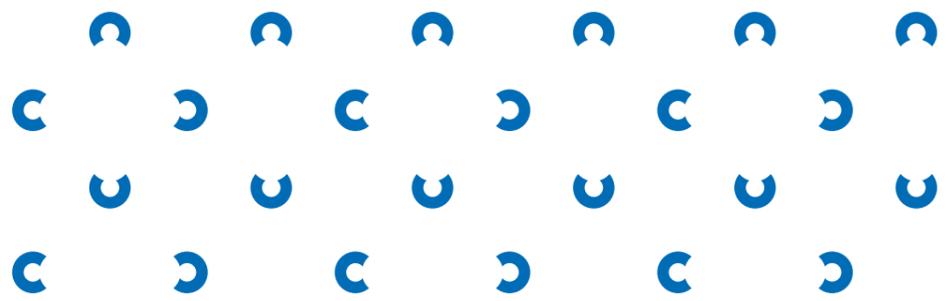




# THE CENTER



# NEWS from THE CENTER

DISCOVER THE POWER OF HEALTHY AGING

JULY/AUGUST 2019

## Healthy Aging is a Community Endeavor: The Campaign for The Center at Belvedere Enters its Final Phase!

Construction of The Center at Belvedere is well underway, and we are pleased to report that over 85% of the \$24M capital campaign goal to build the future home for healthy aging has been reached! We are proud of our progress and grateful to the hundreds of community members—individuals, businesses, foundations, and local governments (the city of Charlottesville and Albemarle county)—who made financial commitments in support of the construction of the new Center at Belvedere.

These generous gifts, combined with the sale of our Hillside Drive property and some limited long-term financing, bring our current campaign total to \$20.6M.

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## NEW MEMBERSHIP OPTIONS FOR THE CENTER AT BELVEDERE!

One of the hottest topics of conversation at Town Halls, Listening Sessions, and around The Center in general over the past year has been about how membership might change when we move into The Center at Belvedere. More specifically, there were questions about age, cost, and, frankly, whether or not young people and exorbitant dues would “ruin things” for existing members.



The question about age for membership was answered in April when The Center’s board of directors approved a recommendation that the threshold for membership remain 50, with acknowledgement that some programming will be open to all ages, as is the case today.

The question of cost was decided at the board’s meeting in May, when it approved a proposal from the Membership Model Task Force. That task force—a mix of board members, Center members, and staff—spent 16 months working on a model for membership at The Center at Belvedere.

In designing this new model, the most important consideration was creating a plan that would appeal to current members—the heart of our community. At every juncture, as concepts evolved and were discussed, this was the touchstone to which group members returned. The model also needed to attract new people, essential for any organization that wants to remain vibrant and viable. A third goal was to simplify the system of fee-based programs to make things easier on participants and staff alike.

And so, what ultimately emerged was a two-tiered membership structure, with a limited number of programs still available to the public, including special events and travel.

### Two options that offer more value

Standard membership is essentially the same as the membership we have today. It includes access to about 80% of our programs, with fee-based programs still available à la carte. Annual dues for an individual will be \$180 (\$15 per month), a bit more than the current \$140, but that membership comes with far more hours, opportunities, amenities, and convenience than exist at our Hillside location.

For members who participate in fee-based programs, Prime membership is an option that offers more value. At \$480 a year (\$40 per month) for an individual, it is a convenient, all-inclusive choice. Additionally, it furthers our mission by encouraging people to try more programs from across different areas while addressing previous complaints about program fees (see page 10 for a sample comparison).

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- More!

## Catching Up with Charlottesville Area Alliance

*Everyone benefits when everyone can participate*

The Charlottesville Area Alliance (CAA) is a coalition of more than 20 organizations whose mission is to lead the advancement of an age-friendly community. The Center, a founding member, remains involved in the work of the CAA, which successfully got Albemarle County and the City of Charlottesville to join the AARP Network of Age-Friendly Communities (the U.S. affiliate of a World Health Organization program) back in 2017.

Why do age-friendly communities matter? Rapid population aging is one reason, certainly, but the age-friendly initiative is really a living-friendly initiative—one designed to make life better for everyone.

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### Hours

Monday: 8:30 AM–4:30 PM  
 Tuesday: 8:30 AM–8:30 PM  
 Wednesday: 8:30 AM–8:30 PM  
 Thursday: 8:30 AM–8:30 PM  
 Friday: 8:30 AM–4:30 PM  
 Saturday: Closed  
 Sunday: 1:00–5:00 PM

### Contact

491 Hillsdale Drive  
 Charlottesville, VA 22901  
 434.974.7756  
 thecenterville.org

### ABOUT THE CENTER

The Center's mission is to positively impact our community by creating opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity, and lifelong learning. Founded in 1960 by the University League (now Junior League of Charlottesville), The Center has been an independent 501(c)(3) charitable organization since 1963 and receives no federal, state, or local government funding for operations. *News from The Center* is a bi-monthly publication of The Center. Annual subscriptions are free for members.

**FIRST NATIONALLY ACCREDITED  
 SENIOR CENTER IN VIRGINIA**

### THE CENTER STAFF

Melanie Benjamin	Advancement Director
LaMarké Chapman	Custodian/Event Facilitator
Jennifer Crews	Program Director
Emily Durbin Evans	Philanthropy Coordinator
Margaret Fitch	Program Coordinator
Kirstin Fritz	Philanthropy Director
Judy Gardner	Member & Guest Relations Coordinator
Linda Hahn	Travel Coordinator
Bridget Harrison	Marketing Assistant
Bobbi Hughes	Coordinator of Volunteer Resources
Scott Hilles	Finance Director
Lani Hoza	Program Coordinator
Zach Mayer	Facilities Coordinator
Virginia Peale	Marketing & Communications Director
Deborah Poage	Administrative Assistant
Peter Thompson	Executive Director

### BOARD OF DIRECTORS

Greg Menke	<i>President</i>
Jennifer King	<i>Vice President</i>
Steve Shawley	<i>Treasurer</i>
Rene Bond	<i>Secretary</i>
Dick Brownlee	Rob Jiranek
Gordon Burris	Joyce Turner Lewis
Jonathan Davis	Larry Martin
Rich DeMong	Deidra Massie
Joe Gieck	Steve Peters
Sean Greer	Christine Thalwitz
Jean Hart	Bill Tucker
Robyn Jackson	Kurt Woerpel
Paul Jacob	

## Meet Members Jim & Gloria Hagadone



Asked what advice he would give other seniors, Jim Hagadone replies, “Stay married! You’ll live longer.”

Jim has good reason to brag on this score. He and his wife, Gloria, just celebrated their 67th wedding anniversary. High school sweethearts, they met because his last name, Hagadone, was close in the alphabet to hers, Gould, and they found themselves sitting near each other whenever there was a school assembly. Before long they were dating, and when they realized that attending college in different states wasn’t working for them, Gloria transferred. They have been together ever since.

Both Jim and Gloria appreciate living in Charlottesville, but it was by no means their first home. They were born in Chicago, they attended college in Michigan, and they lived in Ohio, Vermont, and upstate New York before coming to Virginia. One of their sons lured them here with what Jim calls the three most important things in life: family, skiing, and golf. They came to visit in April, and, as Jim marveled, “Everything was in bloom!” Learning about history appeals to Gloria, and Charlottesville certainly checked off that box. They were sold.

Aside from their family—the Hagadones now have ten grandchildren and one great-grandchild—Jim and Gloria are passionate about many things. Gloria, who loves antiques, ran an antique business for years, putting on shows all over the Northeast. Jim not only support-

ed the enterprise, he learned how to back up a trailer to help her out. Jim spent much of his working life in food services, including 13 years as the Food Service Director at the University of Vermont and later as a District Manager in Vermont and Canada. He also worked for 12 years at UVA Medical Center as a patient companion. Since retirement, he has discovered a new interest, teaching AARP Driving Safety, including classes here at The Center. “He’s a good teacher,” Gloria smiles.

Jim has always loved sports. He played football, basketball, and baseball, and he currently follows UVA’s teams very closely. Still, for him, nothing quite comes up to golf. “I’d rather play golf than eat!” he laughs. He doesn’t mind people knowing that he has shot three holes-in-one in his lifetime, and he also points out that he has one golf accomplishment Tiger Woods does not. “I can shoot my age,” he says, with a twinkle. “Tiger can’t.”

What brought the Hagadones to The Center? “I needed to exercise,” says Gloria. “I have a bad back. Jim didn’t come at first, but he does now. We need to stay healthy.” Together they do Prime Time Fitness and BeMoved, and they also attend Town Halls and educational events. “There are lots of different things to do here,” notes Jim, “and they are so good!”

And both Jim and Gloria believe that continuing to do things is the secret to a long and healthy life. Their advice to other seniors is to keep moving and trying new things. “Stay well,” advises Gloria. “Be healthy. Eat right. Exercise. That’s what brought us this far. Walk or do something. Don’t let the aches and pains stop you. Push yourself.” Jim agrees. “Keep engaged,” he recommends. “Keep doing what you love. Don’t stop. Don’t just sit in a chair and watch T.V. Make friends and keep in touch with the friends you have.”

But Jim also has a secret goal that keeps him going. “I want to go to my 100th high school reunion,” he declares. “It will be in 2050.” And Jim isn’t kidding. He has a list of his doctors who have promised to go with him if he makes it, and he has asked his grandson, a pilot, to fly the group there. Gloria’s response? “Good luck, honey.” ■

## Meet Melanie Benjamin

Horned frogs. Cats. Travel. World War II home front. Northern Virginia. FFV. History. Cooking. Regency era slang.

What is the missing link in this seemingly random line of thought? Why, it’s Melanie Benjamin, who joined us in April! As advancement director, Melanie will guide our philanthropy program, ensuring funding to support the healthy aging programs and opportunities that benefit individuals and our community.

She’s more than well qualified for the job, with 25-plus years of development work, including Executive Director for Faculty Excellence at UVA and Director of Development at the Center for Open Science.

Melanie likens The Center to the community center she enjoyed as a kid in Nebraska. “It was the place to find your friends and do cool things, like keeping up with your summer reading,” she remembers. “The Center offers older adults the opportunity to join a dynamic community that is scaled to their interests. A person may initially join The Center to pursue a single interest. Often, that single engagement leads to learning a new skill, meeting other members, and accessing op-



portunities that result in a more meaningful and healthier life. The Center is a valuable resource in this part of Virginia, and with additional philanthropic support, even more can be achieved.”

Fun fact: Melanie isn’t new to The Center—15 years ago she volunteered on the Philanthropy Committee and played a key role in launching our planned giving program, the Frances Jean Robey Legacy Society. Recent volunteer work includes being on the advisory board for the Legal Aid Justice Center and a mentor for the African American Teaching Fellows.

This brief biographical sketch is where you can start fitting together those opening puzzle pieces.

*Continued on page 8*



# MEMBERSHIP

**Judy Gardner, Member & Guest Relations Coordinator**

[judy@thecentercville.org](mailto:judy@thecentercville.org)

Membership is open to anyone age 50 and better. The Mary P. Reese Scholarship Fund makes scholarships available for anyone who cannot afford membership dues; please contact Judy for information.

## WELCOME NEW MEMBERS!

Sondra Ahsam  
 Barbara Jo Baker  
 Jane Beckert  
 Ludy Benjamin  
 Melanie Benjamin  
 Priscilla Benjamin  
 Stephanie Bickers  
 Marilyn Boler  
 Janet A. Borch  
 Kathryn N. Davis  
 Iris P. Desmond  
 Patricia A. Ferguson  
 Linnette C. Graves  
 Dedrea Greer  
 Jennifer L. King  
 Patrick Kingsley  
 James Kramer  
 Victoria Lee  
 John Lockney  
 Margaret J. Lowry  
 Michael J. Ludgate  
 Edward Meehan  
 Hope Meehan  
 Carolyn Merrick  
 David H. Nelson  
 Rosalyn North  
 Hedy N. Pearson

Jessie L. Preston  
 Gwennyth E. Rankin  
 Carol Riley  
 Elke E. Rost-Ruffner  
 James A. Ruffner  
 Candace Schoner  
 Marie E. Smith  
 Bonnie B. Stevens  
 Mary K. Talley  
 Sonja Vicker  
 Susanna Williams  
 Kate Zenker

## WELCOME BACK!

Faye Brick  
 Sallie Duehring  
 Georgia Elder  
 Dieter Gerke  
 Mary B. Landry  
 Margaret Leiendecker  
 Sheryl Ann Mykris  
 Clive C. Papayanis  
 Raymond J. Pepper  
 Mary E. Saunders  
 Lois R. Smith  
 Katharine H. Wemple-Gerke

*If you joined or re-joined between April 1 and May 31, 2019, and were not recognized here, please contact Judy.*

## Need Help with Membership Dues?

If you do, you are not alone. Did you know that over 10% of our members receive scholarship assistance to cover their membership dues? Thanks to generous donors to the Mary P. Reese Scholarship Fund, we are able to offer no-questions-asked financial assistance to members for annual dues and program fees. Contact Judy Gardner at [judy@thecentercville.org](mailto:judy@thecentercville.org) or 434.974.7756 for more information about scholarships.

## SENIOR COUNCIL

Senior Council is composed of program leaders or designated representatives. To highlight the contributions and talents of these dedicated people, we will be featuring different programs in upcoming editions of the newsletter.

Are you tense? Stressed out? Try the CHAIR YOGA program led by Julie Horne, a certified yoga instructor and practitioner for 20 years. The one-hour classes take place on Monday mornings at 10:45 and on Thursday afternoons at 3:15. The class practices asana (stretching), pranayama (breathing), and relaxation exercises using a chair to sit or stand behind for support. The movements are slow-paced and gentle, based on a yoga practice called the “joint freeing series” where each joint is moved systematically through its full range of motion. The breathing practice is relaxing and energizing at the same time. Although yoga is not religious, it does involve your mind, body, and spirit. Try this popular program and feel the difference!

A primary role of the Council is to communicate the policies, plans and decisions of The Center Board of Directors to the membership, and to share the concerns of the membership with the board. Council meetings—held on the first Monday of every month at 1:00 pm—are open to all members. We invite you to come share your opinions and help us communicate with our members and guests.

—Paul Jacob, Council President



## TRY IT OUT TUESDAY!

### New & Prospective Member Orientation

**COME TUESDAY, JULY 2, NOON  
OR TUESDAY, AUGUST 6, NOON**

Have you recently joined The Center? Are you considering joining but want to learn more? Then come to our next Try It Out Tuesday for a light lunch and a brief presentation about The Center, along with a chance to meet staff, program leaders, and other new members.

Thank you to [The Colonnades](#) for its support of Try It Out Tuesday.



## Highlights of the FY19 Membership Report

At The Center, our fiscal year ends in March, and we take the opportunity each April to gather data and learn what we can about our membership. Using that data, we can create a profile of our typical member—let’s call her Ruth.

Ruth is a 76-year old Caucasian woman who lives in Albemarle County. She joined The Center when she was 68, hoping to find some new friends after retirement while learning more about her iPhone and trying Tai Chi and Canasta. Following her husband’s death, one of Ruth’s new friends talked her into a show at Riverside Theatre, and she now enjoys day trips with the travel department several times a year. Ruth currently volunteers at the monthly luncheon and at yard sales, and she has been attending the Financial Wellness classes. She keeps abreast of what’s happening here by reading the bi-monthly newsletter and the weekly enews. Ruth feels good about her membership and plans to renew, and if her membership does lapse at some point, it will likely be because of her health or because she moves out of the area to be closer to family.

Look around The Center on any given day, and you will see a lot of Ruths. There are some things you may not know or guess about our membership, however. For example, we have over 1700 currently active members. We increase our membership by an average of 27 new members each month, and 11% of our members are able to join thanks to our scholarship fund. And although 95% of our members are Caucasian, we have a task force that has been working hard over the last year and a half to increase the diversity of Center membership.

The opening of The Center at Belvedere promises to bring some exciting changes, including to membership. We are counting on our Ruths to be there when we open the doors. We also hope to welcome many new members to our new home, members who will find the same opportunities and sense of community that Ruth did. Come and join us.



# VOLUNTEERING

**Bobbi Hughes, Coordinator of Volunteer Resources** • bobbi@thecentercville.org

Hundreds of members volunteer at the Center and at other community nonprofits. We can help you find the perfect volunteer position to suit your interests, talents, and skills. Contact Bobbi to learn more, or visit the volunteer section of our website. You don't have to be a member to volunteer!

## Be a Star For Those Who Serve



Blue Star Families of Central Virginia, a chapter of Blue Star Mothers of America, has as one of its goals to "support our military personnel through various service activities" including the mailing of care packages. Five times a year—in February, April, June, September, and November—care packages with cards, notes, and other messages of encouragement are sent to deployed soldiers.

Al Falcone, who passed away last fall just shy of his 97th birthday, was legendary for his volunteer service and his many acts of kindness. "He noticed who and what needed love ... he noticed the unnoticed and tended to it," remembered one person. Another said, "He had the volunteer spirit."

Al shared his "volunteer spirit" in many ways over the years. One volunteer act of Al's that reached so very many were the messages he faithfully wrote every day to deployed soldiers. Al was a decorated veteran of World War II who understood, as do the Blue Star Families, what a

card or note can mean to a soldier serving thousands of miles from home.

So we ask you to continue this legacy of Al's by writing a note of encouragement to our active duty soldiers. If you are not sure of how to start your message, here are a few tips

- Start with a salutation of "Dear Service Member" or "Dear Hero"
- Express your thanks for their service
- Share a little about yourself: interest, hobbies, pets, travel, sports, music, favorite foods, books, movies, etc.; if you have connections to the military, share.
- Feel free to sign your letter if you like
- If your message is put in an envelope, please leave it unsealed
- Let your message be positive
- Please do not place a date on the message as it can sometimes take a few months for the messages to be received.

Place your cards and messages in the red, white, and blue post box located in the De Lawter Library and The Center will deliver them to Blue Star Families of Central Virginia for distribution.

Thank you for your support.

To celebrate Al's legacy, several generations of the Stalfort family have committed to name the new Volunteer Center in memory of their father, grandfather, and great-grandfather—The Al Falcone Volunteer Center. ■

## Have you logged your Volunteer Hours?

There are 3 ways to record your volunteer hours:

1. **Electronically**—Use the MySeniorCenter kiosks in the lobby. Choose the green 'Volunteer' tab on the left of the screen. If the button is not displayed when you check in, see, Bobbi Hughes for assistance.
2. **Email**—Send your hours to the Volunteer Resource Office, Bobbi Hughes, bobbi@Thecentercville.org
3. **Paper**—Find the 'Volunteer Timesheet' beside the Volunteer Resource Office in the green folder, fill it out, and place it in the yellow folder.

**We are very grateful for all your volunteer efforts. Thank you! For your service and your hours!**



**CODE OF CONDUCT** We review Center policies periodically to make sure the content is up-to-date. Our code of conduct, which is intended to ensure the safety and enjoyment of all Center participants, was the latest policy to get an update. You'll find the latest version posted on the member bulletin board in the lobby and on the member info page of our website.

## Volunteers Needed!

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

### AT THE CENTER

#### INTERESTED IN BEING A SUBSTITUTE VOLUNTEER?

The Center is operated in large part by generous volunteers. These folks occasionally need a substitute, so we have a corps of volunteers who can fill in as café attendants, lobby ambassadors, food pick-up drivers, and welcome desk staff when the need arises. We are looking for people with upbeat personalities and flexible schedules. Training is provided. Please help us ensure smooth continuation of customer service for our members and guests.

#### GROUNDS AND GARDENS

The Center Grounds and Gardens need your help! Our flower beds, shrubs and grounds always need your attention....weeding, mulching, fertilizing, pruning and mowing. Grounds

and Garden volunteers help keep The Center's overall outdoor space looking attractive. This volunteer position is separate from the Rose Garden crew.

### IN THE COMMUNITY

#### PARTY PLANNERS NEEDED

It is time to start planning our anniversary celebration. The Hillsdale building will be 28 years old on September 11. We need and want your assistance in planning the party. We are looking for 5 or 6 members to join the Anniversary Committee. Our first meeting will be Wednesday, July 10 at 11 am.

#### SENTARA MARTHA JEFFERSON

Sentara Martha Jefferson Hospital has openings for friendly, caring community volunteers in a variety of opportunities: Concierge,

Patient Support, and Customer Service to name a few. For more information, contact Bobbi Hughes.

#### BECOME A VOLUNTEER ADVOCATE

People who live in nursing homes and assisted living facilities may have little or no contact with the outside world. Many feel they lack control over their lives. A volunteer Ombudsman-Resident Advocate who visits regularly can ensure residents get good care. If you have a passion for helping others, a caring spirit and a willingness to learn, we need you! Become an Ombudsman-Resident Advocate and help improve the quality of life and care for residents in a facility near you. We provide training, tools and ongoing support.





# PROGRAMS

Lani Hoza • lani@thecentercville.org | Margaret Fitch • margaret@thecentercville.org

Many, but by no means all, of our recurring programs are listed below. See the calendar insert for a complete schedule and our website for program descriptions. Programs listed as "free and open to the community" are open to all. Guests are welcome to sample fee-based programs one time for free. Don't see a program you'd like? Ask about starting one!

## SPECIAL EVENTS

### PAPER QUILLING

Open to the community

Tuesday, July 9, 10:30 am–12:00 pm

Quilling (also called "paper filigree") is an art form that involves rolling, curling, shaping, and twisting strips of paper which are then glued together to create decorative designs. These designs are often used to decorate greeting cards, book covers, and boxes, or used to make pictures, models, or jewelry. Learn how to do this easy and enjoyable art form and take home a few hand-decorated greeting cards to send to friends. Members \$10; Guests \$15. Fee includes all materials. Please sign up at the Welcome Desk or online.

### VAPING: WHAT IS IT AND WHO'S DOING IT?

Free and open to the community

Thursday, July 11, 10:30–11:30 am

What started as a way for smokers to kick the habit gradually has now become a major source of concern for many, especially the parents and grandparents of teens who participate. Learn about "vaping" (the process of inhaling water vapor through the lungs) and its effects on the bodies and minds of those who do it. Professionals from the Virginia Department of Health will present.

### THE MULTIPLE FACES OF DEMENTIA

Free and open to the community

Tuesday, July 16, 1:00–2:00 pm

Dementia is a general term for loss of memory and other mental abilities severe enough to interfere with daily life. While Alzheimer's is the most common type, there are many different kinds. Attend this workshop and learn the differences among types of dementia: Frontotemporal, Lewy Body, Mixed Dementia, Parkinson's, and Alzheimer's. You will also learn what to expect when a loved one is diagnosed with dementia and how best to care for them. Presenter Carolyn Chavez, from Visiting Angels of Fredericksburg, has over 20 years of experience working with the elderly, those suffering from dementia, and their families.



### WHAT YOU SHOULD KNOW ABOUT LIFE INSURANCE SETTLEMENTS

Free and open to the community

Tuesday, July 16, 6:30–7:30 pm

Older Americans often hear about opportunities to sell their life insurance for cash. In the past, if you owned a life insurance policy that you no longer needed, wanted, or could afford, you generally had two choices: surrender your Whole/Universal life insurance plan for its cash

value or allow your term policy to lapse. Life settlements present a third option: selling your policy (or the right to receive the death benefit) to an entity other than the insurance company that issued the policy. Learn the seven most common reasons people sell their policies, the five types of policies that get sold, and look at four real-life examples. Join Mark Livingston, independent and licensed life and health insurance agent.

### ICE CREAM SOCIALS

Free to members.

Friday, July 26, 3:00–4:00 pm

Join us for ice cream and all the trimmings sponsored by our friends at Home Instead Senior Care.

Friday, August 16, 3:00–4:00 pm

Last chance until next summer to enjoy ice cream and trimmings, courtesy of Home Instead Senior Care.



### EIGHT MYTHS OF HOSPICE CARE

Free and open to the community

Tuesday, July 30, 1:00–2:00 pm

Have you always thought Hospice is a place you go when all other options have been exhausted? That services are expensive and only offered to patients during the last few days of life? Nothing could be further from the truth. Hospice is about improving the quality of life and providing support, comfort, and dignity to patients as well as their families. Join Dr. Ronald Sykes with Hospice of the Piedmont for this very informative session.

### SMART PHONE? SMART PHOTOS!

Free and open to the community

Thursday, August 15, 6:00–7:00 pm

Charlottesville Camera Club member Liz Marshall presents a session on images taken exclusively with her iPhone. See how these photos pop on paper, canvas, and acrylic. These images can also be made into books digitally. This is a session to see how well smart phone results compare with those from traditional cameras. Come to be inspired; your phone can be your camera too! *This is NOT a one-on-one session on "how to use your cell phone."*



## LIFELONG LEARNING

### BOOK DISCUSSION GROUP

Free for members but first-time guests always welcome!

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

This enthusiastic group meets monthly to discuss predominantly contemporary works of fiction and nonfiction. Participants make suggestions, the group selects the books, and everyone enjoys sharing their impressions of the month's selection. Join in the discussion!

July 3: *Becoming* by Michelle Obama

August 7: *Code Girls* by Liza Mundy

### RELIGION, SCIENCE, AND SPIRITUALITY

Free and open to the community

Friday July 12, 10:00–11:30 am

**The New Cold War** - The Cold War was won because of three people: Margaret Thatcher, a Methodist Lay Preacher before entering politics; Ronald Reagan, a practicing Presbyterian; and Pope John Paul II, who risked his life preaching in Poland against the USSR. In the 1980s, Ronald Reagan called the USSR the "Evil Empire," and all of America understood it was because they were godless without Biblical values. Today we face a new Cyber Cold War against Russia and China. If our leaders suggested either nation is evil because they are godless, there would be an uproar for political correctness. Science is even trying to prove evil is genetic and can be cured with a pill! Join in the discussion.

Will Not Meet in August

### ALL THINGS DIGITAL

Free and open to the community

Monday, July 8, 1:00–2:30 pm

**The Apple Watch: A Computer You Wear** - First introduced in 2015 in response to the growing interest in fitness and activity tracking, the Apple Watch included heart rate monitoring at the touch of a button as well as many useful iPhone features (timers, daily reminders, calendar events, etc.) on the watch face itself. The newest Version 4 has added significant health monitoring data such as ECG (electrocardiogram) tracking and Fall Detection, making this device potentially life-saving. Join hosts George Nowacek and Clay Sisk as they introduce the features of the watch and how you might benefit from them. You can even make and receive phone calls with it; eat your heart out, Dick Tracy!

Monday, August 12, 1:00–2:30 pm

**Mobile and Computer Security** - Derrick Gerstmann and RJ Jones of FlossTech return to discuss mobile phone and computer security issues, including how to protect your technology from viruses and how to eliminate (or at least reduce) spam.

## MONEY AND YOU WITH JORGEN VIK

Free and open to the community

Tuesday, July 9, 10:00–11:30 am

**How much stocks, bonds, cash, and other?**  
- Learn how to determine your asset allocation. Are stocks appropriate for you, and, if so, how much? What about bonds, cash, real estate, etc.?

Tuesday, August 13, 10:00 -11:30 am

**International Investing** - We'll talk about including international investments in a portfolio. How much? What are the risks? Or maybe just own US companies with global businesses?

## ELDERLAW WITH DORIS GELBMAN

Free and open to the community

Will Not Meet in July

Tuesday, August 20, 10:00–11:30 am

**I Have a Diagnosis—Now What?** Have you or a loved one just been diagnosed with a progressive, chronic, or potentially terminal illness? Alzheimer's? Parkinson's? Cancer? This can be overwhelming, challenging your ability to make decisions. Who will make decisions for you when you no longer can? Consider these things now in a relaxed atmosphere where you can get answers you need without an expensive visit to a law firm. (Note: Individual legal advice cannot be provided in this setting).

## ONE SMALL STEP

Free and open to the community

Tuesday, July 9, 2:00–3:00 pm

Where were you on July 20, 1969? If you had asked Neil Armstrong that question, you'd have gotten an answer that's out of this world! Larry Saunders of the Charlottesville Astronomical Society will be at The Center to talk about the historic Moon Landing as well as upcoming multinational Moon landings planned for the next decade. You'll also learn what's in store for summer sky watchers, including the annual Perseids meteor shower in August.



## CREATING A BIRD-FRIENDLY ENVIRONMENT AT HOME

Free and open to the community

Wednesday, July 24, 11:00 am–12:00 pm

Let Scott Karr, owner of Wild Birds Unlimited, introduce you to the entertaining world of backyard birding. Learn how to identify and attract native and migratory birds to your yard with appropriate food and shelter. Also learn tips for how to deal with bird-feeding challenges like squirrels!

## INTRO TO DRAWING

Open to the community

Fridays, August 2–September 20,  
12:00 pm–2:00 pm (8 classes)

Learn how to draw real objects from direct observation; investigate form, line, shape, space, and texture; study how to use aerial and linear perspective; and learn the basics behind portrait drawing. Bring paper and pencil. Susan Patrick is the instructor. All levels of ability are welcome. Members \$75; Guests \$85. Space is limited. Sign up at the Welcome Desk or online.



**THE CENTER**  
FINANCIAL WELLNESS

With support from  CFA Institute

## PLANNING FOR YOUR RETIREMENT (FORMERLY INVESTING TO RETIRE)

Open to the community

Tuesdays, September 10–October 1,  
6:00–8:00 pm  
(Course will be offered again on  
Thursdays, October 3–24, 5:30–7:30 pm)

Primarily aimed at those approaching retirement or even just thinking about it, this training is designed to teach the benefits and risks of investing. Jorgen Vik, Certified Financial Planner professional and Partner with SKV Group, will introduce specialized vocabulary associated with different types of investing and will explore the impacts of the economy and financial markets on investing. Participants will be introduced to the process of creating a retirement budget that plans for inflation and predicts future income and expenses. They will discover their own risk tolerance, how relationships affect money, and ways to align investments with personal financial goals as well as gain an ability to estimate retirement income and calculate net worth. Learn how to create a portfolio that will work for you to allow you to have the retirement when and how you've imagined it. Please register in advance at the Welcome Desk or online. Cost is \$20 for the four-week series. Scholarships are available.

## NEW THIS YEAR! MAKE YOUR MONEY LAST THROUGH RETIREMENT

Open to the community

Wednesdays, September 11–October 2,  
1:00–3:00 pm  
(An encore of the June/July series)

So now that you have retired and an income may not be coming in quite so steadily, how do you ensure that the money you have saved is in the right place to get the most gain for yourself and your loved ones? What do you do if it is not? This four-week course taught by Jorgen Vik, Certified Financial Planner professional and Partner with SKV Group, will address the topics that are most likely on the minds of retirees and those nearing retirement who haven't yet taken the plunge: how your expenses, including medical spending and health care costs, will change when you retire; how to manage debt when your income is fixed; factors to consider when deciding when it is best to take Social Security; making sure you have all the important documents (will, power of attorney, etc.) in place to take care of yourself and your loved ones; and what happens when one member of a couple passes. Participants will learn what questions to ask themselves and what they need to do to manage their portfolio so they can enjoy retirement with fewer financial worries. Please register in advance at the Welcome Desk or online. Cost is \$20 for the four-week series. Scholarships are available.



## PHYSICAL WELLBEING

### ROBUST AGING TOOLBOX

Free and open to the community

Tuesdays in July & August,  
10:00–11:30 am at Ivy Creek Natural Area

Dan Kulund is bringing his summertime robust aging toolbox to the Ivy Creek Natural Area. The toolbox contains 25 tools. Each one is a physical activity or mental skill to keep you healthy, vigorous, and strong as you get older. You will learn how to use these tools for walks in fields and woods, around your neighborhood, and even in your home or at work. Sessions begin indoors and often move outside for you to handle the tool of the day. Attend as often as you like. What's in your toolbox? Dr. Kulund is a retired orthopedic surgeon who served as the United States Air Force Chief of Health Promotion. Location is Education Building at Ivy Creek Natural Area, 1780 Earlysville Road.



### MOVE FOR HEALTH with Darcy Higgins, PT, DPT

Free and open to the community

Thursday, July 11, 1:30–2:30 pm

**How to Have a Healthy Back: Habits for Posture & Movement** - A sore or injured back can be devastating and can be provoked by the slightest thing. Learn some exercises and good habits for moving that will help you maintain the health of your back muscles so a sudden injury won't cramp your style.

Thursday, August 8, 1:30–2:30 pm

**Learn Proper Body Mechanics for Reaching, Lifting & Carrying** - Have you ever hurt yourself by doing something simple like reaching for a box on the top shelf of the closet? Lifting something a little unwieldy? Carrying an awkward or heavy package? Come learn about proper body mechanics so that reaching, lifting, and carrying don't bring complications.

### HEARING HEALTH with Dr. Kristin Koch

Free and open to the community

Wednesday, July 17, 10:00–11:00 am

**How to Communicate with Hearing Loss** - Dr. Kristin Koch, owner/audiologist at Evolution Hearing, will review statistics and symptoms of hearing loss. Learn strategies for improving communication when talking to someone with a hearing deficit.

Wednesday, August 21, 10:00–11:00 am

**Link Between Hearing Loss and Dementia** - New research is emerging that shows a strong link between untreated hearing loss and dementia. Join us to learn how you can protect yourself and your loved ones. This interesting presentation will guide you easily through the latest complex research and give you some practical tips for everyday life.

**STAYING HEALTHY**  
**with SPECTRUM Physical Therapy**

Free and open to the community

Tuesday, July 30, 10:00–11:00 am

**All About Knees** - Physical therapist Erin Chapman will discuss the origins of common knee pains, demonstrate general strength and knee stabilization exercises, and provide tips to prevent further injury.

Tuesday, August 27, 10:00–11:00 am

**Posture and Alignment** - When your body is misaligned, you can experience all manner of pain and discomfort as well as limited mobility. Join physical therapist Erin Chapman as she reviews methods to attain and maintain proper posture to keep you functionally mobile.

**SOCIAL/RECREATIONAL**

**KINGFISHERS FISHING CLUB**

Members only but first-time guests welcome

Wednesday, July 3, 9:30–11:00 am

Wednesday, August 7, 9:30–11:00 am

Join the group for brief fishing lessons, pond news, reports from other members about fishing trips, and plans for future outings.

**WE GOT GAME! NIGHT**

Free for members

Thursday evenings, July 11, July 25,

Aug 8, Aug 22, 5:30–7:30 pm

"Colonel Mustard in the conservatory with the lead pipe!" Haven't a CLUE when you last heard that? Join fellow gaming enthusiasts to play everything from classic board games (Monopoly, Sorry Scrabble, and Trivial Pursuit) to more active party games (Cranium, Taboo, Jenga, and

Pictionary) to family games (UNO, Yahtzee, Phase 10, and Rummikub) to more contemporary games (Catan, Bananagrams, and Chickapig). Don't know how to play? Come and learn!

**JULY LUNCHEON**

Open to the community

Wednesday, July 17, 11:30 am

*Deadline to register is 12 pm on Fri., July 12*

Catered by Harvest Moon. Open to the community. Members \$15; guests \$16. Sign up online or at the Welcome Desk. Menu is TBA.

**AUGUST LUNCHEON**

Open to the community

Wednesday, August 21, 11:30 am

*Deadline to register is 12 pm on Fri., Aug. 16*

Catered by Harvest Moon. Open to the community. Members \$15; guests \$16. Sign up online or at the Welcome Desk. Menu is TBA.

**SUPPORT GROUPS**

**ESSENTIAL TREMOR SUPPORT GROUP**

2nd Thursday of each month at 4:00 pm

**BEREAVEMENT SUPPORT GROUP**

Every Friday at 3:00 pm

**AA**

Every Thursday at 10:00 am

**PARKINSON'S CAREGIVER SUPPORT GROUP**

1st Thursday of each month at 10:45 am

**LOW VISION SUPPORT GROUP**

4th Wednesday of each month at 10:00 am

**NEW PROGRAMS—  
WHAT ARE YOU  
LOOKING FOR?**

One of the most exciting aspects of preparing for The Center at Belvedere is planning for new programs. More (and more appropriate) spaces combined with expanded hours provides a lot of opportunity.

We've been asking at town halls and listening sessions what additional programs you'd like to see offered, both at The Center now and in the near future at Belvedere. Please call or email Lani with your suggestions, or slip them in the suggestion box in the lobby.

*Living Life  
to the  
Fullest*

► From yoga to poker, cardio exercises to cook-outs, you can stay as involved as you wish in the life of the community. For all our residents, our goal is to make life as easy, enjoyable, and worry-free as possible.



**LINDEN HOUSE**  
ASSISTED LIVING AT BRANCHLANDS

434-973-0311 | [www.linden.house](http://www.linden.house)

1250 Branchlands Drive, Charlottesville, Virginia 22901



# PHILANTHROPY

Kirstin Fritz, *Philanthropy Director* • [kirstin@thecentercville.org](mailto:kirstin@thecentercville.org)

The Center receives no government funding for its day-to-day operations. Donations from philanthropic individuals and community partners fund more than 60% of the programs and resources The Center offers each year. Thank you for your incredible generosity. Below please find a few of the ways you can invest in healthy aging in our community.

## The Power of Estate Gifts



A thoughtful estate plan takes your needs and the needs of your loved ones into consideration while including gifts to organizations that are personally meaningful to you, like The Center.

For most of us, an estate gift is an opportunity to make the greatest gifts of our lives. You may be able to make a more significant gift than during your lifetime and your legacy could impact healthy aging at The Center well into the future. An estate gift can also create potential savings on taxes, lessening the financial burden for you or your loved ones.

### Use Your Will

Creating a detailed will is critical to ensuring that your estate will benefit your family and the organizations that are important to you in line with your wishes. You can easily make a bequest by designating The Center as a beneficiary in your will using the sample language to follow.

*I (Name), of (City/State), bequeath (\_dollars/\_percentage or all the residue) of my estate to the Senior Center, Inc. (d.b.a. The Center) a Virginia non-stock public corporation located in Charlottesville, Virginia. 54-0735666.*

No matter how you phrase your bequest, please include The Center's legal name, Senior Center Inc, and tax ID number, 54-0735666.

### Honoring Your Legacy

If you intend to leave a legacy for healthy aging, please let Kirstin or Peter know. When you remember The Center in your estate planning, you become part of the Frances Jean Robey Legacy Society. This group allows us to thank you and acknowledge your generosity. There is no minimum amount required to join the Robey Legacy Society and you may remain anonymous.

*Benjamin, continued from page 2*

Melanie was born in Fort Worth, TX. She moved with her family to Lincoln, NE, and then to Annandale, VA; she credits her love of American history to those youthful years in NOVA. The family eventually returned to the Lone Star State, where Melanie earned a BS at Texas Christian University (mascot: the horned frog) and an MA from Southern Methodist University (mustangs, in case you're wondering). Her interest in WWII home front issues developed during an internship with historian Arnold Krammer, who specialized in German and United States history.

While she works hard, Melanie's interests extend beyond development. Sidelines include a love of history (and speaking of, she is descended from one of the First Families of Virginia), cooking (she and her husband Brian honeymooned at a cooking school outside of Lucca, in Tuscany), and travel (particularly Italy and Spain). She recently discovered the pleasures of reading an author who is recognized for her immaculate historic research into the Regency era, her sense of the ridiculous, and her wonderful linguistic style (conversation starter: ask Melanie what she's reading). Oh, and she has two cats. There, bases covered.

If you've yet to meet Melanie, stop by her office to introduce yourself and say hello—she's delightful!

**Charlottesville Area Alliance,**  
*continued from cover*

Think about the time it takes for a mother with a stroller or a toddler in tow to cross the street, or about millennials looking for affordable house, or about anyone who doesn't drive. Age-friendly, or livable, communities feature walkable streets, housing and transportation options, access to key services, and opportunities for residents to participate in civic activities. Everyone deserves to be included and respected.

In April, CAA representatives Chip Boyles, Executive Director the Thomas Jefferson Planning District Commission, and Marta Keane, CEO of the Jefferson Area Board for Aging, participated in the Tom Tom Festival's Civic Innovation Conference. During a panel about how to support an age-friendly community, Boyles noted that "The aging population is growing, every week, every month, and so local leaders are going to see the breadth of this issue soon enough."

To that end, the CAA recently conducted a survey among community members aged 50 and up; results will help local service providers and community agencies as they think about policies and plan and advocate for age-friendly programs. With outreach and advocacy, CAA also hopes to raise awareness about infrastructure issues as growth occurs, such as planning roads and pedestrian crossings with the needs of older—and younger—residents in mind.

By collaborating and working together, the CAA hopes to make our community a better place for people of all ages to live, work, and play.

*The CAA serves Albemarle, Fluvanna, Greene, Louisa, Nelson, and Orange counties, and the city of Charlottesville. For a full list of partners and information about getting involved, visit [CharlottesvilleAreaAlliance.org](http://CharlottesvilleAreaAlliance.org).*

## THE ROBEY LEGACY SOCIETY

**To our current Robey Society Members:  
Thank you for your commitment to the  
future of healthy aging at The Center!**

- Anonymous Friends
- Elizabeth A. Allan
- Kimberlee Barrett-Johnson
- Carol Copeland
- Violet Crawford
- Raymond East
- Vicky & Larry Eicher
- William Ema
- Rosemary "Sam" Evans
- Hiram Ewald
- Sally & Joe Gieck
- Betty Gore
- Inge Hull
- Thomas Hurlburt
- Phyllis Jackson
- Bruce Keith
- Jane Lynch
- Deborah Norton
- Randy Rinehart
- Kenneth Shade
- Daphne Teegarden
- Peter Thompson
- Charles Walker
- Jane Whitworth

**We gratefully remember those who are  
no longer with us, and whose past  
estate gifts have made The Center  
a great place for healthy aging.**

- Anonymous Friends
- Willis Abbey
- Edith & Heinz Adam
- Alice Mae Auciello
- Gene B. Barnes
- Janie Caldwell
- Jacqueline Carroll
- Patricia C. Cook
- Bruce Copeland
- Barbara A. Graham
- Harriet Handsfield
- Margaret Harris
- Carl Hull
- Martha B. Lowrance
- Nella & Ian MacLeod
- Ronald Mohr
- Corinne & Norman Nettleton
- Joanne Phillips
- Frances Jean Robey
- Helen & Bruce Richardson
- Mary Anna & Edwin L. Rushia
- Margaret A. Turner
- Jon Beverly Whitlock
- Shirley & Robert Wilson
- Thomas Wingfield



# TRAVEL

Linda Hahn, *Travel Coordinator* • [linda@thecentercville.org](mailto:linda@thecentercville.org)

Travel Office Direct Line: 434.974.6538 / Hours: Monday–Friday 9:30 am–2:30 pm

All trips are open to the public; guests pay an additional \$10 for day trips and an additional \$25 for getaways. For details and pricing not shown below, please call the travel office, visit the travel section of our website, or email Linda.



## DAY TRIPS

Please visit *The Center's website* or call the *Travel Office* at 434.974.6538 to book any of the trips listed below.

### HOLLYWOOD CASINO

Saturday, July 20

Join us for a day at Hollywood Casino in Charles Town, West Virginia. There are plenty of slot machines and table games to fill your day. Space is limited. Lunch is on your own. Members \$64; Guests \$74.

### OVERLAND CAMPAIGN BATTLEFIELDS

Tuesday, July 30

Experience a day touring Overland Campaign battlefields with historian Rick Britton. Start off by seeing the Mule Shoe at Spotsylvania Court House (one of the war's most heavily contested defensive positions). After lunch we'll tour the beautifully preserved Confederate works at Cold Harbor. Tour departs 8:00 a.m. Members \$68; Guests \$78.

### RIVERSIDE DINNER THEATRE SOUTH PACIFIC

Wednesday, July 24

Set against the dramatic background of an idyllic South Pacific island during WWII, Rodgers and Hammerstein's *South Pacific* intertwines the themes of romance and duty to create a story that is at once hilarious and heartbreaking. Enjoy favorite songs such as *Bali Hai*, *I'm Going to Wash That Man Right Outa My Hair*, and *Some Enchanted Evening*. Lunch is included. Members \$113; Guests \$123.



Still dreaming about taking that trip abroad? Want to surprise someone special with tickets to a show? Well, Come Along! The Travel office will be sending out a monthly email loaded with new and exciting travel opportunities. Traveling with The Center is a fun and easy way to visit new places, see new sites, and make new friends! If you would like to hear about travel opportunities with The Center, sign up for the travel email at [thecentercville.org/TravelNews](http://thecentercville.org/TravelNews)

### WASHINGTON ON YOUR OWN (WOYO)

Wednesday, August 28

Join us as we travel to our nation's capital for another WOYO day trip. Travelers will be dropped off and picked up in front of the West Wing of the National Gallery of Art. Enjoy the many intriguing galleries and exhibits of the Smithsonian or other nearby museums. Lunch is on your own. Members \$63; Guests \$73.

### HARPERS FERRY – NATIONAL HISTORICAL PARK

Monday, September 9

This quaint, historic community, at the confluence of the Potomac and Shenandoah rivers, preserves the flavor of the town at the time of John Brown's raid in 1859. Explore 19th-century buildings, the John Brown Wax Museum, and the beautiful shops in Harpers Ferry. There is also special event at the John Brown Museum—a behind-the-scenes tour of rarely seen objects in the archeology collection. Contact the travel office for price.

### RIVERSIDE DINNER THEATRE - ANNIE

Wednesday, September 25

This classic family musical at the Riverside Center for the Performing Arts features Little Orphan Annie, billionaire Daddy Warbucks, con artists Rooster and Lily, and the rest of the gang. Sally Struthers returns to Riverside to reprise her Broadway role as the wicked Miss Hannigan. Enjoy favorite songs such as *Easy Street*, *It's the Hard Knock Life* and, of course, *Tomorrow*. Lunch is included in the price. Members \$113; Guests \$123.

### NATIONAL D-DAY MEMORIAL & THE BEDFORD MUSEUM

Wednesday, October 23

The National D-Day Memorial is a moving tribute to the American and Allied Forces that fought in the largest amphibious invasion of all time. It overlooks the town of Bedford, VA, which suffered the greatest loss per capita of any community in the U.S. during the invasion of Normandy on June 6, 1944. The Bedford Museum and Genealogical Library showcases Bedford's history. Lunch is on your own. Members \$63; Guests \$73.

### ANDREA BOCELLI IN CONCERT

Sunday, December 15

Travel with us to the Capital One Arena in Washington, D.C to hear Andrea Bocelli in concert. Blind by the age of 12 from congenital glaucoma, the singer has had success as a crossover performer, bringing classical music to the top of international pop charts. Tickets are limited! Members \$287; Guests \$297.

### 2019 WHITE HOUSE HOLIDAY TOUR

December: DATE TO BE ANNOUNCED – GET ON THE LIST!

This trip to Washington for a self-guided tour of the White House festively bedecked for the holidays is an annual tradition. We have requested a tour in December, but the date will be determined by the White House. Please call the travel office to put your name on the interest list as soon as possible. Trip involves some walking and a possible wait in line at the gate. Lunch is on your own at the Fashion Centre in Pentagon City. A valid government-issued United States ID (driver's license, military ID, etc.) or a valid US or other official government-issued passport is required. Members \$70; Guests \$80.

## GETAWAYS & CRUISES

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

### PHILADELPHIA - REVOLUTIONARY WAR GETAWAY

September 26–30

The birthplace of life, liberty, and the pursuit of happiness, founded in 1682, is where our Founding Fathers met, discussed, debated, and formed a new country. During the Revolutionary War, numerous battles and campaigns were conducted for its defense. Join award-winning historian Rick Britton and explore Revolutionary War Philadelphia and its environs. This Philadelphia experience includes round-trip transportation on Amtrak, bus service for the day-long battlefield tour, four nights at the Sheraton Society Hill (with breakfast), museums, an evening lecture, Independence and other guided walking tours, lunch at the City Tavern, and dinner at Spasso's Italian Restaurant.

### PORTUGAL AND THE DOURO RIVER CRUISE

October 9–19

Spend two nights exploring Lisbon, then set sail through the Portuguese Frontier. Visit Spain's walled city of Salamanca, and the quaint and historic towns of Portugal along the Douro River. Airfare is included. Price per person starts at \$5,428 double, \$8,547 single for Riviera deck.



Deposit of \$829 per person includes Travelers Protection Plan. Meals: 9 breakfasts, 6 lunches and 8 dinners. Book now!

### SOUTHEAST COAST ROYAL CARIBBEAN CRUISE

December 12–20

Set sail on Royal Caribbean International's *Grandeur of the Seas* round trip from Baltimore to Nassau, Bahamas, CocoCay (Royal Caribbean's private island), Port Canaveral, and Charleston. Round trip ground transportation to Baltimore, all meals, accommodations, entertainment, and gratuities are included. Travel protection is available. Call the travel office for pricing.

### ESSENCE OF PANAMA

February 13–22, 2020

The diversity of Panama unfolds as you discover the colonial architecture of Panama City, the engineering marvel that is the Panama Canal, local customs and craftsmanship, and Panama's beautiful beaches. You'll experience it all. Book by July 31, 2019, and enjoy an early bird savings of \$200 per person. Price includes round trip airfare from Washington Dulles, accommodations, 9 breakfasts, 7 lunches and 6 dinners, Travelers Protection Plan and much more!

### VILANOVA, SPAIN

April 13–21, 2020

Enjoy a stay at the Masia Notari, a rustic property where past elements are blended with modern day comforts. Located 45 minutes from Barcelona, it's a perfect location for day trips to explore the beauty and history of Spain. Round trip transfers and air, all meals, gratuities, and six day trips are included. Single occupancy

\$4,396; double occupancy \$3,995 per person. Travel protection is additional.

### EXCLUSIVE NATURE & PHOTO TOUR OF ICELAND

August 18–30, 2020

Iceland is magical, especially in late summer when the colors, weather, and angles of sunlight are transitioning into fall. This 12-day tour with a veteran guide gives great insight into Iceland's unique nature and culture, with the bonus of experiencing the country's burgeoning culinary scene. All-inclusive package! Single occupancy \$7,720; double occupancy \$6,400 per person.

### TUSCANY 2020

September 25–October 3, 2020

Spend a week at a villa in the Chianti Hills region, the heart of Tuscany, that was built as a country residence for an Italian noble family from Florence. Six days of tours around the region, all transportation, all meals, and gratuities are included. Travel Protection is available. Single occupancy \$4,595; Double occupancy \$3,995 per person.



#### Membership Model, continued from cover

##### Moving from here to there

Because we want everyone who enjoys The Center now to make the move to Belvedere, there is a special plan for current members! Anyone who renews their annual membership will receive an additional month of membership at Belvedere, a Greenberry's Coffee Co. gift card, and a travel credit—benefits that will more than offset the increase in annual dues.

##### More to know

- If you opt for Standard when you join but later decide you'd prefer Prime, no worries—members can switch at any time from Standard to Prime and vice versa.
- You can pay for membership on a monthly basis or all at once.
- Scholarships will of course be available.
- Keep your eyes peeled for information about charter memberships.

• Look for news over the next six months about exciting additions to our program list.

We know that we'll never please everyone, but we hope that the design for membership at The Center at Belvedere makes sense and that almost everyone will approve. If you have specific questions, please contact Judy Gardner.

*While there may be a few people thinking, "But I didn't ask for a bigger, better building," the fact is that we cannot continue as we are. Parking issues aside, we haven't been able to properly accommodate programs or people. When expansion at Hillsdale was deemed unfeasible, a new building was the only responsible decision for a community asset that is needed now more than ever.*

#### CURRENT MODEL

##### EXAMPLE A

INDIVIDUAL MEMBER	
Annual Membership	\$140
Primetime Fitness (\$38/mo. x 12)	\$456
<b>Total annual cost</b>	<b>\$596</b>

##### EXAMPLE B

INDIVIDUAL MEMBER	
Annual Membership	\$140
Primetime Fitness (\$38/mo. x 12)	\$456
Ageless Grace (\$36/mo. x 12)	\$432
Second-Wind Band (\$80/yr.)	\$ 80
<b>Total annual cost</b>	<b>\$1108</b>

#### NEW MODEL (PRIME)

INDIVIDUAL MEMBER	
Annual Membership	\$480
Primetime Fitness	\$ 0
<b>Total annual cost</b>	<b>\$480</b>

INDIVIDUAL MEMBER	
Annual Membership	\$480
Primetime Fitness	\$ 0
Ageless Grace	\$ 0
Second-Wind Band	\$ 0
<b>Total annual cost</b>	<b>\$480</b>

#### DONATIONS MADE IN HONOR OF (APRIL 1–MAY 31)

##### AARP Tax Consultants

Mary Berry

##### Clay Sisk

Joy & Pete Cross

#### DONATIONS MADE IN MEMORY OF (APRIL 1–MAY 31)

##### Ralph L. Feil

by: Mary Louise & Dick Abidin  
Jan & John Redick  
George Roberts

##### Al Falcone:

by: Linda Perriello

##### Maxine Gentry

by: Grace & Gene Carpenter

##### James Root

by: Betsy Bean

##### Betty Smallwood

by: Grace & Gene Carpenter  
Peter Thompson

##### James Vance and Mary Paton Vance

by: Eric Pfaff

##### Robert Whitworth

by: Betsy Bean  
Linda Breslau  
Lawrence Cabell  
Lester Pearlstein & Ronna Gray  
Peter Thompson  
Renee & William Vollrath

#### MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (APRIL 1–MAY 31)

The 1180 Society recognizes The Center's philanthropic leaders. Through unrestricted gifts of \$1,180 or more each year, these generous donors provide significant support for healthy aging in our community. Contact Kirstin to learn more about The 1180 Society.

##### Priscilla & Ludy Benjamin

Rene Bond

Rich DeMong

Phyllis Jackson

#### WE REMEMBER

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

- Susan D. Aldish
- Margaret L. Atkins
- Charlotte M. Boger
- Constance H. Bolton
- Judith A. Brandt
- Julieta Z. Castro
- Jeanette D. Davis
- Alan Dillard
- Odell Dunn
- Louise J. Frazier
- Dorothy D. Glenn
- Mercedes Herrero
- Walter W. Kastenmayer
- Christine Kuiken
- Anna Mason
- Joseph D. Miller Jr.
- Edith Morris
- James W. Neblett
- Mildred Nuechterlein
- Druscilla Eleese Nunery
- James Olejarz
- Marjorie C. Ratcliffe
- Rogers C. Ritter
- Sherry Shapiro
- Ronald E. Spangler
- Don Spaulding
- Myra Spencer
- Mae Talley
- Donna Thacker
- Jarrie Thebert
- Robert E. Whitworth
- Frances L. Willis



# THE CENTER AT BELVEDERE

Melanie Benjamin, *Advancement Director* • melanie@thecentercville.org • Direct Line: 434.974.7756 ext. 106

The Center at Belvedere will be a modern, vibrant community hub with the necessary capacity to meet our burgeoning population and the functional space appropriate to the multidimensional activities we all need to stay healthy. Expanded programs and onsite amenities both inside and out will offer convenience and fun in a beautiful setting.

## Sentara Family Medicine and The Center at Belvedere

### A Dynamic Duo

The Center at Belvedere will be convenient for many things—a cup of coffee or a scone (maybe both!) at Greenberry's, a fitness class at lunch or a treadmill session after work (maybe both, especially if you had the scone!). And now, we are also pleased to announce that you can see a medical provider on-site too!

Sentara Family Medicine at The Center at Belvedere is a new family medicine practice opening in space leased from The Center at Belvedere. It will be open to patients of all ages, with extended hours and walk-ins welcome.

The Center and Sentara Martha Jefferson have long histories of community engagement and service. The two organizations also share an understanding that investing in wellness offers tremendous dividends. This additional medical practice in Albemarle County's growing urban ring will help foster a healthy and connected community, one of the needs identified in the



Thomas Jefferson Health District's most recent assessment of community health.

Part of meeting that need is increasing well-being across the lifespan. With complementary programs and services to support education, disease prevention, and health promotion, the combination of The Center at Belvedere and Sentara Family Medicine at The Center at Belvedere makes perfect sense. We are excited about the opportunity to advance community health for people of every age. ■

### Community Endeavor, continued from cover

While this is great achievement, we need to secure the final \$3.3M in philanthropic gifts to complete our building campaign. With the new Center at Belvedere expected to open in the spring of 2020, the time to raise these funds is now.

The Center at Belvedere will provide the space to expand and support more of the activities that research indicates help us to age well: lifelong learning, physical activity, creative expression, travel, volunteering, and other programs that help community members stay civically engaged and socially connected. As a member of this community, your financial support, combined with gifts from our fellow community members, will make it possible to complete the campaign for The Center at Belvedere prior to the grand opening in spring of 2020.

As the campaign enters its final stage, won't you add your name to the growing community of donors who have made a gift to support The Center at Belvedere?

For more information please visit [thecentercville.org/belvedere](http://thecentercville.org/belvedere). Should you have questions or wish to make a contribution, please contact Melanie Benjamin at melanie@thecentercville.org or 434.974.7756 x 106.



## 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 September 1, 2019.



1510 Seminole Trail, Charlottesville, VA 22901, 434-973-5850

## CARING FAMILY DENTISTRY IN BELVEDERE STATION



Welcome Belvedere neighbors!

Come visit our state-of-the-art office conveniently located at 914 Belvedere Way.

*Family Dentistry serving the Charlottesville area since the 1950s!*

**Stephen Fraites, D.D.S.**

Call our office for an appointment  
(434) 293-4053 | [www.fraitesdental.com](http://www.fraitesdental.com)



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

## Got Guests?

Summer months often brings kids, grandkids, other family, or friends. If you're looking for a few things to do with your visitors, check out some of The Center's offerings!

### Food Trucks

Thursday, July 25, 11:30 am–1:30 pm – *Catch the Chef*  
Thursday, August 22, 11:30 am–1:30 pm – *106 Street Eats*

### Ice Cream Socials

Friday, July 26, 3:00–4:00 pm  
Friday, August 16, 3:00–4:00 pm

*Members only but grandkids welcome*

### All Things Digital

Monday, July 8, 1:00–2:30 pm

*Get an introduction to the health-monitoring features of the latest Apple Watch.*

### One Small Step

Tuesday, July 9, 2:00–3:00 pm

*Great for space fans and summer sky watchers!*

### Creating a Bird-Friendly Environment at Home

Wednesday, July 24, 11:00 am–12:00 pm

*Bring your nature-loving visitors!*

### Smart Phone? Smart Photos!

Thursday, August 15, 6:00–7:00 pm

*Not a how-to, but an inspiring look at how phone photos can really pop!*

### Robust Aging Toolbox

Tuesdays in July and August, 10:00–11:30 am at Ivy Creek Natural Area

*Learn physical and mental activities to use on walks or at home to stay strong and healthy.*

*Look for program details on pages 5–7.*



# FIND YOUR CENTER

civic | community | cultural | fitness | social

I received membership to The Center as a birthday gift upon turning 50. Turns out it was one of the best gifts I've received.

—Center Member

To learn more about giving the gift of membership, please visit The Center's website, [TheCenterCville.org/gift-certificates](http://TheCenterCville.org/gift-certificates)

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