Museum of Fine Arts in Richmond, including this special exhibit showcasing a rare collection of Hasui prints donated exclusively to VMFA by Rene and Carolyn Balcer. Through Hasui’s prints of Korean landscapes, temples, and palaces, you’ll be transported to the serenity and beauty of lush green fields, falling snow, and moonlit skies. Lunch is on your own. Members \$85; Guests \$120.

HEARTBREAK HOTEL AT RIVERSIDE CENTER FOR THE PERFORMING ARTS

Wednesday, February 19, 9:30 am–6:30 pm

His singular name still evokes immediate recognition from people all over the world. This official Elvis Presley bio-musical takes a closer look at the rock star and incomparable icon whose impact shaped the history of music and culture. Trapped in a moment of crisis, his younger self guides him through pivotal moments of his life that led him to become “The King of Rock and Roll.” The show features over 40 Elvis hits and iconic songs. Lunch is included. Members \$175; Guests \$230.

HILLWOOD ESTATE AND GARDENS

Wednesday, May 7, 8:00 am–6:00 pm

This grand estate was the residence of business-woman, socialite, philanthropist, and collector Marjorie Merriweather Post. Sitting on 25 acres overlooking Rock Creek Park in northwest Washington, D.C., Hillwood is known for its large decorative arts collection that focuses heavily on the House of Romanov, including two Fabergé eggs. Other highlights include 18th- and 19th-century French art and one of the country’s finest orchid collections. Lunch is on your own at Merriweather Cafe. Members \$135; Guests \$170.

THERE GOES THE BRIDE AT SWIFT MILL CREEK THEATER

Wednesday, May 21, 9:30 am–5:30 pm

Ray Cooney’s comedy is a laugh-a-minute romp about an ad executive, Tim Westerby, who brings home a life-size cutout of a sassy flapper girl for an ad campaign. Hilarity ensues when the flapper girl mysteriously comes to life, but only Tim can see her! Lunch is included. Members \$187; Guests \$222.

GETAWAYS

HOLLAND AND BELGIUM IN BLOOM

April 3–12, 2025

Sail on board the Emerald Sky to see the archetypal Dutch topography of windmills, tulips, and winding canals. A fascinating trip through time, this insightful itinerary acknowledges the history of working-Dutch communities, dating as far back as the 13th century, before a guided tour to the Hague and a visit to Mauritshuis. Discover what attracts art lovers to Antwerp’s intriguing medieval center before technicolor Amsterdam and Keukenhof Gardens, which leave a lasting impression on the senses.

ICELAND: NATURE AND PHOTO TOUR

August 20–30, 2025

Waterfalls, lush green countryside, mountains, mountains, volcanoes, broad desert vistas, vast black sand beaches... the west, south, and south-east regions of Iceland are rich in unique natural sites and extraordinary adventure! You’ll also enjoy the world-famous Blue Lagoon geothermal spa, one of Iceland’s most visited attractions. Package includes round trip bus transportation to Dulles International Airport, round trip airfare, three meals each day, all transportation, all admissions fees, hotels, and museums outside Reykjavik.



CANADA AND NEW ENGLAND CRUISE WITH ROYAL CARIBBEAN INTERNATIONAL

October 16–25, 2025

Depart Cape Liberty, NJ on Liberty of the Seas with stops in Boston, MA; Portland, ME; Sydney, Nova Scotia; Halifax, Nova Scotia; and Saint John, NB (Bay of Fundy). Package includes round trip bus transportation, all meals, entertainment, port fees, taxes, and gratuities.

WE REMEMBER

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

**Margaret Rose
Byrne
Rose Edmond
James Kauffman
Fred Landess
Shelah Scott**

**Diana Seay
Kim Tobias
White McKenzie
Wallenborn
Jean Zoumbaris**

MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (October 1–November 30, 2024)

Elizabeth Allen & Thomas Allan
Kathleen Baker
Margaret Brennan
Mary & Mark Brown
Casey Woodzell REALTOR®, SRES®
ERA Bill May Realty Co.
The Charles Fund
Cindy & Sam Craig / Craig Builders
Pete Cross
Linda DesBarres
Catherine Fraleigh & Kathleen Quinn
Gardner Charitable Fund
Hanckel-Citizens Insurance Corporation
June Heintz
Linda and Mark Kastan
Wanda Kucera-Eksteen
Linda Leva
Susan Liebenow
Nancy Martin & Richard McKeon
Dan & Diane McCallum
John Nunley
Sandra Palumbo
Panorama Natural Burial
Yvette Schmalz-Riedt
Carolyn Schroll
Richard Self
JoAnne & William Speiden
Jane & Ralph Wilson

Leaving a Legacy: The Next 65 Years

The Center is turning 65! But don't worry, we're not retiring—we're gearing up for the next chapter of healthy aging. Throughout 2025, we will celebrate this milestone and look forward to our future together. What will the next 65 years hold? How can we ensure The Center's mission continues to impact generations of older adults to come?

One way you can help secure The Center's future is by joining the **Frances Jean Robey Legacy Society**. Frances Jean Robey, although never a member, was deeply moved by stories her friend shared about The Center's impact. When Jean passed, she left her entire estate to The Center. Her transformative gift made possible the purchase of our previous property and later supported our move to Belvedere Boulevard. Today, Jean's portrait hangs in room 224 as a reminder of her story and the powerful legacy that planned giving creates.

In celebration of our 65th anniversary, we hope to inspire 65 individuals to join the Robey Society by making a commitment in 2025. By including The Center in your estate plan, you can make a lasting impact that costs you nothing now, is flexible, and can often be arranged simply with your attorney. Options for leaving a bequest include a specific dollar amount, a percentage of your estate, or the remainder of your estate. You may also designate a gift for a specific purpose, ensuring your contribution supports what matters most to you.

Keith Cain is one member who has included The Center in his estate plans. Why? He shares, "At The Center, I see people who are vibrant and engaged, redefining what it means to age well. So when someone recently called me 'old,' it got me thinking—what does old even mean? I've seen people of all ages who are anything but! I want to make sure that my legacy supports something meaningful, something that keeps providing purpose and connection for people in this community. That's why I'm including The Center in my plans, knowing my gift will sustain its programs and help others age with strength, dignity, and purpose. Joining The Center's Legacy Society ensures that my gift lives on, creating opportunities for generations to come."

When you inform our philanthropy team of your commitment to include The Center in your estate plans, you will become a member of the Frances Jean Robey Legacy Society. You'll be invited to share any details you wish about your plans, and all information is held in strict confidence. As a Robey Legacy Society member, your name will be honored on the Giving Wall on the first floor of The Center and in our Annual Report, or you may choose to remain anonymous.

Your legacy will help not only fuel The Center's healthy aging mission but also inspire others to follow in your footsteps. Join us in writing our next chapter, and together, let's make sure The Center thrives for the next 65 years and beyond.

If you are interested in learning more, please contact Philanthropy Director Lynn Divers at lynn@thecenterville.org or [434.220.9745](tel:434.220.9745).

Celebrating 65 *continued from page 1*

At that time, the Senior Center—established before the Older Americans Act of 1965—was one of relatively few centers designed to support older adults to live with dignity and independence. It quickly grew into a hub for classes and service projects, in recognition of the tremendous value active seniors provide their broader communities long after hitting the expected "retirement age."

Today, 65 still has a strong cultural association with retirement. This life change continues to bring many community members through our doors. Monday through Saturday, Center members embrace new opportunities to be physically active, learn new things, form friendships, pursue hobbies, give back to their community, and take all the small actions that add up to more years in good health.

As our organization turns 65, we want to celebrate this major milestone with you. After all, we know better than anyone that turning 65 is not an ending, but rather a new stage in a dynamic adulthood. In this milestone year, we'll be taking our own steps toward maintaining a healthy organization so The Center can continue providing generations of older adults the chance to age well.

Thank You

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The Blake at Charlottesville

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SILVER partners

Allison Partners

Benchmark Senior Solutions

Branchlands Independent & Assisted Living

The Colonnades

Commonwise Home Care

Craig Builders

Gelbman Law PLLC

Hanckel-Citizens Insurance

The Heritage Inn

An Assisted Living and Memory Care Community

Hospice of the Piedmont

Panorama Natural Burial

SKV Group

Ting Internet

UnitedHealthcare

UVA Encompass Health Rehabilitation Hospital

To learn more about sponsorship opportunities, please contact Tammy Barboza at [434.220.9731](tel:434.220.9731) or tammy@thecenterville.org.

One of these is a pilot program to expand healthy aging programs into the community. Another is creating an outreach initiative that will engage both Center participants and members of the medical community to exponentially increase awareness about the benefits and resources available here.

65 is also an excellent year to start considering what your legacy will be. Feedback we received after our recent "Tell-a-thon" highlighted both the value people get from The Center and the benefit of explaining clearly what it takes to keep the doors open. We've set an ambitious goal to welcome 65 new members to our Robey Giving Society to amplify the difference community members make when they leave aspects of their state to support The Center's mission. (Learn more about this unique way of supporting The Center on page 14.)

We'll also be planning our next chapter. A new strategic plan will be underway and, as with all other aspects of The Center, your feedback and input as a member of our community will be invaluable. Keep an eye on this newsletter and weekly e-newsletters for calls to participate.

Finally, there will, of course, be plenty of opportunities to celebrate 65 years of service to our community—and to thank everyone who has helped us get this far. The first falls on our anniversary proper, February 14, so mark your calendar. We would have nothing to celebrate without you.

Celebrating the Success of The Center's First Tell-a-thon



Thanks to our generous and enthusiastic Center community, The Center at Belvedere's first ever Tell-a-thon was an incredible success! For 10 days in late October, Center representatives visited 153 programs to tell participants about the essential nature of philanthropy for The Center's healthy aging mission.

The goal of our first-ever Tell-a-thon was to inspire new donors to support older adults as they pursue their unique healthy aging goals, bolstered by a generous \$25,000 fall matching challenge through October 31.

The results are truly something to celebrate!

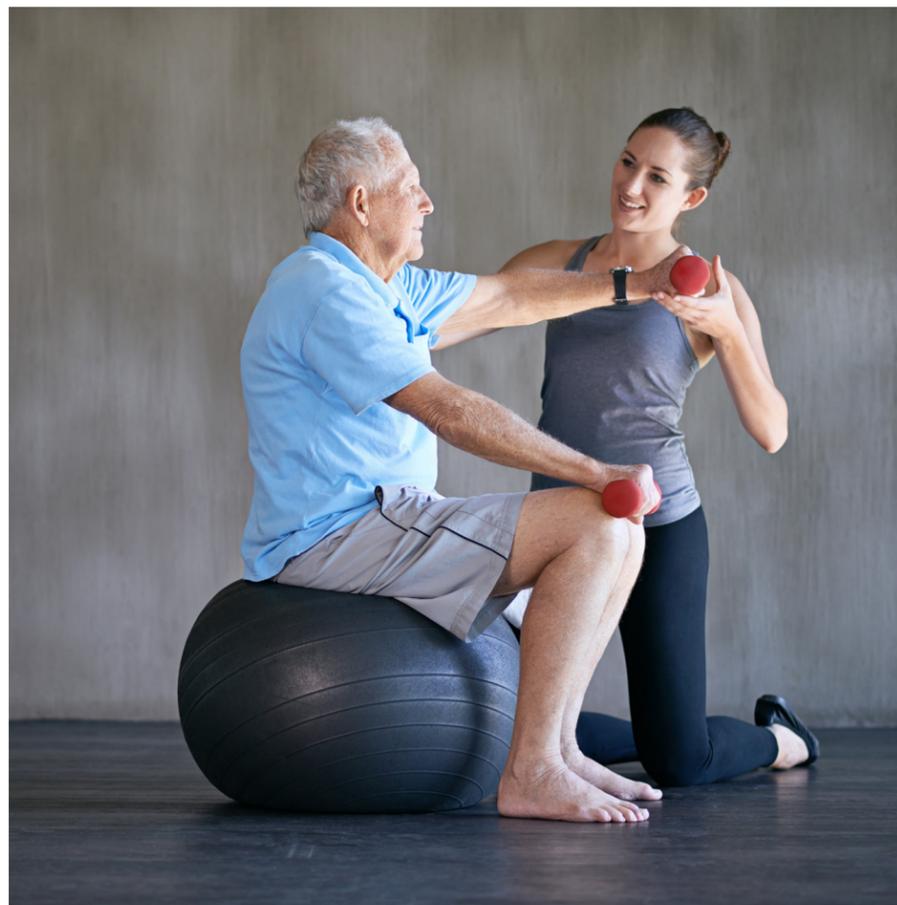
Our community raised \$62,432.56 with gifts ranging from \$5 to \$25,000. The most common gift amount was \$100—a testament to how every donation matters in making The Center's work possible. In total, 221 people chose to support our healthy aging mission, 173 of whom are Center members and 48 of whom were visitors to The Center. Our community surpassed our greatest hopes when 104 people became donors for the first time during The Tell-a-Thon! This initiative also helped us welcome 19 new members to the Sustainers Circle, a group of supporters who choose to give monthly, and 19 new members to the 1180 Society, which thanks those in a position to contribute \$1,000 or more to The Center in a fiscal year. These are just the immediate results; as more people continue to consider how they can align their individual philanthropic goals with The Center, the impact of the Tell-a-Thon could reach even further.

Community members also participated by telling us what they value. Many said they were grateful to learn more about Center finances and what it takes to run a nonprofit organization. Most shared that they simply were not aware of the need to philanthropically support healthy aging. Learning about both operational needs and the challenge of the debt service to our \$5.2 million building loan was “eye-opening.” Resulting conversations ranged from potential tax savings by making donations to The Center from a qualified IRA to including The Center in their estate plans. One Center member shared that it was helpful to be reminded of the value of The Center in her life because, “when you love something, you invest in it.”

To meet the needs of The Center throughout Fiscal Year 2025 (April 1, 2024 – March 31, 2025), our philanthropy department must raise \$1.2 million. Every donation makes a difference, helping us maintain our high-quality programs, welcoming atmosphere, and financial accessibility for all. Together, we can keep The Center thriving as a resource for healthy aging and community connection.

Because philanthropy supports more than 60% of The Center's operational revenue, we genuinely cannot do it without you. Thank you to everyone who participated in the Tell-a-Thon! Our community stepped up with enthusiasm and commitment to support The Center's mission.

If you feel inspired to join these generous supporters, you can make a contribution via the envelope in this very newsletter, online at thecentercville.org, or by contacting Philanthropy Director Lynn Divers at [434.220.9745](tel:434.220.9745) or lynn@thecentercville.org. Here's to what we can achieve together in the coming year—our community truly makes The Center stronger!



Have a Fitness Goal for 2025? Consult a Personal Trainer at The Center!

Personal training sessions at The Center offer individualized exercise programming to help you achieve your health and fitness goals.

Last fall, we welcomed Caryn Ranney as a new personal trainer. Caryn helps people move better with less pain, pursue their fitness goals, and make lasting health behavior changes. She has a BS in Nutrition and Exercise Science, a MS in Integrative Wellness, an ACE Personal Training certification, and a NBHWC Health Coach certification.

The Center's other personal trainer, Christie Graff, will resume taking clients in January 2025. Christie is an energetic, engaged, and passionate fitness trainer who spent the last 13 years as adjunct faculty at Piedmont Virginia Community College and has also developed a Body-Shaping program for Albemarle County Parks and Recreation.

Several packages of 30-minute and 60-minute sessions are available. Pricing for Center members and guests is outlined at thecentercville.org. For more information, contact Fitness Manager Jane Saltzman.

Healthspan *continued from page 1*

In your 50s: Center membership is open to anyone 50 or better and while it's never too late to start engaging in healthy aging practices, it's never too early either. After you turn 50, you start to lose muscle mass at a faster rate and your metabolism slows. You can offset these and other changes with a focus on strength and balance, exercise habits that will pay off for decades to come. Many people in this age range are still working, so The Center offers evening and Saturday options for “after hours” programming, and access to the equipped fitness room is available anytime the building is open.

In your 60s: As we enter our own 65th year, we know well what a landmark it is. For many of our members, this is the age traditionally associated with retirement and at which you can enroll in Medicare. Financial wellness and Medicare programs at The Center will make sure you're prepared for these steps, but it's not all about the money. Figuring out who you are post-retirement can be tricky. Men's and women's groups at The Center offer space for talking about how to navigate life changes like this. And the elements that contribute to a fulfilling retirement—exercise, strong social connections, a clear sense of purpose, and an environment of optimism and gratitude—are on full display.

In your 70s: About one-third of people ages 65–74, and over half of people 75 and better, have some degree of hearing loss. Many of The Center's meeting rooms and exercise studios are equipped with hearing loops so you can easily engage with any program you like. There are also several programs each month about hearing health topics, and free hearing screenings are available on a regular basis. Why is maintaining your hearing so critical for healthy aging? A leading cause of cognitive decline is hearing loss and the resulting social isolation.

In your 80s: Even if you are still working, it's likely not full time. With decades of accumulated skills, wisdom, and experience, this is a wonderful time to give back by helping others. Volunteering is a proven health promotion strategy, even more so for older people. It promotes physical activity and social connection, both of which play a role in brain health, and offers a clear sense of purpose. Engaging with The Center's volunteer program—in roles here or with other nonprofits—can contribute tremendously to extending your healthspan.

In your 90s and beyond: This period can be accompanied by difficult life transitions, altering the terrain of our social foundations. Forming new networks is within reach at The Center through member socials, book clubs, or in any of the spaces we share in this beautiful building. Meet someone over a cup of coffee or a board game. Or lead a program! We've had members well into their 90s teach knitting, fitness, and technology classes.

Obviously, there are scores of ways to prioritize your healthspan at any age. The point is to balance how long you age with the quality of life you have as you do it. If you're curious which Center programs would best suit your current chapter of life, reach out to a member of the Program or Membership team!

Welcome New Staff!



LAURA STEERE joined The Center's programming team in October. After 12 years as an elementary school teacher in Louisa County, Laura is bringing together her passions for education, holistic health, and wellness to create healthy aging opportunities as a Program Manager. After hours, she'll return to her family farm in Fluvanna County to garden, preserve the land, and raise two "spoiled rotten" pups. Feel free to pop upstairs and say hi!



We also welcomed a new Graphic Designer in November. **CRISTAN KEIGHLEY** joins our team with years of experience, not only in design and production, but as an art, creative, and studio director. If you've been in Charlottesville for a while, you may have seen him playing drums with the Hogwaller Ramblers or performing at Live Arts. Now you can catch him at The Center most Tuesdays and Wednesdays.



Healy Tower at Georgetown by Victoria Lee

New Art for a New Year

New works of art are coming to The Center in January. Frederick Nichols has a studio in Barboursville. He says his subject is "landscape in its primitive, wilderness state as seen through the various seasons and times of day." His works will be on display in the first floor gallery near the Auditorium. The second floor will play host to works by Linda Abbey, one of The Center's beloved art instructors; Pat Brodowski, a plein air painter; Karen Burnette; and Victoria Lee.

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