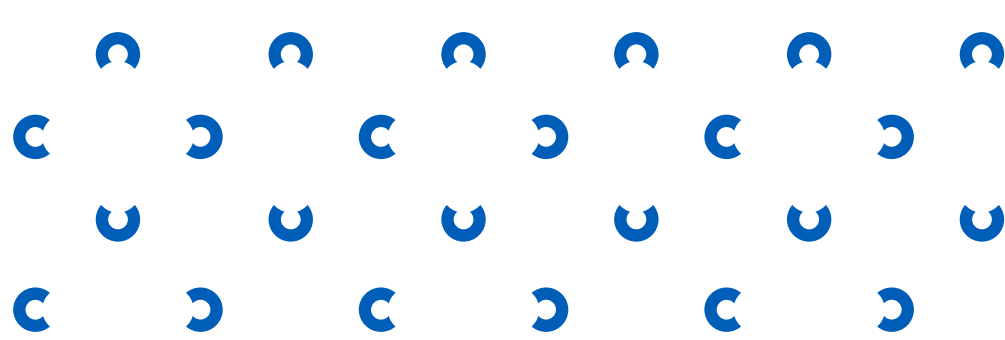




**THE
CENTER
AT BELVEDERE**



NEWS from THE CENTER

DISCOVER THE POWER OF HEALTHY AGING

JULY/AUGUST 2024

Artwork on Display in July and August



Michael McGurk

Soft pastels are a unique and misunderstood art medium. The term “pastel” comes from the French “pastiche” which means “pure, powdered pigment.” Containing more pigment than any other medium, pastels are less likely to yellow, crack, or blister over time—there are even pastel paintings from the 16th century that are still intact!

Come and learn about this incredible medium with the Piedmont Pastelists on Thursday, July 18, from 4:30–6:30 pm. Founded in 2001, the group meets monthly at The Center and will be exhibiting its works in the first floor gallery throughout July and August.

Upstairs, you’ll see works from various individual artists: collages by Blue O’Connell, photography by Ray Mishler, and impressionist paintings by Barbara Trovillo.

A reception for the artists exhibiting in the second floor gallery will be held Tuesday, July 30, from 4:30–6:30 pm.



Ann Hopper

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Is Social Prescribing a Pathway to Better Health Outcomes?

Imagine your doctor scribbling down a prescription and handing it to you at the end of an office visit. But rather than the name of a pharmaceutical, you see “Volunteer two hours a week.” Or “Join a walking group.” Or even “Stroll through a museum and look at art.”

This is an example of social prescribing, a practice that began in Britain as a way for healthcare workers to connect patients with non-clinical community resources to improve their health and wellbeing. Researchers say it is gaining momentum globally due to its “potential for addressing non-medical causes of illness while building on existing resources and enhancing overall health at a relatively low cost.”

Allowing primary care providers to formally refer patients to community-based programs is a fundamentally simple yet potent concept. Linking people with resources available in their local areas—chosen according to their interests and goals—empowers them to improve their health by developing new skills, participating in meaningful activities, and becoming more connected to their communities. It underlines the value of community services and legitimizes the importance of staying active and engaged. As such, it also represents a more holistic view of health care, recognizing the connection between mind and body.

In its 2022 toolkit for implementing social prescribing at the community level, the World Health Organization notes that while social prescriptions are context specific, they typically include “services providing support in mental health, social inclusion, and financial and housing advice, as well activities promoting physical activity and creative self-expression.”

Does any of that sound familiar? With its multidimensional approach to healthy aging, The Center is exactly the sort of resource one might find on a social prescription. Center programming provides

See SOCIAL on page 13



A question for the ages: When does “old age” begin?

From “over the hill” 40th birthday cards to 21-year-old actresses endorsing anti-aging beauty products, negative perceptions of aging abound in our media and culture. It may sometimes seem that the bar for “old age” is moving in the wrong direction, but a recent study from the American Psychological Association has a different story to tell.

Researchers interviewed people born between 1911 and 1974 several times over multiple decades. Each time, the question was simple: “At what age would you describe someone as old?”

The longitudinal nature of the study meant being able to compare the answers of a 65-year-old who was born in 1911 with the answers of a 65-year-old who was born in 1956. The earliest-born participants set the beginning of old age at 71 while people in their mid-60s today believe old age starts at 75.

The trend continues from there—over time, our society is adopting the attitude that old age begins later in life than previous generations believed.

Why? Life expectancy has increased and that is certainly a factor, but also in the mix are later retirement ages and—perhaps, most importantly—the impact of healthy aging!

While we certainly want to combat negative associations with the idea of “old age,” this won’t

See QUESTION 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 8:30 am–8:00 pm
Saturday 8:30 am–2:00 pm

About THE CENTER AT BELVEDERE

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

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.

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For more news, follow us on:



MEMBERSHIP

SUZANNE OREJUELA
MEMBERSHIP DIRECTOR

434.974.7756

membership@thecentercville.org

FAMILIAR FACE, NEW ROLE! Suzanne Orejuela joined The Center staff in January as membership coordinator; then, when the director position opened up, she was chosen from a strong candidate pool to step into this central role. From the start, she has focused on understanding and improving operations surrounding membership, and her respect and appreciation for Center volunteers is obvious. "I love interacting with members and getting to know their stories," she says. When not at The Center, Suzanne enjoys tending to a garden full of flowers and vegetables as well as enjoying adventures with her husband and yellow lab—and her new chickens.

Join The Center for easy access to hundreds of great programs!
To learn about membership options, please visit our website, stop by the Welcome Desk, or email membership@thecentercville.org.

WELCOME NEW MEMBERS!

- | | | |
|---------------------|--------------------|-------------------|
| Marcia Adams | Joey Fleming | Cynthia Michener |
| Marvin Adams | Jean Fowler | Ronald Michener |
| Enica Allen | Pamela Grammer | Linda Montross |
| Nathalie Andrews | Barbara Haas | Judith Oakey |
| Bonnie Bayers | Melodie Hagspiel | Chandlee Offerman |
| Annie Bijeau | Sharon Harsh | Pat Paton |
| Ronald Bijeau | Dennis Hayton | Sandra Pollock |
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| Wanda Carpenter | Kathleen Hoffman | Anne Roberts |
| Michael Checknoff | Robert Holdworth | Lois Sandy |
| Lisa Clark | Michael Hough | Robert Schloesser |
| Suzette Dillard | James Jackson | Diane Trask |
| Carlton Draper | Joyce Kaswandik | Mark Uher |
| David Drubin | Howard Kinitzsky | Sharlee Van Orden |
| Bob Dunnenberger | Lisa Levy | Mercedes Villaman |
| Lee Dunnenberger | John Little | Cecilia Walker |
| Kristine Etter | Diana Maier | Kenneth Webster |
| Barbara Feiner | Phillip Mandelkorn | Richard White |
| Charles Feiner | Bernie Martin | Charles Zuver |
| Joan Finlay | Mary McHugh | |

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



Two funds at The Center make scholarships available to anyone for whom membership dues are a barrier. The Mary P. Reese Scholarship Fund carries on Mary's legacy of working to increase access to programs and resources. The Ralph L. Feil Endowed Scholarship Fund ensures a lasting impact by supporting the need for scholarships in perpetuity. Both are funded by gifts from generous donors and gifts are welcome year-round. For questions about making a gift, please contact Lynn Divers at lynn@thecentercville.org or 434.220.9745.



COUNCIL NOTES

New Center members, long-time members, program leaders—*everyone* is welcome to attend Center Council meetings on the first Monday of each month at 1:00 pm. The Council's purpose is to communicate first-hand the latest Center happenings and to share members' suggestions and concerns with the Board of Directors and staff. Meetings last approximately one hour and there are no formal requirements for attending and participating. Essentially, the Council is *your* place to become informed and to be heard. Discussions are relaxed and lively! For more information or a copy of the Council bylaws, please contact Council president Peggy Slez at mjslez@gmail.com or staff liaison Susan Gallander at susan@thecentercville.org.

Monday, July 1 – No Council meeting. Happy Summer!

Monday, August 5 – The "news" of summer: Board members, staff, member services.

Special note about meeting on September 9 – The Center is closed on Labor Day, the first Monday, so Council will meet on the second Monday. Hope to see you there!

Peggy Slez, Council President

programs

Register online at thecentercville.org or call 434.974.7756.

This a partial list of offerings; recurring programs without topic updates are listed in the calendar on pages 7–10. Check the website for programs added after our print deadline!

SPECIAL EVENTS

CELEBRATION OF TALES

Open to all; registration required

Saturday, July 13, 10:00 am–6:00 pm

Hear diverse and enchanting stories from Native American, African American, Appalachian, and Latinx cultures and learn the craft yourself through workshops at this second annual storytelling festival. Adults \$25, Children \$10, Families \$50.

BOOK SWAP

Free and open to all

Wednesday, July 17, 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.

PIEDMONT PASTELISTS ARTISTS RECEPTION

Free and open to all

Thursday, July 18, 4:30–6:30 pm

Join a vibrant community of visual artists while indulging in refreshments and conversation.

THURSDAYS AROUND 5

Free and open to all; registration encouraged

Matty Metcalfe and David Kulund

Thursday, July 25, 5:01–7:00 pm

Accomplished and versatile musician Matty Metcalfe joins singer-songwriter David Kulund in a repertoire of folk, rock, country, and blues covers and original tunes.

Michael Clem

Thursday, August 22, 5:02–7:00 pm

For over 30 years, Michael Clem has been playing bass, singing, and writing songs for the national touring act he co-founded, Eddie from Ohio. Since relocating to Charlottesville, he's established quite a foothold in the musical scene.



Ray Mishler

Barbara Trovillo

Blue O'Connell

SUMMER ARTISTS RECEPTION

Free and open to all

Tuesday, July 30, 4:30–6:30 pm

Join local artists Blue O'Connell, Ray Mishler, Barbara Trovillo, and Judith Ely for light refreshments and conversation.

ARTS AND CRAFTS FAIR

Free and open to all

Saturday, August 3, 9:00 am–2:00 pm

Local artisans sell hand-crafted goods such as gourd art, pottery, mosaics, jewelry, leather crafts, woodwork, woven baskets, rugs, and more.

COMMUNITY BLOOD DRIVE

Free and open to all; registration required

Wednesday, August 7, 10:00 am–2:00 pm

Give the gift of life! The Red Cross, in cooperation with Carter Bank & Trust, is holding a community blood drive at The Center by appointment only. To book your time slot, call 1.800.733.2767.

THE UNCOMFORTABLE TRUTHS OF SYSTEMIC RACISM SPEAKER SERIES

Free and open to all; registration required

Segregation in Education: Part I

Wednesday, August 7, 6:00–8:00 pm

Clips from the documentary *Locked Out: The Fall of Massive Resistance* interspersed with moderator-led discussion examine Virginia's reaction to the 1954 *Brown v. Board of Education* decision.

Segregation in Education: Part II

Wednesday, August 21, 6:00–8:00 pm

Explore the complexities and nuances of desegregation from the perspective of Black and white students who experienced it through live interviews and videos from the Albemarle Charlottesville Historical Society's "No Playbook" project.

MAMA'S BLACK SHEEP BAND

Friday, August 9, 6:00–8:00 pm

Open to all; registration required

Come and enjoy the soulful collaboration of singer-songwriters Ashland Miller (guitar/vocals) and Laura Cerulli (drums/vocals). Together, this duo creates a blend of hit-worthy originals and covers with a unique spin. Whether you're swinging to Country, Rocking to Pop, Grooving to Soul, or swaying to the Blues, there's always something to move your body and stir your soul! \$20.



JIGSAW PUZZLE SWAP

Free and open to all

Wednesday, August 14, 10:00 am–2:30 pm

Puzzles are a great way to keep cool during the dog days of summer! Are you looking for a new puzzle ... or two or three? Come share and swap puzzles in good condition with all of their pieces.

CVILLE BAND PERFORMANCES

Free and open to all

Saxophone Ensemble

Thursday, August 15, 6:45–7:45 pm

Woodwind Quintet

Thursday, August 29, 6:45–7:45 pm

ARTS

Cancellation Policy: If you find that you cannot attend a class after registering, please let us know by emailing programs@thecentercville.org or contacting the Welcome Desk. Due to the need to purchase supplies in advance, cancellations with fewer than 7 days' notice will incur the materials fee. **No-show Fee:** Prime members will incur a \$30 no-show fee for any uncancelled registrations in addition to the materials fee.

PAINT NATIONAL PARKS PART II

Open to all; registration required

Mondays, July 1–August 26, 12:30–3:30 pm (8 weeks)

Explore national parks from Glacier to Grand Tetons and Bryce Canyon to Hawaii Volcanoes in a meaningful and fun way with instructor Katie Hutter. For students with at least basic skills in any medium. Prime members free; Standard members \$115; Guests \$130. Materials fee is \$20, payable to instructor at start of first class. See additional required materials online.

ART AS PLAY

Open to all; registration required

Tuesdays, July 2–30, 9:00 am–12:00 pm (5 weeks)

Tuesdays, August 6–27, 9:00 am–12:00 pm (4 weeks)

Explore your creativity without the pressure to create anything precious. Learn about different materials and experiment with your process. The July focus is on assemblage and sculpture with found objects. The August focus is on wet and needle felting, both 2D and 3D. Prime members free; Standard members \$30; Guests \$40. Materials fee is \$40, payable to instructor at start of first class.



INTRODUCTION TO OIL PAINTING

Open to all; registration required

Tuesdays, July 2–30, 4:30–6:30 pm (5 weeks)

Tuesdays, Aug. 6–27, 4:30–6:30 pm (4 weeks)

Curious about what oil painting feels like? This class for beginners with Ann Cheeks offers information on tools (brushes, palette knives, etc.), short demonstrations on mixing colors, understanding values and techniques, choosing and composing an image, and more. The focus is on experiencing the unique qualities of painting with oils, not about creating a masterpiece. Prime members free, Standard members \$60, Guests \$75. Materials fee is \$45, payable to instructor at start of the first class.

BEGINNING TO INTERMEDIATE CROCHET

Open to all; registration required

Fridays, July 5–26, 10:30 am–12:30 pm (4 weeks)

Fridays, August 2–30, 10:30 am–12:30 pm (5 weeks)

Learn how to crochet or better the skills you have with instructor Jane Hermann. Bring your size G or H crochet hook and the pattern of your choice to create gifts, decorations, or other crafts. Yarn is available or you may bring your own. Prime members free; Standard members \$30; Guests \$40.

BEGINNER CHINESE BRUSH PAINTING

Open to all; registration required

Saturdays, July 6–27, 11:45 am–1:45 pm

(4 weeks)

Saturdays, August 3–31, 11:45 am–1:45 pm

(5 weeks)

Begin learning the Sumi-é style of painting, which strives to capture the essence of our planet's beauty. Nga Katz teaches how to apply this technique through brush movement, use of ink, and color so you can draw bamboo, orchids, plum blossoms, and other lovely traditional flowers. Prime members free; Standard members \$30; Guests \$45. Materials fee is \$50, payable to instructor at start of first class.

PAPER CRAFTING WITH DIANE

Open to all; registration required

Tuesday, July 9, 10:00 am–12:00 pm

Tuesday, August 13, 10:00 am–12:00 pm

Diane Chapman shares her 30 years of paper crafting experience to help you create cards and other novelties. On both July 9 and August 13, you'll make three all-occasion cards and a decorative box or gift bag. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$10, payable to instructor at start of class.



MODERN MASTERS LANDSCAPE OIL PAINTING

Open to all; registration required

Tuesdays, July 9–August 27, 1:00–4:00 pm

(8 weeks)

Explore and learn from the examples of great modern masters like Josh Clare, Mitchell Albala, Isaac Afremov, Daniel Bailey, CJ Cunningham, and more. Instructor Katie Hutter presents the poetry and music of their paintings and how to recreate your own version of these beautiful masterpieces. Prime members free; Standard members \$100; Guests \$120. Materials fee is \$15, payable to instructor at start of first class. See additional required materials online.

COLOR MIXING WITH KATIE

Open to all; registration required

Wednesdays, July 10 & 17, 4:30–7:00 pm

(2 weeks)

What are the components of colors? Instructor Katie Hutter will show you how to assess any color and use various tools including apps, phones, and mixology. For students with basic skills in watercolor, oil, acrylics, or pastels. Prime members free; Standard members \$30; Guests \$45. See required materials online.

BEGINNER OILS I

Open to all; registration required

Thursdays, July 11–August 29,

3:30–6:30 pm (8 weeks)

Join instructor Katie Hutter to learn the joys of working with a classic and timeless medium: oil paints! Play with paint to create form, shapes, shadows, and lighting effects. Learn basic color mixing and how to use all the tools of the trade. Prime members free; Standard members \$115; Guests \$130. Materials fee is \$75, payable to instructor at start of first class.

PAINTING FOREVER HYDRANGEAS

Open to all; registration required

Monday, July 15, 9:00–11:30 am

Monday, August 12, 9:00–11:30 am

Preserve the summer beauty of a hydrangea in an acrylic painting. Instructor Cindy Vito will help you use light and dark values to create a 3D illusion on the canvas and mix colors to better mimic those found in nature. No experience necessary. Prime members free; Standard members \$15; Guests \$25. Materials fee is \$20, payable to instructor at start of class.

CARD MAKING

Open to all; registration required

Thursday, July 25, 12:30–2:30 pm

Make summer treat cards with instructor Sherry Sinard. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$10, payable to instructor at start of class.

SCRAPBOOKING

Open to all; registration required

Tuesdays, August 6–27, 1:00–4:30 pm

(4 weeks)

Celebrating your photo memories of family, heritage, special occasions, friends, pets, travels and daily activities enhances your life and keeps those experiences top of mind. Instructor Laurie Bayma demonstrates strategies using photo-safe papers and card kits to bring your memories to life. Prime members free; Standard members \$30; Guests \$45. Materials fees vary; see details online.

PAINTING ANIMALS

Open to all; registration required

Thursdays, August 8–September 12,

9:00 am–12:00 pm (6 weeks)

Learn how to paint animals in oil, acrylic, watercolor, or pastels with instructor Katie Hutter. Explore basic anatomy, expressions, proportions, and textures as you learn how to capture the essence of an animal and paint them in an expressive setting. For students with basic skills in their medium of choice. Prime members free; Standard members \$65; Guests \$80. Materials fee is \$20, payable to instructor at start of first class. See additional required materials online.

QUILLING WITH A TWIST

Open to all; registration required

Tuesday, August 27, 1:00–3:00 pm

Try a new twist on quilling with instructor Cory Ryan. Create a 3D flower using a 2-inch flea comb. No experience necessary. Prime members free; Standard members \$20; Guests \$35. Materials fee is \$20, payable to instructor at start of class.

LIFELONG LEARNING

ITALIAN CLASSES

Open to all; registration required

Italian for Travelers

Mondays, July 1–August 5,

9:30–11:00 am (6 weeks)

Overview of the structure of Italian grammar, including the present tense and the proper articles to read, write, and speak at a basic and effective level. Prime members free; Standard members \$35; Guests \$50. Materials fee is \$10, payable to instructor at start of first class.

Advanced Intermediate Italian

Wednesdays, July 3–August 7,

9:00–10:30 am (6 weeks) or

Wednesdays, July 3–August 7,

12:00–1:30 pm (6 weeks)

Build on your existing knowledge of present tense and basic verbs conjugations to read,

speaking, and write in-depth in both the present and the past tense within the context of daily contemporary Italian culture. Prime members free; Standard members \$35; Guests \$50. See required materials online.

Advanced Italian Conversation

Thursdays, August 1–29, 10:00–11:00 am

(5 weeks)

Learn the past and imperfect tenses as you build up your vocabulary. Prime members free; Standard members \$35; Guests \$60. See required materials online.

Italian Refresher

Wednesdays, August 14–28,

9:00–10:30 am (3 weeks)

Practice and improve your pronunciation, reviewing your existing knowledge on verb conjugations and basic grammar. Prime members free; Standard members \$25; Guests \$40.

BOOK GROUP

Free and open to Center members

1st Wednesdays,

11:00 am–12:00 pm

This enthusiastic group meets monthly to discuss predominantly contemporary works of fiction and nonfiction. The July 3 book will be *The Book Thief* by Marcus Zusak. The August 7 book will be *The Fall of Giants* by Ken Follett.



MONEY AND YOU

Free and open to all; registration encouraged

Tuesday, July 9, 10:00–11:30 am

Drowning in Data: We all get inundated with data of all sorts, each piece seemingly more crucial than the last. How do you discern what matters and what may be just noise? Jorgen Vik, partner with SKV Group, leads the discussion.

Tuesday, August 13, 10:00–11:30 am

Just One Thing: If you could only pass on one money-related lesson, which would it be? What would you want future generations to take to heart? Jorgen Vik, partner with SKV Group, will moderate the discussion.

MEDICARE PROGRAMS

Free and open to all; registration encouraged

Wednesday, July 10, 11:00 am–12:00 pm

with Sharon Accardo

Wednesday, July 17, 6:00–7:00 pm with

Margo Kreider

Thursday, August 1, 1:00–2:00 pm with

Margo Kreider

Wednesday, August 14, 11:00 am–12:00 pm

with Sharon Accardo

Wednesday, August 21, 6:00–7:00 pm with

Margo Kreider

STYLE TIPS AND TRICKS

Open to all; registration required

Thursdays, July 11 & 25, 10:00–11:00 am

(2 weeks)

Every chapter of your life is an opportunity to showcase your individuality and reflect the incredible person you are. Elevate your confidence and redefine your style with local boutique owner Crystal Napier. Prime members free; Standard members \$15; Guests \$25. Materials fee is \$15, payable to instructor at start of class.

AFRICAN AMERICAN AUTHORS BOOK CLUB

Free and open to all

Thursday, July 11, 6:00–7:30 pm

Join in energetic discussion and camaraderie over books by African American authors. This month's book is *Wild Women and the Blues* by Denny Bryce.

AARP SAFE DRIVER COURSE

Open to Center members; registration required

Thursday, July 11 & Friday, July 12,

9:00 am–1:00 pm

Thursday, July 25 & Friday, July 26,

9:00 am–1:00 pm

These proven driving techniques help keep drivers and their loved ones safe on the road. Review driving skills and techniques, as well as strategies and tips to adjust to normal age-related changes that may affect driving ability. AARP members \$20; Non-AARP members \$25. All fees payable to AARP via cash or check onsite.

WWII DISCUSSION GROUP

Free and open to all; registration encouraged

2nd Thursday each month, 12:00–1:30 pm

Explore WWII battles, military training, the psychological effects on veterans, life on the home front, and more with monthly presentations by club members and guest speakers. On July 11, Lydia Kessler shares memories of life on the home front as the teenage daughter of German immigrants. On August 8, Richard Ranellone discusses his book *The Aüsländer (The Outsider)* which tells the story of German corporal Erich Keppler's experience as a POW held in Texas.

ELDER LAW WITH DORIS GELBMAN

Free and open to all; registration encouraged

Tuesday, July 16, 10:00–11:30 am

Estate Planning Basics: Wills, powers of attorney, advanced medical directives... Make sense of them all to ensure your finances, property, and health care decisions are carried out as you wish when you grow older.

Tuesday, August 20, 10:00–11:30 am

More on Wills, Trusts, and Estate Planning: Go beyond the basics in your estate planning. What is probate and how do you avoid it? What's the difference between a will and a trust? Learn from elder law attorney Doris Gelbman and walk away with a clearer idea of your personal future plans.

NAVIGATING SENIOR LIVING OPTIONS

Free and open to all; registration encouraged

Tuesday, July 16, 1:00–2:00 pm

Tuesday, August 20, 1:00–2:00 pm

Certified geriatric care professional Jennifer Perry reviews types of services available at different healthcare and senior living communities.

EMPTY NESTERS BOOK CLUB

Free and open to all; registration encouraged

3rd Wednesday each month, 6:30–7:30 pm

Do you finally have time to read? Join other empty nesters to discuss books and life after the kids are grown and out of the house. The July 17 book is *Becoming Madame Secretary* by Stephanie Dray. The August 21 book is *The Uncharted Flight of Olivia West* by Sara Ackerman.

MONTHLY ECONOMY PERSPECTIVE

Free and open to Center members; registration encouraged

Thursday, July 18, 3:30–4:30 pm

Thursday, August 8, 3:30–4:30 pm

Unveil the mysteries of the economy, stock market, and investing. Sean Van Etten, financial advisor with Stifel Financial Corporation, offers a

comprehensive class to equip you with the knowledge and confidence to make informed decisions, as well as the tools needed to better navigate and understand the investment landscape.

MYSTERY BOOK CLUB

Free and open to Center members; registration encouraged

4th Monday each month, 12:00–1:00 pm

Join a lively discussion about whodunnits with this fun group of mystery lovers. The July 22 book is *Death at La Fenice* by Donna Leon. The August 26 book will be *Falling Star* by Patricia Moyes.

LONG TERM CARE PLANNING

Free and open to all; registration encouraged

Tuesday, July 23, 11:00 am–12:30 pm

Wednesday, August 28, 2:00–3:30 pm

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



JOURNEY OF ARCHITECTURE

Free and open to all; registration encouraged

Saturdays, August 3–24,

11:00 am–1:00 pm (4 weeks)

Julia May follows the development of architecture from prehistoric times to the present, addressing not only how buildings are constructed, but what they meant to the people who designed and built them, as well as the social, political, and religious forces that led to their creation.

SENIOR STATESMEN OF VIRGINIA: UNLOCK BRAIN HEALTH FOR LIFE

Free and open to all; registration encouraged

Wednesday, August 14, 2:30–4:00 pm

Learn about the research behind resilience and cognitive reserve, two very important components of brain health, plus strategies to maintain a healthy brain as you age. Dr. Kathleen Fuchs of the UVA Memory and Aging Care Clinic shares compelling information on brain function and plasticity. Then, The Center at Belvedere's Executive Director Melanie Benjamin will discuss the importance of social engagement and involvement for aging brains, offering insights into the many resources available at The Center.

REVERSE MORTGAGE PROS AND CONS

Free and open to all; registration encouraged

Wednesday, August 21, 12:30–1:30 pm

Find out myths of the reverse mortgage and how it got a bad reputation. Why isn't the reverse mortgage more popular? Should you consider a reverse mortgage? Karren Tyler with Waterstone Mortgage presents.

BEHAVIORAL FINANCE 101: MY BRAIN MADE ME DO IT

Free and open to Center members; registration encouraged

Tuesday, August 27, 2:00–3:00 pm

How well do you know your own mind? You may be surprised how much our instincts work against our best interests when it comes to money. Representatives from Wilkinson Wealth Management will discuss the psychology behind how our brains make financial decisions and share some principles that may help you avoid investment pitfalls.

THE DEATH OF A PARTNER: PLANNING BEFORE AND AFTER

Free and open to Center members; registration encouraged

Wednesday, August 28, 2:00–3:00 pm

Wondering how you might prepare for your partner's passing or help your partner plan for yours? Maybe your partner has already passed and you're not sure where to go or next steps to take. Kristen Ashbaugh, CFP with Wilkinson Wealth Management, presents practical steps for navigating this transition in life.

PHYSICAL WELL-BEING

NON-SURGICAL SOLUTIONS

Free and open to all; registration encouraged

Tuesdays, July 2, 16, 4:00–5:00 pm

Dr. Shawn Pallotti discusses various joint problems and non-surgical interventions that can improve your quality of life. Get empowered with knowledge and resources to improve your health and wellness. July 2 topic: IVs for Wellness. July 16 topic: Stress Less.

AGING IN PLACE

Free and open to all; registration encouraged

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

Learn ways to live a long, healthy, secure life at home. Visiting Angels shares information for older adults, caregivers, and families. The July 5 topic will be stroke awareness and advice for caregivers. The August 2 topic will be fall risk assessment and home safety.

HYPNOSIS FOR WELL-BEING

Open to all; registration required

2nd Wednesday each month, 1:00–2:00 pm

Come play and expand your consciousness with a group hypnosis experience led by a certified hypnotherapist. Hypnosis is similar to guided meditation but with a purpose of strengthening and widening your sense of well-being. The July 10 focus will be an introduction to hypnosis for well-being. The August 14 focus will be on softening anxiety. Prime members free; Standard members \$15; Guests \$25.

HEARING CARE CLINIC

Free and open to Center members; registration encouraged

2nd Wednesday each month, 3:00–4:00 pm

Hearing At Home works, services, and cleans hearing aids on-site. Any make or model is welcome. Simple repairs are also available.

HEALTHY RECIPE GROUP

Free and open to Center members; registration encouraged

2nd Friday each month, 10:00–11:00 am

This monthly interactive group is designed to help you share recipes and cooking techniques for healthy meal planning and preparation.

HEARING HEALTH

Free and open to all; registration encouraged

Wednesday, July 17, 10:00–11:00 am

How to Clean and Maintain Your Hearing Aids: Dr. LeighAnna Morris, audiologist at Evolution Hearing, shares quick tips for keeping your hearing aids in top condition for optimal performance.

Wednesday, August 21, 10:00–11:00 am

The Top 10 Questions You Should Ask Before Purchasing Hearing Aids: Dr. Kristin Koch, audiologist at Evolution Hearing, highlights the most important questions you should ask before making an investment in your hearing health.

SOCIAL/RECREATIONAL

WEDNESDAY NIGHT MOVIES

Free and open to all; registration encouraged
1st and 3rd Wednesdays, 5:00 pm

July 3: *American Graffiti*

July 17: *Standing in the Shadows of Motown*

August 7: *Up*

August 21: *Space Race*

PRIDE BRUNCH (OFF-SITE)

Open to all; registration encouraged

Saturday, July 6, 11:00 am–12:30 pm

Saturday, August 3, 10:30 am–12:00 pm

Meet and socialize with other members of the 50-and-up LGBTQ+ community in the Charlottesville area at local restaurants. The July brunch will be at Firefly. The August brunch will be at Moose's by the Creek. No registration cost; you need only pay for your own meal.



DESERVING DOGS VISIT

Free and open to all

2nd Tuesday each month, 1:00–2:00 pm

Adoptable dogs from Dogs Deserve Better visit on the back lawn bringing puppy kisses in exchange for belly rubs! Come meet a few sweet dogs and learn more about Dogs Deserve Better.

CINEMA DISCUSSION GROUP

Free and open to all; registration encouraged
2nd Wednesday each month, 6:00–7:00 pm

Movie and cinema fans are invited every month to discuss a movie, explore the art of filmmaking, connect, and share ideas. The July 10 discussion will focus on *Annie Hall*. The August 14 discussion will focus on *The Sting*.



MEMBER APPRECIATION: ICE CREAM SOCIALS

Free and open to Center members; registration required

Thursday, July 11, 2:00–3:00 pm

Thursday, August 8, 2:00–3:00 pm

Cool down with a sweet treat. Meet new friends and enjoy vanilla, chocolate, or strawberry ice cream with all the toppings.

PRIDE HIKE AT OLD MILLS TRAIL (OFF-SITE)

Free and open to all; registration encouraged

Saturday, July 13, 9:00–11:00 am

Spend a couple hours on an easy morning hike along the 5.4-mile Old Mills Trail, following the Rivanna River from Darden Towe Park to Woolen Mills. Leashed dogs are welcome!

PRIDE TROPICAL SUMMER DANCE

Free and open to all; registration encouraged

Thursday, July 18, 5:00–7:30 pm

Wear your favorite tropical shirt and bring snacks to share as we dance the night away to fun and beachy tunes.



SUMMER SILENT FILM SERIES

Free and open to all; registration encouraged
4th Wednesday each month, 5:30 pm

Experience movies as they were in the early days of filmmaking. Watch a silent film on the big screen with live piano accompaniment. The July 24 movie is *Sparrows* (1926) starring Mary Pickford as she protects a group of orphans from an evil guardian. The August 28 movie is *City Lights* (1931) starring Charlie Chaplin, whose antics help pay for an operation that restores a florist's eyesight.

PRIDE MOVIE NIGHT

Free and open to all; registration encouraged
Thursday, August 15, 5:30–7:30 pm

The Birdcage is a hilarious movie about a gay cabaret owner and his companion who agree to put up a false straight front so their son can introduce them to his fiancée's right-wing moralistic parents.

AUGUST AREPA LUNCHEON

Open to all; registration required by August 16
Wednesday, August 21, 12:00–1:30 pm

Gather with friends for a luncheon catered by Arepas on Wheels. Create your own bowl or stuffed arepa using chicken, beef, or pork; rice; black beans; sweet plantain; fried egg; and cheese. Then treat yourself to something sweet! Members \$15; Guests \$18.

Remember, this is only a partial list of Center offerings. Check the website for programs added after our print deadline!



Stay
CURIOUS
JOIN OLLI AT UVA

SHORT COURSES,
IN-PERSON AND
VIRTUAL CLASSES,
SOCIALS, LECTURES,
AND EVENTS,
NEW MEMBER
DISCOUNT

FALL 2024

Membership Opens July 1

Course Registration Opens August 13



OLLI
Osher Lifelong
Learning Institute



WWW.OLLIUVA.ORG

Pull-Out Program Calendar

THURSDAY

9:00 Tai Chi
Party Bridge
Energizing Yoga \$
Ivy Creek Hikers

9:15 PRIMETIME FITNESS \$

10:00 **AA Meeting**, Tap Dance (Int.) \$
Foot & Nail Care Clinic \$
Another Group for Men
Writing for Self Expression & Insight \$
Retreads Softball

10:30 ARTHRITIS EXERCISE \$

11:45 Stretch for Balance & Strength \$
BALANCE & STABILIZATION \$

12:00 *NIA-Moving to Heal* \$
Music in the Atrium, Sheepshead
Massage Appts. with Rachel \$

1:00 Woodcarvers

1:30 **Drumming Group**

2:00 Backgammon

2:15 Gentle Yoga \$

2:30 **International Folk Dance**
American Mah Jongg (Beg.)
Reconnect Support Group II

3:30 Tai Chi \$
Parkinson's Yoga (Video)

5:00 **Tap Your Troubles Away** \$

6:15 **Ping Pong**

7:00 **Square Dancing**

FRIDAY

8:30 Hatha Yoga \$

9:00 Tai Chi

9:15 PRIMETIME FITNESS \$

9:30 Friday Art Group

9:45 Tone & Groove \$

10:00 Rummikub
Level 1 Walking

10:30 **Beg./Int. Crochet** \$

11:00 *Friday Fitness*
Ping Pong
Floor Barre \$
Chair Yoga \$

12:15 Beginners Line Dance

12:45 Piano Music in the Atrium

1:00 Euchre
Still Sharp Singers
American Mah Jongg
Writing for Pleasure

1:45 **Improvers/Int. Line Dance**

2:30 **Acoustic Jam Session**
Music in the Atrium
Bingo \$
Barbershop Belles & Beaux

3:30 **Parkinson's Yoga (Video)**

SATURDAY

8:45 **Gentle Yoga** \$

9:00 Oil Painting Group

10:00 **MOVE TO THE RHYTHM DANCE PARTY** \$
Energizing Yoga \$
Chess (All Levels)

11:45 **Beg. Chinese Brush Painting** \$

The Center at Belvedere

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

<p>1 10:00 Hearing Screenings Adv. Italian Conversation \$</p> <p>12:30 Wise Women Three</p> <p>1:00 Mastering Medicare Apple/Mac Users Group</p> <p>3:00 Socrates Café</p> <p>3:30 Beginner Oils, cont. Android Phone Training</p> <p>6:00 NAMI Support Group Jazz Jam</p>	<p>2 11:00 Aging in Place</p> <p>12:00 Adv. Oil Painting, cont.</p> <p>1:00 Diabetes Discussion Group</p>	<p>3 9:00 am-2:00 pm Arts and Crafts Fair</p> <p>10:30 <i>Pride Brunch</i></p> <p>11:00 Journey of Architecture</p>
<p>8 9:00 Painting Animals \$</p> <p>10:00 Dementia Caregiver Support Group Adv. Italian Conversation, cont.</p> <p>12:00 WWII Discussion Group</p> <p>2:00 Varieties of Spiritual Experience Ice Cream Social</p> <p>3:30 Beginner Oil, cont. Economy Perspective</p> <p>4:00 Tremor Support Group</p> <p>6:00 NAMI Support Group</p>	<p>9 10:00 Healthy Recipe Group</p> <p>12:00 Adv. Oil Painting, cont.</p> <p>6:00 Mama's Black Sheep Band \$</p>	<p>10 11:00 Journey of Architecture, cont.</p>
<p>15 9:00 Painting Animals, cont.</p> <p>10:00 Adv. Italian Conversation, cont.</p> <p>12:30 Wise Women Three</p> <p>1:00 Apple/Mac Users Group ADHD Support Group</p> <p>3:00 Socrates Café</p> <p>3:30 Beginner Oils, cont. Android Phone Training</p> <p>5:30 Pride Movie - The Birdcage</p> <p>6:00 NAMI Support Group</p> <p>6:45 Saxophone Ensemble</p>	<p>16 10:00 Writers Critique Workshop</p> <p>12:00 Lunch Box Readings Adv. Oil Painting, cont.</p>	<p>17 11:00 Journey of Architecture, cont.</p>
<p>22 9:00 Painting Animals, cont.</p> <p>10:00 Adv. Italian Conversation, cont.</p> <p>2:00 Varieties of Spiritual Experience</p> <p>3:30 Beginner Oils, cont.</p> <p>5:02 Thursdays Around 5</p>	<p>23 12:00 Adv. Oil Painting, cont.</p>	<p>24 10:00 Stop By Saturday</p> <p>11:00 Journey of Architecture, final</p>
<p>29 9:00 Painting Animals, cont.</p> <p>10:00 Adv. Italian Conversation, final</p> <p>3:30 Beginner Oils, final</p> <p>6:45 Woodwind Quintet</p>	<p>30 12:00 Adv. Oil Painting, final</p>	<p>31 Center Closed for Labor Day Weekend</p>

July 2024

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.

MONDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*
 9:15 PRIMETIME FITNESS \$,
 Floor Barre \$
 10:00 Writing for Healing & Growth \$
 Monday Group for Men
 Getting Better at Bridge
Grateful Threads Quilters
 10:30 Core Stability \$
 11:00 **Silver Swans Ballet II**
 Poker
 11:30 Feel Good Flow \$
 Intro to Jazz Dance \$
 11:45 BALANCE & STABILIZATION \$
 12:15 **Silver Swans Ballet I**
 12:30 Chess
 12:45 Chinese Mah Jongg
 1:00 *Ageless Grace* \$
English Country Dance
Music in the Atrium
Member Social
 Royal Siamese American Mah Jongg
 1:45 Strengthen Your Health & Life \$
 3:00 Meditative Stretch \$
 3:30 Tai Chi \$
Parkinson's Yoga (Video)

TUESDAY

9:00 Energizing Yoga \$
 Tai Chi
Art as Play \$
 9:15 PRIMETIME FITNESS \$
 10:00 A Group for Men
Retreads Softball
 10:15 Tap Dance Lessons (Beg) \$
 10:30 ARTHRITIS EXERCISE \$
 10:30 Second-Wind Band \$
 11:00 Tap Dance Lessons (Beg/Int) \$
Massage Appt. with Chase \$
 11:45 Stretch for Balance & Strength \$
 12:30 Party Bridge
 12:45 *Beginning Spanish**
Piano Music in the Atrium
 1:00 **English Country Dance**
Beginner Scrapbooking \$
 2:00 *Advanced Beginner Spanish**
 2:15 Gentle Yoga \$
 Core Stability \$
 3:15 *Keeping Up Your Spanish**
 3:30 MOVE TO THE RHYTHM DANCE
 PARTY \$
Parkinson's Yoga (Video)
 5:00 Fit to Go
 6:00 **AA Women's Group**
 Line Dance (Int./Adv.)
 6:15 **Ping Pong**
 6:45 **Families Anonymous**

*classes meet online the 1st & 3rd Tuesdays;
 at The Center the 2nd & 4th Tuesdays.
 Will not meet July 16, 23 & 30.

WEDNESDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*
Massage Appts. with Chase \$
Fitness Room Orientation
 9:15 PRIMETIME FITNESS \$
 9:30 Crafty Ladies
 9:45 Tone & Groove \$
 10:00 *Senior Bowling* \$
 Push Card Game
 11:00 SENIOR FITNESS
 Maximize Your Strength \$
 12:00 **Tops**
 Canasta
Music in the Atrium
 Crafts DIY
 Advanced Line Dance
 Dollhouse Miniatures
 12:30 **Square Dance Lessons**
 1:00 *Ageless Grace* \$
 Scrabble
 American Mah Jongg
 Recorder Lessons \$
 1:45 Strengthen Your Health & Life \$
 2:00 Knit-Wits
Chinese Brush Painting \$
 2:30 Ping Pong
Conversational Spanish (Beg.)
 3:00 Meditative Stretch \$
 3:30 **Parkinson's Yoga (Video)**
 5:00 Line Dance (Beg.)
 6:00 **AA Meeting**
Latin Style Ballroom Dance \$
 6:30 **International Folk Dance**
 7:00 **Standard Style Ballroom Dance** \$

<p>1 9:30 Italian for Travelers \$ 10:00 Sew and Sews 12:30 Paint National Parks \$</p>	<p>2 9:00 Injury & Pain Screenings 9:30 Coffee & Caregiving 10:00 Try it Out Tuesday 12:00 Bunko 3:00 Living in the 1960s, <i>cont.</i> 4:00 Non-surgical Solutions 4:30 Intro to Oil Painting \$ 6:00 Trivia</p>	<p>3 9:00 Adv. Int. Italian \$ 9:30 Veterans Coffee Hour Kingfishers 10:30 Wise Women, Too 11:00 Book Group 12:00 Adv. Int. Italian \$ 5:00 Movie Night—American Graffiti</p>
<p>8 9:30 Italian for Travelers, cont. 12:30 Paint National Parks, cont. 1:00 Piedmont Pastelists 2:00 Opening to Grief, final Current Events</p>	<p>9 10:00 Paper Crafting with Diane \$ Money and You Wise Women Connect 1:00 Bookmobile Landscape Oil Painting \$ Deserving Dogs Visit 2:00 Karaoke 3:00 Great Decisions, <i>cont.</i> 4:00 <i>Singles Schmooze</i> 4:30 Intro to Oil Painting, cont. 6:00 Bingo \$</p>	<p>10 9:00 Adv. Int. Italian, cont. 10:00 Welcome Wednesday 10:30 Parkinson's Caregiver Support Group 11:00 Medicare 101 12:00 Adv. Int. Italian, cont. 1:00 Hypnosis for Well-being \$ 3:00 Hearing Care Clinic 4:30 Color Mixing \$ 6:00 Moonlighter's Quilting Cinema Discussion Group</p>
<p>15 9:00 Painting Forever Hydrangeas \$ 9:30 Italian for Travelers, cont. 12:30 Paint National Parks, cont.</p>	<p>16 9:30 Move for Health Alzheimer's Support Group 10:00 Elder Law 12:00 Bunko 1:00 Navigating Senior Living Options Landscape Oil Painting, cont. 3:00 Living in the 1960s, <i>cont.</i> 4:00 Non-surgical Solutions 4:30 Intro to Oil Painting, cont. 6:00 Trivia Albemarle Modern Quilt Guild</p>	<p>17 9:00 am-4:00 pm Book Swap 9:00 Injury & Pain Screenings Adv. Int. Italian, cont. 10:00 Hearing Health 10:30 Wise Women, Too 11:00 Maintaining Mental Health Support Group 12:00 Adv. Int. Italian, cont. 1:00 Let's Talk Books 4:30 Color Mixing, final 5:00 Movie Night— Standing in the Shadows of Motown 6:00 Welcome Wednesday Mastering Medicare 6:30 Empty Nesters Book Club</p>
<p>22 9:30 Italian for Travelers, cont. 12:00 Mystery Book Club 12:30 Paint National Parks, cont. 2:00 Preparing for Death Series Current Events</p>	<p>23 10:00 Wise Women Connect 11:00 Long Term Care Planning 1:00 Bookmobile Landscape Oil Painting, cont. 2:00 Karaoke 3:00 Great Decisions, <i>cont.</i> 4:00 <i>Singles Schmooze</i> 4:30 Intro to Oil Painting, cont. 6:00 Bingo \$</p>	<p>24 9:00 Adv. Int. Italian, cont. 10:30 Parkinson's Caregiver Support Group 12:00 Adv. Int. Italian, cont. 5:30 Stroke Support Group Silent Film Series 6:00 Moonlighter's Quilting Charcuterie Class \$</p>
<p>29 9:30 Italian for Travelers, cont. 12:30 Paint National Parks, cont.</p>	<p>30 1:00 Landscape Oil Painting, cont. 3:00 Living in the 1960s, <i>cont.</i> 4:30 Intro to Oil Painting, final Summer Artists Reception</p>	<p>31 9:00 Adv. Int. Italian, cont. 12:00 Adv. Int. Italian, cont.</p>

Pull-Out Program Calendar

THURSDAY

9:00 Tai Chi
Party Bridge
Energizing Yoga \$
Ivy Creek Hikers

9:15 PRIMETIME FITNESS \$

10:00 **AA Meeting**
Tap Dance (Int.) \$
Foot & Nail Care Clinic \$
Another Group for Men
Writing for Self Expression & Insight \$
Retreads Softball

10:30 First Wind Band \$*
ARTHRITIS EXERCISE \$

11:45 Stretch for Balance & Strength \$
BALANCE & STABILIZATION \$

12:00 *NIA-Moving to Heal \$*
Music in the Atrium
Sheepshead
Massage Appts. with Rachel \$

1:00 Woodcarvers

1:30 **Drumming Group**

2:00 Backgammon

2:15 Gentle Yoga \$

2:30 **International Folk Dance**
American Mah Jongg (Beg.)
Reconnect Support Group II

3:30 Tai Chi \$
Parkinson's Yoga (Video)

5:00 **Tap Your Troubles Away \$**

6:15 **Ping Pong**

7:00 **Square Dancing**

FRIDAY

8:30 Hatha Yoga \$

9:00 Tai Chi

9:15 PRIMETIME FITNESS \$

9:30 Friday Art Group

9:45 Tone & Groove \$

10:00 Rummikub
Level 1 Walking

10:30 **Beg./Int. Crochet \$**
Flashbacks \$

11:00 *Friday Fitness*
Ping Pong
Floor Barre \$
Chair Yoga \$

12:15 Beginners Line Dance

12:45 Piano Music in the Atrium

1:00 Euchre
Still Sharp Singers
American Mah Jongg
Writing for Pleasure

1:45 **Improvers/Int. Line Dance**

2:30 **Acoustic Jam Session**
Music in the Atrium
Bingo \$
Barbershop Belles & Beaux

3:30 **Parkinson's Yoga (Video)**

SATURDAY

8:45 **Gentle Yoga \$**

9:00 Oil Painting Group

10:00 **MOVE TO THE RHYTHM DANCE PARTY \$**
Energizing Yoga \$
Chess (All Levels)

11:45 **Beg. Chinese Brush Painting \$**

The Center at Belvedere

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

<p>4 Center Closed for Independence Day</p>	<p>5 11:00 Aging in Place 12:00 Advanced Oil Painting \$ 1:00 Diabetes Discussion Group</p>	<p>6 11:00 <i>Pride Brunch</i></p>
<p>11 9:00 AARP Safe Driving Course \$ 10:00 Style Tips and Tricks \$ 12:00 WWII Discussion Group 2:00 Varieties of Spiritual Experience Ice Cream Social 3:30 Beginner Oils \$ Android Phone Training 4:00 Tremor Support Group 6:00 African American Authors Book Club NAMI Support Group</p>	<p>12 9:00 AARP Safe Driving Course, <i>final</i> 10:00 Healthy Recipe Group 12:00 Advanced Oil Painting, cont.</p>	<p>13 9:00 <i>Pride Hike</i> 10:00 am – 6:00 pm Celebration of Tales</p>
<p>18 12:30 Wise Women Three 1:00 Apple Mac Users Group ADHD Support Group 3:00 Socrates Café 3:30 Beginner Oils, cont. Economy Perspective 4:30 Piedmont Pastelists Artists Reception 5:00 Pride Tropical Summer Dance 6:00 NAMI Support Group</p>	<p>19 10:00 Writers Critique Workshop 12:00 Lunch Box Readings Advanced Oil Painting, cont.</p>	<p>20</p>
<p>25 9:00 AARP Safe Driving Course \$ 10:00 Style Tips and Tricks, final 12:30 Card Making \$ 2:00 Varieties of Spiritual Experience 3:30 Beginner Oils, cont. Android Phone Training 5:01 Thursdays Around 5</p>	<p>26 9:00 AARP Safe Driving Course, <i>final</i> 12:00 Advanced Oil Painting, cont.</p>	<p>27 10:00 Stop By Saturday</p>

August 2024

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.

MONDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*
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 12:45 Chinese Mah Jongg
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English Country Dance
Music in the Atrium
Member Social
 Royal Siamese American Mah Jongg
 1:45 Strengthen Your Health & Life \$
 3:00 Meditative Stretch \$
 3:30 Tai Chi \$
Parkinson's Yoga (Video)

TUESDAY

9:00 Energizing Yoga \$
 Tai Chi
Art as Play \$
 9:15 PRIMETIME FITNESS \$
 10:00 A Group for Men
Retreads Softball
 10:15 Tap Dance Lessons (Beg) \$
 10:30 ARTHRITIS EXERCISE \$
 11:00 Tap Dance Lessons (Beg/Int) \$
Massage Appt. with Chase \$
 11:45 Stretch for Balance & Strength \$
 12:30 Party Bridge
 12:45 *Beginning Spanish***
Piano Music in the Atrium
 1:00 **English Country Dance**
Beginner Scrapbooking \$
 2:00 *Advanced Beginner Spanish***
 2:15 Gentle Yoga \$
 Core Stability \$
 3:15 *Keeping Up Your Spanish***
 3:30 MOVE TO THE RHYTHM DANCE
 PARTY \$
Parkinson's Yoga (Video)
 5:00 Fit to Go
 6:00 **AA Women's Group**
 Line Dance (Int./Adv.)
 6:15 **Ping Pong**
 6:45 **Families Anonymous**

**classes meet online the 1st & 3rd Tuesdays;
 at The Center the 2nd & 4th Tuesdays.
 Will not meet July 16, 23 & 30.

WEDNESDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*
Massage Appts. with Chase \$
Fitness Room Orientation
 9:15 PRIMETIME FITNESS \$
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 9:45 Tone & Groove \$
 10:00 *Senior Bowling* \$
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 11:00 SENIOR FITNESS
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 12:30 **Square Dance Lessons**
 1:00 *Ageless Grace* \$
 Scrabble
 American Mah Jongg
 Recorder Lessons \$
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 2:00 Knit-Wits
Chinese Brush Painting \$
 2:30 Ping Pong
Conversational Spanish (Beg.)
 3:00 Meditative Stretch \$
 3:30 **Parkinson's Yoga (Video)**
 5:00 Line Dance (Beg.)
 6:00 **AA Meeting**
Latin Style Ballroom Dance \$
 6:30 **International Folk Dance**
 7:00 **Standard Style Ballroom Dance** \$

<p>5 9:30 Italian for Travelers, final 10:00 Sew and Sews 12:30 Paint National Parks, cont. 1:00 Council Meeting</p>	<p>6 9:00 Injury & Pain Screenings 9:30 Coffee & Caregiving 10:00 Try it Out Tuesday 12:00 Bunko 1:00 Landscape Oil Painting, cont. 3:00 Great Decisions, <i>cont.</i> 4:30 Intro to Oil Painting \$ 6:00 Trivia</p>	<p>7 9:00 Adv. Int. Italian, final 9:30 Veterans Coffee Hour Kingfishers 10:00 Red Cross Community Blood Drive 10:30 Wise Women, Too 11:00 Book Group 12:00 Adv. Int. Italian, final 5:00 Movie Night - Up 6:00 Segregation in Education - Part I</p>
<p>12 9:00 Painting Forever Hydrangeas \$ 12:30 Paint National Parks, cont. 1:00 Piedmont Pastelists 2:00 Current Events Preparing for Death Series</p>	<p>13 10:00 Paper Crafting with Diane \$ Money and You Wise Women Connect 1:00 Bookmobile Deserving Dogs Visit Landscape Oil Painting, cont. 2:00 Karaoke 3:00 Living in the 1960s, <i>cont.</i> 4:00 <i>Singles Schmooze</i> 4:30 Intro to Oil Painting, cont. 6:00 Bingo \$</p>	<p>14 9:00 Italian Refresher Course \$ 10:00 am-2:30 pm Puzzle Swap 10:00 Welcome Wednesday 10:30 Parkinson's Caregiver Support Group 11:00 Medicare 101 1:00 Hypnosis for Well-being \$ 2:30 Senior Statesmen of VA 3:00 Hearing Care Clinic 6:00 Moonlighter's Quilting Cinema Discussion Group</p>
<p>19 12:30 Paint National Parks, cont.</p>	<p>20 9:30 Move for Health Alzheimer's Support Group 10:00 Elder Law 12:00 Bunko 1:00 Navigating Senior Living Options Landscape Oil Painting, cont. 3:00 Great Decisions, <i>final</i> 4:30 Intro to Oil Painting, cont. 6:00 Albemarle Modern Quilt Guild Trivia</p>	<p>21 9:00 Injury & Pain Screenings Italian Refresher Course, cont. 10:00 Hearing Health 10:30 Wise Women, Too 11:00 Maintaining Mental Health Support Group 12:00 August Arepa Luncheon \$ 12:30 Reverse Mortgage Pros and Cons 1:00 Let's Talk Books 5:00 Movie Night - Space Race 6:00 Segregation in Education - Part II Welcome Wednesday Mastering Medicare 6:30 Empty Nesters Book Club</p>
<p>26 12:00 Mystery Book Club 12:30 Paint National Parks, final 2:00 Current Events Preparing for Death Series</p>	<p>27 10:00 Wise Women Connect 1:00 Bookmobile Landscape Oil Painting, final Quilling with a Twist \$ 2:00 Karaoke Behavioral Finance 101 4:00 <i>Singles Schmooze</i> 4:30 Intro to Oil Painting, final 6:00 Bingo \$</p>	<p>28 9:00 Italian Refresher Course, final 10:30 Parkinson's Caregiver Support Group 2:00 Long Term Care Planning The Death of a Partner (Planning Before and After) 5:30 Stroke Support Group Silent Film Series 6:00 Moonlighter's Quilting</p>



TRAVEL

LINDA HAHN
TRAVEL COORDINATOR

linda@thecentercville.org
434.220.9736

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

Personal travel needs? Contact Linda for help!

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

DAY TRIPS

CANNABIS FARM TOUR

Wednesday, August 7, 9:30 am–2:30 pm
Wednesday, September 18, 9:30 am–2:30 pm

Did you know cannabis has been grown in Virginia since as far back as 1632? Ride through the countryside to Buckingham County for an exclusive tour of a legal cannabis farm where you'll meet an expert grower and learn about the role this plant has played throughout history. Afterward, we'll stop in historic Scottsville for an included lunch at Tavern on the James. Members \$129; Guests \$164.

SAMURAI ARMOR AT VMFA

Thursday, July 18, 8:30 am–4:30 pm

Explore diverse exhibits at the Virginia Museum of Fine Arts in Richmond, including a docent-led tour of a special exhibit on Samurai Armor. Through a dazzling array of objects spanning almost nine centuries, you'll see the design and craft of helmets, swords, and 20 complete sets of armor, revealing the culture and artistic legacy associated with the samurai warrior in Japanese society. Lunch is on your own. Members \$105; Guests \$140.

SHAKESPEARE IN THE RUINS: "THE COMEDY OF ERRORS"

Friday, July 26, 3:30–11:00 pm

Don't miss this beloved collaboration between Barbourville Vineyards and Four County Players! Enjoy a night under the stars with Barbourville wines, local food trucks, and a top-notch production of Shakespeare's *The Comedy of Errors*—all on-site at the historic ruins of Governor James Barbour's mansion, designed by Thomas Jefferson and destroyed by fire on Christmas Day 1884. Dinner is on your own. Members \$105; Guests \$140.



SHENANDOAH VALLEY MUSIC FESTIVAL

Friday, August 16, 3:30–11:30 pm

Enjoy two bands in one night at a classic rock extravaganza. The Atlanta Rhythm Section is best known for '70s and '80s tunes "Imaginary Lover" and "So Into You." Orleans topped the charts throughout the '70s with songs like "Still the One" and "Dance with Me." Dinner is on your own. Members \$157; Guests \$192.

NATIONAL MUSEUM OF THE US ARMY

Thursday, August 29, 8:00 am–5:00 pm

Located in Fort Belvoir, Va., this museum is the first comprehensive and national museum to capture, display, and interpret over 245 years of Army history. It is an enduring effort to tell the Army's story and honor the accomplishments, sacrifices and commitment of American soldiers. Lunch of your own at the museum. Members \$92; Guests \$127

NATIONAL D-DAY MEMORIAL

Wednesday, September 4, 9:00 am–4:30 pm

Honor the Allied forces that participated in the

invasion of Normandy on June 6, 1944, at the nation's official monument to D-Day in Bedford, VA. The Memorial is built upon consecrated earth, a mixture of sand from the coast of Normandy and Bedford soil, and contains the signature monument, The Overlord Arch. Learn about the lessons and legacy of D-Day during a guided docent tour. Lunch is on your own at the nearby All American Family Grill. Members \$95; Guests \$130.

ODYSSEY CRUISE ON THE POTOMAC

Friday, September 20, 8:00 am–5:30 pm

Glide along the Potomac River aboard the one-level, glass-enclosed *Odyssey* cruise ship for an elegant trip beneath Washington's historic bridges and an up-close view of the nation's greatest monuments. A three-course lunch with live entertainment is included. Members \$195; Guests \$215.

"BEAUTIFUL: THE CAROLE KING MUSICAL" AT RIVERSIDE CENTER

Wednesday, October 2, 9:30 am–6:30 pm

Follow the story of Carole King's remarkable rise to stardom from spunky young Brooklyn songwriter to one of music's most successful solo acts in this Tony Award-winning show full of beloved songs like "I Feel the Earth Move" and "You've Got a Friend." Lunch is included. Members \$170; Guests \$205.

POPLAR FOREST

Friday, October 11, 9:00 am–4:30 pm

Learn about the lives and experiences of those who lived in the enslaved community at Jefferson's retreat house on a docent-led tour. Explore award-winning, thought-provoking, and meticulous historical restorations, both inside and outside the walls of the house. Lunch is on your own at The Neighbors Place. Members \$100; Guests \$135.

POQUOSON SEAFOOD FESTIVAL

Saturday, October 19, 7:30 am–6:30 pm

Sample a wide variety of delicious seafood at the 44th annual edition of a festival that works to preserve the heritage of the Chesapeake working watermen. The festival features over 150 arts and craft vendors, seafood vendors, commercial vendors, and musical entertainment. Lunch is on your own. Members \$107; Guests \$142.

WHITE HOUSE HOLIDAY TOUR

December 2024

Admire the festive holiday decorations at The White House on a self-guided tour. Exact date will be determined by the White House; call the Travel Office to put your name on the interest list ASAP. Some walking is involved, as is the possibility of waiting in line at the gate. Valid government-issued U.S. ID is required. Lunch is on your own at Fashion Centre Mall in Pentagon City. Price TBA.

GETAWAYS

CELEBRITY CRUISE TO ARUBA, BONAIRE, AND CURACAO

October 5–13

Celebrity Cruise Line's *Beyond* carries you to three Caribbean islands full of natural beauty and world-class diving. Enjoy old-world Dutch charm in each port of call, plus shopping, sun, and fun. Package includes round trip bus transfers, airfare, all meals, beverages, entertainment, and gratuities.

EGYPT

October 15–26

Explore a land of ancient treasures from Cairo, to the Great Pyramids and beyond. On this very active tour, you'll experience camel rides, a Nile cruise from Aswan to Luxor, optional excursions to Abu Simbel and sunrise balloon rides, temple visits, shopping, and much more. Visit the website or call the Travel Office for package details.



SAVANNAH

October 20–23

The Historic District of charming Savannah, Ga., is home base as you tour historic houses and museums, see downtown Savannah by trolley, and enjoy gospel music on a dinner cruise down the Savannah River. There will be plenty of free time for shopping and independent fun. Visit the website or call the Travel Office for package details.

MEMPHIS, PIGEON FORGE & NASHVILLE

December 8–13

Travel through Tennessee for a sparkling holiday tour that includes Elvis Presley's Graceland, the ducks at the famous Peabody Hotel, Sun Records, the Memphis Zoo, and the Country Music Hall of Fame. This trip culminates with the Grand Ole Opry Christmas Show. Visit the website or call the Travel Office for package details.

BILTMORE ESTATE FOR THE HOLIDAYS

December 15–17

There is no place like The Biltmore Estate for the holidays. Travel to Asheville, NC, and stay in the Village Hotel on the Estate grounds. Enjoy festive lights at the North Carolina Arboretum and a candlelight tour of the Biltmore Estate. Visit the website or call the Travel Office for package details.

HOLLAND AND BELGIUM IN BLOOM

April 3–12, 2025

From aboard the *Emerald Sky*, see the archetypal Dutch topography of windmills, tulips, and winding canals as you experience a fascinating trip through time with a nod to the history of working-Dutch communities, dating as far back as the 13th century. A guided tour of the Hague and a visit to the Mauritshuis is followed by a day in Antwerp's medieval center. The trip concludes in quirky Amsterdam and Keukenhof Gardens.

PRESENTATIONS

CRUISE NIGHT WITH ROYAL CARIBBEAN

Tuesday, July 30, 5:00–6:00 pm

Lavesh Dhanani of Royal Caribbean International showcases new Royal Caribbean ships and ports of call, including its private destination Perfect Day at CocoCay. There will be door prizes!

DEI Committee Notes

Since 2018, Diversity, Equity and Inclusion Committee members have shared their time and talent to meet their stated goal: *“To provide a safe and welcoming space that champions racial equity and promotes the understanding of the unique contributions of our community members, including differences in the areas of sexual identity and orientation, abilities, beliefs, traditions, and culture.”* Through displays, documentary films, panel discussions, interactive exercises, and many other initiatives we bring people together, educate, and address stereotypes and misconceptions that people too often have about others.

The Speaker Series *“The Uncomfortable Truths of Systemic Racism”* is currently underway. These presentations will inform and strengthen our collective understanding of the cracks in our community’s housing, education, health care, justice, and economic systems. Knowledge is power and this information will arm participants with the ability to better advocate for themselves and their families. Register online to attend future sessions in-person or via Zoom.

In the works for early September is hosting artist Robert Shetterly, founder of Americans Who Tell The Truth, in a return to Charlottesville. This organization is *“dedicated to the belief that a profound understanding of citizenship is the only safeguard of democracy and the best defense of social, racial, economic, and environmental justice.”* Shetterly’s beautiful portraits shine a light on citizens who bravely express their views on these issues.

September will also see the beginning of an exciting new program: Documentary Wednesdays. On the fourth Wednesday of each month, The Center will screen a documentary film that sheds light on social and cultural issues, followed by discussion.

Participating in all of these programs is free and open to the public. More information is available on The Center’s website. ■

DONATIONS MADE IN MEMORY OF (April 1–May 31, 2024)

Leon Blumreich

by Jay Gammon

Mary Jane Chisholm

by Elizabeth Gore

Hamilton Creasy

by Janice Creasy

Mark Dryer

by Peggy Slez

William Steigman

by Betsy Bean

by Sharon &
Larry Lugar

WE REMEMBER

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

Mark Dryer

Shirley Dukes

Dieter Gerke

Nabil Hanna

Daniel Jordan

Darryl Marshall

William Steigman

James Walker

DONATIONS MADE IN HONOR OF (April 1–May 31, 2024)

Enid Krieger

by Sonjia Smith

Bobbi Hughes

by Erika Rogoff

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Branchlands Independent & Assisted Living

The Colonnades

Commonwise Home Care

Craig Builders

UVA Encompass Health Rehabilitation Hospital

Gelbman Law PLLC

Hanckel-Citizens Insurance

The Heritage Inn

An Assisted Living and Memory Care Community

Hospice of the Piedmont

Panorama Natural Burial

SKV Group

Ting Internet

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



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.

Program Registration and Center Sign-in Helps Everyone

Have you ever wondered about what goes on behind the scenes at The Center in terms of logistics, especially in regard to program scheduling and room use?

The Center offers 150-plus programs and events every week—closer to 200 some weeks—and no one week is the same. All of these programs must be distributed among three classrooms and three conference rooms of varying size, two group exercise studios, one art studio, an auditorium, and several other small areas that may get pressed into use.

Program and facilities staff make it look easy, but it's a constant juggling act of looking at which rooms are available, considering whether or not they are appropriate for a particular program, and trying to anticipate attendance—and then quickly determining whether an adjustment is possible when more people show up than expected.

That is the reason the majority of our classes require registration and why it is so very important for *everyone* to register for programs in advance and sign in when you get to The Center.

Registration, along with sign-in at The Center, also plays a role in deciding whether or not a class should continue. If a class is underattended, it's often an indication that we need to replace it with a program that has wider appeal and will serve more people as a contributor to healthy aging. Another reason to register? When we have to cancel a class or provide updated information, only those who have registered will receive that news.

We also ask all members and guests to check in at one of the lobby kiosks upon arrival. This provides additional data about Center participation, and it gives us the information we need to find you in a hurry. Even if the only emergency is that your ride is waiting and growing impatient in the parking lot, you will save precious minutes if we don't have to do a room-by-room search to find you.

So, please do remember to register for programs and check in when you arrive. It only takes a minute and helps you, The Center, and our staff and volunteers! ■



SOCIAL continued from page 1

accessible options proven to support physical and mental health, strengthens preventive care, and encourages individuals to make choices toward lifelong engagement.

From a global perspective, the U.S. spends about twice as much per person on health as other large, wealthy countries but experiences the worst health outcomes—including the highest rate of deaths from avoidable or treatable causes. Could adding social prescriptions make an impact on the health of Americans?

In her delightfully titled *New York Times* article, "Take This Dance Class and Call Me in the Morning," reporter Christina Caron quotes UCLA health policy professor Daniel Eisenberg: "Our health care system tends to make only very incremental changes, and I think all the biases built into the system favor medical care and more acute intensive care."

Implementing social prescriptions can be complex. "Simply referring a client to a recreational program or encouraging them to visit an art gallery is not enough," according to Canada's Alliance for Healthier Communities. "Successful implementation means removing the barriers clients experience to doing these things."

So despite studies indicating that it may be both effective and cost-effective, social prescribing isn't likely to happen on a widespread scale in the U.S. anytime soon. But please tell people about The Center—there's no prescription required! ■

QUESTION continued from page 1

happen overnight. Many people still think being "old" means being lonely or in poor health. The more positive impacts of healthy aging we see (such as staying physically active or having a robust social network), the farther away "old age" seems.

The Center's mission is to create as many opportunities for healthy aging as possible and our Center members know better than to resign themselves to an early "old age."

One Center member recently pointed out that nobody instinctively *knows* how to age well—it's by coming together and sharing experiences, and perhaps looking at the examples of those a bit older than you, that older adults learn how to navigate the challenges of aging and enjoy all the good that comes from being farther along in life.

Whether it's through a fitness class that helps maintain balance, a concert or dance with new friends, or a seminar that improves tech savvy, Center members embrace all the dimensions of healthy aging, combating negative stereotypes and contributing to this new perception that "old age" starts later than it used to. ■

Volunteer Opportunities

at The Center ...

A variety of openings

The Center depends on volunteers, from lobby ambassadors and fitness room monitors to Welcome Desk and data entry specialists. All of these positions can use substitutes to help cover needs when a scheduled volunteer is unable to come in.

If you have an upbeat personality and a flexible schedule, consider becoming a substitute volunteer and help promote our mission of keeping seniors healthy, engaged, and independent in our community. For more information, contact Bobbi Hughes.

and in the Community ...

Ronald McDonald House

The Ronald McDonald House has several volunteer positions available. Greeters welcome guests and visitors; Peer Support Volunteers provide an atmosphere of support to guests offering casual



conversation during times of crisis; Receptionists answer phones, take messages, and transfer calls; Tour Guides provide tours of the house; and Cooking Assistants assist in preparing family meals from predetermined recipes. For more information, contact Christina Daminos at cdaminos@rmhcharlottesville.org or 434.295.1885.



Welcome Tim!

Tim Persinger joined the team in late April as Facilities Coordinator, with primary responsibility for day-to-day maintenance, repairs, and operation of building systems. We're pretty sure there is nothing that he can't fix. Tim has lived in the area with his family for many years and home is a small farm in Fluvanna County. While he still mows hay, he has given up cattle and downsized his garden to raised beds. During his down time, he enjoys delving into mysteries, history, and science through books and movies. Fun fact: Tim has had chickens since he was two years old and doesn't think he has ever eaten a store-bought egg ... at least at home. ■

Gifts from Your IRA Can Support Healthy Aging and Save Money

IRA. QCD. RMD. Sometimes financial lingo can sound like alphabet soup. What do all those confusing acronyms mean? They could mean vital support for healthy aging—plus tax savings for you!

A qualified charitable distribution (QCD) moves funds from an Individual Retirement Account (IRA) to an eligible charity, like The Center at Belvedere. If you meet certain qualifications, you could even leverage your philanthropic giving to save on your taxes!

Anyone age 70 ½ or better can make a QCD from their IRA. Once IRA account owners reach the age of 73, they become subject to Required Minimum Distributions (RMDs). RMDs are funds that must be withdrawn from the IRA each year. As with any money drawn from a traditional IRA, RMDs are subject to income tax.

QCDs meet your RMD obligations by lowering your IRA balance, but because the funds go directly to a charity, they are **not** considered income and therefore are **not** subject to income tax. A QCD from your IRA could even reduce your adjusted gross income enough to lower your tax bracket and, as a result, how much you owe in taxes! ■

MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (April 1–May 31, 2024)

Betsy & James Greene
Anne Hopper
Hospice of the Piedmont
Nancy Hunt
Mallory & Michael Joyce

Our Lady of Peace
Sunnyside Communities
Visiting Angels Living
Assistance Services
Carolyn & Joseph Warden

Want to make a QCD to support The Center? Consider the following:

- You must be age 70½ or older to make a qualified charitable distribution (QCD).
- The charity receiving the QCD must be a 501(c)(3) organization that is eligible to receive tax-deductible contributions. (Fortunately, The Center is!)
- The QCD must come directly from your IRA to the charity.
- You can transfer up to \$100,000 from your IRA to one or more qualified charities using a QCD. At The Center, we appreciate gifts of any amount to support healthy aging.
- QCDs can be made from traditional IRAs, as well as Active Simplified Employee Pension Plan (SEP) IRAs, and Savings Incentive Match Plan for Employees (SIMPLE) IRAs if no contribution has been added to these plans in the year the QCD is taken.
- A QCD cannot be claimed as an itemized charitable deduction on your taxes.
- You cannot receive tangible benefits for your QCD (e.g. free tickets to an event), but you can certainly feel good that your generosity is supporting healthy aging in our community!

To learn more, contact your financial advisor, the firm that manages your IRA, or The Center's Philanthropy Director Lynn Divers at 434.220.9745 or lynn@thecentercville.org.



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> edwardjones.com | Member SIPC

We asked and you answered! Member Survey Highlights

We recently checked in with Center members via our bi-annual member survey to find out how they are using resources at The Center, what's important to them, how satisfied they are with their membership, and more.

The survey was distributed in two ways: Members for whom we have a valid email address were sent a link to a digital version; others were mailed a printed version with a self-addressed stamped envelope. The overall response rate was 19 percent.

We are happy to report that, all in all, respondents felt very positive about The Center at Belvedere, its offerings, and their membership. The percentage of people planning to renew was 96% (up from 81% in 2022) and 89% believe that membership is a good value. 90% would bring a friend to The Center or recommend it to others and 93% agree or strongly agree with the statement "I feel welcome and valued at The Center."

How often do members come to The Center? 20% of survey respondents said they typically visit 1-2 times a month, 48% come 1-2 times per week, and 34% come 3-4 times per week. What are they doing while they are here? Programs with a fitness, social, or lifelong learning component ranked at the top. 23% of respondents have volunteered through The Center's volunteer office and 34% have used its travel services. Top reasons cited for not visiting regularly were lack of time, health issues, and no interest in programs.

Asked about the primary benefit they get from participating in Center programs, a majority cited meeting or being around people, exercising, and staying active. In terms of the impact, 93% say that it helps them maintain a more positive outlook, 86% feel better physically, 72% say it helps them maintain their independence, 84% agree that they have a better sense of community engagement or belonging, and 84% feel less isolated.

The bulk of the comments were positive, with praise for the wide variety of programs and the welcoming atmosphere. We also received calls to offer more sessions of popular classes and to improve the registration process. We are working on actionable items of concern and looking at all the ways we can make the membership experience at The Center even better. *Thank you to everyone who took the time to provide us with feedback!* ■

Of the members who responded to the 2024 survey ...

68%
of members come to
The Center on evenings
and weekends

Length of membership

<1 year	19%
1-4 years	50%
5-9 years	15%
10-19 years	11%
20+ years	5%

96%
plan to renew their
membership

93%
say that being part of
The Center contributes
to a more positive
outlook on life

94%
read this newsletter

28%
have attended events or
programs both onsite
and online

**Members come to
The Center:**
48%: 1-2 times per week
34%: 3-4 times per week
20%: 1-2 times per month

Word of mouth is powerful! **60%** of our members first heard about The Center from a friend or relative. Keep the chain going and tell one of your friends about The Center today!



Senior healthcare that includes social activities.

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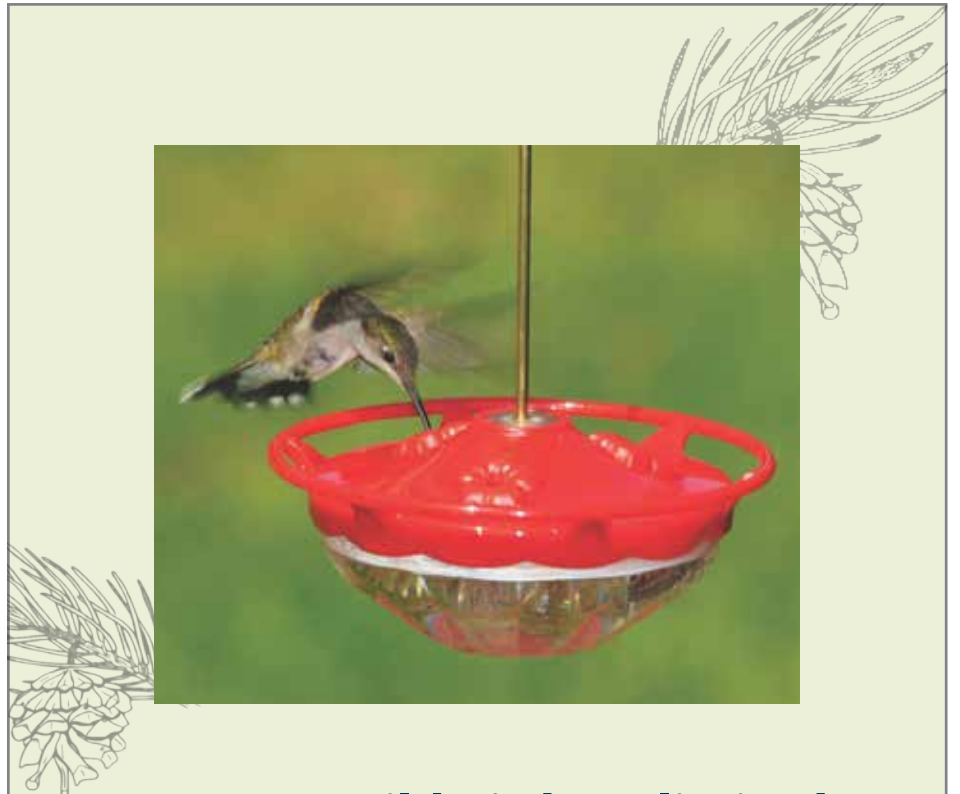
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Journey of Architecture

Saturdays, August 3–24

11:00 am–1:00 pm

This four-part lecture series with Julia May follows the development of architecture from prehistoric times to the present. It addresses not only how buildings are constructed, but what they meant to the people who designed and built them as well as the social, political, and religious forces that lead to their creation. Free and open to all.



Celebration of Tales STORYTELLING FESTIVAL

Saturday, July 13

10:00 am–6:00 pm

\$25 adults, \$10 children 5–12 (10:30 am–12:30 pm)

Hear diverse and enchanting stories from Native American, African American, Appalachian, and Latinx cultures and learn the craft yourself through workshops.

See the full schedule at celebrationoftales.org
Buy tickets at thecentercville.org

Greenberry's hours
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The Piedmont Master Gardeners make an invaluable contribution to The Center and the community through the rose and pollinator gardens. Join them on Tuesday mornings around 9:00 am to help care for the plants. Or simply stop by, ask questions, and admire!



Subscribe to our "It's Happening" e-newsletter at thecentercville.org and get weekly Center news updates



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