

A Summer of Music

From blues to Baroque, there is something for everyone to enjoy.

IS THERE ANYONE WHO DOESN'T LIKE MUSIC? We're not talking about an aversion to specific genres—from easy listening to electronic and country to classical, each has its enthusiasts and its critics ("Paddle faster, I hear banjos!"). But music is universal and essential, a fundamental part of the human experience. And be-



Stephanie Nakasian performing with the Eric Franzen Trio at Thursdays Around 5 in May.

yond its entertainment value, music provides proven physical and mental health benefits. Listening to music can relax your mind, energize your body, and help manage pain. Learning to play an instrument can help raise IQs and even keep us sharp in old age.

Doctors who study the effects of music note that it stimulates the brain in a way that few other things do. "If you want to keep your brain engaged throughout the aging process," says one Johns Hopkins physician, "listening

see MUSIC on page 8



Art on Fire

Conceived as a partnership with the County of Albemarle and the Albemarle County Service Authority, the Art On Fire project creatively reimagines Albemarle community fire hydrants as a canvas for mini murals. After the 2019 pilot

phase, the Bridge Progressive Arts Initiative and the Charlottesville Mural Project were added as collaborators. They coordinate the

see ART on page 2

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- More!



Introducing Evening Hours!

New hours on Tuesday and Thursday make it convenient for more people to enjoy programs.

BEFORE THE PANDEMIC UPENDED OUR PLANNED OPENING IN APRIL 2020, The Center at Belvedere was slated to operate seven days a week, with evening hours Monday through Thursday and dozens of additional programs. It's going to take a while to work our way back to that original plan, but we are thrilled to take a first step with expanded hours on Tuesdays and Thursdays beginning July 6, when we will be open until 8:00 pm. Anyone who can't take advantage of The Center during the day will be able to come and enjoy events and programs after the work or school day is done.

Along with live music and food trucks, community members can look forward to fitness, art, and lifelong learning programs that are open to all—perfect for bringing friends to share the fun or for individuals to pursue their own interests. Our program staff is busy creating a full schedule of evening offerings, so keep an eye on the weekly e-news and the website for new additions. In the meantime, a few highlights:

Boot Camp | 6:00–7:00 pm every Tuesday

African American Authors Book Club | 6:00–7:30 pm, 2nd Thursday of each month

Medicare 101 | 6:00–7:00 pm on July 13 and August 10

Card Making | 6:00–8:00 pm on July 13

Slowing the Major Aging Mechanisms | 6:00–7:00 pm on July 15

Paint Party | 5:00–8:00 pm July 15 and August 12

Long-term Care Insurance | 6:00–7:00 pm on July 20

Investing for Long-term Success | 7:00–8:00 pm on August 24 & 26 (two-part series)

Find descriptions in the program notes that start on page 3!

New Faces Around The Center

A warm welcome to recent additions to the team

PART OF NAVIGATING OUR WAY TO A FULLY OPERATIONAL CENTER AT BELVEDERE, TO THE VISION WE HAD prior to the pandemic, entails filling positions that have gone unfilled for over a year but are necessary for supporting the growing membership, expanded programming, enhanced partnerships, and added space of The Center at Belvedere.



Kay Jenkins

In May we welcomed **Kay Jenkins** to the Center as an enthusiastic Program Coordinator. Originally from Georgia, Kay has lived in Charlottesville on and off for nine years. She left in 2010 to go into the Peace Corps and served in Albania, but returned here and considers it home sweet home. In her free time, she enjoys hiking, lunch with friends, seeing movies at the theater, and reading British mystery novels.

What drew her to The Center? "If someone asked me what my idea of a perfect job would be, I would tell them I want to be around thriving seniors, work in a learning environment, and have a role in program coordination. I think my dream just came true!"

KevReyl Wells has recently come on board as Membership Coordinator. Read about her on the following page, where she has a message for Center members!



Trevor Saunders

Another new face is **Trevor Saunders**, who joined the team as Facility Manager when Vincent Walker moved to DC. Born and raised in Nelson County, Trevor is a lover of all things outdoors—including grilling, which he does year-round. Other outdoor pursuits include camping, fishing, kayaking, and hiking. Trevor also enjoys watching and playing sports and riding motorcycles. And if you're lucky, you may catch him singing.

What drew this Ferrum College grad to The Center? "I love that The Center promotes lifelong learning," he says. "I believe that in life we should constantly be watering our garden with knowledge and learning new things." He is excited to be part of the impact the organization makes on our community.

And if you have not met **Lynn Divers**, Philanthropy Assistant Director, please say hello and introduce yourself when you see her around The Center. Lynn comes to us with more than two decades of nonprofit experience, most recently as Senior Philanthropy Manager at the Center for Nonprofit Excel-



Lynn Divers

see WELCOME on page 2



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

Hours

Monday, Wednesday, Friday 8:30am-4pm
Tuesday & Thursday 8:30am-8 pm
Greenberry's: Monday-Friday 7am-2pm

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 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.

The Center welcomes everyone regardless of race, color, religion, gender, sexual orientation, gender identy, national origin, age, physical or mental disability, marital status, or any other basis prohibited by law. Its focus is on serving community members aged 50 and up, with healthy aging opportunities available for all adults.

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

Membership

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

BOARD OF DIRECTORS

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- Eileen Barber

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Emily Evans

Lynn Divers

Corey Fanning

Linda Hahn

Bobbi Hughes

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- Marketing Coordinator

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Program Coordinator

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Executive Director

Fitness Coordinator

Membership Coordinator



MEMBERSHIP

KEVREYL WELLS
MEMBERSHIP COORDINATOR
434.974.7756 • kevreyl@thecentercville.org

Dear Center Community,

It is both a pleasure and an honor to introduce myself as your new Membership Coordinator here at The Center. Over the past few weeks, I have had the wonderful opportunity to work with my predecessor, Judy Gardner, in preparation for this role. Though we all are saddened to see Judy leave, I am incredibly thankful for the knowledge, contributions, and great support she leaves with us.

My intention is to continue providing the same level of remarkable service that Judy has faithfully provided over the past years. I am extremely excited to be joining a mission such as The Center’s—one of promoting healthy aging and positively impacting the community. As a Charlottesville native, it brings me genuine joy to be part of an organization designed, in many ways, to nurture the very hands, bodies, and minds of those who have helped build this blossoming community.

I have been blessed with the exciting opportunity to continue expanding and cultivating The Center’s membership community while maintaining the organization's core values. I believe if there is anything this recent pandemic has taught us, it is that we are more connected than we sometimes realize and that we are better when we do things together!

When I am not out encouraging local, thriving seniors to join The Center, I am most likely found at the park chasing down my energetic 6-year-old daughter Londyn, or in the kitchen preparing a large homemade meal for loved ones. With family, laughter, and self-growth being my most cherished aspects of life, I look forward to bringing these values in the door with me each day. And I look forward to meeting you!

Warmly,
KevReyl

.....
WELCOME NEW MEMBERS!

- Amy Richardson

James Richardson

Sid Robinson

Paul Seehaver

Susan Seehaver

Marjorie Sherburne
- Johanna Smethurst

Robert Smethurst

Shirley Smith

Rita Squillace

Paul Stams

Clara White
- Shelly White

Mary Ellen Williams

Richard Williams

Joan Winston

John Winston

If you joined between April 1 and May 31 and were not recognized here, please contact KevReyl.

New & Prospective Member Orientations are a fun way to learn more about what The Center has to offer. Contact KevReyl for upcoming dates and times.

WELCOME, cont. from page 1

lence. Before her career making friends and raising funds for worthwhile causes, she served as the original chaplain to the Fluvanna Correctional Center for Women.

A longtime Lake Monticello resident, Lynn is known around the area for her work helping to establish The Alyssa House. Named in memory of her ten-year-old daughter, The Alyssa House provides free housing and care to families of immunocompromised children receiving treatment at UVA Children’s Hospital.

“I was drawn to the mission of The Center because of something Alyssa taught me, really. During her cancer treatment, she modeled living the life before you to the fullest possible measure. You may not always like your circumstances, but you can still make your life matter. Becoming engaged in the world around you, learning, caring for yourself, caring for others—those are all things you can control. Now of age to join The Center myself, I know more intimately the value of being part of a community that says, ‘You matter, you are loved, you belong.’”

In her free time, Lynn teaches at the Wilson School of Dance, sharing her love of tap, jazz, and ballet with children and adults. When not dancing or raising money for causes she loves, Lynn cherishes spending time with her family, especially her surviving daughter, Lexie, now 16 and a rising senior at Fluvanna High School.

When you see a new faces around The Center, please say hello and introduce yourself! ■

ART, cont. from page 1

process in which designs are submitted and approved by community members, and handle logistics for the artists who paint the hydrants when their work is selected.

The work of two of these artists is showcased on fire hydrants at The Center at Belvedere. Lou Haney’s vibrant floral design adorns the hydrant on Belvedere Boulevard near our first driveway. The “honeycomb hydrant” in the garden space in front of the building is by Rayne MacPhee. We love the color and creativity these have added to our outdoor space. ■



programs

All programs are ON-SITE unless otherwise indicated.

Register online at thecentercville.org or call 434.974.7756.

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

SPECIAL EVENTS

THURSDAYS AROUND 5

Open to all; registration required

Enjoy live performances that showcase area musicians! Admission is \$10. Call Linda Hahn at 434.220.9736 or email linda@thecentercville.org to reserve your spot. Food trucks are often on site so you can enjoy dinner with the show.

Boxed Lunch

Thursday, July 8, 5:03–7:00 pm

This Charlottesville-based indie pop/rock band—known for high-energy live shows and amazing harmonies—features the songwriting duo of Justin Storer (drums/vocals) and Joel Streeter (guitar/vocals), along with Emily Gardiner (vocals), Zack Beamer (bass/vocals), and Chad Page (lead guitar). Outside, weather permitting. Moe's Original BBQ Food Truck will be here too!

Three Wishes

Thursday, July 22, 5:04–7:00 pm

Joy Kuhar (vocals), Mike D'Antoni (guitar/vocals), and Dan Sebring (guitar/vocals) will delight you with their beautiful harmonies, serious guitar playing, and bad jokes.

Silas and Rob Frayser

Thursday, August 12, 5:02–7:00 pm

Silas Frayser is a singer-songwriter, guitarist, and producer who is Charlottesville based and Batesville raised. Silas has released multiple singles on Spotify and iTunes. His father, Rob, joins him on vocals and mandolin. (You may have heard Rob with his own band, Second Draw.) Also on site: Firefly Food Truck!

JRB Band

Thursday, August 26, 5:03–7:00 pm

Jim Richardson (guitar/vocals), Jerry Kelly (guitar/banjo/vocals), and Bryan McKenzie (bass/vocals) play a bluesy blend of subdued subversive folk-influenced Americana rock with originals that pay homage to The Byrds, Bob Dylan, and Warren Zevon. Grab dinner or snacks from the Bavarian Chef Food Truck!

CVILLE BAND & ENSEMBLES

Free and open to all

We are pleased to provide a venue for several performances this summer by Cville Band (formerly the Municipal Band!) and its ensembles.

Saxophone Quartet

Thursday, July 15, 7:00–8:00 pm

A variety of modern, jazz, and popular music.

French Horn Ensemble

Thursday, July 15, 7:00–8:00 pm

German waltzes and marches, folk tunes, jazz, show tunes, and more!

Cville Band Concert

Tuesday, August 3, 7:30 pm

Favorites from a variety of American genres.

Dixieland Band

Thursday, August 5, 7:00–8:00 pm

Brass Quintet

Thursday, August 19, 7:00–8:00 pm

A repertoire that ranges from Baroque and classical transcriptions and arrangements to modern jazz and popular songs.

BIRDS OF PREY LIVE DEMONSTRATION

Open to all; registration required

Wednesday, July 14, 9:30–10:30 am

Earthquest provides education and wonder beyond the bars of a zoo! Join us on the back lawn to see a variety of certified non-releasable birds of prey exhibit natural behaviors and fly at their own will. Learn about the special features of each species and how we can live cooperatively with them.

ARTS

MONOTYPE & BLOCK PRINTMAKING

Open to all; registration required

Tuesdays, July 6–27 (4 weeks), 10:00 am–12:00 pm

Two simple methods of printmaking that are easy to learn and fun to do. Monotypes are fast and involve lots of play and experimentation. Block prints entail a slower, more meditative process. One soft, one crisp, both gorgeous. Artist Ann Cheeks is the instructor. Prime members free; Standard members and Guests \$40. Materials fee \$20 for all, payable to instructor at time of class.



PAINTING LANDSCAPES/SEASCAPES WITH OIL FOR BEGINNERS

Open to all; registration required

Tuesdays, July 6–August 24 (8 weeks), 2:00–4:00 pm

Working from photographs (your own or ones provided) you will set up your palette, learn to mix color, simplify shape, and create the illusion of depth while discovering the luscious feel of oil paint. The use of odorless mineral spirits eliminates the harmful agents typically associated with oil painting. Award-winning artist Ann Cheeks is the instructor. Prime members free; Standard members and Guests \$80. Materials fee is \$30 for all, payable to instructor at the first class.

WATERCOLOR TECHNIQUES – all levels with Jane Skafté (online)

Open to all; registration required

Thursdays, July 8–July 29 (four weeks), 11:00 am–12:30 pm

Learn a variety of watercolor techniques while using related drawing mediums. Work from a variety of photographic subjects—still life, landscape, and urban scenes—with discussions of color theory and watercolor masterworks offering inspiration. Prime members free; Standard members and Guests \$45.

WET FELT A BOWL/VASE

Open to all; registration required

Friday, July 9, 12:00–4:00 pm

Learn the basic techniques of creating a dimensional object in this introduction to wet felting. Create a bowl or vase to hold treasures or use as an attractive accent piece. Please bring two bath towels—an apron is also recommended—for some good, clean fun. Prime members free; Standard members and Guests \$20. Materials fee is \$10 for all, payable to instructor at time of class

PAINT PARTY

Open to all; registration required

Thursday, July 15 & Thursday, August 12 5:00–8:00 pm

Take one class or both! Artist Tamara Murray walks you through a step-by-step painting lesson that helps you learn to differentiate between positive and negative space, practice mixing colors, and sharpen your manual dexterity. You'll leave with new skills and their own masterpiece! All materials included. Prime members \$15 per class; Standard members and Guests \$30 per class.

LEATHER, BEADS, AND WIRE—OH, MY!

Open to all; registration required

Tuesday, July 20, 10:00 am–12:30 pm

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

CARD MAKING

Open to all; registration required

Tuesday, July 13, 6:00–8:00 pm

Join Center member Sherry Sinard to make three floral die-cut cards. Prime members free; Standard members and Guests \$10. Materials fee is \$10, payable to instructor at time of class.

FELTING A CAT CAVE

Open to all; registration required

Friday, August 20, 11:00 am–4:00 pm

Do you have a furry friend that would love a cozy hideaway? Donna Markey will show you how to wet felt a cat cave. Previous wet felting experience, either in one of Donna's wet felting classes or elsewhere, is required. Prime members free; Standard members and Guests \$30. Materials fee TBD.

LIFELONG LEARNING

THE GOOD LIFE SERIES

Free and open to all

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

Helpful information for all seniors!

Tuesday, July 6

Join a representative from Simple Comforts for information on the latest medical equipment available to help you age in place more confidently and comfortably.

Tuesday, August 3

John O'Connor with Monticello Reverse Mortgage will discuss options available to seniors for freeing up the equity in their homes to provide liquidity during retirement. He will also provide information about using a reverse mortgage to purchase a new home if the need arises.

PROGRAMS continue on page 6

**Cville
BAND**

MONDAY	TUESDAY	WEDNESDAY
8:45 Tai Chi \$ 9:00 <i>Hiking</i> 9:45 PRIMETIME FITNESS \$ 10:00 <i>Writing for Healing & Growth</i> \$ Sew & Sews Getting Better at Bridge 10:30 <i>Chair Yoga</i> 11:00 Poker 11:45 BALANCE & STABILIZATION \$ 1:00 Mah-Jongg (Chinese) <i>Ageless Grace</i> \$ English Country Dance	9:15 PRIMETIME FITNESS \$ 10:30 ARTHRITIS EXERCISE \$ 10:45 Second Wind Band 11:45 Stretch for Balance & Strength \$ 12:30 Party Bridge 1:00 <i>Beginning Spanish</i> 1:15 Round Dance Lessons (will not meet 8/10) 2:00 Chair Yoga 2:10 <i>Intermediate Spanish</i> 3:20 <i>Advanced Spanish</i> 3:30 MOVE TO THE RHYTHM DANCE PARTY \$	8:30 Tai Chi \$ 9:00 <i>Hiking</i> 9:15 Primetime Fitness 9:30 Crafty Ladies Mexican Train Do 9:45 Tone & Groove \$ 11:00 SENIOR FITNESS Poker 12:00 Tops Canasta 1:00 <i>Ageless Grace</i> \$ American Mah-Jo 2:00 Square Dance Le 2:30 Ping Pong 3:00 Knit-Wits

July

5 Center Closed	6 10:00 Monotype & Block Print Making \$ Try It Out Tuesday 11:00 Good Life Series 2:00 Oil Painting for Beginners \$ 3:00 Beginners Guitar Lessons 5:00 Beginners Line Dance 6:00 Boot Camp \$, Imp./Int. Line Dance 7:00 Adopt a More Active Lifestyle	7 9:30 Kingfishers 10:00 <i>Landscape/Wild</i> 11:00 Book Group
12 1:00 Senior Council Piedmont Pastelists 3:00 Advanced Guitar Lessons (cont'd)	13 10:00 Monotype & Block Print Making \$ (cont'd) Money & You 2:00 Oil Painting for Beginners \$ (cont'd) <i>Meditation</i> 3:00 Beginners Guitar Lessons (cont'd) 5:00 Beginners Line Dance 6:00 Boot Camp \$, Medicare 101, Imp./Int. Line Dance Die Cut Cards \$	14 9:30 Birds of Prey 10:00 <i>Landscape/Wild</i> 11:00 Slowing Aging M
19 2:00 Bunko 3:00 Advanced Guitar Lessons (cont'd)	20 10:00 Monotype & Block Print Making \$ (cont'd) Leather, Beads, & Wire \$ Elder Law 2:00 Oil Painting for Beginners \$ (cont'd) 3:00 Beginners Guitar Lessons (cont'd) 5:00 Beginners Line Dance 6:00 Boot Camp \$, Long Term Care, Imp./Int. Line Dance	21 10:00 New & Prospecti Hearing Health <i>Landscape/Wild</i>
26 3:00 Advanced Guitar Lessons (cont'd)	27 10:00 Monotype & Block Print Making \$ (last class) Long Term Care Q&A (by appt.) 2:00 Oil Painting for Beginners \$ (cont'd) <i>Meditation</i> 3:00 Beginner Guitar Lessons (cont'd) 5:00 Beginners Line Dance 6:00 Boot Camp \$, Imp./Int. Line Dance	28

August

2 1:00 Senior Council 2:00 Bunko 3:00 Advanced Guitar Lessons (last class)	3 11:00 Good Life Series 2:00 Oil Painting for Beginners \$ (cont'd) Faberge: Imperial Jeweler to the Czars 5:00 Beginners Line Dance 6:00 Boot Camp \$, Imp./Int. Line Dance 7:00 Adopt a More Active Lifestyle 7:30 Cville Band Concert	4 9:30 Kingfishers 11:00 Book Group
9 1:00 Piedmont Pastelists	10 10:00 Money & You 2:00 Oil Painting for Beginners \$ (cont'd) <i>Meditation</i> 5:00 Beginners Line Dance 6:00 Boot Camp \$ Medicare 101 Imp./Int. Line Dance	11 1:30 Senior Statesmen
16 2:00 Bunko	17 10:00 Elder Law 2:00 Oil Painting for Beginners \$ (cont'd) 5:00 Beginners Line Dance 6:00 Boot Camp \$ Imp./Int. Line Dance	18 10:00 New & Prospecti Hearing Health
23	24 10:00 Long Term Care Q&A (by appt.) 1:15 Round Dance 2:00 Oil Painting for Beginners \$ (final class) <i>Meditation</i> 5:00 Beginners Line Dance 6:00 Boot Camp \$, Imp./Int. Line Dance 7:00 Investing for Long-term Success (part 1)	25
30	31 5:00 Beginners Line Dance 6:00 Boot Camp \$ Imp./Int. Line Dance	

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

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www.thecentercville.org | 434.974.7756

THURSDAY		FRIDAY	
s \$ ominoes ngg essons	9:15 PRIMETIME FITNESS \$ 10:00 AA Meeting 10:30 <i>Chair Yoga</i> , First Wind Band, Tap Dance Lessons (Beg)\$ ARTHRITIS EXERCISE \$, Crafts DIY 11:30 Tap Dance Lessons (Int) \$ 11:45 BALANCE & STABILIZATION \$ 12:00 <i>NIA-Moving to Heal \$</i> , Unwind Yoga \$, Sheepshead 1:00 Apple/Mac Class, Woodcarvers 2:00 Backgammon Drumming Group 2:30 International Folk Dance 4:15 Fitness Room Orientation \$	8:30 Tai Chi \$ 9:15 PRIMETIME FITNESS \$ 9:30 Friday Art Group 9:45 Tone & Groove \$ 10:45 Flashbacks 11:00 <i>Friday Fitness</i> 12:00 Writing for Pleasure Beginners Line Dance 12:30 Chess 1:00 Euchre 1:30 Improvers/Int. Line Dance 2:00 Acoustic Jam Session 2:30 Bingo \$	
	1 10:30 Parkinsons Caregiver Support Group 3:00 Socrates Cafe	2 2:00 Oil Painting <i>(last class)</i>	
	8 11:00 <i>Watercolor Techniques \$ (cont'd)</i> 1:00 Move for Health 5:00 Moe's Food Truck 5:03 Thursdays Around 5 \$ 6:00 Camera Club Meeting African American Authors Book Club	9 12:00 Wet Felt a Bowl/Vase \$ 1:00 Intermediate Bridge Lessons \$	
<i>Life Photography (cont'd)</i>			
<i>Life Photography (cont'd)</i> Mechanisms	15 11:00 <i>Watercolor Techniques \$ (cont'd)</i> 3:00 Gas Efficiency Socrates Cafe 5:00 Paint Party \$ 6:00 Slowing Aging Mechanisms 7:00 Saxophone Quartet	16 11:00 Adopt a More Active Lifestyle	
ve Member Orientation <i>Life Photography (last class)</i>	22 11:00 <i>Watercolor Techniques \$ (cont'd)</i> 5:04 Thursdays Around 5 \$	23 1:00 Intermediate Bridge Lessons \$ 2:00 Ice Cream Social	
	29 11:00 <i>Watercolor Techniques \$ (final class)</i> 5:30 Cool Lane Jazz 7:00 French Horn Ensemble	30	
	5 10:30 Parkinsons Caregiver Support Group 3:00 Socrates Cafe 5:30 A Visit with Sojourner Truth 7:00 Dixieland Band	6 1:00 Intermediate Bridge Lessons \$	
	12 11:00 Tuscany & Portugal Travel Presentation 1:00 Move for Health 5:00 Paint Party \$ Firefly Food Truck 5:03 Thursdays Around 5 \$ 6:00 African American Authors Book Club Camera Club Meeting	13	
ve Member Orientation	19 3:00 Socrates Cafe 5:30 Harriet Tubman by Charmaine Crowell-White 7:00 Brass Quintet	20 11:00 Felt a Cat Cave \$ 1:00 Intermediate Bridge Lessons \$	
	26 5:00 Bavarian Chef Food Truck 5:03 Thursdays Around 5 \$ 7:00 Investing for Long Term Success (part 2)	27 2:00 Ice Cream Social	

BOOK DISCUSSION GROUP

Open to members

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. Free for members; first-time guests are always welcome. The book for **July 7** is *Greenlights* by Matthew McConaughey; selection for August 4 is *No Ordinary Time* by Doris Kearns Goodwin.

AFRICAN AMERICAN AUTHORS BOOK CLUB (AAABC) **NEW!**

Open to all

Thursday, July 8th, 6-7:30pm **Second Thursday of each month**

The AAABC has been reading books by African American or African authors since 1996. While selected books are by African American authors, the club members are racially and culturally diverse and join together each month to enjoy intellectual discussions and camaraderie. The book for July 8 is *The Death of Vivek Oji* by Akwaeke Emezi; selection for August 12 is *Saving Ruby King* by Catherine Adel West

MONEY AND YOU WITH JORGEN VIK

Free and open to all; registration required

Data Deluge

Tuesday, July 13, 10:00–11:30 am

We get inundated with numbers pertaining to our money. But which data points matter – how do you separate the wheat from the chaff? Jorgen Vik, Partner with SKV Group, LLC, will share thoughts on which data to consider when constructing your own portfolio.

International Investing

Tuesday, August 10, 10:00–11:30 am

U.S. stocks fared significantly better over the last ten years. Will this trend continue? Or reverse? And what types of investments may fit your portfolio if you wish to include overseas investments. Jorgen leads the discussion.

MEDICARE 101

Free and open to all; registration required

Tuesday, July 13 & Tuesday, August 10
6:00–7:00 pm

Medicare can be so confusing! If you are new to Medicare, or already belong but aren't sure you have registered for everything that you need, this is the session for you. If you have Medicare A & B or Medicare A&B with Full Medicaid (CCC+), then you may be eligible for additional benefits and this is for you, too. Sharon Accardo guides you through the process of doing what you can to take full advantage of available benefits.

CHARLOTTESVILLE GAS ENERGY EFFICIENCY PROGRAM *(online)*

Free and open to all; registration required

Thursday, July 15, 3:00–4:00 pm

Increasing home energy efficiency benefits the environment, reduces living expenses, and helps enhance home comfort. Learn how you and your home can gain from no-cost energy efficiency improvements with the Charlottesville Gas Energy Efficiency Program. This session explains both the requirements and process to qualify.

ELDER LAW WITH DORIS GELBMAN

Free and open to all; registration required

Estate Planning 201

Tuesday, July 20, 10:00–11:00 am

ALL NEW! More on wills and trusts. How to avoid probate and why you should. Under-

standing different kinds of trusts and why someone needs—or may not need—a trust.

Paying for Long Term Care - It Costs HOW Much?

Tuesday, August 17, 10:00–11:30 am

Many people have not considered how they will pay for care when they are no longer able to fully take care of themselves. Whether it's in your home, in assisted living, or in nursing care, learn what care costs and how you might pay for it.

LONG TERM CARE INSURANCE

Free and open to all; registration required

Tuesday, July 20, 6:00–7:00 pm

Join Tracy M. Meade, CLTC, for a discussion about the benefits of long-term care insurance partnership policies. Learn about asset protection from Medicaid recovery, federal “tax-qualified” benefits, “grandfathered” policies, and more.

FABERGE: IMPERIAL JEWELER TO THE CZARS

Free open to all; registration required

Tuesday, August 3, 2:00–3:30 pm



From 1885–1917, Russian jeweler Carl Fabergé made 50 large Easter Eggs for the Russian Royal family. Opulent and highly personal, they are among the world's most valuable treasures. As a Master Docent at the Houston Museum of Natural Science, Center member

Karen Oganowski regularly interpreted one of the largest Fabergé collections in the U.S. Join her to learn about the inspiration behind these treasures and why they are so prized.

INVESTING FOR LONG-TERM SUCCESS

Free and open to all; registration required

Tuesday, August 24 & Thursday, August 26, 7:00–8:00 pm, (two-part series)

How have the economy and markets been impacted over the past year? What can we expect in the future? Learn how you can invest for the long-term through both stable and turbulent market environments. Join Rodney Sullivan, Executive Director of the Richard A. Mayo Center for Asset Management at the University of Virginia Darden Graduate School of Business.

PHYSICAL WELLBEING

BOOT CAMP **NEW!**

Open to all; registration required

Tuesdays, beginning July 6, 6:00–7:00 pm

Join Alex Waltrip for an intense group workout that combines both cardio and strength/resistance training to tone and tighten from head-to-toe. Although physically demanding, participants of all fitness levels work together to achieve the results they deserve using well-researched methods like calisthenics and plyometrics. Prime Members free; Standard members and Guests \$30/month.

SLOWING MAJOR AGING MECHANISMS

Free and open to all; registration required

Wednesday, July 14, 11:00am–12:00 pm
OR Thursday, July 15, 6:00–7:00 pm

Physician Eduardo Castro will describe the major mechanisms underlying aging, and how to improve cellular energy production and cellular repair. Dr. Castro graduated from Dartmouth Medical School and did his residency training at the University of Virginia Hospitals. He has been practicing holistic medicine for over 25 years.

HEARING HEALTH WITH EVOLUTION HEARING *(on-site and online)*

Free and open to all; register for on-site

Comparing Apples to Oranges in Hearing Aids
Wednesday, July 21, 10:00–11:00 am

The hearing aid world is confusing. Top of the line, middle level technology, \$7000, \$595 ... how do you know what to do? Audiologist Dr. Kristin Koch provides information about the hearing aids that are available now, how much you need or should spend, what you get for your money, and why it matters to you and your hearing.

How to Clean & Maintain Your Hearing Aids

Wednesday, August 18, 10:00–11:00 am

Learn quick tips and tricks to keep your hearing aids in top condition for optimal performance from audiologist Dr. Kristin Koch.

SOCIAL/RECREATIONAL

INTERMEDIATE BRIDGE LESSONS

Open to all; registration required

Fridays, July 9, 23, August 6, 20
1:00–2:00 pm

Join veteran bridge player and teacher Ken Marino for this series of 4 classes, intended for experienced players. Take one class or take them all. Free for Prime and Standard members; Guests \$10 per class.

July 9: Advanced Stayman Plus

July 23: Conventions I

August 6: Conventions II

August 20: The Squeeze Play

ICE CREAM SOCIALS!

Open to members

Friday, July 23 & August 27, 2:00–3:00 pm

Join your fellow members for ice cream with all the fixings! Weather permitting, each social will take place on the back terrace. Please register at thecentercville.org to ensure we don't run out of ice cream—because we don't want any screaming!



ROUND DANCE LESSONS

Open to all; registration required

Tuesdays, 8-week series begins August 31, 1:15–3:15 pm

Round Dancing is choreographed ballroom dancing in which, like square dancing, the dance sequence is called or cued. Dancers learn figures and all couples execute the same steps in a circle. Dance the Waltz, Foxtrot, Cha Cha, Jive, Two-step, and more to music in various genres with instructors Eileen Rudert and Chip Hopper. Prime members free; Standard members and Guests \$80.

WE REMEMBER

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

Ann Angle	Walter Lindenmann
Diann Bailey	Betty Michem
Dorothy Grabman	Peter Paulson
Jack Hirsch	Grace Payne
Virgil Hochstetler	Charles Smith
Sara Hoehn	Ronald Tydings
Douglas Hudson	Alison W. Waterman
Bruce Keith	Janet Wood
Ruth Latter	Frances Young
F. Richard Lentzsch	



All trips are open to the public of all ages. For more details or to book a trip, call or email the travel office. Planning your own trip? We also offer personal travel services!

Travel Office Hours: Monday–Friday 9am–1pm

Contact: Linda Hahn, Travel Coordinator
434.974.6538 | linda@thecentercville.org

DAY TRIPS

RIVERSIDE CENTER - GRUMPY OLD MEN
Wednesday, July 21

Based on the 1993 film starring Jack Lemmon, Walter Matthau, and Ann-Margaret, this stage adaption features crotchety characters, hilarious shenanigans, and great songs. Lunch is included.

SMITH MOUNTAIN LAKE
Thursday, September 23

Board *The Virginia Dare*, a 19th-century side-wheeler for a narrated two-hour charter cruise on the lake called the “Jewel of the Blue Ridge Mountains.” Buffet lunch is included.

RIVERSIDE CENTER - BRIGHT STAR
Wednesday, October 6

Inspired by a real event and featuring the blue-grass-tinged, Grammy-nominated score by Steve Martin and Edie Brickell, Broadway’s *Bright Star* is a tale of love and redemption set against the rich backdrop of the American South in the 1920s and ’40s. Lunch is included.

VIRGINIA MUSEUM OF FINE ARTS - "FINE ARTS AND FLOWERS"
Thursday, October 21

Enjoy a spectacular museum-wide exhibition of 80 floral designs inspired by works in the VMFA collection. Lunch is on your own at the museum.

NATIONAL D-DAY MEMORIAL - BEDFORD
Thursday, October 28

Visit website for details or call the Travel Office.

RIVERSIDE CENTER - MEET ME IN ST. LOUIS
Thursday, November 11

Based on the heartwarming film starring Judy Garland, this is a delightful portrait of a turn-of-the-century American family. Memorable musical numbers include *Have Yourself a Merry Little Christmas* and *The Trolley Song*.

GETAWAYS

GATLINBURG, TENNESSEE
September 12–17, 2021

Gatlinburg is the gateway to the Great Smoky Mountains! Trip includes roundtrip transportation, all meals, and entrance fees for day trips to Great Smoky Mountains National Park, Museum of the Cherokee, Dollywood, and more!

WILLIAMSBURG

December 6–7, 2021

Enjoy a night at the Griffin Hotel in the historic district with time to stroll, dine (on your own), and shop. Stops at Williamsburg Pottery on the way and Williamsburg Premium on the return offer great shopping. Outlets. Hotel breakfast is included.

COSTA BRAVA, SPAIN
April 22–30, 2022

Costa Brava is a perfect location from which to explore the beauty and history of Spain. Lodging is at the Villa Vicentra, ideally situated for a 10-minute walk to the beach, shops, and restaurants. Includes roundtrip transfers and air, all meals, gratuities, and five day trips.

PORTUGAL
May 20–28, 2022

Experience the beautiful Minho region in northern Portugal, just 35 minutes from Porto. Accommodations are at the Casa de Vilela, a magnificent 18th-century manor house. Includes roundtrip transfers and air, meals, gratuities, and 6 day trips.

ALASKA AND THE YUKON
August 6–17, 2022

Enjoy a dream Alaska vacation! Travel from Anchorage to Denali National Park and Fairbanks before heading into the Yukon to travel through the land of the gold rush. In Skagway, you’ll board Holland America Line’s *Zuiderdam* and sail to Glacier Bay and Ketchikan. A cruise through the inside passage ends in Vancouver, BC. Valid passport required and travel protection is recommended.

TUSCANY
Choose from three departure dates in September and October

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

PRESENTATION

PORTUGAL & TUSCANY
Free and open to all
Thursday, August 12, 11:00 am–12:00 pm

Are you getting the itch to travel? The Center has some amazing European destinations planned for 2022. Join Rich Lambert for a presentation on upcoming trips to Portugal and Tuscany.

MANY THANKS TO THESE 1180 SOCIETY MEMBERS!
(April 1–May 31, 2021)

Mary & Mark Brown
Jeannie & Harry Burn
Patti Cary & Todd Stansbury
Richard DeMong
Betty Dinwiddie
Nancy Hunt
Cathy & Jeep Newman
Linda Verhagen
Arline Zaborowski & David Whitcomb

DONATIONS MADE IN HONOR OF
(April 1–May 31, 2021)

Judy Gardner
by: Sunny Choi & John Chandler

Enid Krieger
by: Liz Hacking

Helen Ida Moyer
by: Diane Bisgaier

DONATIONS MADE IN MEMORY OF
(April 1–May 31, 2021)

Bruce Keith
by: Betsy Bean
Peter M. Thompson

Jennie Sue Minor
by: Lynne Brewer

Peter Paulson
by: Phil & Linda Johnson
Kimberly Hammond
Ken & Judy La Fleur
Stacy Erickson
Dr. Sharon Hostler
Mr. & Mrs. John Townsend

Mary Elizabeth Sihler
by: Hildrene DeGood
Steve & Carol Krohn
Peter M. Thompson
Elizabeth Meiburg
Hal Davis
Liliana Perkowski
Jan & James Freeland
Susan & Harold Geisel
Katherine & Laurence Pettit

VOLUNTEERS NEEDED!

Recording Secretary for Board of Directors
Attend bi-monthly meetings at The Center to take minutes, transcribe and distribute them, and maintain copies for future meetings and archives. Time commitment is approximately 8 hours every other month. Board meetings are generally held the fourth Monday of every odd month from 4–6 p.m.

Substitute Volunteers
Want to volunteer but can't commit to a regular schedule? Consider being a substitute!

Interested? Contact Bobbi Hughes at bobbi@thecentercville.org or 434.220.9755.

COUNCIL NOTES
—Peggy Slez, Council President

Wondering about The Center Council? The Council is comprised of Center members who have been designated by active programs or groups to serve as their Council representative. Council has an advisory role in The Center's planning and the establishment of policies, general rules, regulations, and guidelines for The Center's operation. It also has a role in communicating the policies, plans, and decisions of the Board of Directors to membership and the concerns of membership to the Board. All program representatives

are automatically voting members of the Council and are encouraged to attend and share program insights, suggestions, and concerns.

Council meetings are generally held the first Monday of the month at 1:00 pm and are open to all members of The Center. Dates and agenda highlights for upcoming meetings are below.

- Monday, July 12** - "Strategic Planning, the How & Why" presentation by Rene Bond, a member of both the Council and the Board of Directors.
- Monday, August 2** - Presentation and update from Board member Deidra Massie on The Center's Equity Action Plan, a work-in-progress by the Racial Equity Special Committee.

500 Hours ... and Counting

Volunteers make it happen at The Center

The success of The Center has always depended upon our volunteers, whose contributions have been legion. And over the past year-plus, thanks to the tireless efforts of many dedicated people, we have been able to move to a new facility, enhance programming to include both on-site and online offerings, and continue serving our community—even during a pandemic. Without volunteers, it wouldn't have been possible.

We want to recognize 17 of these volunteers who, over the past 24 months, have gifted over 500* hours of service to The Center. In alphabetical order, these superstars are: **Janis Arave, Sandy Ballif, Betsy Bean, Betty Bollendorf, Helene Bradley, Mary DiGiulian, Bruce Garretson, Susan Goering, Judy Golden, Alma Haar, Marge Haugen, Paul Jacob, Ethel May Keys, Joanne Pearson, Barbara Rogers, Clay Sisk, and Peggy Slez.**

Thank you for staying the course through these crazy times! And thank you to ALL of our volunteers for contributing to a stronger, healthier community.

** Data is collected from our volunteer management database. So remember to share your volunteer hours, either electronically through MySeniorCenter kiosks in the Center's lobby or by emailing bobbi@thecentercville.org.*

Interested in volunteering? Visit the volunteer page of our website or contact Bobbi Hughes at bobbi@thecentercville.org or 434.220.9755.



Like many volunteers, Betsy Bean fills multiple roles.

The Center at Belvedere
540 Belvedere Boulevard
Charlottesville, VA 22901

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FIND YOUR CENTER

civic | community | cultural | fitness | social

Imagine Healthy Aging for ALL

Your gifts help make the vision a reality

Imagine what it would be like if everyone aged to the best of his or her potential—if all older adults had opportunities to sustain their health and independence, cultivate their social connections, and use their skills and talents to give back to the community? At The Center at Belvedere, we are working to make this vision a reality.

The Center creates opportunities for area older adults to pursue the activities science says we all need to age well—social connections, physical activity, lifelong learning, and leading a purposeful life. As a nonprofit, The Center relies on philanthropic gifts from individuals, businesses, and foundations to make healthy aging a reality for thousands of older adults.

There are many ways to financially support healthy aging and access to The Center's vital programs and resources including contributing funds to benefit:

Online Programming – Web-based healthy aging programming was initially established to meet the needs of our community during the Covid pandemic. However, there has always been a need to support our senior community with online resources, as many older adults are unable to attend programs in person due to transportation issues or care-giving responsibilities. Your gift to The Center benefits development and delivery of a robust cadre of online programs—over 30 each week—that help seniors maintain their fitness, build connections with others, and explore the world.

Scholarships – The ability to pay for a Center membership should never be a barrier to healthy aging. Last year, over 200 individuals received a free or discounted membership to The Center, providing a world of healthy aging opportunities. Philanthropic gifts make it possible for The Center to continue to meet 100% of scholarship requests.

Volunteering/Civic Involvement – Volunteering provides value to our community and a personal benefit to the older adults who engage in volunteering. The National Institute on Aging states that participating in meaningful activities, like volunteering, can improve longevity, improve mental health, and reduce the risk of dementia. Your gift to The Center helps expand volunteer opportunities for older adults and ultimately strengthens our community.

For over 60 years philanthropic gifts have enabled The Center to benefit generations of older adults to age well. Please consider supporting The Center today. If you have questions about how your gift can make a difference please contact philanthropy director Melanie Benjamin at 434.220.9744 or at melanie@thecentercville.org. ■

Art Exhibits at The Center

June/July

1st Floor Fred Nichols
2nd Floor Central Virginia Watercolor Guild

August/September

1st Floor Piedmont Pastelists
2nd Floor Randy Baskerville



Works by Randy Baskerville will be on display in August and September.

MUSIC, cont. from page 1



to or playing music is a great tool. It provides a total brain workout.”

With warm weather and the lifting of most pandemic restrictions, music at The Center is back in full swing. If it's live music you're after, the Thursdays Around 5 series and performances by Cville Band—formerly the Municipal Band of Charlottesville—and several of its ensembles offer lots of options (see page 3 for the lineup).

Want to be a player? The talented Mike D'antoni is offering group guitar lessons for beginners that are open to members; his session for advanced beginners is open to everyone. If classes were full when you tried to sign up, keep an eye out for additional sessions.

At press time, all three Center bands—First-Wind, Second-Wind, and The Flashbacks—were set to resume practicing in late June. The bands welcome new members and provide opportunities to easily join in, no matter what your level of ability. Getting started is easy—come watch a rehearsal, talk to members, or contact band director Greg Vaughn at 434.466.4503 or ggvaughn@comcast.net.

Want to be happier and healthier? Check out the music scene at The Center this summer. ■