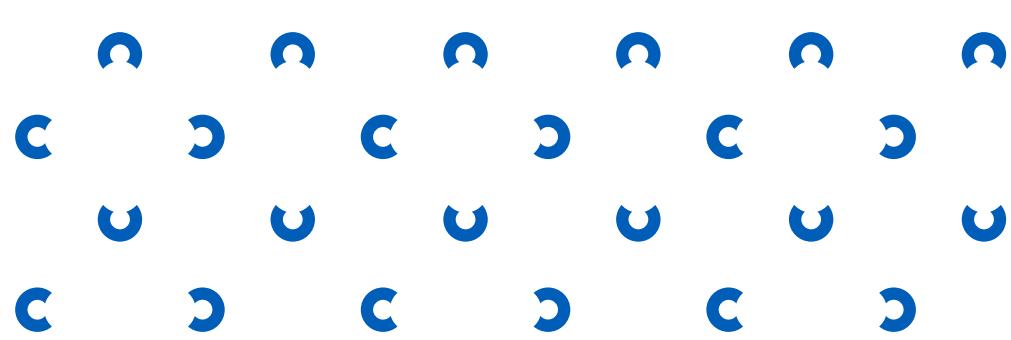




THE
CENTER
AT BELVEDERE



NEWS from THE CENTER

DISCOVER THE POWER OF HEALTHY AGING

JANUARY/FEBRUARY 2023

Coming in March: Saturday Hours!

Saturday hours are coming to The Center! See page 14 for details about expanded hours and updates to memberships in 2023.



Painting by Diane Wilkin



Painting by Tom Tartaglino

Local Painters Exhibit in January & February

An assortment of local painters' work will be on display in The Center galleries in January and February. Explore upstairs and down to discover them all! Tom Tartaglino produces large oil landscapes, as well as some intaglio prints. See more oil paintings by Jane Goodman and Brent Ruffner, soft pastels by Diane Wilkin, and watercolors by Donna Koutrakos, president of the Central Virginia Watercolor Guild.

Inside

- Programs pg 3
- Volunteering pg 7
- Pull-Out Calendar pg 9
- Travel pg 13
- More!



Photo by Andrew Shurtleff of The Daily Progress



Throughout the month of February, Center members and visitors will see 28 young activists featured on the wall near the fitness center — one new face added to the wall each day. Enid Krieger, Co-Chair of The Center's Diversity, Equity, and Inclusion Committee, has curated the display as a modern, community-oriented twist on Black History Month.

In 2021, she arranged a similar display at The Center featuring past persons of note in the local African American community — “the movers and shakers of Charlottesville.”

“It was not a new idea,” Enid explains. “It was something I had done in New York and it was successful there. It was very well received [so] we wanted to do it again, but with the people who are active right now ... people who are working towards changing the narrative of the history in Charlottesville.”

With only 28 days in the month, curation is a challenge as there are far more than 28 people deserving of recognition.

In addition to honoring some of the people who “make Charlottesville a more cohesive place for everyone to live in harmony,” Enid stresses the importance of Black History Month's educational goals. “If [people] understand accurate history, they'll understand why we still have problems today,” she says, and a commitment to community education is a common theme among the young activists being featured.

She adds, “I think Black History Month should be Black History Year. We should be celebrating all people all year.”

The month's programming will culminate with "A Joyful Noise," a gospel concert featuring the

See CELEBRATE on page 14

What's Your New Year's Resolution?

See how yours compare with those of these Center members and volunteers. More resolutions — as well as tips for keeping them! — are on page 17.



“Going through photos, taking things to Goodwill ... It's boring but it would make me so much calmer. And to take advantage of more of the amazing things at The Center.”

— Deirdre, Center Member



“I'm pretty new to Charlottesville, so I want to go running a bunch of different places to get my bearings around town.”

— Sean, Center volunteer



"I not only want to get my house in order but my physical/ mental life in order by attending all the wonderful programs provided at the Center!"

— Gay, Center Member



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
Greenberry's: Monday & Friday 7:00 am–4:00 pm
Tuesday–Thursday 7:00 am–8:00 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

- | | |
|--------------------|-----------------|
| Christine Thalwitz | President |
| Larry Martin | Vice President |
| Patti Cary | Treasurer |
| Mary Wilson | Secretary |
| Beverly Adams | Sean Greer |
| Dan Brody | Deidra Massie |
| Mark Brown | Steve Peters |
| Katie Caverly | Peggy Slez |
| Julie Christopher | Shareef Tahboub |
| Joyce Turner Lewis | Bill Tucker |

STAFF

- | | |
|-----------------------|---------------------------------------|
| Melanie Benjamin | Philanthropy Director |
| Danielle Bricker | Marketing Manager |
| Jennifer Crews | Program Director |
| Kristine Critzer | Office Manager/Bookkeeper |
| Lynn Divers | Philanthropy Assistant Director |
| Linda Hahn | Travel Coordinator |
| Liz Howard | Program Coordinator |
| Bobbi Hughes | Coordinator of Volunteer Resources |
| Gale Jackson | Welcome Desk Associate |
| Alexandra Littlehales | Graphics & Social Media Coordinator |
| Izzy Menchero | Member & Visitor Services Director |
| Carolyn Merrick | Program Coordinator |
| Susan Miller | Member & Visitor Services Coordinator |
| Virginia Peale | Strategy & Communications Director |
| Trevor Saunders | Facilities Manager |
| Kim Shipley | Finance Director |
| Kiri Soprano | Philanthropy Coordinator |
| Peter Thompson | Executive Director |
| Alex Waltrip | Fitness Coordinator |
| Olivia Watts | Program Coordinator |

For more news, follow us on:



MEMBERSHIP

IZZY MENCHERO
MEMBERSHIP & VISITORS SERVICES DIRECTOR
434.974.7756 • izzy@thecentercville.org

Join The Center for easy access to hundreds of great programs. Come by The Center, contact Izzy, or visit thecentercville.org.

WELCOME NEW MEMBERS!

- | | | |
|------------------------|-------------------|----------------------|
| John Adams | William Farrell | Daniel Proulx |
| Susan Albert | Ibis Febles | Cynthia Reynolds |
| Ana Maria Allard | Holly Fesler | Jane Saltzman |
| John Allen | Rosemary Flynn | Margaret Sanders |
| Kathleen Allenby | Sandy Geiselman | Mary Joy Scala |
| Edward Allenby | Jerry Giammatteo | Elizabeth H. Silvers |
| Carolyn Altenderfer | Laura Giammatteo | Herb Silvers |
| Elizabeth Armstrong | Bill Goldeen | William Smith |
| Catherine Azzone | Evelyn Gray | Judith Smith |
| John Azzone | Phil Grimm | Margaret Smith |
| Hazel Bayers | Joyce Gunter | Charlene Spollen |
| Wendy Bearns | John Haas | Davrae Stokes |
| William Bergen | Judy Harmon | Janet Tate |
| Linda Bonds | Misti Harris | Jesse Todd |
| John Booker | Jane Herman | Carole Todd |
| Alan Bream | Ronda Hewitt | Robert Tomplin |
| Nancy Briggs | Eleanor Hofmann | Betsy Townsend |
| Douglas Brown | Eva Ireland | Jane Turner |
| Jean B. Brown | Bette Laurenson | Roy Vernik |
| Victoria Redfearn Cave | Maria Leva | Mary Ward |
| Cheryl Cecere | Deborah McAndrews | William Webb |
| Karen Chester | Jeffrey McCormack | Thomas Webster |
| Suzanne Coffey | Mary Meyer | Edwina Webster |
| Lenora Conway | Rosemary Michaels | Frederic West |
| Carol Cooper | Dan Monahan | Michael Whittaker |
| Karen Cramer | Luz Monroy | Deborah Williams |
| Ruth Cronheim | Elissa Montalbano | Billie Williams |
| Dan Devereux | Ann Parks | Teresa Wilson |
| Misty Doherty | Gerry Petencin | Robert Wilson |
| Michele DuBach | Suzan Pezzoli | Sarah Woodson |
| Sharon Dudley | John Pribram | James Woodson |
| Elizabeth Eisenstadt | Hope Pribram | |
| Mary Farrell | Gina Proulx | |

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



For information about membership options, please visit our website or contact Izzy. The Mary P. Reese Scholarship Fund makes scholarships available for anyone who cannot afford membership dues.

Welcome to our new Member & Visitor Services Coordinator, Susan Miller!

Originally from Atlanta, Georgia, Susan found Charlottesville eight years ago. She fell in love with Central Virginia, sold her horse farm, and made the move. Throughout her life, Susan has been drawn to work with, serve, and empower a diverse range of people and organizations who are navigating growth, quality improvement, and myriad needs and challenges. She is an advocate for animals, underserved neighbors, and adults in the second half of their lives.

We want to make sure everyone at The Center feels welcomed and taken care of. With many more participants and a growing membership, Susan and Izzy together will help more people connect with the resources they want and need, building responsive relationships that support healthy aging for all. Please stop by the Welcome Desk and introduce yourself. Susan looks forward to getting to know you and our active and thriving community!



programs

Register online at thecentercville.org or call 434.974.7756.

This a partial list of offerings; recurring programs without topic updates are listed in the calendar on pages 10-11. Check the website for programs added after our print deadline!

SPECIAL EVENTS

THURSDAYS AROUND 5

Free and open to all; registration encouraged.

Michael Clem

Thursday, January 12, 5:01–7:00 pm

For over 30 years, Michael Clem has been playing bass, singing, and writing songs for the national touring act he co-founded, Eddie from Ohio. Since relocating to Charlottesville, he's established quite a foothold in the musical scene.

Food Truck: Crustworthy



Two Wishes

Thursday, February 9, 5:02–7:00 pm

Vocalist Joy Kuhar with vocalist/guitarists Mike D'Antoni and Dan Sebring will delight you with their beautiful harmonies, serious guitar playing, and bad jokes. **Food Truck: Little Manila**

THE ALTERNATIVE: A POP-UP MOCKTAIL BAR

Open to all; registration encouraged.

Friday, January 13, 7:00–10:30 pm

Connect with friends and enjoy a festive atmosphere with Firefly food truck, music by DJ Trev, ping pong, and a variety of delicious alcohol-free drinks. \$10 at the door. Get more information online at thecentercville.org.



WEDNESDAY MUSIC CLUB PERFORMANCE

Free for members; registration required.

Wednesday, February 1, 10:15–11:30 am

"C is for Celli: Cellos in Abundance" featuring Beth Cantrell, Erin Flynn, Andrew Gabbert, Stephanie Gunst, Brian Helmke, Laura Thomas, Leslie Wilcox, and Lynanne Wilson.

DRUMMING GROUP SPECIAL EVENT

Free and open to all.

Thursday, February 16, 4:00–6:00 pm

The Center's Drumming Group will celebrate Gambia Independence Day with drum music, stories, food and drink, and videos of The Gambia.

A JOYFUL NOISE: A BLACK HISTORY MONTH CELEBRATION

Free and open to all; registration encouraged.

Tuesday, February 28, 6:00–8:00 pm

Join us for a musical performance of gospel hymns and songs in celebration of African Americans in Charlottesville who strive to make our community a more cohesive place to live.

ARTS

PAINT LOOSE WITH LINDA

Open to all; registration required.

Tuesdays, January 3–February 28, 10:00 am–1:00 pm (9 weeks)

Linda Abbey teaches students of all levels drawing and watercolor painting using a big brush. Learn the skills from Betty Edward's *Drawing on The Right Side of The Brain* and how to put watercolor on paper. Prime members free; Standard members \$100; Guests \$125. See required materials online.

ROUND CANVAS PAINTING

Open to all; registration required.

Tuesday, January 3, 1:00–3:00 pm

Jamie Schwartz helps artists paint an entirely new canvas shape in this relaxing and fun class. Students will paint a beautiful mountain scene which will be ready to hang when they leave. Prime Members free; Standard members \$15; Guests \$25. Materials fee is \$20, payable to instructor at start of class.

DRAWING IS FUN WITH ANN CHEEKS

Open to all; registration required.

Wednesdays, January 4–25, 1:30–4:30 pm (4 weeks)

With a few games and basic techniques, you'll be fearlessly playing, drawing, and forgetting about "the rules." Learn how to draw from life, imagination, and photographs in a fun, no pressure environment. Prime members free; Standard members \$30; Guests \$45. Materials fee is \$20, payable to instructor at start of first class.

ALCOHOL INK PAINTING

Open to all; registration required.

Thursday, January 5, 9:30 am–12:30 pm

Select colors and different papers for beautiful paintings. You'll use paintbrushes, straws, and other tools to create lines, textures, and images. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$25, payable to instructor at start of class.

ART THAT MOVES: KINETIC SCULPTURES

Open to all; registration required.

Thursdays, January 5–26, 1:00–3:00 pm (4 weeks) or

Thursdays, February 2–23, 1:00–3:00 pm (4 weeks)

Ann Cheeks shows you a variety of materials to create artwork that twirls, spins, and sways. You'll create a mobile, small sculpture and a fun interactive piece using wire, twine, and an assortment of items. Prime members free; Standard members \$25; Guests \$35. Materials fee is \$15, payable to instructor at start of first class.

DRAW AND PAINT WHAT YOU SEE

Open to all; registration required.

Fridays, January 6–27, 1:00–3:00 pm (4 weeks)

Use graphite and charcoal to draw and paint based on a composed still life object borrowed from nature. Practice careful observation, realistic drawing, and basic drawing and painting skills with instructor Desmond Cormier. Prime members free; Standard members \$50; Guests \$65.

GRATEFUL THREADS QUILTERS

Free and open to all.

Mondays, beginning January 9, 10:00 am–12:00 pm

Share your love of quilting with this chapter of the Charlottesville Area Quilters Guild. Show and tell your latest projects, and discuss topics like spiral quilting, rotary cutters, paper piecing, and more.



LANDSCAPE OILS WITH THE OLD MASTERS

Open to all; registration required.

Tuesdays, January 10–February 14, 2:00–5:00 pm (6 weeks)

Study the great masters of painting with instructor Kathleen Hutter, from Monet and Van Gogh to Albert Bierstadt, Edwin Church, John Constable, and Sanford Gifford. Learn the poetry and music of their paintings and how to recreate your own versions of these beautiful masterpieces. For intermediate to advanced students. Prime members free; Standard members \$40; Guests \$60. See required materials online.

QUILLING WITH CORY

Open to all; registration required by Jan. 3 at 4 pm

Tuesday, January 10, 10:00 am–12:00 pm

Learn the history of quilling with instructor Cory Ryan, and use unique formed shapes to create a complete design on a notecard. Prime members free; Standard members \$15; Guests \$25. Materials fee is \$15, payable to instructor at start of class.

GLASS PAINTING

Open to all; registration required.

Tuesday, January 10, 9:30–11:30 am

Paint a beautiful floral scene on a 5x7 brass hanging frame with instructor Jamie Schwartz. Prime members free; Standard members \$10; Guests \$20. Materials fee is \$25, payable to instructor at start of class.



PROGRAMS continue on page 4

PAPER PAINTING WITH JAN SETTLE

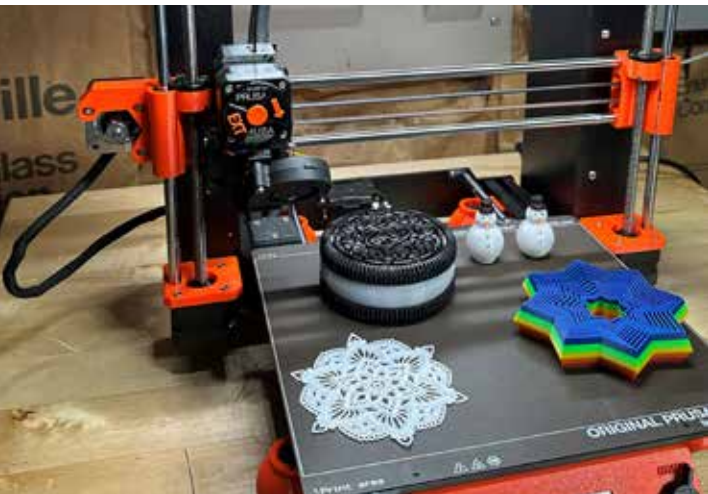
Open to all; registration required.
Thursdays, January 12 and 19,
9:30 am–12:30 pm (2 weeks)
Create paintings using reference photos or your imagination and painted paper. Prime members free; Standard members \$15; Guests \$20. Materials fee is \$25, payable to instructor at start of first class.

ADVANCED BEGINNER OILS

Open to all; registration required.
Fridays, January 13–February 10,
9:30 am–12:30 pm (5 weeks)
Level up your oil painting with advanced techniques, brush strokes, color mixing, and how to create strong compositions using classical techniques. Prime members free; Standard members \$30; Guests \$45. See required materials online.

BEGINNER OILS

Open to all; registration required.
Monday, January 23–February 13,
1:00–4:00 pm (4 weeks)
Learn the fundamentals of working with the king of mediums: oil paints. Learn how to mix colors, create basic forms, and use light and shadows for good composition. Prime members free; Standard members \$30; Guests \$45. See required materials online.



3D PRINTING

Free and open to all; registration required.
Tuesday, January 24, 1:00–3:00 pm
Once limited to large research and development businesses, affordable 3D printers for hobbyists are now widely available. Bill Erskine demonstrates the printing process and how to produce decorative and practical items.

FREE STYLE ACRYLICS WITH JAN SETTLE

Open to all; registration required.
Thursday, January 26, 9:30 am–12:30 pm
Paint with acrylics on stretched canvas boards. Bring your own reference photos or use the ones provided. For intermediate students. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$20, payable to instructor at start of class.

DRAWING IS FUN – MIXED MEDIA

Open to all; registration required.
Wednesdays, February 1–22,
1:30–4:30 pm (4 weeks)
Using a variety of materials and techniques with lots of encouragement from Ann Cheeks, explore the joy of drawing through mixed media. Cut, tear, paste, and use crayons and watercolors. Collaborate or work independently, and have fun playing with art again. Prime members free; Standard members \$30; Guests \$45. Materials fee is \$20, payable to instructor at start of class.



INTRO TO PASTEL PAINTING

Open to all; registration required.
Thursdays, February 2 and 9,
9:30 am–12:30 pm (2 weeks)
Learn the different types of pastels, surfaces to paint on, and tools used, then create a small, simple painting with instructor Jan Settle. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$35, payable to instructor at start of class.

WINE CORK HEART CREATION

Open to all; registration required.
Monday, February 6, 9:30–11:30 am
Create heart-shaped home décor with wine corks from local vineyards alongside instructor Jamie Schwartz. Prime members free; Standard members \$10; Guests \$20. Materials fee is \$20, payable to instructor at start of class.

FUZZY HEART WREATHS WITH CHOCOLATE TASTING

Open to all; registration required.
Tuesday, February 14, 9:00–11:00 am
Love is in the air and this wreath is a fun way to celebrate the season. Using soft, fuzzy yarn, Jamie Schwartz will show you how to create a beautiful heart-shaped wreath. Enjoy a little chocolate for some added fun! Prime members free; Standard members \$15; Guests \$25. Materials fee is \$25, payable to instructor at start of class.



ACRYLIC POUR SNOW SCENE

Open to all; registration required.
Thursday, February 16, 9:30 am–12:30 pm
Instructor Jan Settle shows you how to layer and pour acrylic paints on a canvas surface. Use your imagination or a reference photo to create a lovely wintry scene. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$25, payable to instructor at start of class.

PAINT YOUR PET IN OILS

Open to all; registration required.
Fridays, February 17–March 3,
9:30 am–12:30 pm (3 weeks)
Do you have a beloved pet you’ve always wanted to paint? Bring in your photos and paint your beautiful furry family member with Kathleen Hutter! Prime members free; Standard members \$15; Guests \$30. See required materials online.

BEGINNERS OIL STILL LIFE

Open to all; registration required.
Mondays, February 20–March 6,
1:00–4:00 pm (3 weeks)
Learn the basics of still life oil painting. You will learn how to mix color, create forms and shapes, and use light and shadow to make paintings that appear to be three dimensional. Prime members free; Standard members \$15; Guests \$30. See list of required materials online.

IMPRESSIONIST LANDSCAPES IN OIL

Open to all; registration required.
Tuesdays, February 21–March 14,
2:00–5:00 pm (4 weeks)
Monet, Manet, Van Gogh, Renoir, Degas, Cezanne, Sargent, and Cassatt will be your inspiration as you learn to paint in the ever-popular impressionistic style, pioneered by these ground-breaking artists! For intermediate students. Prime members free; Standard members \$30; Guests \$45. See list of required materials online.

ALCOHOL INK COLLAGES

Open to all; registration required.
Thursday, February 23, 9:30 am–12:30 pm
Create a collage on art board using pre-painted alcohol ink papers as your medium. Borrow a reference photo or express your own creativity! Prime members free; Standard members \$10; Guests \$15. Materials fee is \$20, payable to instructor at start of class.

ABSTRACT ACRYLIC WITH ANN CHEEKS

Open to all; registration required.
Tuesday, February 28, 10:00 am–1:00 pm
Can’t draw? No worries! Instructor Ann Cheeks will gently guide you through the painting process using landscapes as a starting point, then encourage experimentation and expression. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$15, payable to instructor at start of class.

LIFELONG LEARNING

GOOD LIFE SERIES

Free and open to all.
Tuesday, January 3, 11:00 am–12:00 pm
The Jefferson Area Board for Aging: Learn what services JABA provides for seniors, adults with disabilities, caregivers, and their families in Charlottesville, and Albemarle, Fluvanna, Greene, Louisa, and Nelson counties.
Tuesday, February 7, 11:00 am–12:00 pm
The Problem with Probate: Why does estate planning often involve probate avoidance? Attorney Beth Norton presents on the probate and estate administration process, as well as common methods for avoiding probate.

RECURRING MEDICARE PROGRAMS

Free and open to all; registration encouraged.
Medicare can be so confusing! Join in any of these programs to get through the process.
Thursday, January 5, 1:00–2:00 pm
with Margo Kreider
Wednesday, January 11, 11:00 am–12:00 pm
with Sharon Accardo
Wednesday, January 11, 6:00–7:00 pm
with Sharon Accardo
Thursday, February 2, 1:00–2:00 pm
with Margo Kreider



PEACE OF MIND PLANNING

Free and open to all; registration encouraged.
Friday, January 6, 10:00 am–12:00 pm
What does an End-of-Life Doula do? Laurel Marr shares the support a doula provides for the patient, caregivers, family, and loved ones, and how end-of-life planning makes a difference in day-to-day well-being.

A BEGINNERS GUIDE TO MEDICAL CANNABIS

Free and open to all.
Tuesday, January 10, 10:00 am–12:00 pm
Thursday, February 16, 10:00 am–12:00 pm
Certified Cannabis and CBD advisor Peg Bascom will discuss the difference between hemp, marijuana, and cannabis, and how to get your Virginia State medical cannabis card.



CLIMBING THE ANCESTRY TREE

Open to all; registration required.
Tuesdays, January 10–31, 1:00–2:30 pm (4 weeks)
Family historian Dick Somer uses local court records, land deeds, wills, and more to help you find your personal ancestry. Learn how to navigate internet sources and tap into local history so you can continue your ancestral investigations on your own! Free for members; Guests \$15.

MAKE AND TAKE ESSENTIAL OIL SPRAYS

Free for members; registration required.
Wednesday, January 11, 1:00–2:00 pm
Aromatherapist Susan Loving discusses the science and scents of essential oils with hospice health care worker Denise Smith. Learn the healing properties of essential oils, why certain scents can uplift us, and how to combine essential oils to increase health and wellness.



INTRO TO BUDDHISM IN THE UNITED STATES

Open to all; registration required.
Thursdays, January 12–March 9, 10:00–11:30 am (9 weeks)
Buddhism is one of the fastest growing religions in the U.S. This course will provide a systematic overview of Buddhist history, approaches, and practices from the 21st Century in the US. Instructor Philip Schrodtt has been practicing Buddhism for 15 years and has taught university-level courses for over three decades. Free for members; Guests \$40.



PERCUSSION 101

Open to all; registration required.
Mondays, January 23–April 10, 10:00–11:30 am (12 weeks)
Discover the joys of playing percussion instruments to keep the body moving, the mind sharp, and the soul inspired! The Center’s band director Michael Auman will teach you how to read rhythm and pitch on the musical staff, and how to manage techniques and volumes, before you finally play a piece as a group. Bring your own drumsticks. Prime members free; Standard members \$90; Guests \$120.

MUSIC APPRECIATION WORKSHOP

Free and open to all; registration encouraged.
Wednesday, January 25, 12:00–1:00 pm
Learn the basic musical concepts of rhythm, melody, and lyrics while fostering creativity, confidence, and collaboration. Join Modern Improvisational Music Appreciation (MIMA) instructors for music-making games and active listening exercises to gain a better understanding of your relationship to music, yourself, and the surrounding community.



THE NEW RETIREMENTALITY

Free and open to all.
Wednesday, January 25, 6:00–7:00 pm
Learn what “retire” meant when the term was coined and discover the demographic changes that are driving “the new retirementality.” This participatory workshop invites you to envision your future, learn from the decisions of others, and discover the five “vitamins” that can help you connect with your passion and purpose.

MONEY AND YOU

Free and open to all.
Tuesday, January 10, 10:00–11:30 am
Tuesday, February 14, 10:00–11:30 am
6 Common Investment Mistakes & How to Avoid Them: Many investors are prone to make certain mistakes. Are you one of them? What can you do to avoid these errors? Jorgen Vik, partner with the SKV Group, LLC., shares from over 20 years’ experience.



The Allure of Predictions: Numerous studies show that investment predictions are often wrong. Yet, we keep looking for predictions to guide our invest-

ing. What lures us in? Are there actionable predictions out there? Jorgen Vik, partner with the SKV Group, LLC., will lead the discussion.

ELDER LAW WITH DORIS GELBMAN

Free and open to all
Tuesday, January 17, 10:00–11:30 am
Estate Planning Basics: Wills, Powers of Attorney, and Advanced Medical Directives Find out what every adult should know to ensure your finances, property, and healthcare decisions are carried out as you wish. Learn how to dispose of your property when you die, avoiding (not evading!) taxes and probate.
Tuesday, February 21, 10:00–11:30 am
More on Wills, Trusts and Estate Planning: Beyond the Basics Many people have no idea of the complications that can arise when they fail to plan where their “stuff” goes when they die. Gain a clearer idea of how to plan for the transfer of your property in the future.

ALBEMARLE CHARLOTTESVILLE HISTORICAL SOCIETY ANNUAL MEETING

Free and open to all; registration encouraged.
Tuesday, January 17, 6:00–7:30 pm
Hashim Davis from Albemarle High School, Matthew Deegan from Charlottesville High School, and Sally Duncan from the Renaissance School form a special panel discussion on “The Challenges of Teaching History Today” for the ACHS annual member meeting.

CRAFTING YOUR EXTENDED CARE PLAN

Free and open to all.
Thursday, January 19, 11:00 am–12:00 pm
Wednesday, January 25, 6:00–7:00 pm
Taking the time to set up a plan for long-term care will give you, your family members, and your caregivers peace of mind. Presented by Kim Volker, COO of Care is There, and Tracy Meade, Certified Long-Term Care Consultant and Financial Planner.

DEMENTIA RESOURCES AND ADVOCACY

Free and open to all; registration encouraged.
Tuesday, February 7, 10:00–11:00 am
Cheairs Graves and Tamar Goodale from Jefferson Area Board for Aging discuss dementia care and costs. Learn how to identify local resources and about the Long-Term Care Ombudsman Program at JABA.

MEDICARE AND SOCIAL SECURITY PLANNING 101

Free and open to all.
Wednesday, February 8, 6:00–7:30 pm
Thursday, February 16, 6:00–7:30 pm
Part A, B, C, D ... what does it all mean? When should you enroll in Medicare and Social Security? Find out the answers to these questions and more with senior insurance advisor Sharon Accardo and Tracy Meade, CLTC and Financial Planner.

ITALIAN CUISINE WITH OLGA

Free and open to all; registration required.
Monday, February 13, 1:00–3:00 pm
Passionate foodie and tour guide Olga Cuckovic will be visiting the Center in person and will enlighten you with her knowledge of regional food traditions and the secrets of Italian culinary magic. Olga will share photos, stories, and recipes, and answer questions.



WHO WILL INHERIT THE MESS?

Free and open to all.
Monday, February 27, 1:00–2:00 pm
Would you like a tax-efficient estate that makes your executor’s job easy 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.

PHYSICAL WELL-BEING

REGISTERED DIETITIAN Q&A
Open to all, registration required.
Tuesdays, January 3 and 17, 4:00–5:00 pm

Drop by to chat with UVA Health Dietitian Olivia Obertello to gain a greater understanding of general nutrition. Learn how nutrition needs change as we age, how to be better equipped to create well-balanced meals, and ask questions about your personal health. Free for members; Guests \$10.

HEARING HEALTH WITH EVOLUTION HEARING (on-site and online)
Free and open to all; registration encouraged.
With Audiologist Dr. Kristin Koch
Wednesday, January 18, 10:00–11:00 am

Navigating the Over-the-Counter Hearing Aid Market - There are dozens of new options for hearing better without the help of a provider. Learn about what to research, the FDA’s red-flag warnings, and advantages and disadvantages of over-the-counter hearing aids.
Wednesday, February 15, 10:00–11:00 am
Best Practices in Hearing Testing and Hearing Aid Care - Hearing testing and hearing aids have come a long way, both scientifically and with new technology. Are you being taken care of in the best ways possible to optimize your hearing, brain health, and hearing aid investment?

COOKING DEMO WITH UVA DIETITIANS
Free for members; registration encouraged.
Wednesday, February 1, 3:00–4:30 pm
Members of the 2023 class of UVA Dietitians provide tasty takes on good nutrition.

DIABETES DISCUSSION GROUP
Free and open to all; registration encouraged.
Tuesday, February 7, 2:00–3:00 pm
RN Ruth Sweet facilitates group discussions every other month to help you better understand your diabetes diagnosis.

SOCIAL/RECREATIONAL



MOVIE NIGHT
Free and open to all.
First and third Wednesday of each month, 5:00 pm
Join your friends for a movie at The Center. It’s BYOP (bring your own popcorn)!
January 4 – *The Botany of Desire*
January 18 – *The Way*
February 1 – *The Summer of Soul*
February 15 – *The Princess Bride*

BALLROOM DANCE CLASSES
Open to all; registration required
For each series: Prime members free; Standard members \$30; Guests \$45
Classic Ballroom with Samuel Umbaugh (4 week series)
Thursdays, January 5–26, 7:15–8:00 pm and
Thursdays, February 2–23, 7:15–8:00 pm
Latin Style Ballroom Dancing with Steven Babusko (5-week series)
Tuesdays, January 17–February 14, 6:00–6:45 pm
Standard Style Ballroom Dancing with Steven Babusko (5-week series)
Tuesdays, January 17–February 14, 7:00–7:45 pm

GO GAME DEMO
Free for members; registration encouraged.
Tuesday, January 17, 2:00–4:00 pm
Go is an ancient Chinese board game played on a 19x19 grid with white and black stones placed alternately at the intersections. The object is to encircle more territory than your opponent. Center member Jack Zammito will demonstrate how to play this game that was part of training warriors in Japan, China, and Korea.



NEW YEAR LUNCHEON
Open to all; registration required by Jan. 13 at 4:00 pm
Wednesday, January 18, 11:30 am–12:30 pm
Welcome in the new year with a luncheon catered by Layers Catering Company. Enjoy beef or chicken lasagna with a house salad and cookies. Members \$15, Guests \$18.

AFTERNOON MOVIES
Free and open to all.
Kinky Boots
Monday, January 30, 2:00–4:00 pm
After inheriting a shoe factory, Charlie Price aims to take the fashion world by storm with help from a flashy cabaret dancer named Lola, who helps him design a racy line of men’s boots. Based on a true story, this LGBT feel-good film is both funny and poignant.
My Name is Pauli Murray
Monday, February 27, 2:00–4:00 pm
This uplifting LGBT documentary pays homage to the unique legacy of African American lawyer Pauli Murray, a social justice campaigner and Episcopal priest whose colorful life and tireless crusades greatly influenced 20th century civil rights struggles.

SUPPORT GROUPS

ALCOHOLICS ANONYMOUS
Thursdays, 10:00–11:00 am
AA Meeting Growth and Recovery - AA is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. Open meeting.

AA CLOSED BIG BOOK WOMEN’S GROUP
Tuesdays, 6:00–7:30 pm
This 12-step program supports those who have a desire to stop drinking or suffer from alcoholism. When you come into an AA meeting you are no longer alone, but among friends who have experienced similar problems. Closed meeting.

COFFEE AND CAREGIVING
1st Tuesday of each month, 9:30–11:00 am
A casual setting and discussion time for those who care for a person with dementia. Share ideas, engage in informal discussions, and enjoy a cup of coffee from Greenberry’s.

FAMILIES ANONYMOUS
Tuesdays, 6:45–8:00 pm
Families Anonymous is a 12-step program supporting those who are concerned about someone very near to them due to drugs, alcohol, or related behavioral problems.

RECONNECT SUPPORT GROUP
Wednesdays, 3:00–4:30 pm
We live in a world full of change and loss, much of which we can't control, and this can make us feel discouraged and disconnected. While we can't change the world, we can change how we think and what we do to cope more successfully. Learn to practice thinking positively and how we as individuals can find worth, meaning, and connection.

ESSENTIAL TREMOR SUPPORT GROUP (on-site and online)
2nd Thursday of each month, 4:00–5:00 pm
November 10 - with guest speaker Dr. William Dalrymple of the UVA Neurology Department.

December 8 - with guest speaker Professor Emily Peron from VCU's Department of Pharmacology.

ALZHEIMERS CAREGIVER SUPPORT

GROUP
3rd Tuesday of each month, 9:30–11:00 am
A collaboration between Alzheimer’s Association, JABA, and The Center
Conducted by a trained facilitator, this program offers a safe place for caregivers to develop a support system; exchange practical information on challenges and possible solutions; talk through issues and ways of coping; share feelings, needs, and concerns; and learn about community resources.

CAREGIVER DISCUSSION GROUP
4th Thursday of every month, 3:00–4:00 pm
This meeting is designed to foster support, assistance, and education to help caregivers manage the stresses associated with taking care of someone. It’s a great time to share similar experiences and exchange helpful advice.

NAMI FAMILY SUPPORT GROUP
1st & 3rd Thursdays, 6:00–7:30 pm
This is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

Remember ... this is only a partial list of Center offerings. Don't forget to check the website for programs added after our print deadline!



VOLUNTEERING

BOBBI HUGHES
Coordinator of Volunteer Resources
434.220.9755 • bobbi@thecentercville.org

Looking for meaningful ways to give back to our community? We can help you find the perfect volunteer position to suit your interests, schedule, and talents, whether it's at The Center or with another area nonprofit. Contact Bobbi to learn more.

Keeping That New Year's Resolution to Volunteer

Around the New Year, we make many resolutions and promises to ourselves. “I’ll exercise more, lose weight, stick to a budget, increase my savings, write in a journal every day...” Or maybe you’ve told yourself “This year, I’ll volunteer more.” But year after year, keeping resolutions is more challenging than making them. How can you follow through on your promise and give back to your community?

When volunteering, it’s critically important that you choose an organization where you feel a passion for its mission. Do a little research to learn which nonprofit best aligns with your goals. Before you commit, talk to a current volunteer learn more about the organization and its opportunities. Ask why they chose to volunteer with that organization. There are thousands of worthy causes, so you’ll be able to find one that’s right for you!

Passion for the mission is just one part of the equation. It’s also important that you communicate your talents and skills to the organization, so you’re placed in the right volunteer opportunity. If you’re a good communicator who enjoys interacting with people, a great task for you might be answering phones or working a front desk for an afternoon. If you are a fitness buff or love to garden, find a nonprofit that needs and wants someone with your skills and passion. Everyone has something to contribute in their own way. When you are able to pair your passion for the cause with a volunteer opportunity that matches your skills and interests, it’s rewarding for everyone!

One of the most common reasons people don’t follow through with their resolution is they believe they are too busy. If you truly want to make volunteering an integral part of your life, add it to your calendar! We schedule haircuts, dentist appointments, book clubs, and family responsibilities—why not volunteering? If this seems strange to you, you should know that many nonprofits rely on consistent volunteer support to keep their doors open. Knowing that you’ll be there to volunteer every Tuesday from 2:00–4:00 pm or on the first Friday of each month is *priceless* to an organization.

If you still think you are too busy to volunteer, think outside the box! Can you offer to be a substitute volunteer or to help with special projects or events? Maybe you can spare one lunch hour every two weeks to deliver the recycling for an organization. Many workplaces will allow employees to take a little bit of time every month to give back to the community; you just have to ask. A bit of creative thinking can open up a world of possibilities for even the busiest among us.

Finally, volunteering does not have to be done alone! Stay accountable to your resolution by including your best friend, parents, spouse, or children. Some organizations have tasks that can be done by groups, both small and large. Just like with many resolutions, knowing another person is joining you can be motivating. You, your friends, and the organizations you help will all reap the rewards!

To learn more about volunteer opportunities in our community, contact Bobbi.

Volunteer Opportunities At The Center

Saturday hours are coming soon! The Center will need volunteers for Lobby Ambassadors; Welcome Desk, Travel Office, and Fitness Room assistants; program leaders; and special event support.

The Center also needs Lobby Ambassadors on Tuesday, Wednesday, and Thursday evenings from 4:00–8:00 pm. These volunteers provide a warm welcome to members and guests, promote Center check-in, answer questions, and conduct tours. Training is provided.

Want to volunteer, but are unable to commit to a regular schedule? Consider being a substitute volunteer or a volunteer for special events at The Center.

Contact Bobbi Hughes if you are interested in any of these positions.

In the Community

Sentara Martha Jefferson Hospital is always looking for kind, caring, and compassionate volunteers. Become a part of its Caring Tradition and help make a difference every day by serving at the concierge desks, Caregiver Center, Surgery Lounge, and other areas within the hospital. For more information, call 434.654.7327.

The **UVA Hospital Auxiliary Gift Shop** needs enthusiastic, energetic, and compassionate personalities to provide exceptional customer service. Your weekly shift can be as short as two hours. Run the cash register, fill helium balloon orders, help customers select gifts, create displays, price and restock merchandise, process phone orders, and deliver gifts to inpatient units. For more information, call LaDelle Gay at 434.924.5251.

What is it like to volunteer for the Red Cross?

Center member Mike Micucci shares his experience providing Hurricane Ian relief

On an average Thursday, Center member Mike Micucci is whittling away his afternoon with the Albemarle Woodcarvers. But after Hurricane Ian made landfall in Florida, wreaking havoc across the state, Mike’s Thursdays took a radically different turn.

Since September 2022, Mike has been a volunteer for the Red Cross, serving on the Disaster Action Team for its Central Virginia chapter, which responds to house fires and natural disasters in the local area.

“My mission within the DAT is to meet with the affected family, provide financial assistance, and document the situation for the Red Cross case workers to follow up,” he says.

With a wide range of online training in damage assessment, mobile feeding, and logistics, Mike knew he had something to offer to the many families affected by Hurricane Ian. When he told his director he was willing to deploy, he had his pick of positions.

“This national disaster deployment was very different than anything I have ever done with the Red Cross thus far,” he says. “Choosing E3 (Every Shelter, Every Day, Every Need), I helped provide logistic resupply of comfort items, food, and water to the Red Cross staff and client shelters.”

Mike’s two-week deployment had him boarding a flight to Tampa on October 3, just five days after Hurricane Ian’s first landfall. In his final destination of Fort Myers, he joined one of four E3 teams.

He explains, “Our particular E3 team not only provided logistics resupply to the shelters, but

MICUCCI continues on page 8



While deployed, Mike Micucci added forklift operator to his skill set.



COUNCIL NOTES

What is the Council? The Council meets from 1:00–2:00 pm on the first Monday of each month to communicate with and provide feedback to the Board of Directors and staff. **Who is the Council?** Program leaders and all Center members interested

in sharing ideas, problem solving, and learning more about The Center’s policies, plans, and personnel. For more information or a copy of The Center Council bylaws, contact Council president Peggy Slez (mjslez@gmail.com).

Monday, January 9 - Happy New Year! Second Monday since The Center is closed on January 2. Resolve to become more engaged and learn about Center members and leadership by attending Council meetings. Attendance counts as volunteer time!

Monday, February 6 – Nominating Committee (Betty Bollendorf, Barry Pendleton, Barbara Rogers) will present the slate of Council candidates for election at the March 6 meeting. Nominations from the floor are also welcome. All Center members are eligible to serve as President, Vice President, Corresponding Secretary, or Recording Secretary. To become a candidate or learn more about the officers’ duties, please contact current Council president Peggy Slez or staff liaison Carolyn Merrick.

—Peggy Slez, Council President

Subscribe!

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



Volunteer Mike Micucci in action after Hurricane Ian

MICUCCI continued from page 1

we also ran the warehouse. During the two weeks, we made deliveries to the shelters, loaded the trucks, and learned the behind-the-scenes duties of running a Red Cross warehouse.”

He even became a licensed forklift operator in the process!

As a Red Cross volunteer, Mike was one piece of an immense puzzle serving Floridians in need, one that began with complex preparations long before Hurricane Ian made landfall. Over 1,100 volunteers have participated in relief efforts, as the Red Cross operates twelve client and staff shelters, forty mobile feeding sites, and five fixed feeding sites across the state.

While Mike’s deployment came to a close on October 16, operations are still running strong on the ground in Florida as the Red Cross continues to serve the thousands impacted by Ian’s aftermath.

“The Red Cross organization is 90% volunteers and consists of people who have big hearts and want to help those in need,” Mike says. “My deployment in support of Hurricane Ian relief efforts was a very rewarding experience and something I would encourage anyone who can to be a part of.”

If you would like to become a Red Cross volunteer, contact Center Volunteer Coordinator Bobbi Hughes. ■



ESCAPE THE WINTER.
PLAN AHEAD.

Enjoy carefree living at
RoseWood Village...

SCHEDULE YOUR VISIT TODAY



PREMIER SENIOR LIVING COMMUNITY
(434) 975-5079
www.RoseWoodVillage.com



Meals on Wheels of Charlottesville/Albemarle

GET INVOLVED IN YOUR COMMUNITY

Would you like to deliver a hot, nutritious meal to a neighbor in need?

Are you or someone you love interested in receiving meals?

Visit our website to learn more:

www.cvillemeals.org/volunteer
www.cvillemeals.org/clients

434.293.4364



Pull-Out Program Calendar

THURSDAY			FRIDAY		
Large Appts. Available \$	8:30	TAI CHI \$	8:30	TAI CHI \$, Hatha Yoga \$	
	9:00	Ivy Creek Hikers, Party Bridge	9:00	Level 1 Walking	
	9:15	PRIMETIME FITNESS \$	9:15	PRIMETIME FITNESS \$	
	9:30	Beginners Chess	9:30	Friday Art Group	
	10:00	AA Meeting, Tap Dance (Int.) \$	9:45	Tone & Groove \$	
	10:30	Chair Yoga, First Wind Band \$, ARTHRITIS EXERCISE \$	10:00	Rummikub	
	11:15	Golden Girls Ballet \$	10:45	Flashbacks \$	
	12:00	NIA-Moving to Heal \$	11:00	Balance with Beth \$	
		Music in the Atrium		Friday Fitness	
		Sheepshead		Ping Pong	
Fish Card Game	12:15	BALANCE & STABILIZATION \$	12:15	Writing for Pleasure	
	12:30	Tap Dance Lessons (Adv.) \$	12:15	Beginners Line Dance	
	1:00	Apple/Mac Class	1:00	Euchre, Still Sharp Singers, Mah Jongg (American)	
		Woodcarvers	1:45	Improvers/Int. Line Dance	
	1:15	Cardio Strength \$	2:30	Acoustic Jam Session	
	1:30	Drumming Group	2:30	Bingo \$, Barbershop Belles & Beaux	
	2:00	Backgammon, Cribbage			
	2:30	International Folk Dance			
	3:30	Tai Chi \$			
	5:00	Tap Your Troubles Away \$			
7:00	Square Dancing				
Booker					
Music in the Atrium, and Line Dance					
Sons					
Rabble, g					
Health & Life \$					
Connect Support Group					
e & Strength \$					
Dance					
Social	5	9:30 Alcohol Ink Painting \$	6	10:00 Peace of Mind Planning	
		1:00 Medicare with Margo		1:00 Draw & Paint What You See \$	
		Kinetic Sculptures \$			
		3:00 Socrates Café			
		5:00 Fitness Room Orientation			
		6:00 Kirtan			
		NAMI Support Group			
		Jazz Jam			
		7:15 Ballroom Dance \$			
\$					
Beginner Support Group	12	9:30 Paper Painting \$	13	9:30 Advanced Beginner Oils \$	
		10:00 Intro to Buddhism		1:00 Draw & Paint What You See, cont.	
		1:00 Kinetic Sculptures, cont.		7:00 The Alternative \$	
		3:30 Fitness Room Orientation			
		4:00 Essential Tremor Support Group			
		5:01 Thursdays Around 5			
		6:00 African American Book Group			
		6:45 Camera Club			
		7:15 Ballroom Dance, cont.			
Essential Oils cont.					
Rom Dance, final					
a Mic Night					
Quilting Group					
Dance, final					
sday					
Leon \$ cont.					
Beginner Support Group					
tion Workshop					
ure Crafting final					
Quilting Group					
sday					
mentality					
tended Care Plan					

February 2023

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 \$
- 9:45 Tone & Groove \$
- 10:00 Writing for Healing & Growth \$
Sew & Sews (does not meet the first Monday)
Getting Better at Bridge,
Grateful Threads Quilters
- 10:30 *Chair Yoga*
- 11:00 **Silver Swans Ballet II \$**, Poker
- 11:45 BALANCE & STABILIZATION \$
- 12:15 **Silver Swans Ballet I \$**
- 12:30 Chess
- 1:00 Mah-Jongg (Chinese)
Ageless Grace \$
English Country Dance
Member Social
Music in the Atrium
- 1:45 Strengthen Your Health & Life \$
- 2:45 Stretch Your Limits \$
- 3:30 Tai Chi \$

TUESDAY

- 9:15 PRIMETIME FITNESS \$
- 10:00 Tap Dance Lessons (Beg)\$
- 10:30 ARTHRITIS EXERCISE \$
- 10:45 Second-Wind Band \$
- 11:00 Tap Dance Lessons (Beg/Int) \$
- 11:00 am–4:00 pm **Massage Appts. Available \$**
- 11:45 Stretch for Balance & Strength \$
- 12:30 Party Bridge
- 12:45 *Beginning Spanish (will not meet Jan. 3)*
- 1:00 **English Country Dance**
- 1:15 **Round Dance Lessons, Cardio Strength \$**
- 2:00 *Advanced Beginner Spanish (will not meet Jan. 3)*
- 2:15 Core Stability \$
- 3:00 **Nail Care Services \$**
- 3:15 *Keeping Up Your Spanish (will not meet Jan. 3)*
- 3:30 MOVE TO THE RHYTHM DANCE PARTY \$,
Parkinson’s Yoga \$
- 5:00 **Boot Camp \$**
- 6:00 **AA Women’s Group, No-Fall Aikido \$**
Line Dance (intermediate/advanced)
- 6:45 **Families Anonymous**
- 7:00 **Adult Aikido \$**

WEDNESDAY

- 8:30 Hatha Yoga \$
- 9:00 *Hiking*
- 9:00 am–2:00 pm **Massa**
- 9:15 Primetime Fitness \$
- 9:30 Crafty Ladies
- 9:45 Tone & Groove \$
- 10:00 *Senior Bowling \$*, Pu
- 10:30 Core Stability \$
- 11:00 SENIOR FITNESS, Po
- 12:00 **Tops, Canasta, Mus**
Crafts DIY, Advance
- 12:30 **Square Dance Less**
- 1:00 *Ageless Grace \$*, Sc
- 1:30 Recorder Lessons \$
- 1:45 Strengthen Your Hea
- 2:00 Knit-Wits
- 2:30 Ping Pong
- 3:00 Foam Rolling \$, **ReC**
(starts Jan. 18)
- 4:15 **Stretch for Balance**
- 5:00 Line Dance (Beg.)
- 5:30 Tai Chi
- 6:30 **International Folk**

- 1 9:30 Kingfishers
- 10:15 **C is for Celli**
- 11:00 Book Group
- 1:30 **Drawing-Mixed**
- 3:00 Cooking Demon
- 5:00 **Movie Night**

- 6 9:30 **Wine Cork Heart Creation \$**
- 10:00 **Percussion 101, cont.**
- 1:00 Council Meeting
Beginner Oils, cont.
Crochet for Beginners, cont.
- 2:00 Bunko

- 7 10:00 **Try it Out Tuesday**
Paint Loose, cont.
Dementia Resources & Advocacy
- 11:00 **Good Life Series**
- 1:30 **Scrapbooking \$**
- 2:00 **Landscape Oils, cont.**
Diabetes Discussion Group
Trivia Night
Latin Ballroom Dancing, cont.
- 6:45 **Has Your Get Up & Go Got Up & Left?**
- 7:00 **Standard Ballroom Dancing, cont.**

- 8 10:30 **Parkinson’s Ca**
- 1:30 **Drawing-Mixed**
- 5:30 **Songwriter Ope**
- 6:00 **Kirtan**
Moonlighter’s C
Medicare & Soc

- 13 10:00 **Percussion 101, cont.**
- 1:00 **Piedmont Pastelists**
Beginner Oils, final
LGBTQ+ and Allies Game Afternoon
Italian Cuisine with Olga
- 2:00 Current Events

- 14 9:00 **Wreath Making & Chocolate Tasting \$**
- 10:00 **Money & You**
Paper Crafting \$
Paint Loose, cont.
- 1:00 **Bookmobile**
- 1:30 **Scrapbooking, cont.**
- 2:00 **Karaoke**
Singles Schmooze
Landscape Oils, final
- 6:00 **Latin Ballroom Dancing, final**
- 6:30 Civil War Roundtable
- 7:00 **Standard Ballroom Dancing, final**

- 15 10:00 **Welcome Wedn**
- 1:30 **Hearing Health**
- 5:00 **Drawing-Mixed**
- 6:00 **Movie Night**
Veterans Social

- 20 10:00 **Percussion 101, cont.**
- 1:00 **Beginners Oil-Still Life \$**
- 2:00 Bunko

- 21 9:30 **Alzheimer's Support Group**
- 10:00 **Elder Law**
Paint Loose, cont.
- 10:30 **Move for Health**
- 1:30 **Scrapbooking, cont.**
- 2:00 **Impressionist Landscape Oils \$**
- 6:00 **Trivia Night**

- 22 10:30 **Parkinson’s Ca**
- 1:30 **Dollhouse Minia**
- 6:00 **Drawing-Mixed**
Moonlighter’s C
Welcome Wedn

- 27 10:00 **Percussion 101, cont.**
- 1:00 **Beginners Oil-Still Life, cont.**
Who Will Inherit the Mess?
- 2:00 **My Name is Pauli Murray-Movie**

- 28 10:00 **Abstract Acrylics \$**
Paint Loose, final
- 1:00 **Bookmobile**
- 1:30 **Scrapbooking, cont.**
- 2:00 **Karaoke**
Singles Schmooze
Impressionist Landscape Oils, cont.
- 6:00 **A Joyful Noise**

Pull-Out Program Calendar

THURSDAY

FRIDAY

[illegible]

The Center at Belvedere

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

January 2023

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	<i>Hiking</i>
9:15	PRIMETIME FITNESS \$
9:45	Tone & Groove \$
10:00	Writing for Healing & Growth \$
	Sew & Sews (does not meet the first Monday)
	Getting Better at Bridge,
	Grateful Threads Quilters
10:30	<i>Chair Yoga</i>
11:00	Silver Swans Ballet II \$, Poker
11:45	BALANCE & STABILIZATION \$
12:15	Silver Swans Ballet I \$
12:30	Chess
1:00	Mah-Jongg (Chinese)
	<i>Ageless Grace \$</i>
	English Country Dance
	Member Social
	Music in the Atrium
1:45	Strengthen Your Health & Life \$
2:45	Stretch Your Limits \$
3:30	Tai Chi \$

TUESDAY

9:15	PRIMETIME FITNESS \$
10:00	Tap Dance Lessons (Beg)\$
10:30	ARTHRITIS EXERCISE \$
10:45	Second-Wind Band \$
11:00	Tap Dance Lessons (Beg/Int) \$
11:00	am–4:00 pm Massage Appts. Available \$
11:45	Stretch for Balance & Strength \$
12:30	Party Bridge
12:45	Beginning Spanish (will not meet Jan. 3)
1:00	English Country Dance
1:15	Round Dance Lessons, Cardio Strength \$
2:00	Advanced Beginner Spanish (will not meet Jan. 3)
2:15	Core Stability \$
3:00	Nail Care Services \$
3:15	Keeping Up Your Spanish (will not meet Jan. 3)
3:30	MOVE TO THE RHYTHM DANCE PARTY \$,
	Parkinson's Yoga \$
5:00	Boot Camp \$
6:00	AA Women's Group, No-Fall Aikido \$
	Line Dance (intermediate/advanced)
6:45	Families Anonymous
7:00	Adult Aikido \$

WEDNESDAY

8:30	Hatha Yoga \$
9:00	<i>Hiking</i>
9:00	am–2:00 pm Massa
9:15	Primetime Fitness \$
9:30	Crafty Ladies
9:45	Tone & Groove \$
10:00	<i>Senior Bowling \$</i> , Pus
10:30	Core Stability \$
11:00	SENIOR FITNESS, Po
12:00	Tops , Canasta, Mus
	Crafts DIY, Advance
12:30	Square Dance Less
1:00	<i>Ageless Grace \$</i> , Sc
	American Mah-Jongg
1:30	Recorder Lessons \$
1:45	Strengthen Your Hea
2:00	Knit-Wits
2:30	Ping Pong
3:00	Foam Rolling \$, ReC
	(starts Jan. 18)
4:15	Stretch for Balance
5:00	Line Dance (Beg.)
5:30	Tai Chi \$
6:30	International Folk

2	Center Closed	3	9:30 Coffee and Caregiving 10:00 Try it Out Tuesday Paint Loose \$ 11:00 Good Life Series 1:00 Round Canvas Painting \$ 2:00 Mandala Rock Painting \$ 4:00 Dietitian Q & A 5:00 Standard Ballroom Dance, <i>cont.</i> 6:00 Latin Ballroom Dance, <i>cont.</i> Trivia Night 6:45 Has Your Get Up & Go Got Up & Left?	4	9:30 Kingfishers Veterans Coffee 11:00 Book Group 1:30 Drawing is FUN! 5:00 Movie Night
9	1:00 Council Meeting LGBTQ+ & Allies Game Afternoon Piedmont Pastelists Crochet for Beginners \$ 2:00 Current Events	10	9:30 Glass Painting \$ 10:00 Quilling with Cory \$ Paint Loose, <i>cont.</i> Money & You Paper Crafting \$ Medicinal Cannabis 1:00 Bookmobile Climbing the Ancestry Tree 2:00 Karaoke <i>Singles Schmooze</i> Landscape Oils \$ 6:30 Civil War Roundtable	11	10:30 Parkinson's Car 11:00 Medicare 101 1:00 Make and Take I 1:30 Drawing is FUN! 5:00 Standard Ballroo 5:30 Songwriter Oper 6:00 Kirtan Moonlighter's Q Latin Ballroom I Medicare 101
16	Center Closed	17	9:30 Alzheimer's Support Group 10:00 Elder Law Paint Loose, <i>cont.</i> 10:30 Move for Health 1:00 Climbing the Ancestry Tree, <i>cont.</i> 2:00 Landscape Oils, <i>cont.</i> Go-Game Demo 4:00 Dietitian Q & A 6:00 Latin Ballroom Dance \$ Trivia Night Challenges of Teaching History 7:00 Standard Ballroom Dance \$	18	10:00 Welcome Wedne Hearing Health 11:30 New Year Lunch 1:30 Drawing is FUN! 5:00 Movie Night 6:00 Veterans Social
23	10:00 Percussion 101 \$ 1:00 Beginner Oils \$ Crochet for Beginners, <i>cont.</i>	24	10:00 Paint Loose, <i>cont.</i> 1:00 Bookmobile Climbing the Ancestry Tree, <i>cont.</i> 3D Printing 2:00 Karaoke <i>Singles Schmooze</i> Landscape Oils, <i>cont.</i> 6:00 Standard Ballroom Dance, <i>cont.</i> 7:00 Latin Ballroom Dance, <i>cont.</i>	25	10:30 Parkinson's Car 12:00 Music Appreciat 1:30 Dollhouse Miniatur Drawing is FUN! 6:00 Moonlighters Q Welcome Wedne The New Retirer Crafting Your Ex
30	10:00 Percussion 101, <i>cont.</i> 1:00 Beginner Oils, <i>cont.</i> Crochet for Beginners, <i>cont.</i> 2:00 Kinky Boots Movie	31	10:00 Paint Loose, <i>cont.</i> 11:00 African Safari Travel Presentation 1:00 Climbing the Ancestry Tree, <i>cont.</i> 2:00 Landscape Oils, <i>cont.</i> 6:00 Latin Ballroom Dance, <i>cont.</i> 7:00 Standard Ballroom Dance, <i>cont.</i>		



TRAVEL

LINDA HAHN
TRAVEL COORDINATOR

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

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. Thank you to Anthology Senior Living for its sponsorship of travel programming at The Center.

NATIONAL AIR & SPACE MUSEUM

Thursday, February 9, 2023

Visit the National Air and Space Museum Steven F. Udvar-Hazy Center. Stroll through thousands of aviation and space artifacts, including the Space Shuttle Discovery; B-29 Superfortress Enola Gay; Concorde, and more. Watch aircraft land and take-off at Washington Dulles International Airport from the observation tower. Enjoy lunch on your own at the Museum Café. Members \$67; Guests \$87.

RIVERSIDE CENTER: “ESCAPE TO MARGARITAVILLE”

Wednesday, February 22, 2023

Featuring beloved Jimmy Buffett classics, this new musical is the story of a part-time bartender, part-time singer, and full-time charmer named Tully who thinks he’s got life all figured out until a beautiful career-minded tourist steals his heart. Set your mind on island time and enjoy this regional premiere. Lunch is included. Members \$140; Guests \$160.



RIVERSIDE CENTER: “RAGTIME”

Wednesday, March 22, 2023

Set in the volatile melting pot of turn-of-the-century New York, three distinctly American tales are woven together. A stifled upper-class wife, a determined Jewish immigrant, and a daring young Harlem musician are united by their courage, compassion, and belief in the promise of the future. Lunch is included. Members \$140; Guests \$160

CHERRY BLOSSOM ODYSSEY CRUISE

Friday, March 31, 2023

Set sail on the Potomac River aboard the Odyssey, a one-level glass-enclosed ship. Pass by Washington D.C.’s greatest landmarks. A three-course lunch is included along with live entertainment. Members \$140; Guests \$160



GETAWAYS

12-NIGHT SOUTHERN CARIBBEAN CRUISE

January 14–26, 2023

SOLD OUT!
Board Royal Caribbean International’s Encore Seas, sailing round trip from Baltimore to St. Thomas, St. John, Philipsburg, St. Maarten; St. Johns, Antigua; Georgetown, Barbados; and Basseterre, St. Kitts & Nevis. Package includes round trip travel, all meals, entertainment, port fees, taxes, and gratuities.



CHATEAU DE COURTOMER IN NORMANDY, FRANCE

April 11–19, 2023

The magnificent Chateau de Courtomer, one of the last grand French chateaux built in the 18th century, sits on over 300 acres of park, woodland, and farmland. The entire structure has gone through extensive renovations since 2005, but has retained the charm and style of France’s elegant past. Package includes airport transfers, all meals, five day trips, entrance fees, and more.



EAST AFRICAN SAFARI ADVENTURE

June 9–20, 2023

Get ready for the adventure of a lifetime — a small-group safari across Kenya and Tanzania! Experience elephants, giraffes, wildebeests, and rhinos in their natural habitats. Enjoy thrilling game-viewing drives in the Amboseli, Tarangire, Serengeti, and Lake Nakuru National Parks.

ALASKA AND THE YUKON

August 14–26, 2023

Enjoy the majesty of Alaska from awesome fjords to rugged mountains. Travel from Anchorage, Alaska to Denali National Park and Fairbanks before heading into the Yukon. Visit Dawson City and Whitehorse while traveling through the land of the gold rush before ending in Skagway. Board Holland America Line’s Koningsdam sailing from Skagway to Glacier Bay and Ketchikan. Cruise through the inside passage ending in Vancouver, BC.

BEAUFORT HOUSE IN KILLARNEY, IRELAND

September 1–9, 2023
September 8–16, 2023

Enjoy a 7-night stay at Beaufort House, a beautiful 18th century house set among 40 acres of woodland overlooking the River Laune. Experience the Ring of Kerry, the Dingle Peninsula, Gap of Dunloe, Blarney Castle, and much more. Package includes round trip airfare, airport transfers, all meals, and day trips.

**COME
ALONG!**
CENTER TRIPS ARE
OPEN TO ALL!



Did you know that the Travel Office also helps people plan and book their own independent trips? And this service is open to everyone, not just Center members. In addition to in-house travel agent Linda Hahn, there is a great team of volunteers who can assist with travel questions. But don’t stop at planning your own 2023 travels; you can help get others out into the world too by becoming a Volunteer Travel Reservation Agent. Welcoming and

professional travel lovers work on a variety of tasks in the Travel Office including sharing trip information with members, collecting registration information, data entry, and assisting with special projects. Shifts are four hours per week with evenings and weekends preferred. For more information, contact Linda.

Jean Taylor is one of several dedicated volunteers who help members and guests in the Travel Office.



Resolve to Use Your Membership More!

Did you know that 28% of Center members come to The Center only once a month or less? The fresh start of January is a perfect time to make visits a more regular part of your life!

Maybe after holiday excesses, you're eager to eat healthier or exercise more. Maybe you're inspired to learn a new skill, like painting, a foreign language, or how to work your iPad.

Whatever your New Year's resolution, making the most of your Center membership can help! Here's a handy refresher on what the different levels of membership include.



SAMPLE COST COMPARISON FOR INDIVIDUAL MEMBERSHIP

Standard membership offers access to about 80% of Center programs. Standard members who wish to take fee-based programs (those that require a certified, paid instructor) pay an additional monthly charge for each one. Prime members pay no additional charge for fee-based programs.* The examples below show the value of Prime membership for people who want to participate in fee-based programs. Members can switch at any time from Standard to Prime and vice versa.

** Exceptions are travel, designated special events/programs, and some services.*

STANDARD (\$192 year / \$16 month)		PRIME (\$528 year / \$44 month)	
EXAMPLE A (membership + 1 fee-based program)		EXAMPLE A (membership + 1 fee-based program)	
Annual Membership	\$192	Annual Membership	\$528
Primetime Fitness (\$38/mo. x 12)	\$456	Primetime Fitness	\$ 0
Total annual cost	\$648	Total annual cost	\$528
EXAMPLE B (membership + 3 fee-based programs)		EXAMPLE B (membership + 3 fee-based programs)	
Annual Membership	\$192	Annual Membership	\$528
Primetime Fitness (\$38/mo. x 12)	\$456	Primetime Fitness	\$ 0
Tai Chi (\$36/mo. x 12)	\$432	Tai Chi	\$ 0
Second-Wind Band (\$90/year)	\$ 90	Second-Wind Band	\$ 0
Total annual cost	\$1170	Total annual cost	\$528

While current members' payments won't go up until their renewal dates, there has been a small rate increase effective January 1. This is the first rate increase since our move to Belvedere and coincides with rapidly expanding hours and program offerings. We have been open on Tuesday and Thursday evenings since last July, and starting on March 4, we will also have Saturday hours!

Come out for evenings and weekends, and make the most of your time at the Center to get full value from your membership. See page 9 for the full January/February calendar.

Need a space for your next meeting or special event?



Look no further—The Center at Belvedere has it all! An auditorium with versatile space that can accommodate up to 380 people; conference room and classrooms for meetings, lectures, and breakout sessions; atrium space for a chic cocktail party; outdoor areas for tented events ... and lots more! If you are planning an event, contact Program Director Jennifer Crews at jennifer@thecentercville.org for more information or visit the facility rental page of our website.



MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (September 1–October 30, 2022)

Beverly Adams	Hanckel-Citizens Insurance Corporation
Anonymous	Dawn & William Heneberry
Betty Bollendorf	Humana
Wendy & Carlton Carroll	Mr. & Mrs. Donald A. King
Patti Cary and Todd Stansbury/Patricia M Cary and Todd M Stansbury Charitable Fund	Jennifer King
The Colonnades	Sybil Robertson & Crystal Lamm/Stifel Charitable
Craig Builders	RoseWood Village
Pete Cross	SKV Group, LLC
Delaney Hearing Center	Virginia National Bank
Diana Foster & Thomas Jones/ Diana Foster and Thomas H. Jones Fund at the CACF	Ann Vonnegut-Frieling & Chris Vonfrieling
Fruehauf Foundation/Martha Fruehauf	Carolyn & Joseph Warden
Gelbman Law PLLC	Nancy & Kevin Watkins
	Alison & Bernard Webb
	Mary & Michael Wilson

Subscribe to our E-Newsletter at thecentercville.org and get weekly Center news updates

choirs of Mount Zion First Baptist Church, Union Run Baptist Church, and Trinity Episcopal Church. (As of press time, additional church choir participation was pending.) These small but mighty powerhouses of praise and worship are part of a centuries-old cultural tradition that The Center is excited to celebrate in February.

This event has been challenging to coordinate in a post-Covid world. Enid says some groups stopped singing together during the pandemic and haven't yet regrouped. But the challenge is a worthy one and keeps her active and healthy.

"People ask me 'Why are you working so hard at The Center? What's wrong with you?'" Enid says. She explains, "I can't solve the problems of the world, but I can work with my little corner of it and right now that corner is The Center."

"I want people to recognize that it takes all of us to work together in order to have a healthy world."

She stresses that the DEIC Committee are volunteers "helping The Center be the place that they say they are," and adds, "If we are going to live that credo of healthy aging FOR ALL ... [we must] solve an issue that is longstanding."

The education, homages, and celebrations of Black History Month are but a step along the way.

"A Joyful Noise" gospel concert will be held on Tuesday, February 28 from 6:00–8:00 pm at The Center and is free and open to everyone. ■

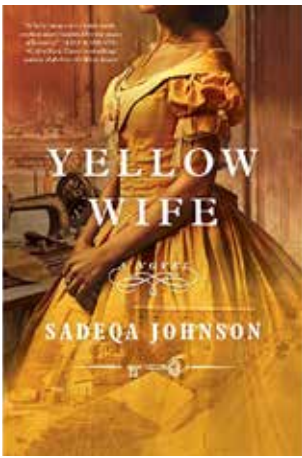
African American Authors in The Center Library

No need to wait for Black History Month to engage more deeply with race in America. The Center Library is packed with titles by and about African Americans. Check out one of the recommended selections below today!

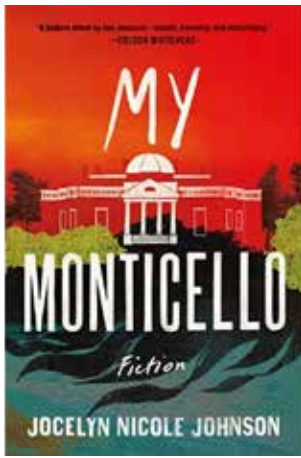
Interested in reading more and discussing the work with others? The African American Authors Book Club meets on the second Thursday of each month from 6:00–7:30 pm.



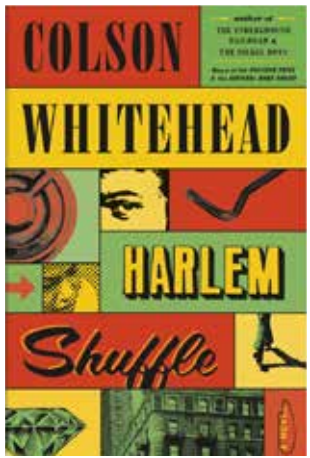
The Vanishing Half
by Brit Bennett



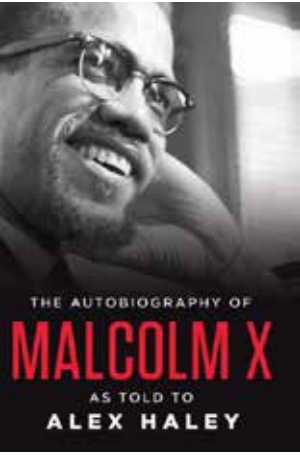
Yellow Wife
by Sadeqa Johnson



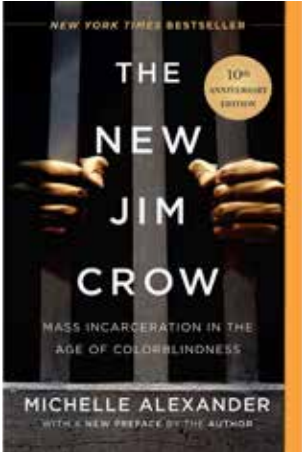
My Monticello by
Jocelyn Nicole Johnson



Harlem Shuffle
by Colson Whitehead



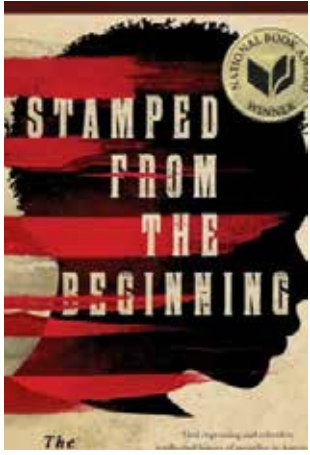
The Autobiography of Malcolm X
as told to Alex Haley



The New Jim Crow
by Michelle Alexander



The 1619 Project by
Nikole Hannah-Jones



Stamped from the Beginning
by Ibram X. Kendi

Senior Living in the HEART OF IT ALL

Take a virtual tour online or schedule a private guided tour.

► **Nestled in a quiet neighborhood** within easy reach of Rt. 29, Branchlands' location offers the best of both worlds: a beautiful natural setting for morning strolls and ready access to shopping and entertainment. Chauffeured transportation and frequent outings allow residents to take advantage of all that Charlottesville has to offer.

BRANCHLANDS

LIVE LIFE TO THE FULLEST!

Independent Living 434.973.9044

Assisted Living & Memory Care 434.973.0311

branchlands.com

Bequests – Leaving a Legacy That Supports Healthy Aging

The Center relies on philanthropic gifts to successfully pursue its healthy aging mission. Each gift received impacts The Center’s ability to help area seniors live their best lives. But, for most of us, the contributions we can comfortably share with nonprofits like The Center must be balanced against other financial considerations, such as rising health care costs, inflation, and family needs. Happily, there is another way to show your support for healthy aging now while retaining your assets for future needs—a charitable bequest.

With a charitable bequest, you arrange for a charity like The Center to receive a gift from your estate after your death. Bequests may include various assets such as cash, stocks, real estate, or personal property. You can also name The Center as a beneficiary of your retirement plan or life insurance policy.

Why make a bequest to support The Center? They are easy to do. Naming The Center as a charitable beneficiary in your will, trust, retirement account, or other asset can be a straightforward process. The Center can supply you with language you may use to make a charitable bequest or assist you with the information necessary to designate a portion of your IRA to benefit our mission. Your bequest may be for a specific amount or a percentage of your estate.

They are flexible and revocable. Most charitable bequests are revocable, so if your finances change and you need to use the assets you intended to give to charity, they are still yours to use during your lifetime. Additionally, you may change the charities and the amounts you wish to give should your interests and priorities change.

They demonstrate your values. By their very nature, wills and other estate plans allow us to consider how we might benefit the people and organizations that are important to us. When you include The Center as a beneficiary in your will, you send a clear message that all older adults should have the opportunity to age well.

They make a profound difference. In 1990, The Center (then The Senior Center) planned to construct a new building at 1180 Pepsi Place. The land had been secured, but money to build the new facility was still needed. Then came a surprising notification: a large bequest would soon be distributed to The Senior Center from the estate of Ms. Frances Jean Robey.

Ms. Robey left her entire estate to The Senior Center, providing the funds needed to complete the construction of the building at Pepsi Place. Although not a member herself, Ms. Robey had several friends who enjoyed The Center and would often tell her about their experiences. Ms. Robey’s gift has continued to have a long-lasting impact on The Center’s healthy aging mission as in 2020, we used the proceeds from the sale of the building she helped fund in 1990 to help pay for the construction of The Center at Belvedere. Inspired by Ms. Robey’s profound generosity, The Center’s legacy-giving society is named in her honor.

If you have named The Center as a beneficiary of your estate or want to learn more about making a bequest to support The Center’s healthy aging mission, please contact Melanie Benjamin at 434.220.9744 or melanie@thecentercville.org. ■

The Robey Legacy Society recognizes individuals who have named The Center as a beneficiary in their will, estate, financial plans, or other deferred gift arrangements.



A Gift in Your Will or Trust



A Gift of Retirement Funds



A Gift of Life Insurance



Yoga can help people with Parkinson's maintain strength and flexibility

Partnering on Parkinson's

The Center aims to be our community’s most comprehensive resource for healthy aging. One of the most effective means of meeting the needs and interests of the older adults we serve is to partner with aligned interest groups and nonprofit organizations. Throughout 2022, The Center provided free meeting space to the **Parkinson’s Care Partner Support Group**. Part of the American Parkinson’s Disease Association Virginia Chapter, this support group, led by facilitators Ellie Syverud and Liz Courain, meets every second and fourth Wednesday at The Center from 10:30 am–12:00 pm. Group participants receive practical tools and education on living with Parkinson’s and supporting loved ones who have been diagnosed with the disease, as well as emotional and social support.

The Center wishes to thank the participants of the Parkinson’s Care Partner Support Group for the recent contribution made to acknowledge this partnership. This gift will be combined with others to support The Center’s healthy aging programs including **Parkinson’s Yoga**, a class specifically designed to help those with Parkinson’s disease maintain their strength and flexibility. For more information about these programs, visit thecentercville.org. ■



“Learn a new language or get better at one I’ve started learning.”
– Bobby, Center volunteer



“To heal my body a bit and put my finances in order for retirement ... and take advantage of all the offerings The Center has!”
– Desiree, Center Member

TOP TEN NEW YEAR'S RESOLUTIONS

- Exercise more
- Lose weight
- Get organized
- Learn a new skill or hobby
- Live life to the fullest
- Save more money / spend less money
- Quit smoking
- Spend more time with family and friends
- Travel more
- Read more

Tips for Keeping Your New Year's Resolutions

Pick just one area of your life to improve and focus your energy there. Spreading yourself too thin among a bunch of different resolutions often means not meeting any of them.

Choose a brand new resolution. Many people keep the same resolution year after year because they haven’t met it yet. If you feel like you’ve failed in the past with a resolution, you’re less likely to believe you can accomplish it now. Work on something else this year and use the confidence boost from accomplishing it to tackle your other goals in the future.

Focus on what you want more of in your life instead of what you want to avoid. Instead of a resolution to go on a restrictive diet, reframe it as eating healthier foods. Instead of a resolution to declutter, consider promising yourself a beautiful, clean and relaxing home.

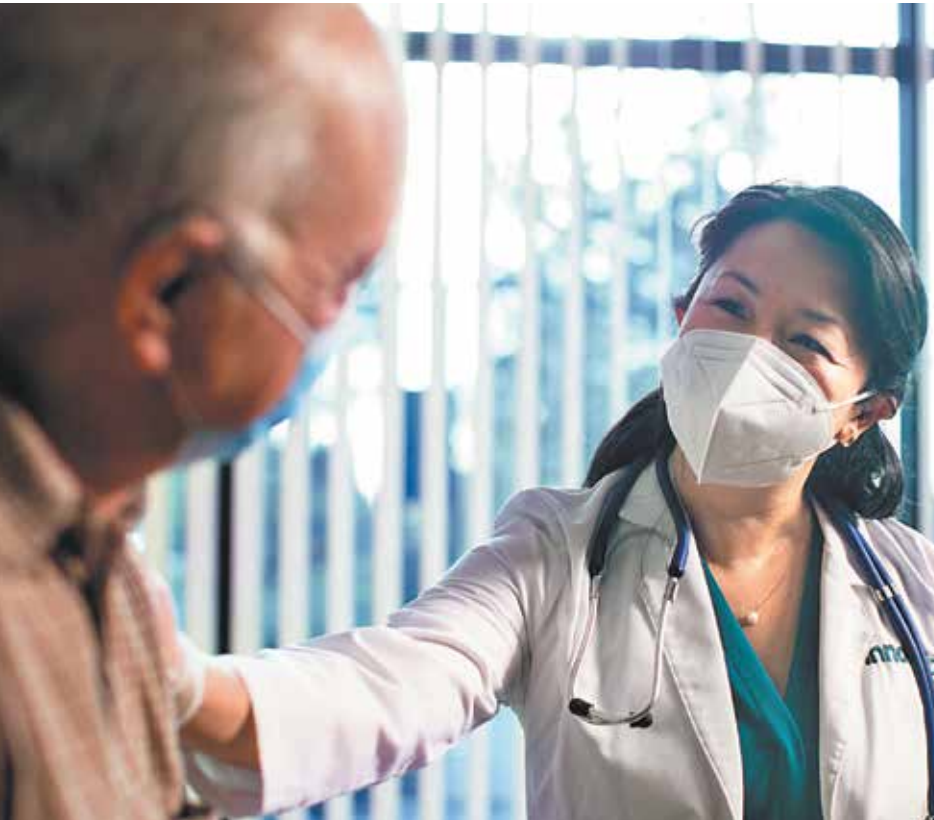
Be realistic — don’t go cold turkey overnight on a habit you’d like to change. If you want to exercise more regularly, try starting with just one fitness class per week at The Center and gradually add more over the course of the year.

Write down your Big Why. When the excitement of trying something new wears off and you’re sick of waking up early or sticking to your budget, you’ll need to remind yourself of why your goal is so important.

Use a journal or calendar to track your progress and celebrate milestones along the way. Journals are also handy for taking notes on tricks you found helpful or reflecting on something that didn’t work the way you expected.

Plan how to deal with temptation. Practice positive thinking and self-talk. Share your plans with loved ones or get an accountability partner to help motivate and support you in your goal.

Take it one day at a time. Remember it takes 21 days to build a habit ... and even longer to make that habit part of your identity! If you miss a day, that’s ok. Tomorrow is another chance to try. ■



We are all-inclusive senior care.
All with the independence to live at home.

Like Tom, we are strong, resilient – and we are an alternative to nursing homes. Delivering comprehensive care to meet each individual’s needs. From health and nutrition to medication management and more. All at little to no cost with Medicaid and Medicare. *We are* giving seniors independence. And caregivers – peace of mind.



Call 434-285-9358 to see if InnovAge PACE is right for you.
Visit [InnovAge.com](https://www.innovage.com)
PACE All-inclusive Care for Seniors



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, 2023. Limit one coupon per customer.



Wild Birds Unlimited®
Nature Shop
BIRD FOOD • FEEDERS • GARDEN ACCENTS • UNIQUE GIFTS

29th Place Shopping Center - US 29 across from Fashion Square Mall • 434-973-5850

It's a double win for The Center at Belvedere at the ICAA conference in November

The 2022 ICAA NuStep Pinnacle Awards were presented in November at the International Council on Active Aging Conference, Leadership Summit & Expo in Orlando, Florida. Awards highlight communities that embrace wellness as a way of life, creating relevant, meaningful opportunities that empower people to live better longer. We are proud to announce that The Center at Belvedere is a winner in two of the three award categories: Community Center and Wellness CEO.



These are both new categories to the ICAA NuStep Pinnacle Awards, as they work to expand notions of wellness and healthy aging beyond senior living communities. The Center was the only organization to be named a winner in multiple categories.

Executive Director Peter Thompson says, “The Center is honored to be recognized by ICAA, the organization that defined the holistic wellness model that is the foundation of The Center’s active aging programming. Aging is our community’s biggest demographic issue and research illustrates that The Center’s holistic wellness programs are vital to living life as fully as possible.”

In presenting the CEO awards, ICAA founder Colin Milner, said, “Congratulations to these exemplary individuals that are leading the way in wellness-based models in the active aging industry. We are thrilled to recognize their ongoing commitment and passion to fostering a wide variety of engaging opportunities for their residents, members, clients, and staff to live better longer.” ■

WE REMEMBER

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

- | | |
|------------------|------------------|
| Melvin Burruss | Patricia Kohl |
| James Cannon | Sylvia Lord |
| Thomas Crowell | Jean Lowry |
| Rhoda Dreyfus | Lila Marshall |
| Ann Durand | John McEuen |
| Estelle Echols | David McFarlane |
| Peter Fitch | Edward Mochel |
| Thelma Garrison | William Murray |
| Monte Hatfield | Harriet Noble |
| Cole Hendrix | Edgar Roberts |
| James Higgins | Dale Sadler |
| Karin Hughes | Barbara Sakalas |
| Patricia Kaelber | Lee G. Showalter |
| Betty Kalla | Ruth Snyder |
| Erwin Koeritz | |

DONATIONS MADE IN MEMORY OF (September 1–October 30, 2022)

- | | |
|---|--|
| Carol Brinkerhoff
by James Brinkerhoff | Sylvia Lord
by Betty Bollendorf
by Sherry Sinard
by Peter Thompson |
| Hamilton Creasy
by Janice Creasy | James C. Miller
by Christine Sweeters |
| Mary Alice Hennigan
by Lynette & Israel Menchero | Jennie Sue Minor
by Randi & Randy Whitlow |
| Estelle Echols
by Nancy & Michael Alston
by Victoria Blackford
by Janice Creasy
by Petie & Ernie Ern
by Margaret M. Grove
by Gloria & Gregory Johnson
by Diantha McKeel
by Neil & Roger Shifflett
by Peter Thompson | Menger Ramsey
by Carolyn Noland |
| | Mary Elizabeth Sihler
by William Sihler |
| | Betty Strider
by Elizabeth Gore |

Take
the next
right step.



hwllp.cpa | 434.296.2156



Thank YOU CORPORATE PARTNERS

PREMIER partner



PLATINUM partner

Hill & Wood Funeral Service

GOLD partners

Anthology Senior Living

Delaney Hearing Center

Hantzmon Wiebel CPA and Advisory Services

RoseWood Village Assisted Living
& Memory Care

UnitedHealthcare

SILVER partners

The Colonnades

Craig Builders

Hanckel-Citizens Insurance

The Heritage Inn: An Assisted Living
and Memory Care Community

IKOR Transport

Moore’s Electrical and Mechanical

Teague Funeral Service

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

Movies Coming In January & February



DEI Committee News

The Diversity, Equity and Inclusion Committee continues to meet monthly to develop and implement programs designed to disrupt inequality, embrace our differences, and help make our community a place where people from all racial, ethnic, and cultural backgrounds can thrive.

Have you been enjoying the LGBTQ game nights and movie screening? These are just a few examples of DEIC programming and there is so much more to come. If you missed *The Summer of Soul* on PBS last summer, you'll be able to see it right here at The Center on Wednesday, February 1 at 5:00 pm. The documentary spotlights an epic event that took place in 1969 in New York City's Mount Morris Park. While hundreds of people were enjoying Woodstock, 100 miles north of the city, hundreds more were listening to the sounds of The Fifth Dimension, Stevie Wonder, Aretha Franklin, The Temptations, and other fabulous Motown artists.

On Monday, February 27 at 2:00 pm, you won't want to miss *My Name is Pauli Murray*, a 2021 documentary about a Black, non-binary, Episcopal priest, activist, and poet. Pauli Murray was a legal trailblazer whose ideas influenced Ruth Bader Ginsberg's fight for gender equality and Thurgood Marshall's civil rights arguments.

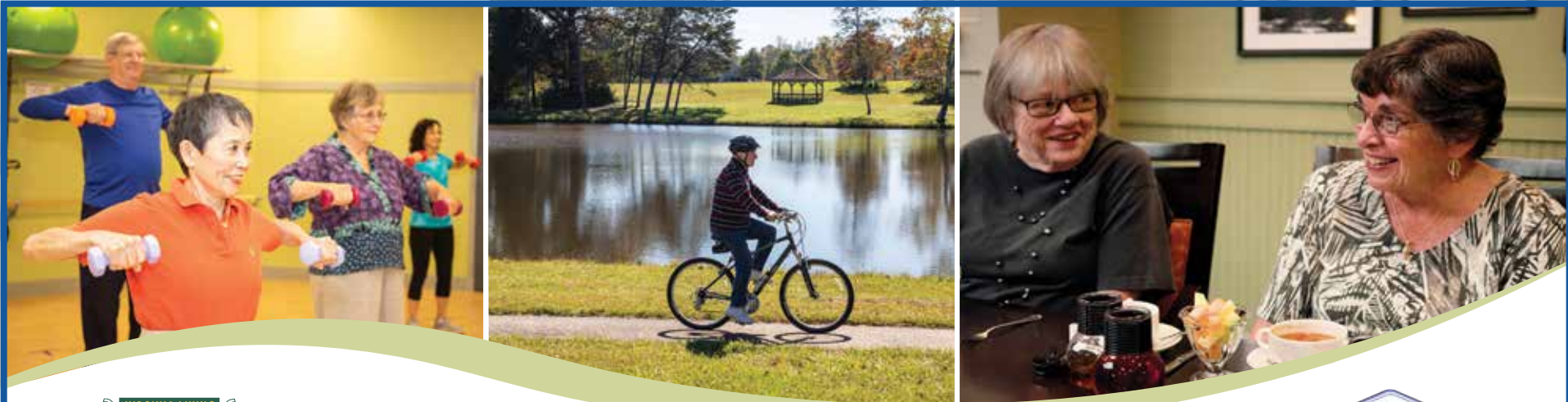
Back by popular demand, the Wall of Fame calendar will return to The Center during Black History Month. It will feature 28 Black residents of Charlottesville who are doing the work necessary today to strengthen and deepen understanding between the races. There will be lots of surprises displayed one week at a time, but you'll have to join us inside to see who's posted.

February will end on a high note with A Joyful Noise, a gospel experience featuring the choirs of Trinity Episcopal Church, Mt. Zion First African Baptist Church, Union Run Baptist Church, and others who will lift their voices in honor of the 28 activists featured on the Wall of Fame. The concert will be free and open to the public on Tuesday, February 28 from 6:00–8:00 pm, with refreshments by Pearl Island Catering.

Check the website and the weekly e-news for up-to-date information and register online for the programs.

COMMITTEE MEMBERS

Enid Krieger, <i>Chair</i>	Jim Hassmer	Carolyn Merrick
Jean Foss, <i>Secretary</i>	Bobbi Hughes	Virginia Porter
Denise Benson	Madison Cummings	Kathleen Quinn
Mildred Best	Berta Hysell	Kathy Rouse
Jim Bundy	Paul Jacob	Bernadette Whitsett-Hammond
Liz Hacking	Joyce Lewis	Mike Wilson



Celebrating 110 years!

Designed to help you live your best life, our three award-winning Life Plan Communities offer affordable choices, abundant floor plans, innovative programming, chef-prepared meals, an array of area attractions, and Vitality Centers to help you stay strong and healthy.

Schedule a visit and get on the waitlist early!

Independent Living • Assisted Living • Skilled Nursing • Memory Support



SUNNYSIDE
Harrisonburg, VA
800.237.2257

KING'S GRANT
Martinsville, VA
800.462.4649

SUMMIT SQUARE
Waynesboro, VA
800.586.5499

www.sunnysidecommunities.com





180

Band

Playing your favorite rock and dance
tunes from the 1960s through today!

Friday, March 3, 6–9 pm

The Center at Belvedere
\$15 at the door



Soup's on!

Warm up with new soup or
chili options at the café.

Cheers!

HAPPY HOUR
Tue • Wed • Thu
5 –7 pm

Greenberry's®
— EST® 1992 —
COFFEE CO.

Monday & Friday 7 am–4 pm
Tuesday–Thursday 7 am–8 pm

The Center at Belvedere
540 Belvedere Boulevard
Charlottesville, VA 22901

PRESORT FIRST CLAS
U.S. POSTAGE
PAID
WAYNESBORO, VA
PERMIT NO. 115

THE
Oratorio
SOCIETY OF VIRGINIA
presents
Together In Song

*An
American
Tapestry*

Works by Bonds, Copland,
Ellington, Lauridsen,
and Thompson

March 11, 2023



FIND YOUR CENTER
civic | community | cultural | fitness | social