



THE CENTER RECEIVES \$5,000 NATIONAL GRANT FROM VISITING ANGELS FOUNDATION

This spring, Visiting Angels Charlottesville, one of our Corporate Partners, nominated The Center at Belvedere for a grant award from the national level Visiting Angels Foundation. This nonprofit arm of a senior care provider was established to ensure that all seniors, regardless of their finances, can have access to quality care. Grant awards go to nonprofit organizations that “provide a high quality of service to struggling seniors” with a “track record of excellent outcomes for those they serve.” From its experience as a Corporate Partner and a program leader of the monthly Aging in Place seminar, Visiting Angels Charlottesville spoke highly in its nomination of The Center’s long history serving older adults in Charlottesville; our awards deeming us a national model for senior health and independence; the scholarships we provide to ensure an inclusive membership; and the many visitors, volunteers, and donors that make up our community. Since The Center does not receive any ongoing government support, philanthropy from grants like these, from Corporate Partnerships, and from our wonderful, generous individual donors is essential to our ability to provide healthy aging opportunities to adults 50 and better. We are so grateful for this additional support!

Inside

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What is Your Brain Care Score?

This simple new tool could reduce your risk of future brain disease

“Dementia, stroke, and depression are leading causes of human suffering as we age,” says Dr. Christopher Anderson, Chief of Stroke and Cerebrovascular Diseases at Brigham and Women’s Hospital in Boston. Fortunately, you can reduce your risk of these age-related brain diseases with relatively little effort. A great way to start is with a measurement developed by Harvard neurologist Jonathan Rosand in collaboration with patients and colleagues at Massachusetts General Hospital’s McCance Center for Brain Health.

The McCance Brain Care Score™ (BCS) is a wonderfully simple and amazingly powerful tool for assessing and reducing the risk of stroke, dementia, and depression. In less than five minutes, you can complete the questionnaire and get a numerical score based on 12 physical, lifestyle, and social/emotional factors: blood pressure, blood sugar, cholesterol, body mass index, nutrition, alcohol consumption, smoking, aerobic activities, sleep, stress, social relationships, and finding meaning or purpose in life. If your score is on the lower side, don’t panic. All of these factors are adjustable, so you can improve your brain health by working on one of the areas identified as weaker. Additionally, improving your score in one category will likely lead to an increased score in others; better sleep can contribute to lower blood pressure, for example. You can continue to track your score over time and make adjustments that seem fea-

The 12 Brain Care Score Areas



See **Brain Care** on page 16



Tips & Tidbits for Your Summer Travels

The dog days of summer are a popular time of year for getting outdoors and out of town. With the tourism landscape changing somewhat this year, let us get you up to date on your need-to-knows for travel in summer 2025.

Do you need a Real ID?

Travelers have been warned for years to get a “Real ID” to be allowed to fly. The policy is now in effect, as of May 7, 2025, and you should absolutely get one, but you might not need to rush out immediately for a day at the DMV (exciting as that’s sure to be). If you have a United States passport, you can use that to board your flights instead of a driver’s license. You have to show a passport for international flights anyway; you can easily do the same on domestic flights. The main point is to have a federally approved identification to board a federally regulated aircraft. There are also other documents that can get you on board. A full list is available at tsa.gov.



Is it safe to fly?

An uptick in crashes and outages hitting the headlines has many people concerned about the safety of certain airports and of flying in general. The best source for flight safety isn’t media outrage, but rather pilots themselves. Keep an eye on the

See **Travels** on page 11



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

Hours

Monday & Friday 8:30 am–4:30 pm
Tuesday–Thursday 8:30 am–8:00 pm
Saturday 8:30 am–2:00 pm

About THE CENTER AT BELVEDERE

The Center’s mission is to positively impact our community by creating opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity, and lifelong learning. Founded in 1960, The Center is a 501(c)(3) nonprofit organization. EIN/TAX ID #54-0735666

News from The Center is a publication of The Center.

Healthy Aging for All

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

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

BOARD OF DIRECTORS

- | | |
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For more news,
follow us on:



MEMBERSHIP

SUZANNE OREJUELA
MEMBERSHIP DIRECTOR
434.974.7756
membership@thecentercville.org

More than 2,200 members enjoy easy access to hundreds of great programs! To learn about membership options, including scholarships, please visit our website, stop by the Welcome Desk, or email membership@thecentercville.org.

WELCOME NEW MEMBERS!

- | | | |
|-------------------|-------------------|-----------------|
| Jon Bender | David Hale | Adalea Polastro |
| Martin Bergeron | Marcia Hatch | Cynthia Power |
| Carol Bognar | Peter Hedlund | Patrick Rice |
| Roma Bourne | Lynn Hedlund | Jan Scheunemann |
| Josephine Braxton | Rachel Horsley | Sandra Sigmon |
| Ilene Cadwell | Joanne Hoyle | Elle Stroud |
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| Nora Demleitner | Jade Lindquist | Thomas Worosz |
| Mary Dockery | Lotta Lofgren | Dennis Worth |
| Theresa Domin | Sherry Lord | Susan Worth |
| John Dudley | Betty Mooney | Jerry Yancey |
| Jennifer Gaden | Patricia Murdough | Grace Zeno |
| Margery Ginsberg | Wallace Murdough | |
| Dulcy Giuliano | Daniel Nunziato | |
| Joyce Groomes | Nina Ozbey | |

If you joined between April 1 and May 31, 2025, and were not recognized here, please contact Membership Director Suzanne Orejuela at 434.220.9732 or suzanne@thecentercville.org.



Plus Credits Now Roll Over!

If you have a Plus package for your membership, we heard your suggestions and have made a change. Now when you renew your membership and Plus package on or before the expiration date, up to \$125 of credit will roll over to your upcoming year of membership. That’s a full month’s worth of discount-rate programming! If you have any questions about your membership or renewal date, our team is here to help.



COUNCIL NOTES

New Center members, long-time members, program leaders—everyone is welcome to attend Center Council meetings on the first Monday of each month at 1:00 pm. The Council’s purpose is to communicate firsthand the latest Center happenings and to share members’ suggestions and concerns with The Center staff. Meetings last approximately one hour and prior registration is not necessary for attending and participating. Come once to see what it’s about or attend monthly at your convenience.

The Council is your place to become informed and to be heard. Discussions are relaxed and lively! For more information or a copy of the bylaws, please contact Council President Gary Moody (gary.moody@yahoo.com), Vice President Peggy Slez (mjslez@gmail.com), or Program Manager Rosanna Breen, the staff-Council liaison (rosanna@thecentercville.org). Information about the Council can also be found on The Center website (thecentercville.org) under the ABOUT tab.

Monday, July 7: No Council meeting. Happy Summer!

Monday, August 4: Back from vacation? Catch up on what’s been happening at The Center while “the livin’ is easy.”

Note for September: The Center is closed on Labor Day, the first Monday, so Council will meet on the second Monday. Hope to see you there!

—Peggy Slez, Council Vice President

Subscribe!

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

PROGRAMS

The Center uses the online scheduling tool **My Active Center (MAC)** for most program registration. Visit **myactivecenter.com** to set up an account. For orientations or special events that require ticket purchase, please visit **thecentercville.org**.

SPECIAL EVENTS

CENTER CRAFT SHOW

Free and open to all

Friday, July 18, 2:00–4:00 pm

Come get inspired by the beautiful creations crafted by talented members from our knitting, crocheting, woodcarving, and DIY crafts groups. If you're thinking about joining one (or more!) of these groups, it's the perfect opportunity to meet other crafters and learn more.

ARTISTS RECEPTION

Free and open to all

Saturday, July 19, 11:00 am–1:00 pm

Enjoy the art and meet the artists whose work is on display at The Center in July and August.

BOOK SWAP

Free and open to all

Tuesday, July 22, 10:30 am–4:00 pm

Have books on the shelf you no longer want? Bring books in good to excellent condition to swap for new titles.

SUMMER BAND CONCERT

Free and open to all

Saturday, July 26, 3:00–4:30 pm

Enjoy an afternoon with the Flashbacks, Second-Wind and First-Wind Bands under the direction of Bob Dunnenberger. Donations are appreciated.



AN EVENING WITH ALI WEBB

Free and open to all; registration required

Thursday, July 31, 5:00–6:00 pm

This is jazz as you've never heard it before. Ali's humorous vignettes celebrate life through song: the ironies and self-effacing moments, the defeats and triumphs, the heartbreaks and love that build resolve. Both original and classic songs reveal the magic and the music of the human spirit.

180 BAND DANCE PARTY

Open to all; registration required

Friday, August 8, 6:00–9:00 pm

Dance the night away to your favorite tunes from the 1960s through today. This cover band plays classic rock 'n' roll, top 40, light rock, country, alternative, and sweet soul music. \$20.

PUZZLE SWAP

Free and open to all

Thursday, August 14, 11:00 am–5:00 pm

Looking for a new puzzle or two, or three? Come share and swap puzzles in good condition with all of their pieces.

AUGUST LUNCHEON

Open to all; registration required by Aug. 15

Wednesday, August 20, 12:00–1:00 pm

Join your friends at a lunch catered by Mission BBQ. Members \$20; Guests \$25.

ARTS

ART CLASS POLICIES

- **Cancellations:** Please notify us at least 5 business days in advance of the program's start date by emailing cancel@thecentercville.org or calling our cancellation line at **434.220.9756** and providing (a) your name and phone number, (b) exact program name, and (c) date and time of program. Cancellations made less than 5 days in advance are not eligible for a refund or credit.
- **Materials Fees:** These are paid directly to the instructor at the start of the class or series via check or cash.

BEGINNER CHINESE BRUSH PAINTING

Members only; registration required

Wednesdays, July 2–30, 2:00–5:00 pm (5 weeks)

Begin learning the Sumi-é style of painting, which strives to capture the essence of our planet's beauty. Nga Katz teaches how to apply this technique through brush movement, use of ink, and color so you can draw bamboo, orchids, plum blossoms, and other lovely traditional flowers. Class fee: \$150.

FINISH YOUR ART

Included in Center membership; registration required

Mondays, July 7–28, 1:00–3:00 pm

Do you have unfinished artwork at home waiting to be completed? Bring your in-progress piece of oil, pastel, or gouache to the art studio and enjoy time to focus on your work alongside fellow artists and program facilitator Anne Hopper. This is not an instructional class, but a time for guidance to get that art piece completed.

CROCHETING A GRANNY SQUARE

Members only; registration required

Mondays, July 7–August 11, 2:00–4:00 pm (6 weeks)

Experienced crocheter Jane Hermann teaches six different granny square patterns that you can use to create blankets, pillows, clothing, and purses. This class is for those who know how to make a chain and single crochet. Class fee: \$60.



BEGINNER WATERCOLOR

Members only; registration required

Tuesdays, July 8–August 26, 9:30 am–12:30 pm (8 weeks)

Learn basic drawing skills and watercolor techniques with instructor Vivian Jones-Schmidt. Class fee: \$240. Materials fee: \$15. See additional required materials online.



DRAWING AND PAINTING WITH WAX CRAYONS

Members only; registration required

Thursdays, July 10–31, 10:00 am–12:00 pm (4 weeks)

Wax crayons aren't just for children! Instructor Vivian Jones-Schmidt will show you how to make lovely and sophisticated compositions with this underrated medium. \$80. See required materials online.

FOOD AS ART: HOTDOG PAINTING

Members only; registration required

Tuesday, July 15, 9:30–11:30 am

Thursday, August 7, 9:30–11:30 am

Food as a subject for artists goes back centuries. So why not paint the king of every summer barbecue, Fourth of July, and sporting event: the humble hot dog? Instructor Cindy Vito will guide you every step of the way. No experience necessary. Class fee: \$15. Materials fee: \$20.

CRAFTS EXHIBITION WORKSHOP

Free and open to all; registration required

Thursday, July 17, 4:00–6:00 pm

Thursday, August 21, 4:00–6:00 pm

New to exhibiting and selling your handmade items? Prepare to show and sell your work with international handicraft specialist Elaine Bellezza. Topics will include pricing, design advice for the current market, booth display, and more.



TRAILBLAZING WOMEN ARTISTS: 1800–1900s

Members only; registration required

Wednesdays, August 6–September 10, 3:00–5:30 pm (6 weeks)

Explore the lives, artistic techniques, and lasting legacies of pioneering female artists like Lucie Welch, Rosa Bonheur, Mary Cassatt, and Cecilia Beaux, who defied societal expectations to make their mark on the art world. Class fee: \$150. See required materials online.

ACRYLIC COLLAGE WITH JOANNE

Members only; registration required

Thursdays, August 14 & 21, 9:00 am–12:00 pm (2 weeks)

Learn various techniques to enhance texture and add a third dimension to your acrylic paintings using organic materials like flowers, leaves, old beads, seashells, and jewelry pieces. Painting techniques will be based on those of masters such as Henri Matisse, Georgia O'Keeffe, Helen Frankenthaler, and Vasil Kandinsky. Class fee \$60. See required materials online.

Programs continue on page 4

INTRODUCTION TO OILS WITH KATIE

Members only; registration required

**Tuesdays, August 26–September 9,
1:30–4:30 pm (3 weeks)**

Discover the joys of using oil paints, the “master of mediums.” Katie Hutter teaches how to use paints; when to use linseed oil, solvents, and other mediums; how to mix colors; and the foundations of building and painting from concept to completion. Develop an underpainting, one flower painting, and one basic landscape painting. \$90. See required materials online.

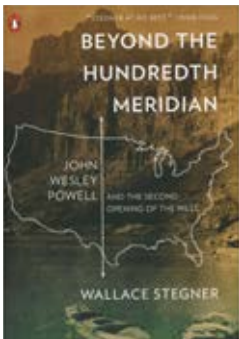
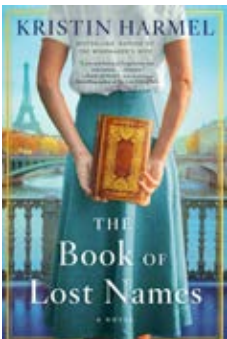
CARD MAKING WITH SHERRY

Members only; registration required

Thursday, August 28, 12:30–2:30 pm

Make adorable seasonal cards to share with family and friends. Class fee: \$10. Materials fee: \$15.

LIFELONG LEARNING



BOOK GROUP

Included in Center membership

1st Wednesday each month, 11:00 am–12:00 pm

The July 2 book is *The Book of Lost Names* by Kristin Harmel. The August 6 book is *Beyond the 100th Meridian: John Wesley Powell and the Second Opening of the West* by Wallace Stegner.

MEDICARE PROGRAMS

Free and open to all; registration encouraged

Thursday, July 3, 1:00–2:00 pm

with Margo Kreider

Wednesday, July 9, 11:00 am–12:00 pm

with Sharon Accardo

Saturday, July 12, 10:00–11:00 am

with Tiffany Zambrana

Wednesday, July 16, 6:00–7:00 pm

with Margo Kreider

Thursday, August 7, 1:00–2:00 pm

with Margo Kreider

Saturday, August 9, 10:00–11:00 am

with Tiffany Zambrana

Wednesday, August 13, 11:00 am–12:00 pm

with Sharon Accardo

Wednesday, August 20, 6:00–7:00 pm

with Margo Kreider

ITALIAN: PRE-INTERMEDIATE I

Members only; registration required

**Mondays, July 7–August 11, 9:30–11:00 am
(6 weeks)**

Build on your beginners’ grammar knowledge and learn to read, speak, and write in present tense while exploring daily Italian culture with instructor AnnaMaria Bakalian. Enjoy interactive tools like games, phonetic activities, and self-assessments. \$90.



MONEY AND YOU

Free and open to all; registration required

What Happens to My Accounts When I Die?

Tuesday, July 8, 10:00–11:30 am

Retirement accounts, brokerage accounts, checking, savings, annuities ... where will it all go? Jorgen Vik, partner with SKV Group, discusses the various rules governing investment accounts.



Investing & The Economy

Tuesday, August 12, 10:00–11:30 am

How is the economy connected to your investments? Jorgen Vik, partner with SKV Group, reveals which headlines warrant your attention and which you can ignore.

LONG-TERM CARE PROGRAMS

Free and open to all; registration encouraged

Extended Care Planning

Wednesday, July 9, 2:00–3:30 pm

Tracy Meade, certified long-term care coordinator and financial planner, and Kim Volker, president of Care is There, discuss resources available for long-term care and the role of a geriatric care manager.

Moving Forward to the Future

Tuesday, July 29, 11:00 am–12:30 pm

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

Funding Your Extended Care Plan

Thursday, August 14, 2:00–3:30 pm

Tracy Meade and Betty Sharp discuss ways to pay for your long-term care.

Long-Term Care Insurance: Submitting a Claim

Tuesday, August 26, 11:00 am–12:30 pm

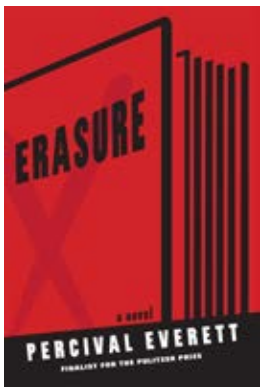
What expenses will a long-term care insurance policy pay for? Join Tracy Meade for the answer to this and more.

AFRICAN AMERICAN AUTHORS BOOK CLUB

Free and open to all

**Thursday, July 10,
6:00–7:30 pm**

Join in energetic discussion and camaraderie over books by African American authors. The July book is *Erasure* by Percival Everett. The club will not meet in August.



WORLD WAR II DISCUSSION GROUP

Free and open to all; registration encouraged

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

The July guest is Susan Howe, who will continue her presentation about WWII and PTSD, then known as combat fatigue. The August guest is John Long, Director of Education at the National D-Day Memorial in Bedford, Virginia.

ELDER LAW WITH DORIS GELBMAN

Free and open to all; registration required

Aging Gracefully: Independent Living and Continuous Care Communities

Tuesday, July 15, 10:00–11:30 am

These communities are springing up all over and often advertise luxury or resort-style living for the rest of your life. Is that the reality? Offerings and contracts for such communities can be dizzying and vary from place to place. It might be a great option for you, or it might not. Don’t sign the bottom line without getting the real scoop on all the fine print from elder law attorney Doris Gelbman.

Aging Gracefully: Assisted Living and Nursing Homes

Tuesday, August 19, 10:00–11:30 am

Some people believe they can check into assisted living or a nursing home like a hotel—shop around, look at all the options, and compare pricing. But that’s typically not what happens. More often, a medical crisis results in hospitalization; from the hospital, patients are discharged to a facility for rehab, and then decisions must be made to help a recovering patient stay safe and improve or maintain their health. Get informed ahead of time about the differences between assisted living, memory care, health and rehabilitation facilities, and nursing facilities, as well as what these possibilities cost and who pays for them.



FORGOTTEN DISRUPTIVE TECHNOLOGIES

Free and open to all; registration encouraged

Tuesday, July 15, 1:00–3:00 pm

Retired professor Henry H. Perritt, Jr. examines historically significant technologies that helped shape the modern world but are often overlooked today. This session will focus on power: hand power, horsepower, waterpower, wind power, steam power, and electrical power.

DIGITAL SKILLS TRAINING

In partnership with Connected Nation

Free and open to all; registration required

**Monday and Tuesday, July 21 & 22,
9:30 am–2:30 pm**

Learn essential digital skills and build confidence while staying safe online in a class designed for people who are new to using computers, smartphones, or the internet. Connected Nation is a national nonprofit organization that works to ensure everyone has fair access to technology and broadband internet.



DOCUMENTARIES AND DISCUSSION

Free and open to all; registration encouraged

4th Wednesday each month, 5:00–7:00 pm

The July documentary is *13th*. The August documentary is *Slavery by Another Name*.

INTRODUCTION TO FICTION WRITING

Included in Center membership; registration required
Fridays, July 25- August 15, 2:00-3:30 pm
(4 weeks)

You’ve been telling people for years you want to write a novel or short stories from your lifetime of experience. They are great stories, but how do you get them onto the page? Learn how to achieve your goal and start making progress through weekly written exercises.



TRADITIONAL ARTS OF AFRICA

Free and open to all; registration required
Saturdays, July 26-August 16, 10:00 am-12:00 pm (4 weeks)
Art history expert Julia May presents the traditional art and architecture of various cultures on the continent of Africa.

MYSTERY BOOK CLUB

Included in Center membership; registration encouraged
4th Monday each month, 12:00-1:00 pm
Love the suspense of a good mystery? Join fellow armchair sleuths in this monthly gathering. The July book is *Murder in Chianti* by Camilla Trinchieri. The August book is *The Man Who Died Twice* by Richard Osman.

A WONDERFUL ADVENTURE SERIES

Free and open to all; registration required
4th Tuesday each month, 1:30-3:00 pm
Tom Worosz Jr. introduces you to regions around the world by sharing his photos and experiences. Come and ignite your curiosity. The July topic is India. The August topic will be Haiti.

ASK THE EXPERTS: RESOURCES FOR SENIORS

Wednesday, July 30, 11:00 am-12:30 pm
Senior living advisor Jennifer Perry moderates a panel on topics from securing power of attorney with a local lawyer, downsizing tips from a local realtor, care options from local providers, and understanding healthcare and senior living options.



STRATEGIES FOR ENVIRONMENTALLY FRIENDLY LAWN SUBSTITUTES

In partnership with Piedmont Master Gardeners
Free and open to all; registration required
Tuesday, August 5, 6:00-7:30 pm
Maintaining a lawn can be labor intensive and challenging, but what are the alternatives? Piedmont Master Gardeners will show you how to reduce your lawn and make it more environmentally friendly with clover, ground covers, and wildlife-friendly native plant beds.

SENIOR STATESMEN OF VIRGINIA

Free and open to all; registration required
Will not meet in July
Wednesday, August 13, 2:30-4:00 pm
In August, a speaker lineup will focus on education, discussing local and national issues related to the attempts at closing of the federal Department of Education and its potential impacts.

PHYSICAL WELL-BEING

MAMBO MAMAS

Free and open to all; registration encouraged
2nd and 4th Wednesdays, 4:15-5:00 pm
Looking for a fun way to get moving without it feeling like exercise? Groove to the rhythms of salsa, mambo, bachata, and more in these lively, informal Latin dance sessions.

HEALTHSPAN TALKS

Free and open to all
Tuesday, July 15, 9:30-10:30 am
Darcy Higgins, Doctor of Physical Therapy, discusses diaphragmatic breathing, including how and why it works.

HEARING HEALTH

Free and open to all; registration required
New Relief for Tinnitus
Wednesday, July 16, 10:00-11:00 am
Ringing, swishing, crickets, white noise... anything you hear that isn’t really there is tinnitus. Dr. Kristin Koch, audiologist at Evolution Hearing, reveals why tinnitus happens, how we measure it, and what treatment options are available.

New Technology in Hearing Aids

Wednesday, August 20, 10:00-11:00 am
Did you know that some hearing aids are now rechargeable, waterproof, over-the-counter, Bluetooth capable, or able to communicate directly with your TV or cell phone? Dr. LeighAnna Morris, audiologist at Evolution Hearing, shares the game-changing technology featured in today’s devices.



SUMMERTIME SALAD IDEAS

Included in Center membership; registration required
Tuesdays, July 22-August 12, 10:00-11:30 am (4 weeks)
A healthy diet calls for a wide variety of vegetables, fruits, and whole grains. Salads are a great way to achieve this goal while enjoying plentiful fresh summer produce. Merope Pavlides shares creative ways to build healthy, delicious salads this season.

TIPS FROM A PHYSICAL THERAPIST

Included in Center membership; registration required
Wednesday, August 6, 10:45-11:45 am
A licensed physical therapist from Ivy Rehab shares information on a variety of topics to help you move better. This session focuses on hand therapy.



COGNITIVE SCREENINGS

Included in Center membership; registration required
Wednesday, August 6, 10:00 am-12:00 pm
Speech language pathologists Caleb Wilson and Megan Santacrocce will sit down with you for a brief 10-15-minute assessment which looks at short term memory, word finding, and your ability to stay focused.

STANDARD BALLROOM DANCE LESSONS

Open to all; registration required
Wednesdays, August 20-September 24, 5:30-6:30 pm (6 weeks)
Learn the Foxtrot with instructor Steven Babusko. Members \$60; Guests \$90.

LATIN BALLROOM DANCE LESSONS

Open to all; registration required
Wednesdays, August 20-September 24, 6:30-7:30 pm (6 weeks)
Learn the Paso Doble with instructor Steven Babusko. Members \$60; Guests \$90.

MINDFULNESS

HEALING YOURSELF

Included in Center membership; registration required
Tuesday, July 1, 11:00 am-12:30 pm
Tuesday, August 12, 2:00-3:30 pm
Research suggests that when the body is relaxed, there is a decrease in anxiety, blood pressure, insomnia, and pain. Learn a simple breath work exercise and meditation technique with Nancy Zamil, RN and Reiki Master, to help your body relax.

OPENING YOURSELF TO HAPPINESS

Free and open to all; registration encouraged
Wednesday, July 9, 10:00-11:00 am
Clinical psychologist Dr. Dan Elash leads an uplifting session to discover more joy in everyday life. Learn practical tips to cultivate peace of mind.

PURGING MENTAL TOXINS

Free and open to all; registration encouraged
Wednesday, July 23, 10:00-11:00 am
Are you unknowingly polluting your own peace of mind? Life is challenging enough—don’t let inner negativity make it harder. In this informative and eye-opening program, clinical psychologist Dr. Dan Elash will help you identify and release toxic thoughts, strengthen your personal boundaries, and practice deep mental rest.

FROM REGRET TO RENEWAL

Free and open to all; registration encouraged
Monday, August 4, 11:30 am-12:30 pm
We all have moments we wish we could undo, but carrying that weight can hold us back. In this empowering session, consider how to let go of past regrets, shift negative self-talk, and take ownership of your personal story.

MENDING BROKEN RELATIONSHIPS

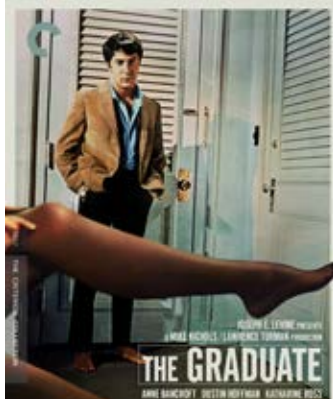
Free and open to all; registration encouraged
Monday, August 18, 10:00-11:00 am
We all have moments when we fall short in our relationships. Sometimes we don't realize the impact of our words, actions, and thoughtless behaviors. Clinical psychologist Dr. Dan Elash explores ways to repair misunderstandings, nurture meaningful connections, and feel good about the impact you have on those around you.

SOCIAL / RECREATION



MOVIE NIGHT

Included in Center membership; registration required
1st and 3rd Wednesdays each month, 5:00-7:00 pm
July 2: American Factory
July 16: Atonement
August 6: Amazing Grace
August 20: The Graduate



CASPCA ANIMAL VISITS

Free and open to all
3rd Thursday each month, 10:00 am-12:00 pm
Our local SPCA will bring furry friends to the back terrace where you can brighten your day with puppy kisses and cozy snuggles.

PRIDE TROPICAL SUMMER DANCE

Free and open to all; registration encouraged
Thursday, July 17, 5:00-7:30 pm
Wear your favorite tropical shirt and bring snacks to share as we dance the night away to fun and beachy tunes.

WORLD WAR II MOVIE MATINEES

Free and open to all; registration encouraged
4th Thursday each month, 2:00-4:00 pm
Gather with fellow WWII buffs to watch a movie each month. The July screening will be the second half of Rise of Evil. The August screening will be The Guns of Navarone, and will run until 5:00 pm.

MEMBER APPRECIATION SOCIALS

Included in Center membership; registration required
Thursday, July 24, 2:00-3:00 pm
Friday, August 29, 2:00-3:00 pm
Cool off with some ice cream among your fellow Center members.

PRIDE PUTT PUTT GOLF

Open to all; registration required
Friday, August 22, 10:00 am-1:00 pm
Everyone loves miniature golf, right? Bring old friends and make new ones over a round or two of Putt Putt Golf at 1515 Putt Putt Place. \$4 per person.

CINEMA DISCUSSION GROUP

Included in Center membership; registration required
2nd Wednesday each month, 5:00-6:00 pm
Movie and cinema fans meet every month to discuss a movie, explore the art of filmmaking, and share ideas. The July discussion will focus on Robert Mitchum's Cape Fear. The August discussion will focus on Stalag 17.

This is only a partial list of the 160+ programs offered every week at The Center. Recurring programs are included in the calendar on pages 7-10. Check MyActiveCenter.com or The Center's website for programs added after our print deadline.

A CELEBRATION OF THE WORLD'S GREATEST ENTERTAINER WITH JENNA PASTUSZEK

RUTH CAPLIN THEATRE - JULY 24-27, 2025

VIRGINIA THEATRE FESTIVAL

A PROGRAM OF THE UNIVERSITY OF VIRGINIA

CELEBRATING THE SONGS OF JUDY GARLAND

ON SALE NOW
TICKETS START AT \$15

VIRGINIATHEATREFESTIVAL.ORG

PRESENTED BY



SUPPORTED BY



Pull-Out Program Calendar

THURSDAY

9:00 **Retreads Softball**
Tai Chi
Party Bridge
Empowering Yoga \$
Ivy Creek Hikers
9:15 PRIMETIME FITNESS \$/Ø
10:00 **AA Meeting**
Tap Dance (Level 3) \$
Foot & Nail Care Clinic \$
Another Group for Men
Writing for Self Expression & Insight
10:30 **ARTHRITIS EXERCISE**
First Wind Band
11:45 BALANCE & STABILIZATION \$/Ø
Stretch & Strength with Pete \$
12:00 **Music in the Atrium**
Sheepshead
Massage Appts. with Rachel \$
1:00 **NIA-Moving to Heal**
Woodcarvers
Zumba \$
2:00 Backgammon
2:30 **International Folk Dance**
American Mah Jongg
3:30 Tai Chi \$
4:30 **Tap Your Troubles Away** \$
5:30 **Square Dancing**
6:15 **Ping Pong**

FRIDAY

8:30 Hatha Yoga \$
9:00 **Easy Hikes & Adventures**
Tai Chi
9:15 PRIMETIME FITNESS \$/Ø
9:30 Friday Art Group
9:45 Tone & Groove \$
10:00 Rummikub
Floor Barre \$
10:30 Creative Crocheters
Flashbacks \$
11:00 Ping Pong
CHAIR YOGA \$/Ø
11:15 Basic Qigong & Tai Chi Practice
12:15 Beginners Line Dance
12:45 **Piano Music in the Atrium**
1:00 Euchre
American Mah Jongg
Writing for Pleasure
1:45 Adv./Int. Line Dance
2:30 **Acoustic Jam Session**
Music in the Atrium
Bingo \$
3:30 **Parkinson's Yoga (Video)**

SATURDAY

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

The Center at Belvedere

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

3	10:00 Hearing Screenings 12:30 More Wise Women 12:45 Girl Talk 1:00 Mastering Medicare Apple/Mac Users Group 2:30 ReConnect Support Group II 3:00 Socrates Café 6:00 NAMI Support Group Jazz Jam	4	Center is closed for Independence Day	5	Center is closed for Independence Day
10	10:00 Dementia Caregiver Support Group Drawing and Painting with Wax Crayons \$ 11:00 Savvy Generational Planning 12:00 WWII Discussion Group 1:00 Mexican Train Dominoes 2:00 Varieties of Spiritual Experience 4:00 Tremor Support Group 6:00 African American Authors Book Club NAMI Support Group	11	10:00 Healthy Recipe Group 2:00 Art Together: Shared Studio Time	12	10:00 Medicare Made Simple 11:00 Pride Brunch 12:30 Women Connected
17	10:00 Drawing and Painting with Wax Crayons (cont.) CASPCA Animal Visit 12:30 More Wise Women 12:45 Girl Talk 1:00 Apple Mac Users Group ADHD Support Group 3:00 Socrates Café 4:00 Crafts and Exhibition Workshop 5:00 Pride Tropical Summer Dance 6:00 NAMI Support Group	18	12:00 Lunch Box Readings 2:00 Center Craft Show Art Together: Shared Studio Time	19	11:00 Artist Exhibition Reception
24	10:00 Drawing and Painting with Wax Crayons (cont.) 2:00 WWII Movie Matinee Varieties of Spiritual Experience Member Appreciation Ice Cream Social	25	10:00 Writers Critique Workshop 2:00 Intro to Fiction Writing Art Together: Shared Studio Time	26	10:00 Stop By Saturday Traditional Arts of Africa 12:30 Women Connected 3:00 Summer Band Concert
31	10:00 Drawing and Painting with Wax Crayons (final) 12:30 More Wise Women 3:00 Socrates Café 5:00 An Evening with Ali Webb				

August 2025

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

MONDAY	TUESDAY	WEDNESDAY
7:30 Senior Golf \$ (tee times 7:30–9:00 am) 8:30 Calm Yoga \$ 9:00 Hiking 9:15 Floor Barre \$ 9:30 Monday Group for Men 9:45 Chair Yoga \$ 10:00 Writing for Healing & Growth Getting Better at Bridge Grateful Threads Quilters 10:15 Maximize Your Strength \$ 11:00 Silver Swans Ballet II Poker 11:30 Feel Good Flow \$ Total Barre \$ 11:45 BALANCE & STABILIZATION \$/Ø 12:15 Silver Swans Ballet I 12:30 Chess 12:45 Chinese Mah Jongg 1:00 Ageless Grace English Country Dance Beginner Recorder Lessons Music in the Atrium Royal Siamese Mah Jongg 1:45 Strengthen Your Health & Life \$ 2:00 Member Social 3:00 Meditative Stretch \$ 3:30 Tai Chi \$ Parkinson’s Yoga	7:30 Senior Golf \$ (tee times 7:30–9:00 am) 9:00 Retreads Softball Horticulture Club Empowering Yoga \$ Tai Chi 9:15 PRIMETIME FITNESS \$/Ø 10:00 A Group for Men Tap Dance Lessons (Level 1) \$ 10:30 ARTHRITIS EXERCISE 11:15 Tap Dance Lessons (Level 2) \$ 11:45 Stretch & Strength with Pete \$ 12:30 Party Bridge 12:45 Piano Music in the Atrium 1:00 English Country Dance Ageless Grace 2:15 Core Stability & Functional Training 3:30 MOVE TO THE RHYTHM DANCE PARTY \$/Ø 4:45 FIT TO GO 6:00 AA Women’s Group Line Dance (Int./Adv.) 6:15 Ping Pong 6:45 Families Anonymous	8:30 Hatha Yoga \$ 9:00 Hiking 9:15 PRIMETIME FITNESS \$/Ø 9:30 Crafty Ladies 9:45 Tone & Groove \$ 10:00 Senior Bowling \$ Push Card Game 10:30 Basic Qigong & Tai Chi Practice 11:00 Maximize Your Strength \$ 12:00 Tops Canasta Crafts DIY Advanced Line Dance Dollhouse Miniatures 12:30 Square Dance Lessons 1:00 Ageless Grace Scrabble American Mah Jongg Recorder Lessons (Intermediate) 1:45 Strengthen Your Health & Life \$ 2:00 Knit-Wits 2:30 Ping Pong Conversational Spanish (Beg.) 3:00 Meditative Stretch \$ 3:30 Parkinson’s Yoga 5:00 Line Dance (Beg.) 5:30 Slow & Stretchy Yoga 6:00 AA Meeting 6:30 International Folk Dance

4	9:30 Italian: Pre-Intermediate I (cont.) 10:00 Sew and Sews 11:30 From Regret to Renewal 1:00 Council Meeting 2:00 Crocheting a Granny Square (cont.)	5	9:00 Injury & Pain Screenings 9:30 Coffee & Caregiving Beginning Watercolor (cont.) 10:00 Try it Out Tuesday Summertime Salad Ideas (cont.) 12:00 Bunko 2:00 Behavioral Finance 101 6:00 Trivia Piedmont Master Gardener Series	6	9:30 Veterans Coffee Hour Kingfishers 10:45 Wise Women, Too Tips from a Physical Therapist Book Group 12:30 Wednesday Group for Men 3:00 Trailblazing Women Artists \$ 5:00 Movie Night: <i>Amazing Grace</i>
11	9:30 Italian: Pre-Intermediate I (final) 10:00 Sew and Sews 1:00 Piedmont Pastelists 2:00 Current Events Crocheting a Granny Square (final)	12	9:30 Beginning Watercolor (cont.) 10:00 Money and You Wise Women Connect Travel Chat with Linda Summertime Salad Ideas (final) 1:00 Bookmobile 2:00 Karaoke Healing Yourself 4:00 Singles Schmooze	13	10:00 Welcome Wednesday 10:30 Parkinson’s Caregiver Support Group 11:00 Navigating Medicare 2:30 Senior Statesmen of Virginia 3:00 Trailblazing Women Artists (cont.) 4:15 Mambo Mamas 4:30 Cinema Discussion Group 6:00 Moonlighter’s Quilting
18	10:00 Mending Broken Relationships 1:45 CAT Workshop & Field Trip	19	9:30 Alzheimer’s Support Group Beginning Watercolor (cont.) 10:00 Elder Law 12:00 Bunko 6:00 Albemarle Modern Quilt Guild Trivia	20	9:00 Injury & Pain Screenings 10:00 Hearing Health 10:45 Wise Women, Too 12:00 August Luncheon \$ 12:30 Wednesday Group for Men 3:00 Trailblazing Women Artists (cont.) 5:00 Movie Night: <i>The Graduate</i> 5:30 Standard Ballroom Dance Lessons \$ 6:30 Latin Ballroom Dance Lessons \$ 6:00 Welcome Wednesday Mastering Medicare
25	12:00 Mystery Book Club 2:00 Current Events	26	9:30 Beginning Watercolor (final) 10:00 Wise Women Connect 11:00 Long Term Care Insurance: Submitting a Claim 12:00 Handle with Love and Care Support Group 1:00 Bookmobile 1:00 Mexican Train Dominoes 1:30 Introduction to Oils with Katie \$ A Wonderful Adventure: Haiti 2:00 Karaoke 4:00 Singles Schmooze	27	10:30 Parkinson’s Caregiver Support Group 11:00 Behavioral Finance 101 1:00 Navigating Senior Living Options 3:00 Trailblazing Women Artists (cont.) 4:15 Mambo Mamas 5:00 Documentaries and Discussion 5:30 Stroke Support Group Standard Ballroom Dance Lessons (cont.) 6:00 Moonlighter’s Quilting 6:30 Latin Ballroom Dance Lessons (cont.)

Pull-Out Program Calendar

THURSDAY

9:00 **Retreads Softball**
Ivy Creek Hikers
Tai Chi
Party Bridge
Empowering Yoga \$
9:15 PRIMETIME FITNESS \$/Ø
10:00 **AA Meeting**
Tap Dance (Level 3) \$
Foot & Nail Care Clinic \$
Another Group for Men
Writing for Self Expression & Insight
10:30 **ARTHRITIS EXERCISE**
11:45 Stretch & Strength with Pete \$
12:00 **Music in the Atrium**
Sheepshead
Massage Appts. with Rachel \$
1:00 **NIA-Moving to Heal**
Woodcarvers
Zumba \$
2:00 Backgammon
2:30 **International Folk Dance**
American Mah Jongg
3:30 Tai Chi \$
4:30 **Tap Your Troubles Away** \$
5:30 **Square Dancing**
6:15 **Ping Pong**

FRIDAY

8:30 Hatha Yoga \$
9:00 **Easy Hikes & Adventures**
Tai Chi
9:15 PRIMETIME FITNESS \$/Ø
9:30 Friday Art Group
9:45 Tone & Groove \$
10:00 Rummikub
Floor Barre \$
10:30 Creative Crocheters
Flashbacks \$
11:00 Ping Pong
CHAIR YOGA \$/Ø
11:15 Basic Qigong & Tai Chi Practice
12:15 Beginners Line Dance
12:45 **Piano Music in the Atrium**
1:00 Euchre
Still Sharp Singers
American Mah Jongg
Writing for Pleasure
1:45 Inter./Adv. Line Dance
2:30 **Acoustic Jam Session**
Music in the Atrium
Bingo \$
Barbershop Belles & Beaux
3:30 **Parkinson's Yoga (Video)**

SATURDAY

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

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434.974.7756

		1 11:00 Aging in Place 1:00 Diabetes Discussion Group 2:00 Intro to Fiction Writing (cont.)	2 10:00 Traditional Arts of Africa 11:00 Pride Brunch
7 9:30 Food as Art \$ 10:00 Hearing Screenings 12:30 More Wise Women 12:45 Girl Talk 1:00 Mastering Medicare Apple/Mac Users Group 2:30 ReConnect Support Group II 3:00 Socrates Café 6:00 NAMI Support Group Jazz Jam	8 9:30 Food as Art \$ 10:00 Healthy Recipe Group 2:00 Intro to Fiction Writing (cont.) 6:00 180 Band Dance Party \$	9 10:00 Medicare Made Simple Traditional Arts of Africa 12:30 Women Connected	
14 9:00 Acrylic Collage Painting \$ 9:45 CAT Workshop & Field Trip 10:00 Dementia Caregiver Support Group 11:00 Jigsaw Puzzle Swap 12:00 WWII Discussion Group 12:45 Girl Talk 1:00 Mexican Train Dominoes 2:00 Varieties of Spiritual Experience Funding Your Extended Care Plan 4:00 Tremor Support Group 6:00 NAMI Support Group	15 12:00 Lunch Box Readings 2:00 Intro to Fiction Writing (final)	16 10:00 Traditional Arts of Africa	
21 9:00 Acrylic Collage Painting (final) 10:00 CASPCA Animal Visit 12:30 More Wise Women 1:00 Apple/Mac Users Group ADHD Support Group 3:00 Socrates Café 4:00 Crafts and Exhibition Workshop 6:00 NAMI Support Group	22 10:00 Writers Critique Workshop Pride Putt Putt Golf 10:30 Book Swap	23 10:00 Stop By Saturday 12:30 Women Connected	
28 12:30 Card Making with Sherry \$ 2:00 WWII Movie Matinee Varieties of Spiritual Experience	29 2:00 Member Appreciation Ice Cream Social	30	

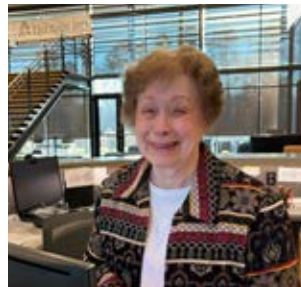
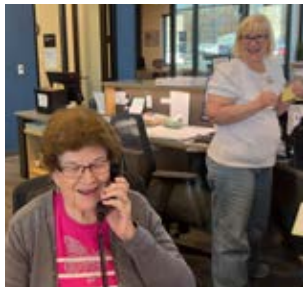
July 2025

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

MONDAY	TUESDAY	WEDNESDAY
<div>7:30 Senior Golf \$ (tee times 7:30–9:00 am)</div> <div>8:30 Calm Yoga \$</div> <div>9:00 Hiking</div> <div>9:15 Floor Barre \$</div> <div>9:30 Monday Group for Men</div> <div>9:45 Chair Yoga \$</div> <div>10:00 Writing for Healing & Growth Getting Better at Bridge Grateful Threads Quilters</div> <div>10:15 Maximize Your Strength \$</div> <div>11:00 Silver Swans Ballet II Poker</div> <div>11:30 Feel Good Flow \$ Total Barre \$</div> <div>11:45 BALANCE & STABILIZATION \$/Ø</div> <div>12:15 Silver Swans Ballet I</div> <div>12:30 Chess</div> <div>12:45 Chinese Mah Jongg</div> <div>1:00 Beginner Recorder Lessons Ageless Grace English Country Dance Music in the Atrium</div> <div>1:45 Strengthen Your Health & Life \$</div> <div>2:00 Member Social Royal Siamese Mah Jongg</div> <div>3:00 Meditative Stretch \$</div> <div>3:30 Tai Chi \$ Parkinson's Yoga</div>	<div>7:30 Senior Golf \$ (tee times 7:30–9:00 am)</div> <div>9:00 Empowering Yoga \$ Retreads Softball Horticulture Club Tai Chi</div> <div>9:15 PRIMETIME FITNESS \$/Ø</div> <div>10:00 A Group for Men Tap Dance Lessons (Level 1) \$</div> <div>10:30 ARTHRITIS EXERCISE Second-Wind Band \$</div> <div>11:15 Tap Dance Lessons (Level 2) \$</div> <div>11:45 Stretch & Strength with Pete \$</div> <div>12:30 Party Bridge</div> <div>12:45 Beginning Spanish* Piano Music in the Atrium</div> <div>1:00 English Country Dance Ageless Grace</div> <div>2:00 Advanced Beginner Spanish*</div> <div>2:15 Core Stability & Functional Training</div> <div>3:15 Keeping Up Your Spanish*</div> <div>3:30 MOVE TO THE RHYTHM DANCE PARTY \$/Ø</div> <div>4:45 FIT TO GO</div> <div>6:00 AA Women's Group Line Dance (Int./Adv.)</div> <div>6:15 Ping Pong</div> <div>6:45 Families Anonymous</div> <div>* Classes meet online the 1st & 3rd Tuesdays; at The Center the 2nd & 4th Tuesdays.</div>	<div>8:30 Hatha Yoga \$</div> <div>9:00 Hiking</div> <div>9:15 PRIMETIME FITNESS \$/Ø</div> <div>9:30 Crafty Ladies</div> <div>9:45 Tone & Groove \$</div> <div>10:00 Senior Bowling \$ Push Card Game</div> <div>10:30 Basic Qigong & Tai Chi Practice</div> <div>11:00 Maximize Your Strength \$</div> <div>12:00 Tops Canasta Crafts DIY Advanced Line Dance Dollhouse Miniatures</div> <div>12:30 Square Dance Lessons</div> <div>1:00 Ageless Grace Scrabble American Mah Jongg Recorder Lessons (Intermediate)</div> <div>1:45 Strengthen Your Health & Life \$</div> <div>2:00 Knit-Wits</div> <div>2:30 Ping Pong Conversational Spanish (Beg.)</div> <div>3:00 Meditative Stretch \$</div> <div>3:30 Parkinson's Yoga</div> <div>5:00 Line Dance (Beg.)</div> <div>5:30 Slow & Stretchy Yoga</div> <div>6:00 AA Meeting</div> <div>6:30 International Folk Dance</div>
	<div>1</div> <div>9:00 Injury & Pain Screenings</div> <div>9:30 Coffee & Caregiving</div> <div>10:00 Try It Out Tuesday</div> <div>11:00 Healing Yourself</div> <div>12:00 Bunko</div> <div>2:00 Social Security 101</div> <div>6:00 Trivia</div>	<div>2</div> <div>9:30 Veterans Coffee Hour Kingfishers</div> <div>10:45 Wise Women, Too</div> <div>11:00 Book Group</div> <div>12:30 Wednesday Group for Men</div> <div>2:00 Beginner Chinese Brush Painting \$</div> <div>5:00 Movie Night: American Factory</div> <div>5:30 Standard Ballroom Dance Lessons (cont.)</div> <div>6:30 Latin Ballroom Dance Lessons (cont.)</div>
<div>7</div> <div>9:30 Italian: Pre-Intermediate I \$</div> <div>10:00 Sew and Sews</div> <div>1:00 Finish Your Art</div> <div>2:00 Crocheting a Granny Square \$</div>	<div>8</div> <div>9:30 Beginning Watercolor \$</div> <div>10:00 Money and You Wise Women Connect Travel Chat with Linda</div> <div>1:00 Bookmobile</div> <div>2:00 Karaoke</div> <div>4:00 Singles Schmooze</div>	<div>9</div> <div>10:00 Welcome Wednesday Opening Yourself to Happiness</div> <div>10:30 Parkinson's Caregiver Support Group</div> <div>11:00 Navigating Medicare</div> <div>2:00 Extended Care Planning Beginner Chinese Brush Painting (cont.)</div> <div>4:15 Mambo Mamas</div> <div>4:30 Cinema Discussion Group</div> <div>5:30 Standard Ballroom Dance Lessons (cont.)</div> <div>6:00 Moonlighter's Quilting</div> <div>6:30 Latin Ballroom Dance Lessons (cont.)</div>
<div>14</div> <div>9:30 Italian: Pre-Intermediate I (cont.)</div> <div>10:00 Sew and Sews</div> <div>1:00 Piedmont Pastelists Finish Your Art</div> <div>2:00 Current Events Crocheting a Granny Square (cont.)</div>	<div>15</div> <div>9:30 Healthspan Talks Beginning Watercolor (cont.) Food as Art \$ Alzheimer's Support Group</div> <div>10:00 Elder Law</div> <div>12:00 Bunko</div> <div>1:00 Forgotten Disruptive Technologies</div> <div>6:00 Trivia Albemarle Modern Quilt Guild</div>	<div>16</div> <div>9:00 Injury & Pain Screenings</div> <div>10:00 Hearing Health</div> <div>10:45 Wise Women, Too</div> <div>12:30 Wednesday Group for Men</div> <div>2:00 Beginner Chinese Brush Painting (cont.)</div> <div>5:00 Movie Night: Atonement</div> <div>5:30 Standard Ballroom Dance Lessons (cont.)</div> <div>6:00 Welcome Wednesday Mastering Medicare</div> <div>6:30 Latin Ballroom Dance Lessons (cont.)</div>
<div>21</div> <div>9:30 Italian: Pre-Intermediate I (cont.)</div> <div>Digital Skills Training</div> <div>1:00 Finish Your Art</div> <div>2:00 Crocheting a Granny Square (cont.)</div>	<div>22</div> <div>9:30 Beginning Watercolor (cont.)</div> <div>Digital Skills Training</div> <div>10:00 Wise Women Connect Summertime Salad Ideas</div> <div>10:30 Book Swap</div> <div>12:00 Handle with Love and Care Support Group</div> <div>1:00 Bookmobile Mexican Train Dominoes</div> <div>1:45 CAT Workshop & Field Trip</div> <div>2:00 Karaoke</div> <div>4:00 Singles Schmooze</div>	<div>23</div> <div>10:00 Purging Mental Toxins</div> <div>10:30 Parkinson's Caregiver Support Group</div> <div>1:00 Navigating Senior Living Options</div> <div>2:00 Beginner Chinese Brush Painting (cont.)</div> <div>4:15 Mambo Mamas</div> <div>5:00 Documentaries and Discussion</div> <div>5:30 Stroke Support Group</div> <div>Standard Ballroom Dance Lessons (cont.)</div> <div>6:00 Moonlighter's Quilting Group</div> <div>6:30 Latin Ballroom Dance Lessons (cont.)</div>
<div>28</div> <div>9:30 Italian: Pre-Intermediate I (cont.)</div> <div>12:00 Mystery Book Club</div> <div>1:00 Finish Your Art</div> <div>2:00 Current Events Crocheting a Granny Square (cont.)</div>	<div>29</div> <div>9:30 Beginning Watercolor (cont.)</div> <div>10:00 Summertime Salad Ideas (cont.)</div> <div>11:00 Moving Forward to the Future</div> <div>1:30 A Wonderful Adventure: India</div> <div>2:00 Savvy Generational Planning</div>	<div>30</div> <div>9:45 CAT Workshop & Field Trip</div> <div>11:00 Ask the Experts: Resources for Seniors</div> <div>2:00 Beginner Chinese Brush Painting (final)</div> <div>5:30 Standard Ballroom Dance Lessons (final)</div> <div>6:00 Moonlighter's Quilting Group</div> <div>6:30 Latin Ballroom Dance Lessons (final)</div>

VOLUNTEERING

Looking for meaningful ways to give back? The Center can help you find a volunteer position to suit your interests, schedule, and talents. We are currently hiring to fill the position of Volunteer Resources Coordinator. In the interim, please contact Suzanne Orejuela at suzanne@thecentercville.org.



Hop on The Center's Welcome Wagon!

Come be a part of the heart of The Center! Volunteer with us and help make a difference every day

Have you noticed the warm smiles and friendly greetings you get each time you walk into The Center? That's the work of our amazing Welcome Desk Volunteers and Lobby Ambassadors—the friendly faces who help create a welcoming, helpful environment for all.

These dedicated team members play a vital role by offering guidance on membership and registration, sharing important information, and providing a positive first impression. If you're looking for meaningful ways to get involved in our healthy aging mission, consider joining this team for opportunities to build social connections, engage in lifelong learning, and be part of a vibrant community.

When asked what they enjoy most about volunteering, one Welcome Desk volunteer said it was the "camaraderie and helping others." Volunteering offers a chance to form relationships, both with fellow volunteers and with members who stop by regularly. As one Lobby Ambassador shared, "I enjoy seeing the same people each week and getting to know their names."

Our volunteers are always learning, from registering new members and exploring our program database to answering a wide range of questions. They support one another and grow as a team. As one volunteer put it, "I enjoy the team I work with."

If you are interested in either of these volunteer positions, please contact Suzanne Orejuela at suzanne@thecentercville.org.



*Want to volunteer?
Many roles can accommodate
flexible schedules.*

Travels *continued from page 1*

news, but do so with attention to whether pilots or flight crews have gone on strike. The last thing those who fly for a living want is unsafe conditions and if we reach a point of air travel being generally unsafe, they will protest.

What airports are struggling with right now are primarily issues of old computers keeping up with ever-increasing passenger traffic and limited staffing. This means that you're unlikely to encounter a safety risk, but more likely to be set back by delays.

Book early morning flights directly with the airline, consider purchasing trip insurance, and download the airline's app for the easiest path to tracking your flights and changing your itinerary if needed.

What's happening with National Parks?

National Parks are a classic summer getaway, especially for us in Charlottesville and nearby counties, with Shenandoah right on our doorstep. Your visit in 2025 may be a little different than usual, though, as budget cuts are expected to affect park staffing and maintenance.

Plan your park trip in advance, check hours and alerts before your arrival, pack more than enough water, and pay extra attention to safety measures. Be prepared for longer waits to enter the park, shorter visitor center hours, or certain facilities being closed and guided tours being cancelled. Remember that park staff are doing their best—be kind and pack your patience!

Still wondering where to go?

If you've left your summer travel plans to the last minute, consider keeping your getaway close to home. International tourism coming into the United States is down this year, meaning local attractions are hungry for visitation and support. Areas recovering from natural disasters—like Asheville, NC and Southern California—are particularly in need of tourism dollars to help rebuild.

You can keep planning to a minimum by hopping on one of The Center's summer day trips! Visit Luray Caverns, Smith Mountain Lake, or The Pentagon with us in the coming months.

What should you book in the summer?

Whether you're traveling now or not, summer is the perfect time to score good prices on fall and holiday season travel. Dream of cooler days ahead with our full travel listings on page 13. You can start preparing now for fall foliage in West Virginia or a spectacular Christmas in New York!

Travel Manager Linda Hahn also offers individual travel planning services. Inquire at the Travel Office for your own custom adventure. ■

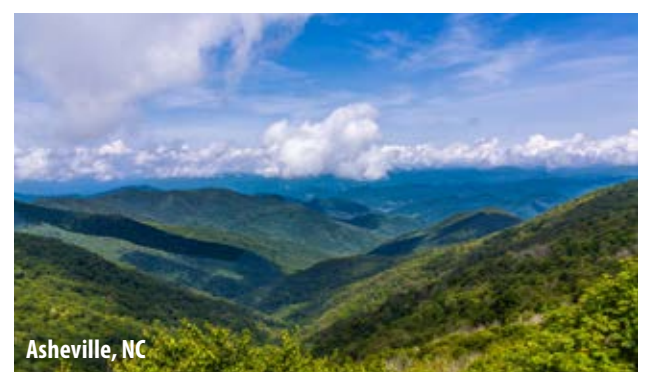


Photographers Wanted!

We've often called on a wonderful photographer to help us out with special events (shout out to you, Stu!), but there's a lot going on at The Center and we can always use fresh images of programs and people. Are you a professional photographer with the capacity to donate your talent and skills from time to time? An accomplished amateur looking to build your skills or portfolio? If so, we've got a creative, flexible volunteer role for you! Please email volunteer@thecentercville.org for more info.

Do you know someone who would enjoy the healthy aging benefits that The Center has to offer?

If you refer someone to full-year membership at The Center, we will gift \$50 of credit to your MyActiveCenter wallet for you to use on fee-based programs. The best way for your friends and relatives to learn about The Center is to attend a new and prospective member orientation. These are held multiple times each month and give attendees the opportunity to meet staff, tour the building, and learn about our healthy aging programming. Check out our website for specific dates.



Fluvanna County Portrait Project Comes to The Center this Summer!

“Looking Back, Seeing Now” is a special art exhibit that has been making the rounds in Central Virginia and is now on display in The Center’s first floor gallery.

These portraits depict Black residents of Fluvanna County to honor stories of lesser known and oft overlooked local history. Organized by West Bottom Church, the Fluvanna County Historical Society, and local artist Linda Staiger, this is an ongoing project. If you are a Fluvanna County resident descended from people of color who lived and worked anywhere from Scottsville to Columbia, get in touch with them at lookingbackseeingnow.com to learn about being a sitter. Artists of all types—painters, sculptors, writers, musicians, photographers, videographers—are also welcome to participate.

On the second floor, see works by Nga Katz, Carolyn Ratcliff, Elaine Covard, and Chris Rich. Both exhibits will be up through July and August.



Charles James by Linda Staiger



Prime Hook Wildlife Reserve by Carolyn Ratcliffe

DONATIONS MADE IN HONOR OF (April 1-May 31,2025)

- Lynn Divers**
by Elly Tucker
- Bobbi Hughes**
by Erika Rogoff
Linda Broadbent
Elizabeth and Donald Bean
- Sarah Litchfield**
by Elly Tucker
- Joyce Nunge**
by Sandra Pollock
- Barbara Olejarz**
by Bonnie Davis

DONATIONS MADE IN MEMORY OF (April 1-May 31,2025)

- Peggy Boggs**
by Elizabeth and Donald Bean
- Maxine Gentry**
by Elizabeth and Donald Bean
- Marge Haugen**
by Elizabeth and Donald Bean
- Marilyn Lutz**
by Sherry Sinard
- Diana Seay**
by Elizabeth and Donald Bean

WE REMEMBER

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

- | | |
|--------------|-----------------|
| Carole Baran | Marilyn Lutz |
| Laurin Henry | Barbara Olejarz |



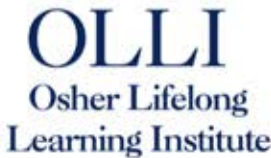
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TRAVEL

LINDA HAHN
TRAVEL MANAGER

linda@thecentercville.org
434.220.9736

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

Personal travel needs? Contact Linda for help!

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

DAY TRIPS

LURAY CAVERNS

Thursday, July 24, 8:30 am–5:00 pm

Experience the natural beauty and rich history of the Shenandoah Valley, beginning with the largest caverns in Eastern America. Then visit the Car & Carriage Museum, home to a collection of vintage vehicles, and 19th-century farming community, Shenandoah Heritage Village. Members \$108; Guests \$135.

SMITH MOUNTAIN LAKE

Tuesday, August 5, 9:00 am–4:30 pm

Called the “Jewel of the Blue Ridge Mountains,” scenic Smith Mountain Lake boasts 500 acres of shoreline in Bedford County. Board The Virginia Dare, a 19th-century side-wheeler, for a two-hour charter cruise, including lunch with an all-you-can-eat build-your-own taco bar and sweet tea. Members \$144; Guests \$174.



THE PENTAGON

August 2025

The Pentagon is the headquarters of the Department of Defense in Washington, D.C. Explore 1.5 miles of displays and memorials with tour guides, all of whom are active U.S. military service members. Lunch is on your own at The Pentagon City Mall. Due to security required for tour clearance, the exact date and time of this trip will be announced once all attendees have been approved for security. Members \$98; Guests \$133.

THE SOUND OF MUSIC AT RIVERSIDE CENTER

Wednesday, September 10, 9:30 am–6:30 pm

Rodgers & Hammerstein’s final collaboration has become one of the world’s most beloved musicals. Featuring a trove of cherished songs, it is the inspirational story of governess Maria and the von Trapp family, bringing music and joy to the household as the forces of Nazism take hold of Austria. Members \$185; Guests \$225.

GREEN BANK OBSERVATORY

Thursday, September 11, 8:30 am–6:00 pm

Take a captivating journey into the realm of radio astronomy with a beautiful background of fall leaves. Guided tour includes science demonstrations, a short film, a bus tour for close-up views of incredible instruments, and the science center and exhibit hall. Lunch is on your own at the onsite Starlight Café. Members \$112; Guests \$147.

NATIONAL ZOOLOGICAL PARK

Tuesday, September 16, 9:00 am–6:00 pm

The Smithsonian’s National Zoo in Washington, D.C., is home to more than 2,200 animals, including giant pandas Bao Li and Qing Boa, Komodo dragons, elephants, sloth bears, sea lions, and more. Get a front-row seat to watch keepers working with animals in demonstrations. Lunch on your own at a variety of dining locations. Members \$96; Guests \$126.



TANGIER ISLAND

Wednesday, September 24, 6:30 am–7:30 pm

Tangier, a small low-lying island on Chesapeake Bay, is home to a community of watermen and women whose ancestry dates to colonial times. Travel on a relaxing boat ride to the island, tour it by golf cart (\$5 fee not included), learn its history at the museum, and enjoy lunch on your own at Lorraine’s Seafood Restaurant. Members \$164; Guests \$194.

THE HOMESTEAD TOUR AND TEA

Tuesday, October 7, 8:30 am–6:30 pm

America’s first resort—a blend of colonial charm and modern luxury in Hot Springs, VA—has been delighting visitors for over 250 years. Take a historical tour through elegant Georgian-style architecture and indulge in a refined high tea experience. Members \$185; Guests \$220.

SMITHSONIAN ON YOUR OWN

Wednesday, November 19, 8:00 am–6:00 pm

Washington D.C. is home to the world’s largest museum, education, and research complex, putting 21 museums and 14 education and research centers at your fingertips! Some museums require advance ticket reservations. Lunch is on your own. Members \$97; Guests \$132.

GETAWAYS

FROM THE ROCKIES TO THE RED ROCKS

September 22–28, 2025

Travel Manager Linda Hahn leads a trip through Colorado’s rugged Rocky Mountains and Utah’s colorful National Parks. Two days aboard the famed Rocky Mountaineer provide mesmerizing views of the Rocky Mountain National Park, the multi-hued canyons of Zion and Bryce, and the unique features of Arches. Trip includes round trip transfers, airfare, 12 meals, and hotel accommodations.

CANADA AND NEW ENGLAND CRUISE WITH ROYAL CARIBBEAN INTERNATIONAL

October 16–25, 2025

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

NEW YORK, NEW YORK

December 8–11, 2025

Pack your bags to explore the Big Apple in all its winter glory, with a stay at the luxurious 4-star Hotel Riu Manhattan Times Square. Enjoy world-class entertainment and iconic sightseeing experiences, including an elegant dinner cruise on the Hudson, the 9/11 Memorial and Museum, a Broadway show, Rockefeller Plaza, the Christmas Spectacular at Radio City Music Hall, and more.

THE GREENBRIER FOR THE HOLIDAYS

December 14–16, 2025

This world-class resort, set among West Virginia’s Allegheny Mountains, has been welcoming guests since 1778. Featuring spectacular holiday displays, an array of seasonal programming, and countless restaurants and bars in which to toast the season, there’s no better place to exchange warm wishes. Trip includes a two-night stay in a superior room with breakfast buffet, afternoon tea, Interior History Walking Tour, President’s Cottage Museum, and more.

LONDON TO LIVERPOOL ON THE BEATLES TOUR

March 11–19, 2026

Follow the early musical journey of the Fab Four from iconic London sights like Abbey Road and Savile Row to Liverpool’s famous landmarks: Hard Day’s Night Hotel, the lads’ early homes, Strawberry Fields Exhibition and Gardens, Penny Lane, The Beatles Museum on Mathew Street, The Cavern Club, and The Casbah Coffee Club (including a concert!). Tour includes round trip bus transportation and airfare, daily breakfast, one lunch, and three dinners.



PODSTRANA, CROATIA

May 8–16, 2026 or
May 15–23 2026

Embark on a journey to Podstrana, a coastal city with a rich cultural heritage and landscapes that are truly amazing: mountain peaks and southern slopes overlooking crystal clear sea with beautiful beaches. Sightseeing includes trips to Split, Krka National Park, Mostar in southern Bosnia and Herzegovina, and much more. Trip includes airfare and round trip transfers, all meals, and day trips.

PRESENTATIONS

TRAVEL CHAT WITH LINDA

2nd Tuesday each month, 10:00–10:30 am

Thinking about a family trip or an exciting getaway for yourself? Maybe you’d like to know more about all of the wonderful trips on offer at The Center. Linda Hahn, seasoned jetsetter and travel agent, leads an informal monthly discussion in the Atrium.

Center Field: Email Survey Coming Soon

Board Seeks Feedback on Possible Use for Outdoor Space

As many of you know, The Center at Belvedere has considered someday building a second structure in the field adjacent to the parking lot, an extension that would support growing demand for programming space. As that is likely a decade or so in the future, the Board of Directors is considering how we might use that space in the interim.

Since whatever goes in this area will likely be demolished for the second building down the road, the Board is only considering fairly low-cost options that can be funded in a way that will not impact fundraising for other Center programs. A committee of Center members has come up with a few ideas for optimizing the space. These are described in a survey to be emailed to members in early July. Please keep an eye out for this opportunity to provide your feedback! ■



MANY THANKS TO THESE 1180 SOCIETY MEMBERS!
(April 1-May 31, 2025)

Anonymous (2)

Bearing Insurance

Branchlands Independent & Assisted Living

Carolyn & Joseph Warden

Charlottesville Track Club

Elly & Bill Tucker

Emmanuel Episcopal Church

Hantzmon Wiebel LLP

Heartland Hospice

Jim & Betsy Greene

Judi McGarvey

Martha & George Truxel

Mary "Kiwi" & Landon Hilliard

Our Lady of Peace

RoseWood Village

Top Notch Computers & Technology Services



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Branchlands Independent & Assisted Living

The Colonnades

Craig Builders

Gelbman Law PLLC

Hanckel-Citizens Insurance

Hospice of the Piedmont

Medical Facilities of America

Panorama Natural Burial

RoseWood Village

Assisted Living & Memory Care

SKV Group

Top Notch Computers & Technology Services

UnitedHealthcare

UVA Encompass Health Rehabilitation Hospital

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

Did you know you can leave a legacy ... without leaving it all?

You don't have to leave your entire estate to become a legacy donor at The Center.

In a recent conversation, a Center member was surprised to learn that she could support The Center with an estate gift. Intending to leave the majority of her estate to her family, she had assumed joining the Robey Legacy Society wasn't an option.

The truth is that including The Center in your will can be as simple as designating a specific dollar amount, a percentage, or a remainder of your estate after you've provided for your loved ones. You can even name The Center as a beneficiary of a retirement plan or life insurance policy. No gift is too small. Every legacy makes a lasting impact by supporting our community's healthy aging resource.

The Robey Legacy Society honors individuals who have made the heartfelt decision to include The Center in their estate plans. Frances Jean Robey generously left her entire estate to The Center, making it possible for us to purchase the land and construct our first building on Hillsdale, which in turn helped fund our move to our current home in Belvedere. While her gift was extraordinary, legacy gifts of any size support older adults' ability to pursue their unique healthy aging goals.

Like Frances Jean, your legacy gift will help ensure that The Center remains a vital community resource for generations to come.

Unless otherwise designated, these gifts can help reduce the burden of our \$5.2 million building loan, which currently costs The Center \$500,000 annually in loan service payments. Imagine what could be accomplished—more programs, more access, more innovation—without the loan.

Legacy gifts are deeply personal, and we are profoundly grateful for each and every one. If you're thinking about how your appreciation for The Center and support for older adults can live on, The Center would be honored to be part of your legacy no matter the amount. While we love to recognize and thank members of the Robey Legacy Society, we also fully respect those who wish to remain anonymous.

Becoming part of the Robey Legacy Society is a powerful way to carry your values forward. It's not about the size of your bequest—it's about your belief in healthy aging and your desire to support opportunities that enrich the lives of older adults for years to come.

If you'd like to learn more—or if you've already included The Center in your estate plans—please contact Philanthropy Director Lynn Divers at 434.220.9745 or lynn@thecentercville.org. We'd love to thank you and formally welcome you into the Robey Legacy Society. ■

In Case You Missed It ... Recent moves in fitness programs



Center members are getting stronger! Our fitness department just raised \$1,000 to purchase new, heavier weights so our equipment can keep up with your abilities and needs. There is also a new strength class on the way for those who want to train with heavier weights.

There have been a few summer shifts to classes and instructors. Pete Cross's class is now called Stretch and Strength with Pete—same great program, new name. Fit to Go has a new Saturday session available onsite and online, and it's included in your Center membership. Arthritis Exercise is currently being taught by Ruth Meyer and Primetime Fitness is off on Mondays for the summer with Carolyn Altenderfer teaching Tuesdays, Wednesdays, and Fridays, and Denise Pilgrim teaching on Thursdays.

Finally a huge shoutout to all the volunteers who support fitness programs, whether it is monitoring equipment or doing laundry. If you have time to give to the fitness department, reach out to Fitness Manager Jane Saltzman at jane@thecentercville.org. ■



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Maintaining Our Exemplary Environmentalism Record

As a founding member of Charlottesville’s Green Business Alliance, The Center at Belvedere maintains a close relationship with the Community Climate Collaborative (C3). Operations Manager Trevor Saunders works hard to keep our state-of-the-art building’s energy use as efficient as possible, ensuring a healthy environment for visitors and the community at large.

In 2019, The Center committed to reducing emissions by 30% by 2025. Our latest yearly report is in and The Center has decreased emissions by 64%—more than twice our goal! This is despite moving to Belvedere with a building over twice as large as our previous facility.

Solar power offsets over 75% of our building’s electricity, and between 2023 and 2024, natural gas usage decreased by 75%. Our Energy Star database score is currently estimated to be 97 out of 100—an almost perfect score!

This work, and that of our fellow organizations and businesses in the GBA, adds up! C3 reports that the power grid in Virginia has decreased in carbon intensity by about 18%.

Investing in a high-performance facility and managing it well has helped our planet, our visitors, and our bottom line. If you would like to support this crucial eco-friendly maintenance, speak to Philanthropy Director Lynn Divers about ways your contribution could help with the incredible investment in our exemplary facility. ■



First Annual Holiday Crafts Fair

Saturday, November 1, 2025, 10:00 am–5:00 pm

Vendor applications are now open!
You must be over 18 and a resident of the greater
Charlottesville region.
Apply at thecentercity.org by August 31.

The Center at Belvedere
540 Belvedere Boulevard
Charlottesville, VA 22901

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Brain Care *continued from page 1*

sible to you, whether that’s adding a few servings of vegetables to your weekly diet or managing your blood pressure.

How valid is the BCS? A UK study to test it found that a 5-point increase in BCS correlated with a 27% lower risk of late-life depression, stroke, and dementia. It is particularly encouraging that even people who have a genetic risk for these conditions can achieve positive results—improving their BCS score can offset their increased risks.

Dr. Kevin Sheth, director of the Center for Brain and Mind Health at Yale University, said researchers were actually surprised at the power of the BCS as a tool. “To have an effect on that order of magnitude is quite large,” he says.

So, the opportunity is there for you to take better care of your brain. And it’s not complicated. You can improve your long-term brain health and well-being simply by making small, incremental changes to your daily habits.

As BCS creator Rosand says, “Each of us can find ways to improve our Brain Care Score over time. The key is deciding that you really don’t want to develop dementia or stroke and are eager to do something about it.”

To determine your Brain Care Score, simply fill out the questionnaire on the McCance Center webpage: massgeneral.org/neurology/mccance-center/about/brain-care-score. ■



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