



## **Piedmont Master Gardeners and The Center:** *Cross-pollination yields flourishing community partnership*

Did the colorful flags stuck in the ground around The Center's terrace during much of April and May pique your curiosity? Did you wonder if they indicated a miniature lot for used Matchbox cars? Or marked a very complex pattern of utility lines? Or signaled drop zones for the birds who enjoy snacking from the feeders?

The answer is none of the above. Those vivid pennants were there to stake out locations for the plants in our new pollinator bed, the result of a wonderful partnership with Piedmont Master Gardeners. Collaborations like this are one way The Center works to expand programs and services, sharing resources and spaces made possible by community support.

Piedmont Master Gardeners (PMG) is an association of volunteer educators under the aegis of the Virginia Cooperative Extension (VCE). They work with community partners to promote the practice and enjoyment of environmentally responsible, science-based horticulture. The community outreach goals of Master Gardener programs align with The Center's multidimensional wellness model, addressing concerns about sustainability and quality of life. They also highlight the positive effects of home gardening and landscape management on physical and emotional health, and offer many avenues for lifelong learning.

The pollinator garden grew out of an existing relationship that began with the rose garden at The Center's previous location on Hillsdale Drive. When Fern Campbell, Chair of the PMG/VCE Project Committee, was planting the rose garden at Belvedere with fellow volunteers, she "started thinking about the empty space on the other side of the wall being a great place for a pollinator garden. As Extension Master Gardeners, we really don't recommend monoculture landscape plantings, which is what the rose garden would be alone," Fern explained. "And one of the elements of conservation landscaping—a practice that improves water and air quality—is using

*See GARDEN on page 16*

*On Display July 1–August 31:*

## **Frances Brand's "Gallery of Firsts"**

"Re-Opening the Gallery: A Selection from Frances Brand's Gallery of Firsts" will open July 1 at The Center at Belvedere. This exhibit by the Albemarle Charlottesville Historical Society (ACHS) features the work of Frances Brand (1901–1990), a Charlottesville folk artist who captured portraits of several notable "firsts," including the city's first Black mayor and the first woman to sue to be admitted to the University of Virginia as an undergraduate. Her work was first displayed in 1976 as part of the dedication ceremony for the new pedestrian-only Downtown Mall, but has not been displayed in Charlottesville since 2004.

Brand was a retired Army major, a stalwart civil rights champion and peace activist, and

*See ART on page 14*

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- More!



Jump Alley features great big band dance standards.



## **The Center Soirée:** *Anchors Aweigh*

*An Evening Fundraiser  
Benefiting Scholarships and  
Programming at The Center*

**September 10, 2022  
5:30–9:00 pm**

## **Don't Miss the Boat!**

*Get tickets now for The Center Soirée to celebrate and support access to healthy aging opportunities*

After being drydocked for a few months, The Center's fall fundraiser, The Center Soirée: Anchors Aweigh, is ready to launch on September 10. Attendees will set sail for an evening of cruise ship-style fun aboard the S.S. Center, enjoying themed areas of live music and dancing, each paired with cuisine and cocktails to match, a fundraising casino, prizes, games, activities, and more.

"This event will provide vital philanthropic support for scholarships and programs for healthy aging," says Honorary Co-chair Kakie Brooks, adding "We hope you'll come enjoy an evening full of entertaining activities, wonderful music, and delicious fare—all while supporting a great community resource."

With a celebratory beverage and the classical jazz piano stylings of Bob Bennetta to welcome them aboard, cruisers can explore the ship and decide where to begin their evening. Perhaps it will be at Pair-A-Dice Casino to place a bet and enjoy the swing and big band tunes of Jump Alley. Or at the Speak-easy to sample Prohibition-era cocktails and view a distillation demo by Spirit Labs while listening to Jazz 1-2-3. For a more Caribbean slant, guests can head to the Deep Blue Sea Beach Club for tropical-themed cocktails and cuisine accompanied by Mostly Blues Duo or the Motown renditions of Ivan Orr.

*See SOIRÉE on page 13*





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

Hours

Monday & Friday 8:30 am-4:30 pm  
Tuesday-Thursday 8:30am-8:00 pm  
**Greenberry's:** Monday & Friday 7:00 am-4:00 pm  
Tuesday-Thursday 7:00am-8:00 pm

About THE CENTER AT BELVEDERE

The Center’s mission is to positively impact our community by creating opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity, and lifelong learning. Founded in 1960, The Center is a 501(c)(3) nonprofit organization. EIN/TAX ID #54-073566

Healthy Aging for All

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

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

BOARD OF DIRECTORS

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For more news, follow us on:



MEMBERSHIP

434.974.7756

The Center’s focus is on serving community members aged 50 and up, with healthy aging opportunities available for all adults. Call or visit The Center at Belvedere, check out the membership page of our website, or join us for one of our monthly orientations.

WELCOME NEW MEMBERS!

- |                     |                   |                    |
|---------------------|-------------------|--------------------|
| Angela Amburn       | Mary Griffin      | Christopher Peet   |
| Michael Auman       | Lynn Hamilton     | Joan Peet          |
| Jane Beck           | Louis Hart        | Stephanie Potts    |
| Suzanne Blaze       | Diane Hawkins     | Carol Quigless     |
| Jill Borsdam        | Cheryl Henderson  | Katherine Ralston  |
| Fred Brick          | Susan Howe        | Christine Reider   |
| Julia Buckley-Ess   | Mary Huff         | Frank Reider       |
| Susan Campbell      | Craig Impink      | Sue Schweitz       |
| Elizabeth Carras    | Ingrid Impink     | Mark Shepardson    |
| Katherine Chambless | Mary Johansson    | Nina Shepardson    |
| Julie Christopher   | Millie Johnson    | Carole Siegrist    |
| Margaret Clarity    | Donna Jordan      | Cynthia Sims       |
| Ann Comarovschi     | William Kenney    | Sallie Singleton   |
| Karen Combs         | John Kenney       | Mitchell Slaymaker |
| Jack Combs          | Haing Lee         | Douglas Smith      |
| Robert Corey        | Donna Lombardi    | Joy Steel          |
| Donna Corey         | Carolyn Marckel   | Richard Stewart    |
| Margery Daniel      | Catherine Martin  | Phyllis Stewart    |
| Jordan Delmonte     | Cynthia Martin    | Leila Ryland Swain |
| BettyAnne Dicken    | Jane McBee        | Jean Taylor        |
| Shirley Dow         | Susan McKeon      | Obie Sue Thomas    |
| Marlene Dunivan     | Mike McMahan      | Stuart Thomas      |
| Barbara Ensor       | Susan Miller      | Ester Thorne       |
| Ingrid Feggans      | Linda Murphy      | Lewis Weber        |
| Celine Fitzgerald   | Wanda Naleway     | Yvette White       |
| Dennis Fitzgerald   | Susan Neuhauser   | Sharon Whitlock    |
| Betsy Foster        | Bridget Nicholson | Susan Wilcox       |
| Mary Frye           | Linda Noble       | John Zammito       |
| John Gainer         | Thomas Noble      | Katie Zammito      |
| Susan Gainer        | Jane Parker       |                    |
| Willow Gale         | Mollie Payne      |                    |

If you joined between April 1 and May 31 and were not recognized here, please call 434.974.7756.



For information about membership options, please visit our website or call 434.974.7756. The Mary P. Reese Scholarship Fund makes scholarships available for anyone who cannot afford membership dues.

MANY THANKS TO THESE 1180 SOCIETY MEMBERS!  
(April 1-May 31, 2022)

- |   |   |
|---|---|
| Elizabeth & Thomas Allan                                  | Journey Group                                 |
| Rene Bond   | Mr. & Mrs. Donald A. King                     |
| Nan & Daniel Brody/Daniel and Nancy Brody Charitable Fund | Chris & Greg Menke                            |
| Katherine Brooks & George Beller                          | Mary Reiman                                   |
| Mary & Mark Brown/Mark and Mary Brown Charitable Account  | Jocelyn & Bruce Saunders                      |
| Charlottesville Garden Club                               | Diana MacLeod Seay                            |
| Emmanuel Episcopal Church                                 | Peggy Slez                                    |
| Kiwi & Landon Hilliard                                    | UnitedHealthcare                              |
|   | Tucker Griffine Barnes P.C. Attorney at Law   |
|   | Pattie Watson/Henry J. Javor Fund at the CACF |



COUNCIL NOTES

The primary mission of The Center Council is to communicate the policies, plans, and decisions of the Board of Directors to the members of The Center and the members’ concerns to the Board of Directors. Program leaders are voting members of the Council but all Center members are encouraged and welcome to attend and participate at meetings, which last approximately one hour and ordinarily take place on the first Monday of each month. Another aspect of the Council’s mission is to act as an advisory body to Center staff, as well as the Board of Directors, regarding programming and other issues. The Center Council meeting is your opportunity to become informed and be heard. For more information or a copy of The Center Council bylaws, please contact Council president Peggy Slez at mjslez@gmail.com.

**Monday, July 4** – No meeting. The Center will be closed for the holiday.

**Monday, August 1** – Agenda includes the July Board meeting report and staff guest Lynn Divers, Philanthropy Assistant Director, who will report on plans for The Center’s fundraiser in September.

—Peggy Slez, Council President

# programs

Register online at [thecentercville.org](http://thecentercville.org) or call 434.974.7756.

This a partial list; recurring programs without topic updates are listed in the calendar on pages 8–9. Check the website for programs added after our print deadline!

## SPECIAL EVENTS

### THURSDAYS AROUND 5

Free and open to all; registration requested

Enjoy live performances that showcase area musicians! Concerts are held outside, weather permitting, with food available for purchase from a food truck and Greenberry's open for your favorite beverages, including beer and wine.

#### South River Strings

Thursday, July 14, 5:01–7:00 pm

South River Strings is a bluegrass, country, new grass band. From the harmonies to the beautiful sounds of acoustic instruments, they try to bring you a full experience of Appalachia and the way they all grew up picking on the front porch. **Food truck: Firefly on the Fly.**

#### Alex Arbaugh

Thursday, July 28, 5:02–7:00 pm

Alex Arbaugh, guitar player and vocalist from Sun-Dried Opossum, brings his brand of southern roots rock and Americana to the Belvedere stage! **Food truck: Firefly on the Fly.**



#### Two Wishes

Thursday, August 11, 5:03–7:00 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. **Food truck: TBD**

#### JRB Band

Thursday, August 25, 5:04–7:00 pm

Jim Richardson (guitar/vocals), Jerry Kelly (guitar/banjo/vocals), and Bryan McKenzie (bass/vocals) bring you a bluesy blend of subdued subversive folk-influenced Americana rock with originals that pay homage to The Byrds, Bob Dylan, and Warren Zevon. **Food truck: TBD**

### CVILLE BAND OUTDOOR CONCERT (weather permitting)

Free and open to all

Tuesday, July 5, 7:30–8:30 pm

Enjoy an outdoor program of favorites from a variety of American genres. Bring the family and lawn chairs or a blanket and enjoy an evening of great music.

### BRASS QUINTET

Free and open to all

Thursday, July 21, 7:00–8:00 pm

Join the Cville Band's Brass Quintet for a repertoire that ranges from Baroque and classical arrangements to modern jazz and popular songs.



### CVILLE HORNS

Free and open to all

Thursday, August 18, 7:00–8:00 pm

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

### ARNOLD POPKIN IN CONCERT

Free and open to all; registration requested

Tuesday, July 12, 6:00–7:00 pm

Join pianist Arnold Popkin for his 85<sup>th</sup> birthday celebration concert. He began playing at the age of three and hasn't stopped.

### HIDDEN FIGURES – THE MOVIE

Free and open to all; registration required

Tuesday, July 19, 4:00–6:15 pm

An all-star cast depicts the story of three female African American mathematicians who served a vital role at NASA, helping the U.S. achieve a victory over Russia in space even as they fought against the barriers of racial segregation and struggled for professional recognition from their male colleagues.

### MARGOT LEE SHETTERLY – INTERVIEW AND BOOK SIGNING

Free and open to all; registration required

Tuesday, July 19, 6:30–8:00 pm

Join us for an interview and Q&A with the author of the award-winning book *Hidden Figures*, followed by a book signing.

### DJ DANCE PARTY

Open to all; registration required

Friday, July 8, 6:00–8:30 pm

Come join DJ Rick Haggard for an oldies extravaganza and dance to great music from the 60s and 70s—Motown, Soul, line dances, and beach music. \$5 at the door (cash preferred).



### BOOK SWAP

Free and open to all

Wednesday, July 27, 9:30 am–4:00 pm

Bring in books you'd like to swap and get books you'd like to read.

## ARTS

### PAPER CRAFTING

Open to all; registration required

Diane Chapman shares her 30 years of paper crafting experience each month to help you create cards and paper crafts.

Tuesday, July 12, 10:00 am–12:00 pm

In this session make a get-well card and two all-occasion cards. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$10 for all, payable to instructor at time of class.

Tuesday, August 9, 10:00 am–12:00 pm

Project is TBA. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$10 for all, payable to instructor at time of class.

## LIFELONG LEARNING

### TRIVIA TUESDAY

Free and open to all

1<sup>st</sup> and 3<sup>rd</sup> Tuesdays, 6:00–7:30 pm

Test the gray matter and have fun at the same time. Each trivia night contains different themed questions. Form a team of no less than 2 and no more than 5, bring a friend, grab a drink from Greenberry's, and compete for a prize!

### GOOD LIFE SERIES

Will not meet in July and August

### BOOK DISCUSSION GROUP

First Wednesdays, 11:00 am–12:00 pm

This enthusiastic group meets monthly to discuss predominantly contemporary works of fiction and nonfiction. Free for members but first-time guests are always welcome.

July 6 *The Orphan's Tale* by Pam Jenoff

August 3 *The Professor and the Madman* by Simon Winchester



### CVILLEPEDIA 101

Free and open to all; registration required

Mondays, July 11–August 1, 2:00–3:00 pm

Cvillepedia is a website dedicated to sharing and building community knowledge and history about the people, places, and events in Charlottesville and Albemarle County. Local journalist Sean Tubbs, in partnership with the Albemarle Charlottesville Historical Society, will host four sessions during which you can learn how to use the site and even become an editor yourself. Bringing your own laptop is helpful but not necessary.

### MONEY AND YOU

Free and open to all; please register

Tuesday, July 12, 10:00–11:30 am

**How to Deal with Inflation** - Inflation is at a 40-year high. Jorgen Vik, Partner with SKV Group, LLC, will lead a discussion on how you may set yourself up financially to reduce the impact of higher prices.

Tuesday, August 9, 10:00–11:30 am

**Money & Happiness** - Money can't buy you happiness, goes the saying, but it can take the pressure off. Jorgen Vik, Partner with SKV Group, LLC, will lead a discussion on aspects of money and possessions in relation to our happiness.

PROGRAMS continue on page 4



MEDICARE 101

Free and open to all; please register  
Wednesday, July 13, 11:00 am–12:00 pm  
Tuesday, July 19, 6:00–7:00 pm  
Wednesday, August 10, 11:00 am–12:00 pm  
Medicare can be so confusing! Sharon Accardo guides you through the process.



GLOBAL FLASHPOINTS – THE KOREAN PENINSULA

Free and open to all; please register  
Thursday, July 14, 10:00 am–12:00 pm  
Retired U.S. Army Colonel Steve Rundle and former Intelligence Officer Carl Pales will provide background and context to the situation on the Korean Peninsula in an independent, nonpartisan moderated discussion.

AFRICAN AMERICAN AUTHORS BOOK CLUB



Free and open to all  
Second Thursdays, 6:00–7:30 pm  
This group has been reading books by African American or African authors since 1996. While selected books are by African American authors, club members are racially and culturally diverse and join together each month to enjoy intellectual discussions and camaraderie.

July 14 - *The 1619 Project: A New Origin Story* by Nikole Hannah-Jones  
August 11 – Selection TBD

CHARLOTTESVILLE CAMERA CLUB MEETINGS

2<sup>nd</sup> Thursday of each month, 6:30–8:00 pm  
Center members are welcome to join in these monthly meetings, which also feature photo competitions.  
July 14 - Patterns as things of interest and beauty  
August 11 - Small-town pride ... or shame—what-ever people in a small town might take pride in or perhaps be embarrassed by.

ELDER LAW WITH DORIS GELBMAN

Free and open to all  
Will not meet in July  
Tuesday, August 16, 10:00–11:30 am  
Aging Gracefully: Living Independently (Part 1) - Many seniors want to remain independent in their home as they grow old. What does that mean? Where is “home” and how will you take care of yourself as your body and perhaps your mind begin to fail? If you need help, how will you pay for that?

UNDERSTANDING CANCER (Part 2)

Free and open to all; please register  
Wednesday, July 13, 10:00–11:00 am  
This two-part lecture series presented by Claudette Grant and her colleague from the

University of Virginia Comprehensive Cancer Center is an educational curriculum to inform community members about cancer: risk factors, prevention, patient support, and screening recommendations. (If you did not attend the first part in June, you are still welcome to attend.)

SONG WRITING WITH JIM

Open to all; registration required  
Wednesdays, August 10–31, 2:00–3:00 pm  
Jim Richardson is a well-seasoned musician and song writer who can help you compose your own story. Even if you do not know how to play an instrument, Jim encourages you to try this 4-session class. He will supply the guitar and help you craft the rhythm, rhyme, and melody. Prime members free; Standard members \$20; Guests \$32.

BEGINNING ITALIAN

Open to all; registration required  
Mondays, August 22–September 26, 9:30–11:00 am (6 weeks)  
Planning a trip to Italy? Or maybe looking for an activity that promotes brain health? Here is a great opportunity! Join native Italian AnnaMaria Bakalian to learn simple exchanges and understand Italian customs relating to everyday life. Prime members free; Standard members \$30; Guests \$48.

PHYSICAL WELL-BEING

**MOVE FOR HEALTH WITH DARCY HIGGINS (on-site and online)**  
Free and open to all  
Darcy is a Doctor of Physical Therapy and a Human Movement Specialist.  
Thursday, July 14, 1:00–2:00 pm - Building Strength for Muscles and Bones  
Thursday, August 11, 1:00–2:00 pm - What is Good Posture?

**HEARING HEALTH WITH EVOLUTION HEARING (on-site and online)**  
Free and open to all; registration required for on-site attendance  
Dr. Kristin Koch is an audiologist at Evolution Hearing.  
Wednesday, July 20, 10:00–11:00 am  
Best Practices in Hearing Testing and Hearing Aid Care - The science and technology of hearing testing and hearing aids have come a long way. Are you being taken care of in the best ways possible to optimize your hearing, brain health, and hearing aid investment?  
Wednesday, August 17, 10:00–11:00 am  
How to Clean and Maintain Your Hearing Aids - Learn quick tips and tricks to keep your hearing aids in top condition for optimal performance. Whether you’ve been wearing hearing aids for years or are just considering them, you will see how easy and quick it is to take care of your investment.

SOCIAL/RECREATIONAL

MOVIE NIGHT

Free and open to all  
1st and 3rd Wednesday of every month, 5:00 pm (ending times vary)  
Join your friends for a movie and BYOP (bring your own popcorn)!

July 6 – *Linda Rondstadt: The Sound of My Voice* (Documentary)  
July 20 – *Rear Window* (Mystery)  
August 3 – *20 Feet from Stardom* (Documentary)  
August 20 – *Knives Out* (Comedy–Crime Thriller)



KINGFISHERS

First Wednesdays, 9:30–11:00 am  
Fishing—precision guesswork based on unreliable data provided by those of questionable knowledge! Join the group for discussions relating to local fishing issues, opportunities, and reports. Open to members but first-time guests are welcome!

July 6 - Video and discussion of the Ned Rig, a lure and fishing method that has been very effective  
August 3 - Presentation by club members on fishing with Senkos, a versatile soft plastic lure



BEGINNER BRIDGE LESSONS (continued from June)

Open to all; registration required  
Alternate Fridays, through Sept. 16, 10:00–11:00 am  
Join experienced bridge player and teacher Ken Marino for this series of lessons intended for those who have little or no knowledge of the game. Take one class or take them all. Center members free (Prime and Standard); Guests \$15 per class.  
July 8                      Rebids by the opening bidder  
July 22                    Declarer Play  
Aug. 5                     Defensive Play  
Aug. 19                   Defensive Bidding  
Sept. 2                    Opening Bids at 2,3, and 4 level  
Sept. 16                  Common Conventions

ICE CREAM SOCIALS

Friday, July 22, 2:00–3:00 pm  
Friday, August 26, 2:00–3:00 pm  
Celebrate summer with ice cream and your favorite toppings. Free for Center members. Please register.



PET AND PLAY

Free and open to all  
Tuesday, August 2, 4:00–5:00 pm  
Join us on the terrace to play with pups! The Charlottesville-Albemarle SPCA will bring a few dogs for you to meet—and they are available for adoption!

SUMMER LOVIN’ LUNCHEON

Open to all  
Wednesday, August 17, 11:30 am–12:30 pm  
Join your friends for a late summer luncheon, either inside or out on the terrace. Catered by Wayside Chicken. Menu is on the website. Prime and Standard Members \$15, Guests \$16.



## ONGOING

So many programs and so little space! As a result, the notes section usually includes only special events, short series, or programs with topic updates. This time we have provided descriptions for a few of the recurring programs that you usually see only on the calendar pages or when you visit the website.

### SILVER SWANS BALLET I

Open to all; registration required  
Mondays, 12:15–1:15 pm

If you've never taken ballet or have limited experience or physical constraints, this class is for you. Silver Swans (a program of the Charlottesville Ballet) incorporates classic ballet principles and will focus on flexibility, strength, and conditioning, but mostly on fun! Get on your toes and join instructor Maria Chee. Center members free; Guests \$25/month



### SILVER SWANS BALLET II

Open to all; registration required  
Mondays, 11:00 am–12:00 pm

This class is for those who have ballet experience, or for anyone who has regularly taken the Silver Swans class and is ready for the next level. This program from Charlottesville Ballet incorporates classic ballet principles and will focus on flexibility, strength, and conditioning, but mostly on fun! Center members free; Guests \$25/month

### BOOT CAMP

Open to all; registration required  
Tuesdays, 5:00–6:00 pm

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. Join The Center's fitness coordinator, Alex for this class! Prime members free; Standard members \$30/month; Guests \$45/month

### SQUARE DANCING LESSONS

Free and open to all  
Wednesdays, 12:30–1:30 pm  
Thursdays, 7:00–8:00 pm

Jim Hassmer, a member of The Virginia Reelers Square Dance Club will guide participants in learning the 71 basic movements of 8-person square dancing. All levels are welcome! Terrific fun as well as good for your brain, body, and social life.

### AFRICAN DRUMMING GROUP

Free and open to all  
Thursdays, 1:30–3:30 pm

Get an introduction to traditional beats in a group setting from the cultures of the Old Mali Empire and the coastal cultures of Ghana, and to some New World beats from the Caribbean and Brazil. Participants will learn the motor skills needed to advance as drummers, how to verbally articulate different beats, and more.



### ACOUSTIC JAM SESSION

Free and open to all  
Fridays, 2:30–4:30 pm

Do you love making music and meeting people? This program is for you. All levels are welcome. For more information or if you would like to attend, please email program leader Sudi Durland at [pietdurland@gmail.com](mailto:pietdurland@gmail.com).

### BINGO

Open to all  
Fridays, 2:30–3:30 pm

Join Bruce Garretson, Center member and Bingo caller, for an hour of good fun. Small prizes for winners and a great time for everyone. No registration necessary. Cost is \$2 per card, payable at the game.

### INTERNATIONAL FOLK DANCE

Free and open to all  
Thursdays, 2:30–4:00 pm  
Wednesdays, 6:30–8:00 pm

Come and learn an International Folk Dance or two! This is a great class for beginners—dance along or just watch and listen to the music.

### HIKING (offsite)

Members only; sign up required  
Mondays & Wednesdays, 9:00 am–3:00

We hike Mondays and Wednesdays all year long, in many different areas, including around Charlottesville, Shenandoah National Park, and along the Blue Ridge Parkway. Hikes can range in length from 5 to 10 miles with a total elevation gain from 500 to 2500 feet; they are rated from moderate to strenuous, based on length, elevation gain, and terrain, which can often include steep ascents/descents on rocky, uneven ground and stream crossings over slippery rocks. Typically not suited for beginners. Visit the website for more information and contacts.

### CRAFTS DIY

Wednesdays, 12:00–1:30 pm

Bring your own materials and come work on your favorite project while sharing ideas, learning new skills, and enjoying the company of fellow crafts enthusiasts. In addition to individual crafting, some proposed group projects in July/August include glass etching and ornament beading. Free for members.



### SEW & SEWS

Mondays, 10:00 am–12:00 pm

An enthusiastic group that gathers to make medical dolls for children who will be undergoing surgery, bags for tracheotomy children to carry their equipment, and baby bibs. If you can trace a pattern, cut out a pattern, hand sew, or use a sewing machine, there is a place for you here!

And any donations of fabric, thread and anything that could be used for all the new projects are always needed and greatly appreciated.

### TONE AND GROOVE

For Center members; registration required  
Mondays 10:30–11:30 am  
Wednesdays and Fridays, 9:45–10:45 am

Great music will motivate you to exercise your cardiovascular system, shake off tension, and regulate your nervous system. You will start and end class by gently strengthening our stabilizing muscles and core. Christine Bostic creates space for all to be uplifted and relaxed. Prime members free; Standard members \$40/month.

### CHESS FOR BEGINNERS

Thursdays, 9:30–10:30 am

Would you like to learn to play chess, or to just refresh your skills? Playing chess has many documented benefits, including improving cognitive skills. Geared towards beginners and novices, this group is meant to be instructive and supportive in a non-competitive way. Experienced players welcome, also. Free for members.

### MOVE TO THE RHYTHM (on-site & online)

Tuesdays, 3:30–4:30 pm

It's always a dance party! Join us as we dance to great songs (and even do some chair dancing). Light impact aerobic movement that focuses on cardio, balance, flexibility, and strength. Join instructor Denise Zeigler-Pilgrim for this extraordinarily fun exercise class. Prime members free; Standard members \$25/month.



### ALBEMARLE WOODCARVERS

Thursdays, 1:00–3:00 pm

Novice, intermediate, and accomplished woodcarvers gather weekly to learn the craft or hone skills. Participants provide their own supplies, although current members provide assistance and loan supplies to get new participants started and offer information on what to purchase to continue. As founder Will Hansen said, "If you can peel a potato, you can learn to do woodcarving." Members only.

### WRITING FOR PLEASURE

Fridays, 12:15–2:00 pm

The group meets to share their thoughts by writing them down, either following a prompt or choosing their own subject. It's fun, moving, interesting, and enlightening to hear, discuss, and understand another human being's viewpoint of life as it is, as it had been, or how it could be. Come discover and share your best style! Free for members.

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



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CHARLOTTESVILLE, VA

## **GREENBRIER**

500 GREENBRIER DRIVE  
CHARLOTTESVILLE, VA







# VOLUNTEERING

## BOBBI HUGHES

Coordinator of Volunteer Resources  
434.220.9755 • bobbi@thecentercville.org

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

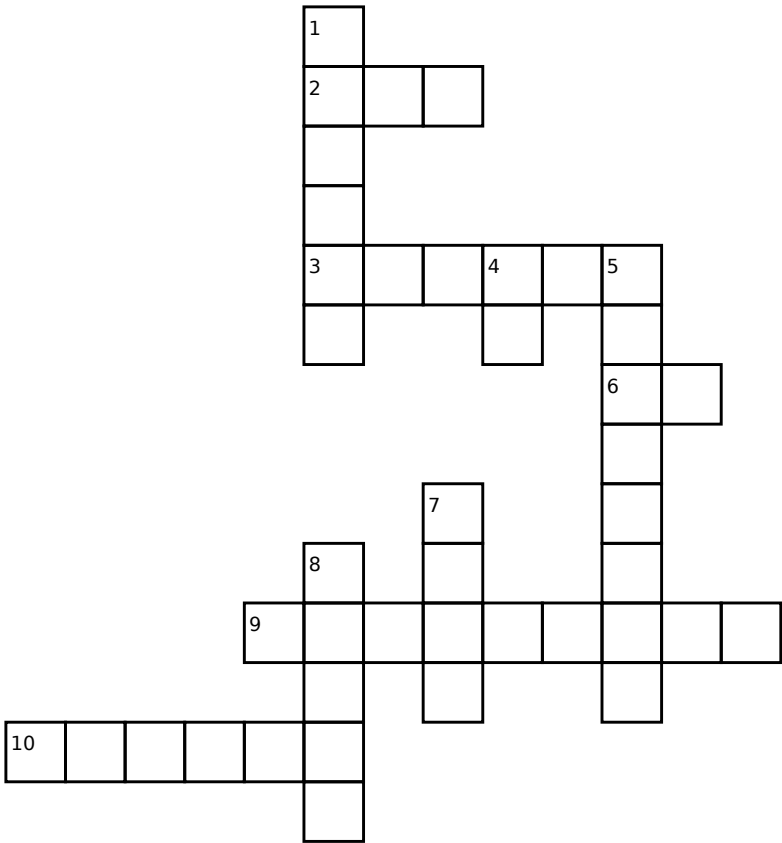
In past issues of our Center newsletter, we have shared the social, mental, and physical benefits of volunteering within the community. We have mentioned the positive aspects of developing new friendships or reigniting old ones; reminding you that being active and engaged in various activities can slow the development of memory loss and other cognitive issues and that physical activity can combat aches, pains, and other health concerns. We remind you of these reasons to volunteer quite often.

Volunteering can be done based on your schedule, either at regular times or on a flexible, on-call schedule. You can even volunteer for special events only. Consider volunteering to give purpose to your free time. Whether you have a lot of time or a little, research the volunteer opportunities in our community. Contact Bobbi to learn more.

*Please remember to log your volunteer hours in My Senior Center. Thank you!*

## Crossword Puzzle for Volunteers!

*Complete it correctly and there will be a message for you.*



### Down

- 1. Requesting a desire to proceed
- 4. Appears to be enclosed
- 5. To bring an awareness to one's mind
- 7. Belonging to the person
- 8. Notating a specific amount of time spent

### Across

- 2. An official record of events
- 3. A more experienced person
- 6. Belongs to the person
- 9. To freely offer your services
- 10. The middle point of a circle

*The solution to the puzzle is available in the Volunteer Center.*

## VOLUNTEER POSITIONS

### At The Center

#### Welcome Desk Substitutes

Be the first smile our members and guests see! Welcome desk volunteers are a tremendous resource for anyone who wants to learn about The Center and its offerings. They provide excellent customer service while answering phones, greeting members and guests, giving tours, accepting payments, scheduling appointments, and more. In other words, never a dull moment! We are looking for people with upbeat personalities and general computer skills who can step in when a regular volunteer is unavailable.

### In the Community

#### Virginia Discovery Museum

Have a little spare-time and not sure what to do with it? We know! Volunteer at Virginia Discovery Museum! This is your chance to get involved with the excitement at our local children's museum. Share your time and talents with our littlest citizens while fostering learning and creativity. Volunteer positions are open for the front desk, programs, special events, and exhibit construction/maintenance. Come join the fun and share our enthusiasm!



#### Twice is Nice

Do you like clothes and shopping? Twice is Nice stores creates a sense of community for staff, volunteers, and customers. Volunteers are needed Monday-Saturday in two-hour shifts from 10:00 am-5:30 pm to help process, sort, tag, and shelf merchandise; ring up sales; straighten up the store; and more. Training is available. Come out and spend time in this great resale boutique.

## Volunteer Spotlight: Betty Mkungusi

Betty Mkungusi's story in the United States began 11 years ago, when she arrived in Virginia from Kenya. At first, she lived with her daughter in Lynchburg, but later decided to move. "I love Charlottesville, I wanted to move here because I loved the name," Betty smiles. "It's not too busy and it's a gentle place." Here she began her journey to become a US citizen. "I really wanted to become a citizen because of the freedom that comes with it," she explains. "Then I could come and go to family both in Kenya and here." To achieve her goal and pass the citizenship test, Betty had to learn US history and become familiar with the Constitution. Although she was extremely nervous when she sat down to take the test, knowing that if she failed, she would have to start the process all over again, Betty passed and became a proud US citizen on April 25, 2022.

When Betty arrived at The Center in September 2020, she was hoping to find a meaningful volunteer experience to help get her through the pandemic. She had been on disability since 2018, and, because she could no longer work, volunteering became even more important to her. Betty found what she was looking for at The Center. "I am happy and enjoy it here," she says. "The Center is a nice place to be. People are friendly. There is no pressure, just ease. Ease is what I want."

Betty's constant smile becomes even broader when she talks about her work with Fitness Coordinator Alex Waltrip. She volunteers in the fitness center three hours each day, and there she enjoys watching how Alex interacts with people, doing so much more than just teaching them to use the equipment. "Alex helps members with joint and backaches all the time," Betty observes. She also assists Volunteer Coordinator Bobbi Hughes with database updates, and Betty enjoys the variety and flexibility of the different jobs she does at The Center. She also loves the opportunity to meet and work with new people.

Volunteering contributes to healthy aging in several ways, and Betty Mkungusi has learned that for her, volunteer work and well-being go hand in hand. If you would like to join Betty and the many other volunteers who donate their time and talents to The Center, contact Bobbi Hughes. ■



MONDAY

8:30	TAI CHI \$
9:00	<i>Hiking</i> , <b>Croquet</b>
9:15	PRIMETIME FITNESS \$
10:00	<i>Writing for Healing &amp; Growth</i> \$ Sew & Sews Getting Better at Bridge
10:30	<i>Chair Yoga</i> , Tone & Groove \$
11:00	<b>Silver Swans Ballet II</b> \$, Poker
11:45	BALANCE & STABILIZATION \$
12:15	<b>Silver Swans Ballet I</b> \$
12:30	Chess
1:00	Mah-Jongg (Chinese) <i>Ageless Grace</i> \$ <b>English Country Dance</b>
1:45	Strengthen Your Health & Life \$
2:30	Member Social
2:45	Stretch Your Limits \$

TUESDAY

9:15	PRIMETIME FITNESS \$
10:00	Whist, <i>Retreads Softball</i>
10:30	ARTHRITIS EXERCISE \$, Tap Dance (Beg)\$
10:45	Second-Wind Band
11:00	am-4:00 pm <b>Massage Appointments Available</b>
11:45	Stretch for Balance & Strength \$
12:30	Party Bridge
12:45	<i>Beginning Spanish</i> (will not meet July 12)
1:00	<b>English Country Dance</b>
1:15	<b>Round Dance Lessons, Cardio Strength</b> \$
2:00	<i>Advanced Beginner Spanish</i> (will not meet July 12)
2:15	Core Stability \$
3:15	<i>Keeping Up Your Spanish</i> (will not meet July 12)
3:30	<i>Tai Chi</i>
3:30	MOVE TO THE RHYTHM DANCE PARTY \$
5:00	<b>Boot Camp \$</b>
6:00	<b>AA Women’s Group</b>
6:45	<b>Families Anonymous</b>

WEDNESDAY

8:30	TAI CHI \$, <b>Hatha Yoga</b>
9:00	<i>Hiking</i>
9:00	am-2:00 pm <b>Massachusetts Available</b>
9:15	Primetime Fitness \$
9:30	Crafty Ladies
9:45	Tone & Groove \$
10:00	<i>Senior Bowling</i> \$, Pub
11:00	SENIOR FITNESS, Pub
12:00	<b>Tops</b> , Canasta, <b>Murder Mystery</b> Crafts DIY
12:30	<b>Square Dance Lessons</b>
1:00	<i>Ageless Grace</i> \$, So American Mah-Jongg
1:30	Advanced Line Dance
1:45	Strengthen Your Health & Life \$
2:00	Knit-Wits
2:30	Ping Pong
3:00	Foam Rolling \$
5:00	Line Dance, <b>Game Night</b>
6:30	<b>International Folk Dance</b>
6:00	Line Dance (All Levels)

July

4	Center Closed for July Fourth Holiday
11	1:00 Council Meeting Piedmont Pastelists 2:00 C’villepedia 101
18	2:00 Bunko C’villepedia 101
25	2:00 C’villepedia 101

5	10:00 Try it Out Tuesday 6:00 Trivia Night 6:45 Has Your Get Up & Go Got Up & Left? 7:30 C’ville Band Concert
12	10:00 Paper Crafting \$ Money & You 2:00 Karaoke 4:00 <i>Singles Schmooze</i> 6:00 Piano Concert featuring Arnold Popkin 6:30 Civil War Round Table
19	9:30 Alzheimers Support Group 4:00 Hidden Figures Movie 6:00 Trivia Night Medicare 101 6:30 Interview & Book Signing with Margot Lee Shetterly
26	2:00 Karaoke 4:00 <i>Singles Schmooze</i>

6	9:30 Kingfishers 11:00 Book Group 5:00 Movie Night
13	10:00 Understanding C 10:30 Parkinson’s Care 11:00 Medicare 101
20	10:00 Welcome Wednesday HEARING HEALTH 5:00 Movie Night
27	9:30 am-4:00 pm Book Signing 10:30 Parkinson’s Care 6:00 Welcome Wednesday

August

1	1:00 Council Meeting 2:00 Bunko C’villepedia 101
8	1:00 Piedmont Pastelists
15	2:00 Bunko
22	9:30 Beginning Italian \$
29	9:30 Beginning Italian (cont.)

2	10:00 Try it Out Tuesday 4:00 Pet and Play 6:00 Trivia Night 6:30 Master Gardener Presentation 6:45 Has Your Get Up & Go Got Up & Left?
9	10:00 Paper Crafting \$ Money & You 2:00 Karaoke 4:00 Singles Schmooze 6:30 Civil War Round Table
16	9:30 Alzheimers Support Group 10:00 Elder Law with Doris Gelbman 6:00 Trivia Night
23	2:00 Karaoke 4:00 Singles Schmooze
30	

3	9:30 Kingfishers 11:00 Book Group 5:00 Movie Night
10	10:30 Parkinson’s Care 11:00 Medicare 101 2:00 Song Writing with
17	10:00 Welcome Wednesday HEARING HEALTH 11:30 Summer Lovin’ I 2:00 Song Writing with 5:00 Movie Night
24	10:30 Parkinson’s Care 2:00 Song Writing with 6:00 Welcome Wednesday
31	2:00 Song Writing with



**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**.

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

THURSDAY		FRIDAY	
Yoga \$  Age Appointments  \$  Flash Card Game Poker <b>Music in the Atrium,</b>  Lessons Scrabble, Gg ce Health & Life \$     <b>Night c Dance</b> (rels)	9:00 <i>Ivy Creek Walking Group</i> , Party Bridge 9:15 PRIMETIME FITNESS \$ 9:30 Beginners Chess 10:00 <b>AA Meeting</b> , <i>Retreads Softball</i> 10:30 <i>Chair Yoga</i> , First Wind Band, Tap Dance Lessons (Int)\$ ARTHRITIS EXERCISE \$ 11:30 Tap Dance Lessons (Adv) \$ 11:45 BALANCE & STABILIZATION \$ 12:00 <i>NIA-Moving to Heal \$</i> , <b>Music in the Atrium</b> Unwind Yoga \$, Sheepshead 1:00 Apple/Mac Class Woodcarvers 1:15 Cardio Strength \$ 1:30 <b>Drumming Group</b> 2:00 Backgammon 2:15 Core Stability \$ 2:30 <b>International Folk Dance</b> 3:30 Tai Chi 7:00 <b>Square Dancing</b>	8:30 TAI CHI \$, Basic Hatha Yoga \$ 9:00 <b>Croquet and Cornhole available (weather permitting)</b> 9:15 PRIMETIME FITNESS \$ 9:30 Friday Art Group 9:45 Tone & Groove \$ 10:00 Rummikub 10:45 Flashbacks 11:00 Balance with Beth \$ <i>Friday Fitness</i> 12:15 Writing for Pleasure 12:15 Beginners Line Dance 1:00 Euchre, Still Sharp Singers, Mah Jongg (American)  1:45 <b>Improvers/Int. Line Dance</b> 2:30 <b>Acoustic Jam Session</b> 2:30 <b>Bingo \$</b> , Barbershop Belles & Beaux	
	7 11:00 <b>Joy of Acting (final)</b> 3:00 <b>Socrates Café</b> 5:00 <b>Fitness Room Orientation</b> 6:00 <b>NAMI Support Group</b> <b>Jazz Jam Session</b>	8 10:00 <b>Beginner Bridge Lessons</b> 6:00 <b>DJ Dance Party \$</b>	
ancer (Part 2) giver Support Group	14 10:00 <b>Global Flashpoints</b> 1:00 <b>MOVE FOR HEALTH</b> 3:30 <b>Fitness Room Orientation</b> 5:01 <b>Thursdays Around 5</b> 6:00 <b>African American Book Club</b> 6:30 Camera Club	15 11:00 <b>Has Your Get Up &amp; Go Got Up &amp; Left?</b>	
eday TH	21 3:00 <b>Socrates Café</b> 5:00 <b>Fitness Room Orientation</b> 6:00 <b>NAMI Support Group</b> 7:00 <b>Cville Band Brass Quintet performs</b>	22 10:00 <b>Beginner Bridge Lessons</b> 2:00 Ice Cream Social	
wap giver Support Group eday - Evening Edition	28 3:00 <b>Caregivers Discussion Group</b> 3:30 <b>Fitness Room Orientation</b> 5:02 <b>Thursdays Around 5</b>	29	
	4 3:00 <b>Socrates Café</b> 5:00 <b>Fitness Room Orientation</b> 6:00 <b>Jazz Jam Session</b> <b>NAMI Support Group</b>	5 10:00 <b>Beginner Bridge Lessons</b>	
giver Support Group a Jim \$	11 1:00 <b>MOVE FOR HEALTH</b> 3:30 <b>Fitness Room Orientation</b> 5:03 <b>Thursdays Around 5</b> 6:00 <b>African American Book Club</b> 6:30 Camera Club	12	
eday TH uncheon \$ h Jim (cont.)	18 3:00 <b>Socrates Café</b> 5:00 <b>Fitness Room Orientation</b> 6:00 <b>NAMI Support group</b> 7:00 <b>Cville Band Horns perform</b>	19 10:00 <b>Beginner Bridge Lessons</b> 11:00 <b>Has Your Get Up &amp; Go Got Up &amp; Left?</b>	
giver Support Group a Jim (cont.) eday - Evening Edition	25 3:00 <b>Caregivers Discussion Group</b> 3:30 <b>Fitness Room Orientation</b> 5:04 <b>Thursdays Around 5</b>	26 2:00 Ice Cream Social	
a Jim (cont.)			



# Funding Supports New Programs and Social Connections

From Monday through Friday each week, The Center regularly provides more than 125 programs that support the well-being of older adults. And as operating hours continue to expand, so do program offerings.

Increasing the availability of community-based programs that help people connect, build community, pursue lifelong learning, maintain physical activity, and enhance their quality of life is essential for community health. Developing new programs is also essential for serving a population with diverse interests, experiences, and abilities.

“It takes both people and resources to develop, promote, and host each program and activity offered at The Center,” shares program director Jennifer Crews. “From the welcome desk volunteers who help individuals sign up for a class to the program team’s daily communications with volunteer program leaders, fitness instructors, and partnering organizations; to marketing’s work to build awareness of each program offered; to the folks who make gifts that fund our work, each of us has an important role to play in supporting healthy aging.”

Creating and deploying new programs for individual enrichment and community growth can require significant staff time and budget support. To support these programs, the Innovative Program Fund was created. “Our family has chosen to support financially The Center’s Innovative Program Fund because we believe their expanded programming strengthens social connections and independence,” remarks Virginia Tahboub, Center friend and former member of The Center’s Board of Directors.

“Financial contributions by foundations and individuals to The Center’s Innovative Program Fund have made a real difference in our ability to offer programs that require resources beyond those that were planned as part of the annual programming budget,” shares philanthropy director Melanie Benjamin. “This fund allows us to take advantage of unanticipated opportunities and appeals to folks who want The Center to have the means to continually adapt programs and services to meet the needs of the community, both today and in the future,” offered Benjamin.

If you would like to support The Center’s Innovative Program Fund or any other aspect of The Center’s healthy aging mission, please contact philanthropy director, Melanie Benjamin by phone at 434.220.9744 or by email at [melanie@thecentercville.org](mailto:melanie@thecentercville.org). ■



## DEI Committee News

Continuing its work to create a welcoming environment for everyone and increase understanding in the community about the resources The Center offers, the DEIC organized several programs and special events during March and April. They included:

- A Dance Party with Soul Expressions, a Richmond-based soul and rock band, that drew an audience of more than 200 totally diverse Center and community members for an unforgettable night.
- A four-part film and discussion series, “Continuing the Walk,” to promote ongoing learning and deepen understanding of Native people and their experiences.
- Participation in Red Dress Day to raise awareness about the many murdered and missing Native American girls and women.

The committee will continue to organize educational and artistic programs as well as events coinciding with the national commemorative calendar in order to build bridges and promote diversity, equity, and

inclusion within the wider community and within The Center.

Four new committee members were warmly welcomed in May: Denise Benson, Mildred Best, Liz Hacking, and Bernadette Whitsett-Hammond. Additionally, Enid Krieger has assumed the role of committee Chair.



The Dance Party with Soul Expressions was a hit!

### COMMITTEE MEMBERS

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

# Thank YOU

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**Moore’s Electrical and Mechanical**

To learn more about sponsorship opportunities, please contact Lynn Divers at 434.220.9745 or [lynn@thecentercville.org](mailto:lynn@thecentercville.org).





# TRAVEL

LINDA HAHN  
TRAVEL COORDINATOR  
linda@thecentercville.org  
434.220.9736

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

**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.

Traveling for the holidays or bringing family home to you? Contact Linda for all of your personal travel needs!

## DAY TRIPS

**VIRGINIA MUSEUM OF FINE ARTS**  
Thursday, July 7

*Whistler to Cassatt: American Painters in France* is a spectacular exhibition of more than 100 paintings by James Whistler, Mary Cassatt, John Singer Sargent, Childe Hassam, and many others. You can also enjoy exhibitions of Japanese wood-block prints by Kawase Hasui and the paintings and sculptures of Tsherin Sherpa. Price includes a guided tour of the Whistler to Cassatt exhibit. Lunch is on your own. Center members \$68; Guests \$88; VFMA Members \$58



**SHENANDOAH VALLEY MUSIC FESTIVAL - MARTY STUART AND HIS FABULOUS SUPERLATIVES**  
Friday, July 22

Travel to Orkney Springs to enjoy the music of the legendary Marty Stuart and the Fabulous Superlatives with reserved pavilion seating tickets. Dinner is on your own; you may bring a picnic or make reservations at Shine Mont; contact the travel office for dinner reservation details. Members \$110; Guests \$130

**HOLLYWOOD CASINO AT CHARLES TOWN RACES**  
Saturday, July 30

Try your luck at the Hollywood Casino at Charles Town Races in Charles Town, WV, where there are slots, table games, and a large poker room. Lunch is on your own. Receive \$20 in free slot money. Members \$64; Guests \$84



**WASHINGTON ON YOUR OWN**  
Thursday, August 25

Travel to our nation's capital and enjoy a day at your leisure. Travelers will be dropped off and picked up in front of the west wing of the National Gallery of Art. Lunch is on your own. Members \$64; Guests \$84

## GETAWAYS



**ALASKA AND THE YUKON**  
August 6–17

Enjoy the majesty of Alaska on this dream vacation! Travel from Anchorage to Denali National Park and Fairbanks before heading into the Yukon. Visit Dawson City and Whitehorse while traveling through the land of the gold rush before ending in Skagway, where you will board Holland America Line's *Zuiderdam* to sail to Glacier Bay and Ketchikan, and cruise through the inside passage before ending in Vancouver, BC.

**ICELANDIC ADVENTURE**  
August 22–September 1

This 10-day Icelandic adventure takes you across the Southern part of Iceland. Experience waterfalls, glacial lakes and beaches, gorgeous vast landscapes, and Iceland's famous thermal lagoons as you travel from Snaefellsnes Peninsula to Vatnajökull National Park.

**CYPRUS: CULTURAL, HISTORICAL AND CULINARY TOUR**  
November 9–20

Explore Cyprus' rich history, delicious foods, and vast countryside on a trip to this island in the eastern Mediterranean Sea, renowned since ancient times for its mineral wealth, superb wines and produce, and natural beauty.

**SOUTHERN CARIBBEAN CRUISE**  
January 14–26, 2023

Enjoy cruising aboard Royal Caribbean International's *Enchantment of the Seas*, sailing round trip from Baltimore to St. Croix, U.S.V.I.; Philipsburg, St. Maarten; St. Johns, Antigua; Bridgetown, Barbados; Basseterre, St. Kitts & Nevis. Includes roundtrip travel, all meals, entertainment, port fees, taxes, and gratuities.

**CHATEAU DE COURTOMER IN NORMANDY, FRANCE**  
April 21–29, 2023

The magnificent Château de Courtomer, one of the last grand French chateaux built in the 18<sup>th</sup> century, sits on 350 acres of park, woodland, and farmland. The entire structure has gone through extensive renovations since 2005, but has retained the charm and style of France's elegant past. Package includes airport transfers, all meals, five day trips, entrance fees, and more.



**COME ALONG!**

Center member Liz Stoner took these postcard-worthy pictures on the trip to Spain in April.



WE REMEMBER	
We remember the following Center members and friends who recently passed away.	
Patricia Adams	Eugene Morong
Beth Berne	Oran Oakey
Guy Larry Brown	Betty Mae Pasternak
Peggy Cone	John Peale
Thelma Crenshaw	Lucy Byrd Pegau
Shirley Hanssen	Mary Evelyn Rogers
Stewart Hettig	Arthur Irwin Schulman
Lester Hoel	William H. Seibert
Ramsey Martin	Joel Underwood
Eugene J. Meyung	George J. Vensko
Bernice Mitchell	Thérèse Wilson





# CELEBRATING 110 YEARS



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# Evenings at The Center are for Everyone!

Are you and your friends or family looking for something to do on long summer evenings? Something fun? Something free? Something in air-conditioned comfort?

Come enjoy The Center at Belvedere, now open until 8:00 pm on Tuesday, Wednesday, and Thursday evenings. You'll find engaging entertainment, opportunities to match wits for prizes, dancing, and more. We continue to expand operating hours to make it easier for everyone to enjoy social connections and participate in healthy aging activities.

Greenberry's at The Center is also open until 8:00 pm Tuesday through Thursday, with beer and wine now available. Come enjoy happy hour with your friends!

## A sampling of the fun ...

### Trivia Tuesday

First & Third Tuesdays in The Atrium, 6:00–7:30 PM

A different theme every time. Form a team of two to five people and show what you know!



### Movie Night

First & Third Wednesdays, 5:00–7:00ish PM

Critically-acclaimed documentaries on the first Wednesday and great features on the third Wednesday.

### Game Night

Every Wednesday, 5:00–7:30 PM

From Pinocle to Parcheesi, Chess to Canasta, we've got game. Or bring your own!

Then head up to our game rooms for some convivial fun. Come to play!

### Line Dance

Every Wednesday

**BEGINNING**

**5:00–6:00 PM**

If you've never line danced before or have done a little here and there, this class is for you! Join in the fun!

For Center members, but first time guests are welcome!

**ALL LEVELS 6:00–8:00 PM**

If you have a good understanding of basic line dance steps and can do them without much instruction, this class is for you! Come enjoy a great combination of fun, friends, and physical activity—all set to music!



### Square Dancing

Every Thursday, 7:00–8:00 PM

Jim Hassmer, a member of The Virginia Reelers Square Dance Club, guides participants through the 71 basic movements of 8-person square dancing. All levels are welcome! Terrific fun as well as good for your brain, body, and social life. No partner necessary!

### Welcome Wednesday - Evening Edition

Fourth Thursday, 7:00–8:00 PM

Are you thinking about joining The Center? Would you like to learn more? Come to our new and prospective member orientation for a short program, a chance to meet staff and other new members, the opportunity to take a tour of The Center, and samples from our Greenberry's Coffee Co.



### SOIRÉE, cont. from page 1

Those who prefer strolling the decks before settling in can wander by the onboard fitness area to test their sea legs, haul up (aweigh) the anchors, or stretch overboard; try their hand at art activities; learn about the origin and evolution of coffee; and enjoy quick games throughout the ship. The more you do, the better you get to know The Center and its resources, and the better your chance to win a fabulous prize!

Why is the fundraiser important? “Finances should never be a barrier to healthy aging. Last year scholarships supported over 13% of The Center’s membership and we anticipate that number to increase. Together we can ensure opportunities for older adults to live more years in good health,” explains Sha-reef Tahboub, Board member and Honorary Co-chair. Adds fellow Co-chair Joe Gieck, “COVID highlighted the importance of being in community, especially for seniors. Now more than ever, we need to support our Center and the people it serves.”

Tickets are \$250 each and are on sale now at the Welcome Desk and on-line at [thecentercville.org/pages/soiree](http://thecentercville.org/pages/soiree). For more information, contact Kiri at 434.220.9743 or [kiri@thecentercville.org](mailto:kiri@thecentercville.org). ■





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

Bring this ad to Wild Birds Unlimited Charlottesville and get 20% off one regularly priced item! Offer good until August 31, 2022. Limit one coupon per customer.



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ART, cont. from page 1

an eccentric who chose in later years to wear purple on every occasion. She studied painting in the 1950s in Mexico and adopted several styles as she pursued the “Firsts” series. The one consistent criterion seems to have been that the subjects of her portraits were people that Brand had met and befriended in Charlottesville or Albemarle County, people whose strength of character she admired.

The upstairs gallery will feature photographs by Frank Feigert and paintings by Candida Franklin, Jan Settle, and Juliette Swenson.

Visitors can enjoy both exhibits through the end of August during regular Center hours.



Artist: Frank Feigert



Artist: Jan Settle

# Meet Member *Debbie French*

“My GPS brought me here.”

Last winter, after retiring from 22 years of nursing, Debbie French was taking an OLLI class to fill the time. The instructor happened to mention something about The Center, which piqued Debbie’s interest. Wanting to learn more, she hopped in her car and headed to Hillsdale Drive, where she realized her error. Sitting in the January cold at The Center’s former location, Debbie set her GPS for The Center at Belvedere.

Little did she realize the adventure that would result from this course correction. It began with a striking new building that she found beautiful inside and out. The massive list of program offerings impressed her, and she was warmly welcomed by Membership Coordinator KevReyl Wells. “I went to an orientation session and there were 30 to 40 people,” exclaimed Debbie. Motivated by the inclusive offerings, the bright and airy environment, and the upbeat spirit of the people she encountered, Debbie became a member.

One of the first things she explored was The Center’s fitness offerings. Having never attempted a fitness regime before, Debbie now adores the fitness room and having Alex as a personal trainer. Alex’s positive energy makes any workout easy—or, if not easy, at least a lot of fun. As Alex said to Debbie early on, “We are going to work together, or it doesn’t work.”

Volunteering at The Center has also become part of Debbie’s life. “Early in my membership, Bobbi Hughes, who coordinates volunteers, asked if I’d like her to check with the OLLI staff about volunteering as a class moderator. Shazam! Bobbi was a super liaison and I recently moderated my first OLLI class at The Center. I had a great time both helping with it and learning from it.”

She also attended a program presented by an audiologist, taking notes to share with her husband. The information led him to look into hearing aids, which they hope will improve his hearing health. “My husband was so impressed with what he learned about The Center from me and what he saw on the website that he said, ‘sign me up!’”

The couple have become enthusiastic, active members, and Debbie recently brought a friend to The Center to have lunch at Greenberry’s. Within minutes of arriving, the friend—who had never been to The Center, turned to Debbie and said, “I want to see a brochure.”

That was no surprise to Debbie, who has found a place that she describes as a magnet. “It calls people to come and be part of the community, to discover and rediscover themselves ... and to discover the diversity of life through people and adventures. For Debbie, following her GPS that cold January day was the journey of a lifetime. ■



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# Hidden in Plain Sight

If history is the study of change over time, certainly *Hidden Figures* has become a historic catalyst for telling the stories of pioneering Black women in science, technology, engineering, and mathematics (STEM) fields. It was author Margot Lee Shetterly’s award-winning book, *Hidden Figures: The American Dream and the Untold Story of the Black Women Mathematicians Who Helped Win the Space Race*, that propelled these figures out of the shadows and into the light, and inspired the Oscar-nominated movie that brought this history to life for a wider audience.

Set in 1960s Hampton, Virginia, *Hidden Figures* tells the story of Katherine Johnson, Dorothy Vaughan, and Mary Jackson, three African American women working as mathematicians at NASA. The women use their mathematical skills to help the United States achieve one of the things it wants the most—a victory over the Russians in space—even as they fight against racial segregation in the Jim Crow South and struggle for professional recognition.

Writer, researcher, and entrepreneur Shetterly, who lives in Charlottesville, grew up in Hampton. Her father was a scientist at NASA Langley Research Center, and she was catching up with him about some of his co-workers in 2010. “Why haven’t I heard this story before?” is the question Shetterly’s husband asked. It was the question that inspired her to write the book. And it is the question that Shetterly is asked most often today.

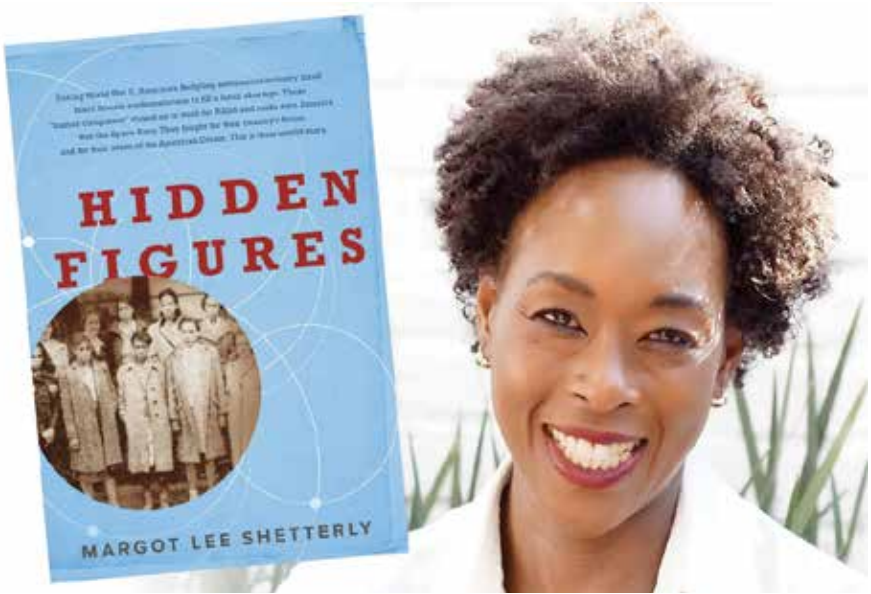
She answers with other questions. “Why has it taken us so long to tell these stories, and why didn’t we turn Dorothy Vaughan, Mary Jackson, Katherine Johnson, and Christine Darden [for her work in sonic research] into role models and use them to pull generations of young people, particularly young women, into science careers?”

Johnson, Vaughan, and Jackson made significant contributions fueling great achievements at a crucial time in the history of space exploration, but multiple factors were at play in keeping the story concealed: racial segregation, gender bias, and the classified nature of the work. And they were only three among the scores of black women who worked in anonymity as mathematicians, scientists, and engineers.

But sometimes a creative work can resonate beyond the page or screen, engendering change and flipping questions into barrier-breaking responses. After the film version of *Hidden Figures* was released, charities, institutions, and businesses saw an opportunity to promote education and careers in STEM. The film’s lead actors (Taraji P. Henson, Octavia Spencer, Janelle Monáe) and production team arranged free screenings of *Hidden Figures* so that more people could be inspired by the narrative. AMC Theatres and 21st Century Fox invited schools, community groups, and nonprofit organizations to free screenings in celebration of Black History Month.

Foreign embassies screened the film in 100 overseas locations. Inspired by this, Walt Disney Company partnered with the U.S. Department of State for its annual #HiddenNoMore exchange program. Fifty women who excel in STEM careers are nominated from their respective countries for a three-week exchange program in the U.S. every October.

In 2015, Katherine Johnson received the Presidential Medal of Freedom. She passed away on February 24, 2020, at the age of 101. Said NASA Administrator James Bridenstine, “She was an American hero, and her pioneering legacy will never be forgotten.” ■



## LIFELONG LEARNING SPECIAL EVENT! TUESDAY, JULY 19

Join us for a screening of the movie *Hidden Figures* from 4:00–6:15 pm and then stay for an interview, Q&A session, and book signing with author Margot Lee Ms. Shetterly from 6:30–8:00 pm. Free and open to all. Please register in advance at [thecentercville.org](http://thecentercville.org) or by calling 434.974.7756.



“I’m so excited that this film is being shown at The Center. I hope others will share our excitement about this opportunity to see a critically-acclaimed movie and discuss the award-winning book on which it was based.”

—Enid Krieger,  
Chair, DEIC

## Albemarle Woodcarvers Craft Comfort Birds to Share

The Center’s Albemarle Woodcarvers recently took on a community service project of carving comfort birds. They began their project on March 1 with the goal of carving as many Comfort Birds as they could by April 25. They ended up with more than 50 of these sweet creatures.

A comfort bird is a small wood carving that can fit in the palm of one’s hand. Often given to those in need as a token of support and an act of kindness, they originated—according to Woodcarving Illustrated—with Frank Foust, who began crafting them in 1982.

The Albemarle group mostly used Basswood for their birds, but there were a few carved in Butternut, Cedar, and Ash. Some kept a natural finish while others were painted; several even had textured wings. Their only real guideline was the dimensions, which had to be 4" long by 2" wide and 2" tall.

The carvers left the comfort birds in a basket at the Welcome Desk with a note explaining what they were. Not surprisingly, they were a bit hit—all of them had flown away by day’s end.

For the woodcarvers, the comfort birds are a symbol that they care. Those who participated in the project said it was a privilege to be able to provide comfort to others, and felt it was a great way to bring all of them together for a common goal.

They also mentioned they are always looking for new woodcarvers. Join them on Thursdays from 1:00 to 3:00 pm in the art classroom. ■



“Holding this bird, a person feels comforted, and the stress goes away.”







## GARDEN, *cont. from page 1*

locally native plants. We thought that creating an adjacent bed, using mostly native pollinator plants, would be a great way to promote biodiversity and attract pollinators and beneficial insects to help take care of the pests that are attracted to roses, and thus create a balance in the landscape.”

The original idea was simply to plant a wide bed perpendicular to the terrace. That plan evolved when, serendipitously, several pollinator and design experts participated in the 2021 Extension Master Gardener class. Steve Spitzer, known as “the pollinator expert” when he was a Master Gardener in Florida, agreed to help coordinate the project. Michelle Mrdeza, who has a Master’s degree in Sustainable Landscape Design, was willing to design the bed, which was expanded to run along the entire length of the wall that defines the upper part of the back lawn.

“A whole team from the class of 2021 developed a list of their favorite pollinator plants, keeping in mind that the goal of our demonstration gardens is to have at least 70% native plants, which are vital for a healthy ecosystem,” noted Fern. “We chose plants and native grasses that would do well in this site and provide yearlong interest and with blooms spring through fall.”

With gardening, as with so many things, one thing leads to another. Working at The Center’s sunny site, the Master Gardener team noticed that the metal benches out back often became literal hot seats during warm weather. To encourage people to sit and enjoy the area, they came up with the idea of installing trellises to plant with native coral honeysuckle that will provide shade as well as food for the pollinators.

The plan was to tackle the developing landscape project in stages due to budget constraints. But in another bit of serendipity, the Charlottesville Garden Club approached The Center and PMG with an offer to contribute funding, making it possible to install the pollinator beds and trellises all at once.

In addition to beautiful and sustainable landscaping, there are offshoots of the PMG-Center partnership. One is providing programs like “Pollinator Gardening with Three Flower Pots,” offered online last year to show apartment and townhouse dwellers how they can support pollinators by growing plants on a patio or balcony, and last month’s “Planting for Pollinators,” with Steve and Michelle, who talked about the new beds at The Center and provided information and ideas for plot and pot gardens to attract butterflies, hummingbirds, and other vital pollinators.

PMG also reached out to The Center to see if there was interest among members in starting a horticulture club. There was, indeed, and Michelle noted their enthusiasm with appreciation. “They were a huge help in getting Phase 1 of the plantings done and it was really fun to have them working side by side with the Master Gardeners.” Club members participate in weekly workdays in the gardens, helping care for the pollinator beds and roses.

“This project is a great example of community collaboration and efforts to meet needs in our community,” said Fern. “I am happy to be a part of this for sure.”

*To learn more about the resources available through Piedmont Master Gardeners, visit [piedmontmastergardeners.org](http://piedmontmastergardeners.org). More information about Charlottesville Garden club is at [thecharlottesvillegardenclub.com](http://thecharlottesvillegardenclub.com). ■*

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