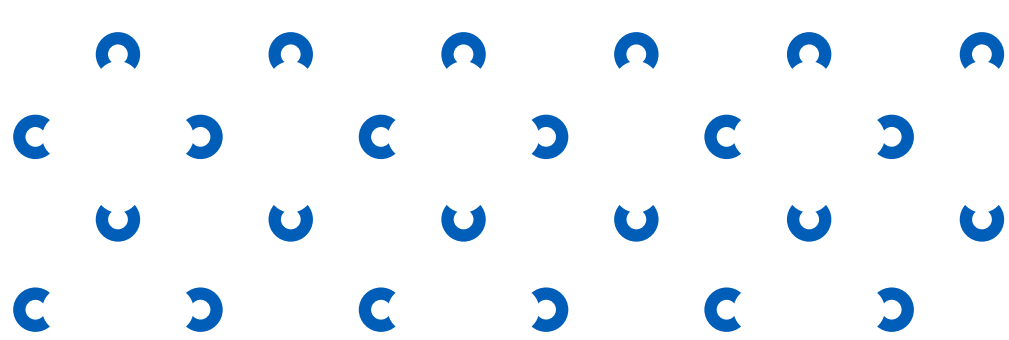




THE CENTER AT BELVEDERE



NEWS from THE CENTER

REFRAMING AGING SINCE 1960

JULY/AUGUST 2026

ON EXHIBIT IN JULY & AUGUST



Randy Baskerville

In the first floor gallery this summer, Randy Baskerville exhibits "Belonging: Friends, Family, Homes."

She says, "What we love is an expression of who we are. Painting, for me, has always been an effort to capture what appeals most deeply from life

experience. I try to extract pieces of memorable moments that I want to hold and share visually. In my work, I invite the viewer to complete the picture of what is not seen."

Come upstairs to spot abstract assemblage art by Albert Moore, fine art photography by Seth Silverstein, and watercolor and pastel paintings of the natural world by Shirley Holden, as well as pieces by two woodworking artists.

Jim Wilkin works from his Palmyra studio to bend strips of wood into sculptural shapes and forms. He says, "When I look at a piece of wood, I recognize that it was alive at one time—breathing in its own ways."



Jim Wilkin

Dennis Meyer also uses wood as his medium, ever since he was a boy sent to his grandfather's basement woodshop to stay out of trouble. He spent 50 years as a carpenter and now takes inspiration from abstract expressionism for deliberately untitled art pieces. He says, "If you buy one, you can call it what you like!"

Remember, when you purchase a piece of artwork at The Center, a portion of the proceeds benefit our nonprofit organization. You can make your inquiries at the Welcome Desk anytime during our opening hours.

Inside

- Programs pg 3
- Pull-Out Calendar pg 7
- Travel pg 11
- Volunteering pg 13
- More!



VMFA Comes to The Center in July

Our Travel Office has taken you to Richmond's Virginia Museum of Fine Arts, but this summer, the art museum is coming to you! VMFA On the Road is an "Artmobile for the 21st Century" and will be onsite at The Center on Thursday, July 30 from 10:00 am to 4:00 pm.

On exhibit will be "Virginia as America: Navigating Life, Liberty, and the Pursuit of Happiness," a collection curated by Susan J. Rawles in recognition of VA250, the Commonwealth of Virginia's commemoration of the 250th anniversary of the American Revolution, the Revolutionary War, and the Independence of the United States.

The paintings, prints, and decorative objects on display explore the American ideal of inalienable rights and, according to VMFA's website, "provide an alternative lens by which to understand our past, encouraging us to consider the hopes and challenges of those founding principles and their persistent relevance for realizing a more perfect union."

The Center is one of 26 locations selected for the exhibit's 2026 statewide tour and the only venue in Charlottesville that will play host to the Artmobile.

The event will be free and open to the public, so bring a friend and celebrate VA250 with VMFA at The Center! ■

Could a Personal Curriculum Reinvigorate Your Routine?



Trends come and go quickly on social media, but here's one we think deserves staying power: fall 2025's viral "personal curriculum" movement. This concept skyrocketed among TikTok users who wanted keep learning and growing beyond their classroom years. If August's back-to-school sales make you miss the days of number 2 pencils and composition notebooks, building a personal curriculum could be a fun way to add a little structure to your daily pursuits.

Your curriculum can include any topics or skills you want to learn about. At the trend's core are simple values of curiosity and lifelong learning—a term many Center members are sure to recognize.

The only difference between lifelong learning and a personal curriculum is that the latter offers a bit more specificity. Everyone who develops their own personal curriculum is engaging in lifelong learning, but not every lifelong learner is using a personal curriculum to achieve their goal.

Much like a college student enrolls in courses for their semester, lifelong learners can plan their own personal curriculums by selecting topics to study over a specific timeframe. You could challenge yourself to six weeks of "summer school," build out your own "fall semester," or list the top 3 things you want to learn in August.

Inspiration for your curriculum can come from anywhere.

Maybe you're a lifelong cook and you want to challenge yourself to try a new recipe each week. You might expand that another step and start growing your own vegetables for the first time. You

See CURRICULUM on page 16



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

Hours

Monday & Friday 8:30 am–4:30 pm
Tuesday–Thursday 8:30 am–7:00 pm
Saturday 8:30 am–2:00 pm

About THE CENTER AT BELVEDERE

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

News from The Center is a publication of The Center.

Healthy Aging for All

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

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

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For more news, follow us on:



Membership

Tips for Building Social Connections!

Many members come to us because they want to meet people and build connections. Making new friends later in life can feel difficult, but we offer many opportunities to make it easier. At Getting the Most Out of Your Membership, you can receive assistance finding programs that meet regularly, encourage discussion, and help you try something new. If you can't make it in person, consider some of these included-in-membership offerings!

come + connect in July

One of the best ways to meet people and build relationships is through attending a program consistently over time. Shared experiences help turn familiar faces into meaningful friendships. You may discover a new favorite pastime—and even better, a few new friends along the way.

Bocce Ball & Cornhole
Mondays, 1:30–3:30 pm

Splendor
Tuesdays, 9:30–11:45 am

Bunko
1st and 3rd Tuesday each month,
12:00–2:00 pm

Mexican Train Dominoes
2nd and 4th Tuesday each month,
1:00–3:00 pm

Canasta
Wednesdays, 12:00–4:00 pm

Cribbage
Thursdays, 2:00–3:00 pm

Backgammon
Thursdays, 2:00–3:30 pm

Euchre
Fridays, 1:00–3:00 pm

come + learn in August

Meet people, build skills, and learn new things all at the same time. Any of these programs would be a great addition to a personal curriculum, as detailed in our cover story.

Chess
Mondays, 12:30–3:00 pm
Saturdays, 10:00 am–12:30 pm

Horticulture Club
Tuesdays, 8:30–10:00 am

Albemarle Woodcarvers
Thursdays, 1:00–3:00 pm

Conversational French
Thursdays, 1:00–2:30 pm

Socrates Café
1st and 3rd Thursday each month,
3:00–4:00 pm

Creative Crocheters
Fridays, 10:30 am–12:30 pm

Questions about membership? Contact Membership Director Suzanne Orejuela at 434.974.7756 or membership@thecentercville.org.

THE CENTER COUNCIL

All Center members are automatically Council members, and all are welcomed at 1:00 pm meetings on the first Monday of most months. Meetings last one hour and no prior registration is required. The focus is on communication and promoting an understanding of Center policies, planning, and procedure. Check it out:

Monday, July 6: No Council meeting. Happy Summer!

Monday, August 3: Back from vacation? Catch up on what's been happening at The Center and learn about our hearing loop technology from special guest Dr. Kristin Koch.

Special Note: The Center is closed on Labor Day, the first Monday of September, so Council will meet on the second Monday, September 14. Hope to see you there!



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

Programs

SPECIAL EVENTS

ARTISTS RECEPTION

Free and open to all

Saturday, July 11, 11:00 am–1:00 pm

Meet the artists whose work is currently on display in The Center's galleries.



THURSDAYS AROUND 5

Free and open to all

4th Thursday each month, 5:02–7:00 pm

Enjoy live music from area performers, featuring **Two Wishes Trio** on July 23 and **Don't Look Up** on August 27.



VMFA ON THE ROAD ARTMOBILE

Free and open to all

Thursday, July 30, 10:00 am–4:00 pm

The Virginia Museum of Fine Arts brings its traveling exhibition "Virginia as America: Navigating Life, Liberty, and the Pursuit of Happiness" to The Center, featuring works from the VMFA permanent collection in recognition of the 250th anniversary of American independence.



PATRIOTIC BAND CONCERT

Free and open to all

Saturday, August 1, 3:00–4:30 pm

Spend the afternoon with The Center Bands—Flashbacks, Second-Wind, and First-Wind—under the direction of Bob Dunnenberger. Donations are gratefully accepted.

CHAMBER MUSIC CONCERT

Free and open to all

Saturday, August 8, 11:00 am–1:00 pm

Hear the finest woodwind and brass soloists and small ensembles from the Charlottesville, Fredericksburg, and Orange Bands perform a varied program of classical pieces in this summer celebration of chamber music.

ARTS

ART CLASS POLICIES

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

ROMANTIC IMPRESSIONIST WOMEN

Members only; registration required

Tuesdays, July 7–28,

1:30–4:30 pm

(4 weeks)

Tuesdays, August

4–25, 1:30–4:30 pm

(4 weeks)

Explore depictions of women in the Impressionist style with Anne Hopper using oils or watercolor. Work from provided reference images as you develop light, color harmony, and expressive brushwork in the Impressionist tradition. For experienced painters. Class fee: \$120.



CREATIVE COLLAGE

Members only; registration required

Wednesday, July 8, 2:00–4:00 pm

Explore the art of creating collage in a supportive and encouraging environment with instructor Sue Oliveri. Work with cool images, textured papers, colors, and design possibilities. No experience necessary. Class fee: \$20. Materials fee: \$10.



MINDFUL DOODLING

Members only; registration required

Thursdays, July 9 & 23, 2:00–4:00 pm

(2 weeks)

Tuesdays, August 4 & 11, 9:30–11:30 am

(2 weeks)

Relax, spark your imagination, and express your thoughts and ideas with more clarity through visual thinking. Learn basic drawing skills and consider how to communicate using simple pictures and words. No experience necessary. Class fee: \$40. See required materials online.

PAINT A CAKE ON CANVAS

Members only; registration required

Monday, July 27, 9:30–11:30 am

Monday, August 10, 9:30–11:30 am

Paint a whimsical vanilla layer cake on a 5" x 7" canvas with acrylic paints, complete with chocolate frosting and a cherry on top. Your instructor guides you step by step to a finished painting in two hours. No experience necessary. Class fee: \$20. Materials fee: \$20.



SPOTLIGHT STUDY: STILL LIFE

Members only; registration required

Wednesdays, August 5–26, 2:00–4:00 pm

Learn how to set up a beautiful still life inspired by the lighting masters of the 20th century. Complete color studies and a final painting based on your favorite study. Oil paints are best, but all mediums are welcome. For advanced beginners and up. Class fee: \$100. See required materials online.

QUILLING FOR BEGINNERS

Members only; registration required by August 20

Monday, August 31, 1:00–3:00 pm

Discover the art of quilling, a technique in which thin paper strips are coiled and shaped into beautiful 2D and 3D designs. Instructor Cory Ryan walks you through every tool in your quilling kit and guides you to a finished note card or three-dimensional piece by the end of class. Class fee: \$20. Materials fee: \$25.

LIFELONG LEARNING

BUILDING AN INCLUSIVE COMMUNITY: GETTING TO KNOW YOUR NEIGHBOR

Free and open to all; registration required

1st Wednesday each month, 6:00–7:30 pm

Greater knowledge builds greater empathy and ensures everyone has a place in our community. Learn about important topics affecting people in Charlottesville and its surrounding areas from various experts and local organizations. The July 1 topic is immigration. The August 5 topic is homelessness.

BOOK GROUP

Included in Center membership

1st Wednesday each month,

11:00 am–12:00 pm

Meet monthly to discuss contemporary fiction and nonfiction. The July 1 book is *A Woman of No Importance* by Sonia Purnell. The August 5 book is *Chesapeake Requiem* by Earl Swift.

MEDICARE PROGRAMS

Free and open to all; registration required

Thursday, July 2, 1:00–2:00 pm

Wednesday, July 8, 11:00 am–12:00 pm

Saturday, July 18, 10:00–11:00 am

Thursday, August 6, 1:00–2:00 pm

Saturday, August 22, 10:00–11:00 am

MEDICARE AND SOCIAL SECURITY PLANNING

Free and open to all; registration required

Wednesday, August 12, 11:00 am–12:30 pm

Sort out what Parts A, B, C, and D mean for you, when to enroll in Medicare and Social Security, and more, with senior insurance advisor Sharon Accardo and long-term care consultant and financial planner Tracy Meade.

INTRODUCTION TO CONSCIOUS COMMUNICATION

Free and open to all; registration required

Tuesdays, July 7–August 25, 12:00–1:00 pm* (8 weeks)

Communicating with clarity, empathy, and care can bring you more connection with yourself and others. This interactive workshop series equips you with skills to apply in personal relationships, family settings, workplaces, and beyond. *Note: The first session on July 7 will end at 1:30 pm.

CARE BEYOND A CASSEROLE

Free and open to all

Wednesday, July 8, 10:00–11:30 am

Learn how to be a truly supportive neighbor to those who may be struggling. Explore what to say—and what not to say—when reaching out to someone who is housebound, ill, or experiencing loneliness, and discover practical ways to make a meaningful difference.

CREATING YOUR PERSONAL LEGACY

Included in Center membership; registration required

Wednesday, July 8, 11:00 am–12:30 pm

You don't have to endow a building to leave a powerful legacy. Dr. Dan Elash guides you through practical strategies for shaping a legacy that reflects your values and makes your life more meaningful to the people who matter most.



ARTIFICIAL INTELLIGENCE AND TODAY'S SCAMS

Free and open to all; registration required

Thursday, July 9, 10:00–11:30 am

AI is making scam emails, calls, and texts harder to spot than ever. UVA computer science professor Dr. Wajih Ul Hassan walks you through what's happening today, shows real examples of deceptive messages, and shares what experts recommend looking out for. No technical experience required.

HELLMUT WALTER: INTERNATIONAL TRAVELER

Free and open to all

2nd Saturday each month, 10:00–11:30 am

Hellmut Walter shares reflections on his life and the journeys that shaped it. The July topic is a Mediterranean cruise from Italy to Spain.

WORLD WAR II DISCUSSION GROUP

Free and open to all; registration required

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

Each month explores a different aspect of World War II through presentations by club members or guest speakers or film screenings followed by discussion. The July 9 film is *Last Best Hope: A True Story of Escape, Evasion and*

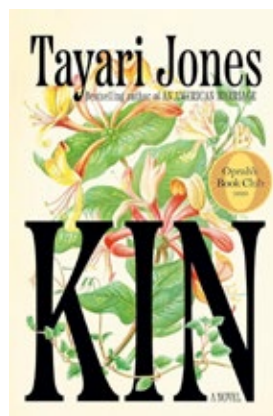
Remembrance (2006). The August 13 film is *The Last Rifleman* (2023).

AFRICAN AMERICAN AUTHORS BOOK CLUB

Free and open to all

2nd Thursday each month, 5:00–6:30 pm

Gather monthly to discuss books by African American authors. The July 9 book is *Kin* by Tayari Jones. Will not meet in August.



IT HAPPENS: GET TECH HELP HERE

Free and open to all; registration required

Saturday, July 11, 12:30–1:30 pm

Saturday, July 18, 12:30–1:30 pm

Saturday, August 1, 12:30–1:30 pm

Saturday, August 15, 12:30–1:30 pm

Tired of asking your kids for tech help? Bring your questions to Sunay Gupta. One-on-one help is available at each session. 15 to 30-minute presentations open the sessions on July 11 and August 1.

MONEY AND YOU

Free and open to all; registration required

2nd Tuesday each month, 10:00–11:30 am

Jorgen Vik, partner with SKV Group, leads monthly discussions to support your financial knowledge and well-being. The July 14 topic is ways to financially support younger generations. Will not meet in August.

LONG-TERM CARE PROGRAMS

Free and open to all; registration required

Crafting Your Extended Care Plan:

Monday, July 20, 1:00–2:30 pm

LTC Insurance - Submitting a Claim:

Wednesday, July 29, 11:00 am–12:30 pm

A Guide to Your Long-Term Care Policy:

Tuesday, August 11, 1:00–2:30 pm

Moving Forward to the Future:

Tuesday, August 25, 5:30–7:00 pm

CAT WORKSHOP AND FIELD TRIP

Free and open to all; registration required

Tuesday, July 21, 9:45 am–12:45 pm

Thursday, August 27, 1:45–4:45 pm

Explore alternatives to driving with PATH (Partnership for Accessible Transportation Help). Learn how to plan your route on Charlottesville Area Transit (CAT), then put it into practice on an optional guided bus trip to destinations such as Walmart, The Shops at Stonefield, or the Downtown Mall.

SCIENCE SEMESTER BOOK DISCUSSION

Included in Center membership; registration required

3rd Tuesday each month, 1:30–3:30 pm

Learn about and discuss scientific topics from a variety of nonfiction books. The July 21 book is *This Is Your Brain on Parasites* by Kathleen McAuliffe. Will not meet in August.

ELDER LAW

Free and open to all; registration required

Tuesday, July 21, 10:00–11:30 am

In recognition of National Make a Will Month, elder law attorney Doris Gelbman covers wills, trusts, and probate, along with practical steps for making things easier for those you leave behind.



DOCUMENTARIES AND DISCUSSION

Free and open to all; registration required

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

Engage with a range of topics relevant to diversity and inclusion through documentary screenings followed by thoughtful conversation. The July 22 film is *Toni Morrison: The Pieces I Am*.

MYSTERY BOOK CLUB

Included in Center membership; registration required

4th Monday each month, 12:00–1:00 pm

Satisfy your inner detective with monthly mystery novel discussions. The July 27 book is *The Grey Wolf* by Louise Penny. The August 24 book is *Murder on Astor Place* by Victoria Thompson.



AMATEUR RADIO

Included in Center membership; registration required

Monday, July 27, 2:00–3:00 pm

Discover the world of HAM radio: how it works, how to get licensed, and why it remains one of the most reliable forms of communication when other systems go down.

SELF-PUBLISHING FROM SOUP TO NUTS

Free and open to all; registration required

Tuesday, July 28, 12:30–2:00 pm

Turn your story into a published book. This workshop covers the entire self-publishing process, from planning and editing to cover design, pricing, and basic marketing, led by bestselling independent author Rebecca Heflin. No experience necessary.



PROTECTING PEOPLE, PETS, AND LIVESTOCK FROM HAZARDOUS PLANTS

In partnership with Piedmont Master Gardeners

Free and open to all; registration required

Tuesday, August 4, 5:30–7:00 pm

From moon flowers to castor beans, Master Gardener Lynn Valentine identifies toxic plants in Virginia that pose risks to people and animals. After this session, you'll recognize troublesome plants and know how to protect yourself, your pets, and your garden.

SENIOR STATESMEN OF VIRGINIA

Free and open to all; registration required
2nd Wednesday each month, 2:30–4:00 pm
Will not meet in July. The August 12 topic is The Legacy of Armed Conflict presented by retired Major General Charles J. Dunlap.

AARP SMART DRIVER COURSE

Open to all; registration required

**Monday & Tuesday, August 24 & 25,
9:00 am–1:00 pm (2 days)**

Sharpen your driving skills and adapt to age-related changes that affect driving ability with this eight-hour, two-day course. Topics include proven driving techniques, updated rules of the road, and strategies for staying safe. Attendance at both sessions is required. Registration opens July 24. AARP Members \$20; Non-AARP Members \$25, payable by check or cash to AARP on the first day of class.

PHYSICAL WELL-BEING

HEALTHSPAN TALKS

Free and open to all; registration required

2nd Tuesday each month, 9:00–10:00 am

Darcy Higgins, Doctor of Physical Therapy, discusses rotating topics to help you move better in your day-to-day life. The July 14 topic is hip and knee replacements. The August 11 topic is avoiding back and neck strain.

COGNITIVE SCREENINGS

Tuesday, July 28, 10:00 am–12:00 pm

Speech therapists from ACAC conduct brief 10–15-minute assessments covering short-term memory, word finding, and the ability to stay focused, followed by a short conversation about available resources.

HEARING HEALTH

Free and open to all; registration required

3rd Wednesday each month, 10:00–11:00 am

Audiologists from Evolution Hearing present educational talks to support your hearing. The July 15 topic is new relief options for tinnitus. The August 19 topic covers the latest hearing aid technology.



EATING FOR OPTIMAL BRAIN HEALTH

Members only; registration required

**Tuesdays, July 21 & 28, 10:00 am–12:00 pm
(2 weeks)**

**Tuesdays, August 18 & 25,
10:00 am–12:00 pm (2 weeks)**

Based on *Power Foods for the Brain* by Neal Barnard, MD, this two-session program features a cooking demonstration of brain-boosting foods and an exploration of how diet and lifestyle can support Alzheimer's and dementia prevention. Materials fee: \$10.

HEALING YOURSELF

Free and open to all; registration required

4th Wednesday each month, 10:00–11:30 am

When the body is relaxed, research suggests anxiety, blood pressure, insomnia, and pain all decrease. Learn a simple breathwork exercise and meditation technique with Nancy Zamil, RN and Reiki Master, and explore holistic practices including meditation, reiki, and yoga.

EMOTIONAL WELL-BEING

COMBATING LONELINESS IN LATER LIFE

Included in Center membership; registration required

Thursday, July 23, 11:00 am–12:30 pm

Loneliness is more common among older adults than many care to admit. Dr. Dan Elash explores the internal and external obstacles that stand in the way of meaningful connection, helps you identify strategies for reaching out, and offers an honest look at the effort those steps require.

DEVELOPING SOCIAL CONFIDENCE

Included in Center membership; registration required

Friday, July 24, 10:00–11:00 am

Build meaningful, lasting relationships through trust-building activities, open communication, active listening, and laughter in a warm, welcoming environment.

BUILDING A CONTENTED LIFE

Included in Center membership; registration required

Thursday, August 6, 10:00–11:30 am

Contentment is more within your reach than you might think. Dr. Dan Elash guides you through the conditions for a life you feel good about and shows why the choices that shape your well-being are under your control.

BUILDING YOUR RESILIENCE

Free and open to all; registration required

Thursday, August 20, 10:00–11:30 am

Life will challenge you. What you can control is how you respond. Dr. Dan Elash teaches practical strategies for strengthening your mindset, shifting your perspective, and bringing your attitudes under conscious control, so that hard times leave you better prepared.

SOCIAL/RECREATIONAL

STANDARD BALLROOM DANCE

Open to all; registration required

**Wednesdays, July 1–August 5, 4:30–5:30 pm
(6 weeks)**

**Wednesdays, August 26–September 30,
4:30–5:30 pm (6 weeks)**

Learn the most popular ballroom dances with instructor Steven Babusko. The July/August class covers the Foxtrot. The August/September class covers the Quickstep. Class fee: Members \$60; Guests \$90.

LATIN BALLROOM DANCE

Open to all; registration required

**Wednesdays, July 1–August 5, 5:30–6:30 pm
(6 weeks)**

**Wednesdays, August 26–September 30,
5:30–6:30 pm (6 weeks)**

Learn the most popular Latin ballroom dances with instructor Steven Babusko. The July/August class covers the Paso Doble. The August/September class covers the Jive. Class fee: Members \$60; Guests \$90.

CINEMA DISCUSSION GROUP

Included in Center membership

2nd Wednesday each month, 4:30–5:30 pm

Film fans gather monthly to discuss a selected movie and explore the art of filmmaking. The July 8 film is *Cool Hand Luke*. The August 12 film is *The Rookie*.

PRIDE TROPICAL SUMMER DANCE

Free and open to all; registration required

Thursday, July 16, 5:00–7:00 pm

Celebrate summer at this seasonal themed dance.



PRIDE GAME NIGHT

Free and open to all; registration required

Tuesday, July 21, 5:00–7:00 pm

From Pinochle to Parcheesi, Chess to Canasta, bring your favorite game or try something new. Ping pong is also available. Bring a snack to share.

BOOK SWAP

Free and open to all

Wednesday, July 22, 9:00 am–4:00 pm

Have books on the shelf you no longer want or need to do a little decluttering? Bring books in good to excellent condition to swap for new titles.

A TRIBUTE TO BROADWAY

Free and open to all

Thursday, July 23, 3:00–4:15 pm

Experience beloved hit tunes from the Broadway stage, performed live by Just Friends: vocalists Nate Freed, Ellie Angeline, Nancy Graddy, and Holly Heilberg, with Paul Nowicki on piano and guitar.

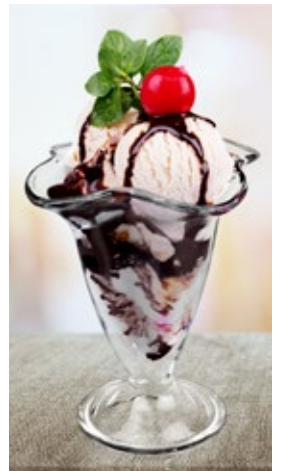
MEMBER APPRECIATION SOCIALS

Included in Center membership; registration required

**Tuesday, July 28,
3:00–4:00 pm**

**Wednesday, August 26,
11:00 am–12:00 pm**

Gather with fellow members for fellowship and a sweet seasonal treat. Fizz up your afternoon with root beer floats on July 28 and cool down with a sundae bar on August 26.



JIGSAW PUZZLE SWAP

Free and open to all

Wednesday, August 19, 11:00 am–5:00 pm

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

A NOTE ABOUT OUR PROGRAM NOTES

This just a partial list of the 160+ programs offered every week at The Center! Weekly recurring programs are shown on the pull-out calendar, where you will find most of our fitness classes. Check MyActiveCenter.com or The Center's website for programs added after our print deadline.

Can't make a class you that you signed up for? Please email cancel@thecentercville.org so that someone else can fill that spot and enjoy the program.

Connection 101: The Whys and Hows of Building Your Social Network

People come to The Center for all kinds of reasons, but the number one reason? To meet other people. Even people who join us because of a specific program report that social engagement is what keeps them coming back. We know this from listening to members and from the many variations of “I came for the fitness and stayed for the friends” written on member surveys.

This is no surprise, given that human beings are wired for social connection. Studies show that strong social ties, through friends, family, and community groups, are linked to living longer, feeling happier, and lowering the risk of cognitive decline later in life. Social engagement has a protective effect on health.

It’s not always easy to find human connection, though. In fact, so many millions of people are experiencing loneliness that recent reports from the U.S. Surgeon General and the World Health Organization have declared it a defining challenge of our time.

Why is something seemingly so natural apparently so hard?

According to Natalie Kerr and Jaime Kurtz, psychology professors at JMU and co-authors of *Our New Social Life*, there are social, cultural, and psychological barriers to social connections. At a program The Center hosted in January, the authors pointed out how modern life works against us—technology (looking at you, smartphones), time pressures (Americans are so busy!), and the geographic distance of loved ones are all culprits. They also noted cognitive biases that make people both underestimate how much others enjoy interacting with them and overestimate how critically they are being judged.

Fortunately, there are ways to address these challenges. It takes a bit of effort and might feel awkward, but if you want to strengthen your network of friends and family and create community ties, you can do it.

Start with putting your phone away. Give people your full attention and you’ll find it easier to engage. Active listening and asking questions based on what you hear builds a deeper connection; it’s also a helpful tactic for shy people, as it puts the focus on the other person.

Like many things, social interaction improves with practice. Speak to a stranger in the checkout line or on the bus. Say hello or give a compli-



ment to someone in the elevator. Even small interactions like this can build confidence. They also provide a sense of belonging—all of us are part of a greater community.

Admittedly, building a social circle can be harder for older adults dealing with life transitions like retirement or a move to a new city. But even without typical friend-making environments—school or work or housemates—there are plenty of ways build social circles. Joining a club, taking a class, or working with a volunteer group are great options. All of these provide the repeat exposure that Jaime Krems, a social psychologist and director of the UCLA Center for Friendship Research, says is one of the most important factors in a new friendship. And for anyone who struggles to make small talk, groups with shared interests like these foster more meaningful conversations.

Do you have old friends you’ve drifted away from? Consider reaching out. Will it feel weird? Maybe, but chances are they would love to hear from you. Or check out “speed friending” events like those at The Center.

If the prospect of feeling anxious or vulnerable is holding you back, remember that making new friends can be hard for anyone. We all fear judgment. We’re all subject to misperceptions about what others are thinking or feeling. But social connection is vital to human health and happiness. Try putting yourself out there and you’ll find it’s worth it. ■

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Pull-Out Program Calendar

THURSDAY

9:00 Tai Chi, Party Bridge
Ivy Creek Hikers
 Empowering Yoga \$
 NIA Moving to Heal \$
Retreads Softball
 9:15 PRIMETIME FITNESS \$/Ø
 10:00 Another Group for Men
 Writing for Self Expression
 & Insight
 10:30 **ARTHRITIS EXERCISE**
 Tap Dance Level 3 \$
 First Wind Band
 10:45 Discovering Your Strength \$
 11:45 **BALANCE & STABILIZATION \$/Ø**
 American Tribal Dance
 12:00 **Music in the Atrium**
 Sheepshead
 12:30 More Wise Women
 1:00 **NIA-Moving to Heal**
 Woodcarvers, Zumba \$
Conversational French
 2:00 Backgammon, Cribbage
 Qigong Zhan Zhuan
 2:15 Strong & Stable \$
 2:30 **International Folk Dance**
 American Mah Jongg
 3:30 Tai Chi \$
 4:30 **Tap Your Troubles Away \$**
 5:30 **Square Dancing**
After-Work Wonders
 5:45 **Ping Pong**

FRIDAY

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

SATURDAY

8:45 Empowering Yoga \$
 9:00 Oil Painting Group
 FIT TO GO
 10:00 MOVE TO THE RHYTHM
 DANCE PARTY \$/Ø
 Calm Yoga \$
Chess
 11:30 Mat Pilates for Active Aging

The Center at Belvedere

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

1 12:30 **IT Happens: Get Tech Help Here**
 3:00 **Band Patriotic Concert**

6 9:30 International Botanical
 Watercolor (cont.)
 10:00 **Hearing Screenings**
 Building a Contented Life
 12:45 Girl Talk
 1:00 **Mastering Medicare**
 Apple/Mac Users Group
 1:30 ReConnect Support Group II
 3:00 Socrates Café
 5:00 **NAMI Support Group**
 5:30 **Jazz Jam**

7 10:00 **Aphasia Conversation Café**
 Chair One Fitness
 11:00 **Aging in Place**

8 10:00 **Hellmut Walter: International Traveler**
 11:00 **Pride Lunch**
Chamber Music Concert
 12:30 Women Connected

13 9:30 International Botanical
 Watercolor (cont.)
 10:00 **Dementia Caregiver Support Group**
 12:00 **WWII Discussion Group**
 1:00 Mexican Train Dominoes
 2:15 Varieties of Spiritual Experience
 4:00 **Tremor Support Group**
 5:00 **NAMI Support Group**

14

15 12:30 **IT Happens: Get Tech Help Here**

20 9:30 International Botanical
 Watercolor (final)
 10:00 **Building Your Resilience**
 12:45 Girl Talk
 1:00 Apple/Mac Users Group
ADHD Support Group
 3:00 Socrates Café
 5:00 **NAMI Support Group**

21 10:00 **Memory Café**
 12:00 **Lunch Box Readings**

22 10:00 **Stop by Saturday**
Medicare Made Simple
 12:30 Women Connected

27 11:00 **Navigating Senior Living Options**
 1:45 **CAT Workshop and Field Trip**
 2:15 Varieties of Spiritual Experience
 5:02 **Thursdays Around 5**

28 10:00 Writers Critique Workshop

29

July 2026

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

MONDAY

7:30 **Golf**
 8:30 Calm Yoga \$
 9:00 **Hiking**
 Sit to be Fit \$
 9:30 Monday Group for Men
 9:45 Chair Yoga \$
 10:00 Writing for Healing & Growth
 Getting Better at Bridge
 Tap Dance Level 1 \$
Grateful Threads Quilters
 10:15 Maximize Your Strength \$
 11:00 **Silver Swans Ballet II**
 Poker
 11:15 Tap Dance Level 2 \$
 11:30 Discovering Your Strength \$
 11:45 BALANCE & STABILIZATION \$/Ø
 12:15 **Silver Swans Ballet I**
 12:30 Chess
 Royal Siamese Mah Jongg
 12:45 Chinese Mah Jongg
 1:00 Beginner Recorder Lessons
Ageless Grace
English Country Dance
Music in the Atrium
Member Social
 Artwork in Progress
 1:30 Bocce Ball & Cornhole
 1:45 Strengthen Your Health & Life \$
 3:00 Meditative Stretch \$
 3:30 Tai Chi \$

TUESDAY

9:00 Empowering Yoga \$
 Tai Chi
 Horticulture Club
Retreads Softball
 9:15 PRIMETIME FITNESS \$/Ø
 9:30 Splendor
 9:45 Strong & Stable \$
 10:00 A Group for Men
 10:30 **ARTHRITIS EXERCISE**
 Second-Wind Band \$
 11:45 Introduction to Movement
 12:30 Party Bridge
 12:45 **Piano Music in the Atrium**
 1:00 **English Country Dance**
 Ageless Grace
 2:15 Core Stability & Functional
 Training
 3:30 MOVE TO THE RHYTHM
 DANCE PARTY \$/Ø
 4:45 FIT TO GO
 Evening Group for Men
 5:00 Line Dance (Int./Adv.)
 5:45 **Ping Pong**
 7:00 **Families Anonymous**

WEDNESDAY

8:30 Hatha Yoga \$
 9:00 **Hiking**
 Fitness Room Orientation
 9:15 PRIMETIME FITNESS \$/Ø
 9:30 Crafty Ladies
 9:45 Tone & Groove \$
 10:00 Push Card Game
 10:30 Basic Qigong & Tai Chi Practice
 11:00 Maximize Your Strength \$
 12:00 Canasta, Crafts DIY
 Advanced Line Dance
 Dollhouse Miniatures
Senior Bowling \$
 12:30 **Square Dance Lessons**
 Wednesday Group for Men
 TOPS, American Mah Jongg
 1:00 **Ageless Grace**
 Scrabble
 Recorder Lessons (Int.)
 1:45 Strengthen Your Health & Life \$
 2:00 Knit-Wits
 Center Stage Players, Ping Pong
 2:30 **Conversational Spanish (Adv. Beg.)**
 3:00 Meditative Stretch \$
 3:15 **Bereavement & Loss Support Group**
 5:00 Line Dance (Beg.)
 5:30 **Slow & Stretchy Yoga**
International Folk Dance
 6:00 **AA Meeting**

1 9:30 Kingfishers
 10:45 Wise Women Too
 11:00 Book Group
Veterans Coffee Hour
 12:30 Open Waltz Social
 4:30 **Standard Ballroom Dance Lessons \$**
 5:30 **Latin Ballroom Dance Lessons \$**
 6:00 **Building an Inclusive Community**

6 9:00 Fitness Room Orientation

7 9:00 Injury & Pain Screenings
 9:30 **Coffee & Caregiving**
 10:00 **Try It Out Tuesday**
 12:00 Bunko
 GO for Beginners
Intro to Conscious Communication
 1:00 Ladies Connected
 1:30 Romantic Impressionist Women \$
 2:00 Chair Volleyball
 5:00 **Trivia**

8 10:00 **Care Beyond a Casserole**
 10:30 **Parkinson's Caregiver Support Group**
 11:00 **Navigating Medicare**
 Creating Your Personal Legacy
 2:00 Creative Collage \$
 4:30 Cinema Discussion Group
Standard Ballroom Dance Lessons (cont.)
 5:30 **Latin Ballroom Dance Lessons (cont.)**
 6:00 **Moonlighter's Quilting**

13 1:00 **Piedmont Pastelists**
 2:00 Current Events

14 9:00 **Healthspan Talks**
 10:00 **Money and You**
 Wise Women Connect, **Travel Chat**
 12:00 **Intro to Conscious Communication (cont.)**
 1:00 **Bookmobile**
 1:30 Romantic Impressionist Women (cont.)
 2:00 **Karaoke**
 4:00 **Singles Schmooze**

15 10:00 **Welcome Wednesday**
Hearing Health
 10:45 Wise Women Too
 12:30 Open Waltz Social
 4:30 **Standard Ballroom Dance Lessons (cont.)**
 5:30 **Latin Ballroom Dance Lessons (cont.)**

20 9:00 Fitness Room Orientation
 1:00 **Crafting Your Extended Care Plan**

21 9:00 Injury & Pain Screenings
 9:30 **Alzheimer's Caregiver Support Group**
 9:45 **CAT Workshop and Field Trip**
 10:00 **Elder Law**
 Eating for Optimal Brain Health
 12:00 Bunko
Intro to Conscious Communication (cont.)
 1:00 Ladies Connected
 1:30 Science Semester Book Discussion
 Romantic Impressionist Women (cont.)
 2:00 Chair Volleyball
 5:00 **Trivia**
Albemarle Modern Quilt Guild
Pride Game Night

22 9:00 **Book Swap**
 10:00 **Healing Yourself**
 10:30 **Parkinson's Caregiver Support Group**
 4:30 **Stroke Support Group**
Standard Ballroom Dance Lessons (cont.)
 5:00 **Documentaries and Discussion**
 5:30 **Latin Ballroom Dance Lessons (cont.)**
Welcome Wednesday
 6:00 **Moonlighter's Quilting**

27 9:30 Paint a Cake on Canvas \$
 12:00 Mystery Book Club
 2:00 Current Events
 Amateur Radio

28 10:00 Wise Women Connect
 Cognitive Screenings
 Eating for Optimal Brain Health (final)
 12:00 **Handle with Love & Care Support Group**
Intro to Conscious Communication (cont.)
 12:30 Self Publishing From Soup to Nuts
 1:00 **Bookmobile**
 Mexican Train Dominoes
 1:30 Romantic Impressionist Women (final)
 2:00 **Karaoke**
 3:00 Member Appreciation Social
 4:00 **Singles Schmooze**

29 10:00 Getting the Most Out of Your
 Membership
 11:00 **Long Term Care Insurance:**
Submitting a Claim
 4:30 **Standard Ballroom Dance Lessons (cont.)**
 5:30 **Latin Ballroom Dance Lessons (cont.)**
 6:00 **Moonlighter's Quilting**

Pull-Out Program Calendar

THURSDAY

9:00 Tai Chi, Party Bridge
Empowering Yoga \$
NIA Moving to Heal \$
Retreads Softball
Ivy Creek Hikers
9:15 PRIMETIME FITNESS \$/Ø
10:00 Another Group for Men
Writing for Self Expression
& Insight
10:30 **ARTHRITIS EXERCISE**
Tap Dance Level 3 \$
First Wind Band
10:45 Discovering Your Strength \$
11:45 **BALANCE & STABILIZATION \$/Ø**
American Tribal Dance
12:00 **Music in the Atrium**
Sheepshead
1:00 **NIA-Moving to Heal**
Woodcarvers, Zumba \$
Conversational French
2:00 Backgammon, Cribbage
Qigong Zhan Zhuan
2:15 Strong & Stable \$
2:30 **International Folk Dance**
American Mah Jongg
3:30 Tai Chi \$
4:30 **Tap Your Troubles Away \$**
5:30 **Square Dancing**
After-Work Wonders
5:45 **Ping Pong**

FRIDAY

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

SATURDAY

8:45 Empowering Yoga \$
9:00 Oil Painting Group
FIT TO GO
10:00 **MOVE TO THE RHYTHM**
DANCE PARTY \$/Ø
Calm Yoga \$
Chess
11:30 Mat Pilates for Active Aging

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<p>2 10:00 Hearing Screenings 12:45 Girl Talk 1:00 Mastering Medicare Apple/Mac Users Group 1:30 ReConnect Support Group II 3:00 Socrates Café 5:00 NAMI Support Group 5:30 Jazz Jam</p>	<p>3 Center Closed</p>	<p>4 Center Closed</p>
<p>9 10:00 Dementia Caregiver Support Group AI and Today's Scams 12:00 WWII Discussion Group 1:00 Mexican Train Dominoes 2:00 Mindful Doodling \$ 2:15 Varieties of Spiritual Experience 4:00 Tremor Support Group 5:00 African American Authors Book Club NAMI Support Group</p>	<p>10</p>	<p>11 10:00 Hellmut Walter: International Traveler 11:00 Artists Reception Pride Lunch 12:30 Women Connected IT Happens: Get Tech Help Here</p>
<p>16 9:30 Getting the Most Out of Your Membership International Botanical Watercolors \$ 12:45 Girl Talk 1:00 Apple Mac Users Group ADHD Support Group 3:00 Socrates Café 5:00 NAMI Support Group Pride Tropical Summer Dance</p>	<p>17 10:00 Memory Café 12:00 Lunch Box Readings</p>	<p>18 10:00 Medicare Made Simple 12:30 IT Happens: Get Tech Help Here</p>
<p>23 9:30 International Botanical Watercolors (cont.) 11:00 Navigating Senior Living Options Combating Loneliness in Later Life 2:00 Mindful Doodling (final) 2:15 Varieties of Spiritual Experience 3:00 A Tribute to Broadway 5:02 Thursdays Around 5</p>	<p>24 10:00 Writers Critique Workshop Developing Social Confidence</p>	<p>25 10:00 Stop By Saturday 12:30 Women Connected</p>
<p>30 9:30 International Botanical Watercolors (cont.) 10:00 VMFA Art Mobile 3:00 Socrates Café 5:00 NAMI Support Group</p>	<p>31</p>	

August 2026

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

MONDAY

7:30 **Golf**
 8:30 Calm Yoga \$
 9:00 **Hiking**, Sit to be Fit \$
 9:30 Monday Group for Men
 9:45 Chair Yoga \$
 10:00 Writing for Healing & Growth
 Getting Better at Bridge
 Tap Dance Level 1 \$
Grateful Threads Quilters
 Maximize Your Strength \$
 11:00 **Silver Swans Ballet II**, Poker
 11:15 Tap Dance Level 2 \$
 11:30 Discovering Your Strength \$
 11:45 BALANCE & STABILIZATION \$/Ø
 12:15 **Silver Swans Ballet I**
 12:30 Chess
 Royal Siamese Mah Jongg
 12:45 Chinese Mah Jongg
 1:00 Beginner Recorder Lessons
Ageless Grace
English Country Dance
 Artwork in Progress
Music in the Atrium
Member Social
 1:30 Bocce Ball & Cornhole
 1:45 Strengthen Your Health & Life \$
 3:00 Meditative Stretch \$
 3:30 Tai Chi \$

TUESDAY

9:00 Empowering Yoga \$
 Tai Chi
 Horticulture Club
Retreads Softball
 9:15 PRIMETIME FITNESS \$/Ø
 9:30 Splendor
 9:45 Strong & Stable \$
 10:00 A Group for Men
 10:30 **ARTHRITIS EXERCISE**
 Second-Wind Band \$
 Introduction to Movement
 11:45 Party Bridge
 12:30 **Piano Music in the Atrium**
 12:45 **English Country Dance**
 Ageless Grace
 2:15 Core Stability & Functional
 Training
 3:30 MOVE TO THE RHYTHM
 DANCE PARTY \$/Ø
 4:45 FIT TO GO
 Evening Group for Men
 5:00 Line Dance (Int./Adv.)
 5:45 **Ping Pong**
 7:00 **Families Anonymous**

WEDNESDAY

8:30 Hatha Yoga \$
 9:00 **Hiking**, Fitness Room Orientation
 9:15 PRIMETIME FITNESS \$/Ø
 9:30 Crafty Ladies
 9:45 Tone & Groove \$
 10:00 Push Card Game
 10:30 Basic Qigong & Tai Chi Practice
 11:00 Maximize Your Strength \$
 12:00 Canasta, Crafts DIY
 Advanced Line Dance
 Dollhouse Miniatures
Senior Bowling \$
 12:30 **Square Dance Lessons**
 Wednesday Group for Men, TOPS
 American Mah Jongg
 1:00 **Ageless Grace**, Scrabble
 Recorder Lessons (Int.)
 1:45 Strengthen Your Health & Life \$
 2:00 Knit-Wits, Center Stage Players,
 Ping Pong
 2:30 **Conversational Spanish (Adv./Beg.)**
 3:00 Meditative Stretch \$
 3:15 **Bereavement & Loss Support Group**
 5:00 Line Dance (Beg.)
 5:30 **Slow & Stretchy Yoga**
International Folk Dance
 6:00 **AA Meeting**

<p>3 9:00 Fitness Room Orientation 1:00 Council Meeting</p>	<p>4 9:00 Injury & Pain Screenings 9:30 Coffee & Caregiving Mindful Doodling \$ 10:00 Try It Out Tuesday Bunko Intro to Conscious Communication (cont.) 1:00 Ladies Connected 1:30 Romantic Impressionist Women \$ 2:00 Chair Volleyball 5:00 Trivia 5:30 Piedmont Master Gardener Talk</p>	<p>5 9:30 Kingfishers 10:45 Wise Women Too 11:00 Book Group Veterans Coffee Hour 2:00 Spotlight Study--Still Life Series \$ 4:30 Standard Ballroom Dance Lessons (final) 5:30 Latin Ballroom Dance Lessons (final) 6:00 Building an Inclusive Community Veteran's Evening Social</p>
<p>10 9:30 Paint a Cake on Canvas \$ 11:00 Getting the Most Out of Your Membership 1:00 Piedmont Pastelists 2:00 Current Events</p>	<p>11 9:00 Healthspan Talks 9:30 Mindful Doodling (final) 10:00 Wise Women Connect Travel Chat 12:00 Intro to Conscious Communication (cont.) 1:00 Bookmobile A Guide to Your Long Term Care Policy 1:30 Romantic Impressionist Women (cont.) 2:00 Karaoke 4:00 Singles Schmooze</p>	<p>12 10:00 Welcome Wednesday 10:30 Parkinson's Caregiver Support Group 11:00 Medicare and Social Security Planning 2:00 Spotlight Study--Still Life Series (cont.) 2:30 Senior Statesmen of Virginia 4:30 Cinema Discussion Group 6:00 Moonlighter's Quilting</p>
<p>17 9:00 Fitness Room Orientation 1:00 Low Vision Resource and Support Group</p>	<p>18 9:00 Injury & Pain Screenings 9:30 Alzheimer's Caregiver Support Group 10:00 Eating for Optimal Brain Health Beg. Watercolor Reception 12:00 Bunko Intro to Conscious Communication (cont.) 1:00 Ladies Connected 1:30 Romantic Impressionist Women (cont.) 2:00 Chair Volleyball 5:00 Trivia Albemarle Quilt Guild</p>	<p>19 10:00 Hearing Health 10:45 Wise Women Too 11:00 Puzzle Swap 2:00 Spotlight Study--Still Life Series (cont.) 5:30 Welcome Wednesday</p>
<p>24 9:00 AARP Smart Driver Course \$ 12:00 Mystery Book Club 2:00 Current Events</p>	<p>25 9:00 AARP Smart Driver Course (final) 10:00 Wise Women Connect Eating for Optimal Brain Health (final) Getting the Most Out of Your Membership 12:00 Handle with Love and Care Support Group Intro to Conscious Communication (final) 1:00 Bookmobile Mexican Train Dominoes 1:30 Romantic Impressionist Women (final) 2:00 Karaoke 4:00 Singles Schmooze 5:30 Moving Forward to the Future</p>	<p>26 10:00 Healing Yourself 10:30 Parkinson's Caregiver Support Group Who Will Inherit the Mess 11:00 Member Appreciation Social 2:00 Spotlight Study--Still Life Series (cont.) 4:30 Stroke Support Group Standard Ballroom Dance Lessons \$ 5:00 Documentaries and Discussion 5:30 Latin Ballroom Dance Lessons \$ 6:00 Moonlighter's Quilting</p>
<p>31 1:00 Quilling for Beginners</p>		

Travel

DAY TRIPS

NATIONAL AIR AND SPACE MUSEUM

Tuesday, July 7, 8:00 am–6:00 pm

Lifelong learning hits the stratosphere at The Steven F. Udvar-Hazy Center in Chantilly. Stroll through thousands of aviation and space artifacts, including the Space Shuttle *Discovery*, a Blackbird SR-71, and the Concorde. A docent-led tour will highlight the collection and trace the history of air and space travel. Lunch on your own at the onsite Shake Shack. Members \$93; Guests \$129.



SMITH MOUNTAIN LAKE

Tuesday, August 25, 9:00 am–4:30 pm

Smith Mountain Lake, known as the “Jewel of the Blue Ridge Mountains,” is a scenic 40-mile-long man-made lake with 500 acres of shoreline in Bedford County. Board the *Virginia Dare*, a 19th-century-style side-wheeler, for a two-hour cruise featuring sights like Smith Mountain Dam, local islands, osprey nests, and historic landmarks. The experience includes an all-you-can-eat, build-your-own taco bar with drinks, plus a cash bar. Members \$152; Guests \$188.

STRATFORD HALL WINE AND OYSTER FESTIVAL

Saturday, September 19, 9:00 am–8:00 pm

Stratford Hall’s Wine and Oyster Festival features live music, artisans, food trucks, tastings from over a dozen Virginia wineries, coastal oysters, distilleries, a car show, and more. Take a self-guided tour of the Great House, walk to the cliffs overlooking the Potomac River, and explore the surrounding gardens. Members \$164; Guests \$200.



POPLAR FOREST

Thursday, October 1, 9:30 am–5:00 pm

Step inside Thomas Jefferson’s private retreat in Lynchburg for a docent-guided tour of his meticulously restored home. Explore the main level, learn about the restoration process, and gain new insights into 19th-century architecture, the daily life of Jefferson, and the lives of the enslaved community at Poplar Forest. Lunch will be at The Neighbors Place prior to the tour, at your own cost. Members \$128; Guests \$164.

ARLINGTON NATIONAL CEMETERY

Thursday, November 5, 8:00 am–5:00 pm

Walk among the rolling hills and iconic memorials of one of the nation’s most revered landmarks. Your guide will bring the cemetery’s history to life with stories and lesser-known details about the men and women buried there. Notable

stops include the Tomb of the Unknown Soldier, the Kennedy Gravesites, and the Changing of the Guard ceremony. After the tour, lunch is your own at the Pentagon City Mall where shopping is also available. Members \$146; Guests \$182.

VIRGINIA STATE CAPITOL

Friday, November 13, 8:30 am–3:00 pm

Tour the seat of Virginia’s state government in Richmond, home to the oldest elected legislative body in North America. The Virginia General Assembly traces its roots to the House of Burgesses, established in 1619. Lunch on your own at Olive Garden follows the tour. Members \$90; Guests \$126.

A CHRISTMAS CAROL AT RIVERSIDE CENTER

Wednesday, November 18, 9:30 am–6:30 pm

Follow Ebenezer Scrooge through one unforgettable Christmas Eve as three ghosts lead him from his miserly past into a transformed future. Alan Menken and Lynn Ahrens’s adaptation of the Dickens classic ran for a decade at Madison Square Garden and it’s easy to see why. Members \$191; Guests \$227.

WHITE HOUSE HOLIDAY TOUR

December 2026

Walk through the historic rooms of the White House when the residence is decorated with festive trees, seasonal displays, and holiday décor throughout its celebrated spaces. Lunch is on your own at Pentagon City Mall. Please note: This tour date has been requested but must be approved by the White House. Contact the Travel Office by October 9 to get on the list.

GETAWAYS

ALASKAN CRUISE

August 4–14, 2026

Whether you seek adventure, relaxation, or cultural enrichment, an Alaskan cruise offers an unforgettable journey through one of the world’s most spectacular natural wonders. Board Norwegian Cruise Line’s *Joy* to sail round trip from Seattle to Ketchikan, Juneau, Skagway, and Victoria in British Columbia.

FALLINGWATER AND PITTSBURGH

October 7–9, 2026

Frank Lloyd Wright’s Fallingwater, the iconic Pennsylvania home built over a waterfall on Bear Run Stream, is a National Historic Landmark and World Heritage site. Before touring the house, visit Pittsburgh to see the Flight 93 National Memorial, ride the historic Duquesne Incline, and tour the Heinz History Center. Includes round trip transportation, lodging, breakfast, two dinners, and admission to estates and gardens.

NASHVILLE FOR THE HOLIDAYS

December 3–6, 2026

Kick off the holiday season with a three-night stay at the Gaylord Opryland Hotel. Highlights include a General Jackson Showboat lunch cruise with live music, the ICE! exhibit featuring *A Charlie Brown Christmas*, evening performance at the Grand Ole Opry, guided tour of the Ryman Auditorium, and a Delta River flatboat ride.



NEW YORK FOR THE HOLIDAYS

December 13–16, 2026

Pack your bags to explore the Big Apple in all its winter glory, with a stay in Midtown Manhattan. Enjoy world-class entertainment and iconic sightseeing experiences, including the 9/11 Memorial and Museum, a Broadway play, Rockefeller Plaza, Morgan Library & Museum, the *Christmas Spectacular Starring the Radio City Rockettes*, and more.

SPLENDORS OF THE CARIBBEAN YACHT CRUISING

January 2–11, 2027

Board one of Emerald Cruises luxury yachts for this unforgettable 7-day cruise. Overnight in St. Thomas before setting sail to St. John, Nevis, Falmouth Harbour, Gustavia, and Virgin Gorda. The voyage concludes in San Juan, Puerto Rico.

PRESENTATIONS

TRAVEL CHAT

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

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

UNDERSTANDING JEFFERSON’S ESCAPE FROM THE BRITISH

Tuesday, September 8, 10:30–11:30 am

Prepare for our outing to Poplar Forest by learning more about Jefferson’s path there from Monticello as he evaded British forces.

Coming in 2027

PORTUGAL AND DOURO RIVER CRUISE

April 7–17, 2027

TOTAL SOLAR ECLIPSE IN EGYPT ON THE NILE

July 29–August 9, 2027

DANUBE RIVER CRUISE AND OKTOBERFEST

September 19–29, 2027

Trip prices include a 3% credit card processing fee. Pay by cash or check for a 3% discount.

Trips are open to the public of all ages. For more information or to book a trip, call the Travel Office at 434.974.6538 or email Linda Hahn at linda@thecentercville.org.

Travel Office Hours:

Monday–Friday 9:30 am–2:30 pm



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Teacher Innovation Grantees

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ACE ACADEMY AT SEMINOLE

Ian Berry

3D Printed 2-Stage Model Rocket Project

ALBEMARLE HIGH SCHOOL

Kate McKinley

Altruism in the Arts

BROWNSVILLE ELEMENTARY SCHOOL

Amanda McCray

Math Lab Explorers

BURLEY MIDDLE SCHOOL

Hannah Huggins

*Comprehensible Input and Literacy
in the Language Classroom*

CHARLOTTESVILLE HIGH SCHOOL

Jennifer Ryan

*The Language Lab: Gamified English
Learning for Emerging Multilinguals*

CHARLOTTESVILLE MIDDLE SCHOOL

Cianna Washburg

SOL Game Ready Day

CHARLOTTESVILLE MIDDLE SCHOOL

Kevin Paquette

*Future Cville: A STEM
Career Pathway Pilot*

CHARLOTTESVILLE MIDDLE SCHOOL

Lucy Spencer

Table Talk with Teens

GREENBRIER ELEMENTARY SCHOOL

Melanie Johnson

*STEM in the Wild: Building Curiosity
through Real-World Exploration*

HENLEY MIDDLE SCHOOL

Karen Ackerman

*Henley First Lego League (FLL)
Robotics Club*

HENLEY MIDDLE SCHOOL

Rodricucuz Vaughn

*Settlers of the Americas: Using Gameplay
to Explore European Colonization*

JACKSON-VIA MIDDLE SCHOOL

Sabra Timmins

*Crossing the Line: An After-School Soccer
Club for Building Inclusive Communities*

JACKSON-VIA MIDDLE SCHOOL

Jessica Cao

*From Pencils to Print:
Our Journey to Becoming
Published Authors*

JOURNEY MIDDLE SCHOOL

Dingani Mthethwa

*Thriving Future: The Journey Girls
Black & Latina Affinity Groups
Art & Leadership*

JOURNEY MIDDLE SCHOOL

Dingani Mthethwa

*Healing-Centered Practices
Across the Curriculum:
Building Student Belonging
through Culturally-Responsive
and Social Justice Learning*

JOURNEY MIDDLE SCHOOL

Lewis Griffin

JMS Zen Garden

JOURNEY MIDDLE SCHOOL

Lewis Griffin

JMS Virginia Native Wildflower Garden

JOURNEY MIDDLE SCHOOL

Chelsea Park

Multicultural Book Deep Dive

LAKESIDE MIDDLE SCHOOL

Melissa Thackston

*Guiding our Community - Enhancing
School Communication through
Updated Outdoor Signage*

STONE ROBINSON ELEMENTARY SCHOOL

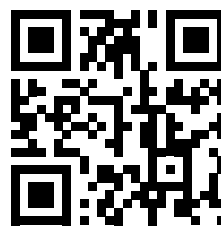
Lauren Simard

Outdoor Enrichment: The Power of Play

WALKER UPPER ELEMENTARY SCHOOL

Amy Wissekerke

Classroom Economics for 6th Grade



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Volunteering

Learning by Giving: What Will Volunteering Teach You?

Volunteering has long been a cornerstone of healthy, connected communities and older adults play a vital role in that tradition. While volunteering is certainly a way to give back to your community, it also offers personal rewards in return: opportunities to build meaningful connections and keep learning and growing. In many ways, volunteering provides a “hidden curriculum” that strengthens communication, cultural understanding, and adaptability—skills that matter at every stage of life.

Older adult volunteers bring valuable experience, wisdom, and perspective to the organizations and people they serve. At the same time, volunteering creates opportunities to sharpen your communication skills in new ways. Whether mentoring others, helping at community events, supporting neighbors, or working alongside diverse teams, volunteers practice listening, problem-solving, and relationship-building every day.

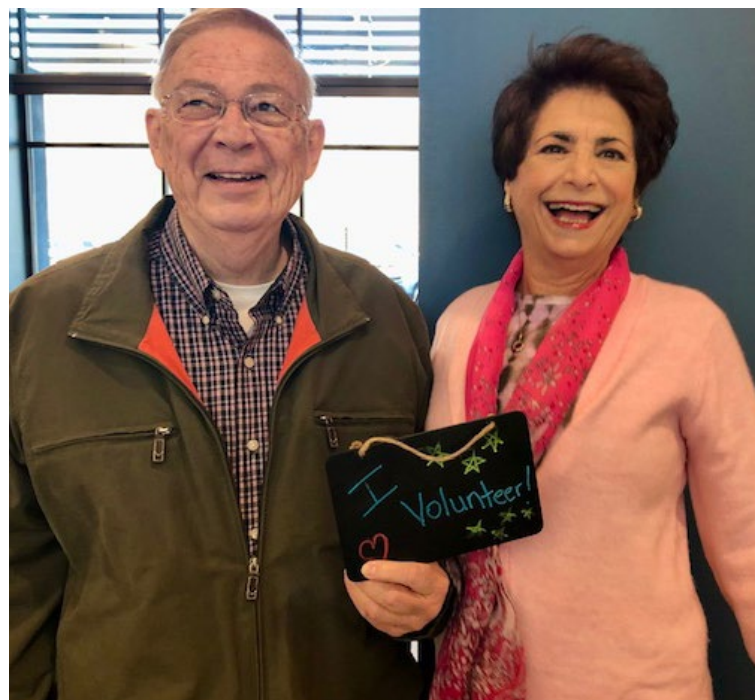
Volunteering also encourages cultural competence. Community service often brings together people from different generations, backgrounds, and life experiences. These interactions foster empathy, understanding, and connection. Many older adults find that volunteering helps them stay engaged with changing communities while continuing to learn from others.

Adaptability is another important benefit. Volunteer work rarely looks exactly the same from one day to the next. Plans change, new technologies emerge, and unexpected needs arise. Navigating these situations helps volunteers remain flexible, curious, and resilient—qualities that


support healthy aging and lifelong learning.

In today’s rapidly changing world, the ability to connect with others and adapt to new challenges is more valuable than ever. Volunteering offers older adults an opportunity not only to contribute their talents, but also to continue growing through service, relationships, and shared experiences.

When you look for a volunteer position, consider your skills and interests, but also what you’d like to learn! For more help, contact Volunteer Resources Coordinator MJ Barthlow at mbarthlow@thecentercville.org. ■



Richard Self and Mary Barnabei



Want to volunteer?
There are many opportunities to help.
Front Desk • Fitness Room • Travel • Membership
Contact mbarthlow@thecentercville.org



Sharon Hung



Sylvia Horowitz



Susan Hellings

Welcome New Team Members!

Spring brought lots of new talent to The Center across multiple departments.

Sharon Hung is an accomplished project management professional who has supported and led statewide initiatives focused on operational excellence and organizational effectiveness in the software development, healthcare, and education sectors. In her new role as Office Manager and Bookkeeper, Sharon is eager to apply her strong administrative, financial, and organizational skills to an independent non-profit. Outside of work, Sharon enjoys traveling

the world with her husband and spending quality time with her two grown children.

After a five-year detour in corporate contract work, Sylvia Horowitz is returning to her fundraising roots as the Philanthropy Assistant Director. Sylvia met her husband, a park ranger at Natural Bridge State Park, during graduate school at William & Mary. They love to spend the weekends hiking with their two Australian shepherds. She also enjoys cooking and baking and read a whopping 250 books in 2025!

Our newest addition, Susan Hellings, comes

to the Membership Manager position from Monticello, where she was the team lead for Guest Relations. Susan is also a baker and reader (she managed a college bookstore for more than a decade), as well as a board game fan. She moved to Charlottesville from Philadelphia six years ago with husband Chris and tweenager Sam.

If you have yet to meet any of our new team members, be sure to make the rounds this summer! ■

Recent Grant Awards Open New Possibilities

Multiple grants have been awarded to The Center allowing us to not only maintain important programs, but add some exciting new initiatives as we look towards the fall.

A \$15,000 flagship award from the AARP Community Challenge Grant will support development of a contemplative garden in the large grassy area between The Center and the Piedmont Master Gardeners' shed. More details on this project are to come, but it will be completed by the end of December 2026.

Closer to home, the Emmanuel Episcopal Church Endowment Board has once again generously supported Center scholarships with a grant of \$3,000. They have been annual funders of scholarships since 2011.

We have also won a \$2,500 grant from Dominion Energy towards a special Circle of Friends project.

This international program began in the early 2000s at the Central Union for the Welfare of the Aged at Helsinki University. Based on a group rehabilitation model, Circle of Friends was designed for older adults to alleviate and prevent loneliness.

Loneliness has been linked to many adverse health impacts, including cognitive and functional decline, increased use of health services, and early mortality. It has even been proven to be more damaging to one's health than smoking a pack of cigarettes a day. Offering social activities with peers in a group setting is effective in reducing this risk.

Over the last few years, The Center has hosted men's and women's groups that meet for friendship and support. These groups have proven very popular and successful in facilitating new connections and friendships, but our capacity for offering programs in this particular format is limited.

Circle of Friends's 12-week program is expressly designed to help older adults establish friendships and then continue those relationships without requiring The Center to provide permanent weekly space for that group.

Dominion Energy's grant is a good start and we are actively seeking additional funding to support a pilot and provide the staffing assistance needed to establish the program. For more information, contact a member of our Philanthropy team. ■



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To learn more about partnership opportunities, please contact Sylvia Horowitz at 434.220.9731 or sylvia@thecentercville.org.



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Frances Jean Robey

If you've taken classes here at The Center in Room 224 (Conference Room B), you might have noticed this portrait of Frances Jean Robey. It hangs there in recognition of Jean's extraordinary impact on our healthy aging community.

Although Jean was homebound and had not been a Center member herself, she was deeply moved by the stories her friend shared about The Center and its work. Jean was so inspired that when she passed away, she left the entirety of her estate to support The Center's healthy aging mission.

Until that point, The Center had always rented community spaces for its programming. Jean's generosity made it possible to purchase property for the construction of our own building. The later sale of that property helped create our current home on Belvedere Boulevard. Her foresight and philanthropy continue to benefit our community and will for generations to come.

To honor her lasting impact, The Center's Board of Directors named The Center's legacy society in Jean's memory: The Frances Jean Robey Legacy Society. This leadership giving society honors individuals who, like Jean, have made the profoundly generous decision to include The Center in their estate plans in any capacity.

Legacy giving can also make it possible to give in ways that may not be feasible during your lifetime. Whether you choose to leave a specific dollar amount, a percentage of your estate, or name The Center as a beneficiary of a retirement plan or a life insurance policy, you will leave a lasting healthy aging legacy. Gifts of all sizes ensure that The Center continues to be a community resource supporting older adults as they pursue their unique needs and goals.

Center member Linda Uihlein shared why she made the recent decision to include The Center in her estate plans:

The Center has been a lifesaver to reset (and improve) my cognitive abilities, my physical strength, and my balance. The friendly faces of the staff, volunteers, and members are so positive. The programs are above what I expected and challenging. I included The Center in my Will because they are helping me get my life, strength, balance, and brain health back on track.

When you notify our philanthropy team of your decision to include The Center in your planning, you—like Linda—will be welcomed as a member of the Robey Legacy Society. You can choose to share any details you wish about your plans and all gift information is held in confidence. As a Legacy Society member, your name will be honored on the Giving Wall on the first floor of The Center, in the Annual Report, and in this very newsletter, or you may choose to remain anonymous.

If you need to create or update your own estate plans, August is National Make-A-Will Month offering a timely opportunity to do just that. A recent study revealed the number of Americans who have a will declined from 46% in 2021 to 24% in 2025. Creating your will is a simple and powerful step to ensure your wishes and your values are carried forward.

To support this important planning, The Center is hosting two events for members and guests to learn more. On Tuesday, July 21, at 10:00 am, the topic of Elder Law with Doris Gelbman will be getting your affairs in order. The program will cover wills, trusts, probate, and the steps you need to take to make things easier for those you leave behind when the time comes. On August 28 from 9:00 am–1:00 pm, representatives from Gelbman Law PLLC and Norton Health Law, P.C., will be available in the Atrium to answer individual questions about wills and estate planning.

The next time you are in Room 224, you might pause a moment at Jean's portrait. Her story is a reminder that a single, thoughtful decision can shape the future of an entire community—one that benefits every one of us. As you consider your own plans, know that you can create the same lasting impact and ensure The Center remains a place of connection, wellness, and belonging for years to come.

If you are considering a legacy gift to honor your commitment to healthy aging, please contact Philanthropy Director Lynn Divers at 434.220.9745 or lynn@thecentercville.org. ■



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The Dogwood Vietnam Memorial Foundation introduces an opportunity for veterans, family members, and friends to leave a lasting tribute ... *with an engraved Memorial Brick*. All service members and those who have served our country are eligible. The bricks will be placed on the proposed new walkway from the future projected pedestrian bridge (entering the park) to the Memorial Plaza. The money from the purchased bricks will enable the Foundation to continue to inform, instruct, and educate the public about our total military/humanitarian involvement in Vietnam.

Available Sizes for Regimental Red Bricks:

4" x 8" x 2-1/4" — \$200 ea.	3 Lines, 20 Characters per Line
8" x 8" x 2-1/4" — \$400 ea.	6 Lines, 20 Characters per Line -or- 4 Lines with a Clipart Logo

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could even pivot your interest over to learning about the history of a particular ingredient or the origins of your favorite dish.

If you have an international trip coming up, you might craft a personal curriculum that will help you prepare. Learn some of the language, enjoy a preview of the food and culture, and study up on your destination's history.

Whatever topics you select, you'll need to find sources for your learning. Your curriculum could include reading books, watching documentaries, or attending classes in person or online. You might also enjoy having a discussion group or encouraging a friend to join your curriculum to learn alongside peers.

It can be helpful to plot out milestones and schedule your learning so these goals don't get forgotten, especially for longer curriculums like a self-guided "fall semester."

And while there are no tests or grades, you might feel your learning is enhanced by considering what will help you feel successful or how you wish to use your learning in the future.

With or without that kind of measured motivation, however, the act of learning itself holds tremendous benefits for healthy aging. For many older adults, the simple matter of staying sharp and maintaining cognitive function is enough.

One more benefit to strong personal curriculums: a good learning environment. The Center is an excellent place to be your lifelong learning headquarters. You can find books in the library, attend programs designed for learning, and meet interesting people with whom you might exchange knowledge and ideas.

We've even crafted a sample August curriculum for you. See page 2 for more. ■



WE REMEMBER

We remember Center members and friends who recently passed away.

Virginia DeSimone

Charles R. Edwards

DONATIONS MADE IN MEMORY OF (April 1–May 31, 2026)

Hamilton Creasy
by Janice Creasy

Arnold Popkin
by Phyllis Popkin

DONATIONS MADE IN HONOR OF (April 1–May 31, 2026)

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