



## Dear Fellow Members

*A message about The Center's reopening on March 15*

The Center is a community. In the months between the closing of the Hillsdale facility in March 2020, and the modified, delayed opening of our new home in June, we missed our community. Again after the brief closing during the recent holiday, each of us heard over and over again, “I missed being here at The Center when it was closed!” The expanded zoom programming is wonderful, but it can’t take the place of the community of on-site programming and activity.

As Center volunteers, we see many who enter and exit The Center. Most are quite conscious of and attentive to the details of the protocols to help stop the spread of COVID. Some of us, though, have become careless, forgetting that as a community we have mutual, reciprocal responsibilities to each other: patience when asked the COVID health questions day after day, a properly-worn mask that covers nose and mouth, respect for program leaders who insist on safe numbers and protocols. In the community that is The Center, these actions demonstrate that we care about each other, and that we are cared about.

So when we are prompted to adjust a mask that has slipped out of place, or to observe physical distancing, let’s remember the spirit of the reminder. It is more than simple COVID vigilance. It is a reminder that it is up to us to keep The Center—our community—safely open now and, as the pandemic threat diminishes, flourishing into the future.

We all want this. But it is not going to happen by chance. WE are The Center and it is up to all of us, not our staff, Board of Directors, or even group leaders, to make it happen.

Until the Virginia Department of Health advises otherwise,

- Let's wear masks that fully cover our nose and mouth, and let’s kindly remind our peers to do the same.
- Let’s keep at least six feet distant from each other, and let’s kindly remind others to do the same.
- Let’s keep frequently washing/disinfecting our hands, and let’s kindly remind others to do the same.

This is OUR Center—and our community! Let’s take care of it by taking care of each other.

Rene Bond, Rea Everitt, and Peggy Slez  
*Center Members and Volunteers*



Rene Bond, Peggy Slez, and Rea Everitt

## Onsite programs return on Monday, March 15!

We are ready to welcome you back with a few updates to our protocols to ensure an even safer environment. In the meantime, enjoy our wide-ranging slate of online programs.

## Spring Speaker Series Begins March 3

### *Building a More Inclusive Community: Local Voices on Diversity*

JOIN US FOR THE THIRD INSTALLMENT OF THE CENTER'S VERY POPULAR SPEAKER SERIES, WHICH DEBUTED IN FALL 2019. An initiative of The Center’s Diversity, Equity and Inclusion Committee, the program was created to contribute to a stronger, healthier community by sharing information and creating a safe place for open dialogue around historic problems of race and exclusion.

This series features presentations by local leaders who are helping to shape a culture of anti-racism and inclusion in Charlottesville. The online event runs for six consecutive Wednesdays, from 5:30–7:00 PM, including time for questions. Presentations are free and open to the public. To register, visit our website at [thecentercville.org](http://thecentercville.org).



**March 3 — "What IS White Privilege," Susan Bro, Co-Founder and President, Heather Heyer Foundation.** What IS White Privilege and Why should we care? How does White Privilege play out in our lives and in our communities?



**March 10 — "The Origins of Racial Categories," Jalane Schmidt, Ph.D., Associate Professor of Religious Studies at UVA.** Race is a biological fiction, but a social fact. The notion of biological "race" is a relatively recent historical development that emerged in the supposed era of Enlightenment which coincided with the transatlantic slave trade. Racial categories are socially constructed and mutable, and the perception of "race" is not an innocent abstraction, since the categories can be used to permit or inhibit access to political and material resources and confer social status.



**March 17 — "Getting Comfortable with Being Uncomfortable," Kaki Dimok, Director of Human Services, City of Charlottesville.** Building bridges with people across differences and divides, working to get to know someone in a real and meaningful way, taking social risks, holding yourself and others accountable, and growing requires willing engagement in feeling uncomfortable. This presentation will help you identify your discomfort with the concept of “white fragility” and identify ways to work through it.



**March 24 — "Do you Have Black Friends, or Do You Just Know Black People?" Allison Linney, Founder and President, Allison Partners.** The success of our efforts to build an inclusive community are dependent on our desire and ability to develop meaningful relationships. This presentation will cover learning how to explore privilege and bias and then transform that insight into a foundation for lasting friendships that can endure difficult moments, bring us joy, and support lasting change.



**March 31— "Leveraging White Privilege to Mend a Broken System," Charlene Green, Deputy Director, Piedmont Housing Alliance.** Is it possible to use white privilege as a way of addressing racial justice? What is the responsibility of whites to address racial justice? What is the responsibility of people of color? This session will build on what has been discussed in the previous talks to find actionable pathways to changing a broken social system.



**April 7 — Post-Event Wrap Up: What have we learned, where do we go from here? Bob Garrity, Mediator and Restorative Practices Consultant.** Join us to discuss the presentations, provide feedback, and recommend action steps for The Center and the City of Charlottesville to take to address diversity, equity, and inclusion.





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

**Current Hours** *(subject to change)*  
**The Center:** Monday–Friday 8:30am–4pm  
**Greenberry's:** Monday–Friday 7am–2pm  
**Travel Office:** Monday–Friday 9am–1pm

**About THE CENTER AT BELVEDERE**  
The Center’s mission is to positively impact our community by creating opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity, and lifelong learning. Founded in 1960 by the University League (now Junior League of Charlottesville), The Center has been an independent 501(c)(3) charitable organization since 1963 and receives no federal, state, or local government funding for operations.

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

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

**Membership**  
For information about membership options, please visit our website or contact Membership Director Judy Gardner at 434.974.7756 or [judy@thecenterville.org](mailto:judy@thecenterville.org). The Mary P. Reese Scholarship Fund makes scholarships available for anyone who cannot afford membership dues.

**THE CENTER STAFF**

Eileen Barber	Marketing Coordinator
Melanie Benjamin	Philanthropy Director
Jennifer Crews	Program Director
Emily Evans	Philanthropy Assistant Director
Corey Fanning	Greenberry's Manager
Judy Gardner	Membership Director
Linda Hahn	Travel Coordinator
Bobbi Hughes	Coordinator of Volunteer Resources
Scott Hilles	Finance & Operations Director
Carolyn Merrick	Program Coordinator
Virginia Peale	Marketing & Communications Director
Deborah Poage	Administrative Assistant
Kim Shipley	Controller
Stephanie Spargur	Greenberry's Assistant Manager
Peter Thompson	Executive Director
Vincent Walker	Facilities Manager
Alex Waltrip	Fitness Coordinator

**BOARD OF DIRECTORS**

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## Meet Member Clarece Edson

For Clarece Edson, the unexpected has often led to wonderful things. Take that blind date in college, for example. Margaret, Clarece’s roommate at Longwood, needed a ride home to Chatham, Virginia, one weekend, so she posted a request on the school’s bulletin board. The call she received wasn’t an offer for transportation, however. Two young men, recently graduated from Virginia Tech’s forestry program and employed by the state to take plots on nearby land, happened to be on campus that day, and they saw the posting. They had just completed work in Chatham, so they took it as a sign that they were supposed to meet the young lady who wanted to return there, and they called the number. Margaret never saw her date for that evening again, but Clarece has been married to Brian for 54 years now. “Funny how things work out,” she smiles. “It was a real, true blind date. You wouldn’t do that these days!”

Then there was her student teaching, or what was supposed to be her student teaching. Anyone who has ever taught will tell you that nothing is more important in preparing a new teacher to stand in front of a classroom than that experience—the help and guidance of a mentor is simply invaluable. And a mentorship was what Clarece expected when she agreed to spend the fall of her final year in college at a school in Cumberland County, with the understanding that there was a position opening up in the spring which she could apply for after successfully completing her apprenticeship. It turned out that the school had a different plan—they put her in a classroom all by herself, no mentor, and just asked the librarian to check in on her now and then. According to Clarece, the librarian was very nice, but she didn’t know a whole lot about Algebra, or teaching, for that matter. Someone else might have quit, but not Clarece. “I cried every night at the start,” she remembers. “I stayed, though, I did stay on.” In fact, Clarece not only stayed, she found her calling, teaching Algebra and Geometry until she retired in 2002.

And retirement also brought the unexpected to Clarece. The fall after she left Albemarle High School, where she had worked for over two decades, Clarece decided to take advantage of her new-found freedom and attend a Christmas show. Tickets were on sale at the Senior Center, so Clarece stopped by to pick some up. When she discovered they

were cheaper if you were a member of the Center, she joined, and she asked for a tour. Before it was over, she had been offered a volunteer spot at the Welcome Desk, where she has greeted members and answered their calls for 18 years. “I love volunteering,” says Clarece, who also works at Sentara Martha Jefferson. “You meet a lot of people, you get out of the house, and it’s fun!”

Volunteering is not all that Clarece found to do at what was then the Senior Center, now The Center at Belvedere. One of her current passions is Mah-Jongg, which she learned to play under the tutelage of fellow desk volunteer Pat McKeown. “It’s a challenging game,” Clarece remarks. “It makes you think. It’s a little hard to learn, but once you learn, you get addicted.” Less challenging is Bunko, a game Clarece also enjoys here, but for a different reason. “It’s the exact opposite of Mah-Jongg,” she explains. “You just roll dice, no thought involved. What makes it fun is all the laughter, the people, acting like a kid again.”

Clarece’s advice to other seniors is to go looking for that laughter, that opportunity to be with others who share your interests and can enrich your world. “Don’t stay home,” she recommends. “Be with people. The more active you are, the better for your health, especially your mental health. Get out and do things!”

So, come to The Center any Wednesday morning and look for Clarece at the Welcome Desk. She will be delighted to help you get started, and you might find something unexpected and wonderful too.

A footnote: About 50 years after Clarece’s memorable blind date, she accompanied her granddaughter on a college visit to Longwood. The deal was that Clarece was allowed to go, but she had to promise not to say anything about her long-ago experiences to the other young people on the tour. Clarece kept her promise until they got to that same bulletin board, and then the past came tumbling out. The group loved her story; her granddaughter rolled her eyes and went to Mary Washington instead. ■



## MEMBERSHIP

**JUDY GARDNER**  
Membership Director

Join The Center for easy access to hundreds of great programs. Contact Judy at 434.974.7756 or [judy@thecenterville.org](mailto:judy@thecenterville.org).

## WELCOME NEW MEMBERS!

Kathleen Bird  
Nancy Brinkac  
Cynthia Chandler  
Thomas Daniel  
Michael Gaffney  
George Goss  
Leisa Hall  
Thomas McDermott

Richard Muller  
Sharon Rupinen  
Paulette Schmidt  
John Schmidt  
Cathy Span  
Pravin Trivedi  
Beth Valorz  
Lise Willingham

## WELCOME BACK!

Marsha Frick  
James Mann  
Felix dos Anjos Ramos Pallini  
Clark Tracy

*If you joined or re-joined between December 1 and January 31 and were not recognized here, please contact Judy.*



# programs

**Registration is required for all onsite programs to ensure appropriate physical distancing. Masks must be worn at all times inside The Center.**

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

**To access information on how to "attend" online programs via Zoom:**

- visit the particular event page on our website, [www.thecentercville.org](http://www.thecentercville.org) **or**
- go to the calendar page on the website and click on the event; the link will take you to the page with instructions.

*Note that this is a partial list; recurring programs that do not have topic updates are included in the calendars on pages 7 and 8. Also, we add programs all the time, so please check the calendar on our [website](http://www.thecentercville.org)!*

## NEW PROGRAMS

### WHY AND HOW TO ADOPT A MORE ACTIVE LIFESTYLE *(onsite)*

Open to members

Friday, March 19, 11 am–12 pm;  
repeated April 16, 11 am–12 pm

If you are getting older, this program is for you! Personal trainer and fitness instructor Pete Cross will talk about factors of aging that you can control. Learn how you can make changes and form healthy habits. Registration required.

### GETTING ON TRACK WITH YOUR FITNESS PROGRAM FOR 2021 *(onsite)*

Open to members

Thursday, March 25, 4:15–5:15 pm;  
repeated Thursday, April 1, 4:15–5:15 pm

Make the most of your workout. Join personal trainers Peter Cross and Beth Valorz as they walk you through the many facets of an effective workout in The Center's fitness room. You will learn about each machine, tracking your personal routine, and more. Registration required.

## SPECIAL EVENTS

### UNACCEPTABLE: PRIVILEGE, DECEIT AND THE MAKING OF THE COLLEGE ADMISSIONS SCANDAL *(online)*

Free and open to all

Thursday, March 4, 3:00–4:30 pm

*Unacceptable* is the definitive story of the college admissions scandal that shocked the nation and shattered myths about meritocracy. Join authors Melissa Korn and Jennifer Levitz, the *Wall Street Journal* reporters who broke major developments in the story. Presented in partnership with VA Festival of the Book and WriterHouse. Register in advance.

### THE CAMINO SANTIAGO PART II WITH LINDA SCANDORE *(online)*

Free and open to all

Thursday, March 11, 3:00–4:30 pm

Each year, thousands of people walk the Camino Santiago pilgrim routes that stretch across Europe. Linda Scandore shares her epic journey on the Camino Francés route from St. Jean-Pied-de-Port to Santiago along with stories that capture the kindness of the Spanish people and fellow pilgrims. Visit [thecentercville.org](http://thecentercville.org) to register.

### THE CHURCHES OF ROME WITH OLGA *(online)*

Free and open to all

Thursday, March 18, 3:00–4:00 pm

Did you know there are an estimated 900 churches in Rome? The mixture of early Christian, Medieval, and Baroque is stunning in the City of Seven Hills. Join Olga Cuckovic, licensed tour guide of Rome and Vatican City, for a tour of a dozen or so of some of the most beautiful churches she has visited, researched, and photographed in Rome.

### TAKING CLIMATE ACTION PERSONALLY *(online)*

Free and open to all

Thursday, March 25, 3:00–4:00 pm

What can you do to combat climate change? The issue can seem intangible, insurmountable, and immeasurable. Community Climate Collaborative (C3) is here to make it personal. C3 will share steps that you can take to reduce waste, save money, increase your health, and help our community reach its emissions reductions targets starting in your own backyard. Advance registration required.

### BUILDING OPPORTUNITY *(online)*

Free and open to all

Thursday, April 1, 3:00–4:00 pm

Building Goodness Foundation (BGF) is the central axis of transformative cultural exchanges, long-lasting partnerships, and the incredible sense of accomplishment that comes from knowing you've made a difference in someone's life. Learn about the organization's work, including projects with the Mattaponi and Upper Mattaponi Native American tribes in King William County, Virginia.

### THE TORLONIA MARBLES UNCOVERED *(online)*

Free and open to all

Friday, April 2, 3:00–4:30 pm

The Torlonia family were astute merchants, investors and bankers who obtained princely titles and an astounding collection of ancient Greek-Roman classical art. This is the largest and most important private collection of antique statues in the world and has always been either hidden from the public or open to just the family's selected guests. Olga Cuckovic, licensed Tour Guide of Rome and the Vatican City, shares the remarkable story of the Torlonia marbles.

### HUGH CARR'S RIVER VIEW FARM – RESTORATION AND PRESERVATION *(online)*

Free and open to all

Thursday, April 8, 3:00–4:30 pm

Land now known as Ivy Creek Natural Area was previously River View Farm, a part of a community of African American farmers, pastors, craftspeople, and businessmen who flourished beginning in the final quarter of the nineteenth century. Ivy Creek Foundation's Executive Director Sue Erhardt shares the story of Hugh Carr, one of the largest African American landowners in Albemarle County at that time.

### THURSDAYS AROUND 5 *(onsite)*

Open to all

Enjoy live performances that showcase area musicians! Admission is \$10 per person. *Capacity is in accordance with state guidelines and registration is required.* Call Linda Hahn at 434.220.9736 to reserve your spot.

#### SCUFFLETOWN

Thursday, April 8, 5:02–7:00 pm

This acoustic high-energy duo consists of John Whitlow on harmonica, accordion, flute, and vocals and Marc Carraway on guitar and vocals. Also joining the band will be critically acclaimed multi-instrumentalist Matty Metcalfe, who has played a range of top-tier venues such as The Kennedy Center and The Grand Old Opry. John, Marc, and Matty have periodically performed as a trio for more than a decade.

### SHREDDING TRUCK *(onsite)*

Open to all

Thursday, April 22, 10:00 am–1:00 pm

A state-of-the-art, high speed shredding truck from 1st Choice Shredding, an NAID-certified company, will make quick work of your papers. All shredded paper is recycled. Cost is \$5 for up to 5 grocery bags; additional bags are \$2 each. For safety and to keep the line moving, please stay in your car and a volunteer will collect your paper.

### RIDING CLIMATE SOLUTIONS *(online)*

Free and open to all

Thursday, April 22, 3:00–4:00 pm

Transportation emissions account for the largest share of Virginia's greenhouse gas emissions, making solutions critical if communities are to meet aggressive targets for reductions. Join Community Climate Collaborative Executive Director Susan Kruse to learn how improving local transit systems and doubling ridership can help Charlottesville and Albemarle County reach their climate goals and improve access to services. Registration required.

## ARTS

### CONTROLLED ACRYLIC POUR *(onsite)*

Open to all

Tuesday, March 23, 9:00 am–12:00 pm

Learn how to control paint mixed with pouring medium to create a simple landscape. Reference photos and supplies are provided. Each person will take home 1–2 paintings. Prior experience with acrylic pouring is required. Prime members free; Standard members and guests \$25. Materials are \$15 per person payable to the instructor at class. Registration required.

### ANYONE CAN DRAW! *(online)*

Open to all

Wednesdays, March 3–24 (Four Weeks),  
11:00 am–12:30 pm

Artist Jane Skafte will help you work your way through exercises designed to train your eye, hand, and imagination to work together as a unit. Learn to use texture and line, light and shadow, and several rendering techniques. Prime members free; Standard members and guests \$45. Registration required.

### VIRTUAL WATERCOLOR WITH JANE SKAFTE *(online)*

Open to all

Fridays, March 12–April 2 (Four Weeks),  
11:00 am–12:30 pm

Even if you are proficient in watercolor, portraits can be a challenge. In this class, you will work from photographs and practice shading, learn the basics of proportion, and do exercises for different features—eyes, nose, mouth, hair. Prime members free; Standard members and Guests \$45.



**BUNNIES, BUNNIES, BUNNIES! (onsite)**  
Open to all

Friday, March 19, 1:00–4:00 pm

Create an adorable bunny with fiber artist Donna Markey, who has studied and played with fiber for years. No experience necessary. Prime members free; Standard members and Guests \$20. Materials fee: \$6 per person for all participants, payable to instructor at time of class. Registration required.

**EASEL CARD CLASS (onsite)**

Open to all

Monday, March 15, 1:30–3:30 pm

Sherry Sinard teaches you how to make 3 unique easel cards that you can embellish. Prime members free; Standard members and Guests \$15. Materials fee is \$10 per person for all participants, payable to instructor at class. Registration required.

**BEGINNERS ACRYLIC POUR (onsite)**

Open to all

Tuesday, March 16, 9:00 am–12:00 pm

Join artist Jan Settle to learn the basic techniques of paint pouring, a fun way to set your creativity free. Fluid acrylic paints are layered and poured onto a canvas surface; the rest is up to your imagination! Prime members free; Standard members and Guests \$25. Materials fee: \$15 per person, payable to instructor at class. Registration required.

**FELTING A TEDDY BEAR (onsite)**

Open to all

Friday, April 9, 1:00–4:00 pm

No experience necessary for this fun needle felting class! Prime members free; Standard members and Guests \$20. Materials fee is \$6 per person for all participants, payable to instructor at time of class.

**WET FELTING A FLAG/BANNER (onsite)**

Open to all

Friday, April 30, 12:00–4:00 pm

Create a fiber painting to adorn your home or garden! Come with an idea or picture of what you would like to create, and you'll layer and arrange fibers to create that image on a flag. Prime members free; Standard members and Guests \$25. Materials fee: \$10 per participant, payable to instructor.

**LIFELONG LEARNING**

**BOOK DISCUSSION GROUP (online)**

Open to members

First Wednesdays, 11:00 am–12:00 pm

This enthusiastic group meets monthly to discuss predominantly contemporary works of fiction and nonfiction. Members free; first-time guests welcome. **March 3** - *The Only Woman in the Room* by Marie Benedict

**April 7** – *The Amazing Adventures of Kavalier and Clay* by Michael Chabon

**MONEY & YOU WITH JORGEN VIK**  
Free and open to all  
Tue., March 9, 10:00–11:30 am (online)  
Jorgen Vik, Partner with SKV Group, LLC, will discuss considerations when constructing your own investment portfolio.

Tue., April 13, 10:00–11:30 am (onsite)  
It's not how much you make, but how much you keep. Jorgen will discuss tax efficient investing.

**MEDICARE 101**

Free and open to all

Wed., March 10, 11 am–12 pm (online)

Wed., April 14, 11 am–12 pm (onsite & online)

Medicare can be confusing! This session is for you if: you are new to Medicare, or already belong but ar-

en't sure you've registered for everything you need, AND if you have Medicare A&B or Medicare A&B with Full Medicaid (CCC+), so may be eligible for additional benefits. Registration required for onsite.

**ELDER LAW WITH DORIS GELBMAN (online)**  
Free and open to all  
Tuesday, March 16, 11:00 am–12:00 pm  
**Long Term Care Advocacy** - Join Doris and special guests Tamar Goodale, Long Term Care Ombudsman; Kathryn Caverly, Life Care Manager at IKOR of Charlottesville; and Luv Kay Berkley, RN and Director of Nursing at Monroe Health and Rehab, to discuss caring and advocating for a loved one in long-term care.

Tuesday, April 20, 11:00 am–12:00 pm  
**Estate Planning 101 – ALL NEW!** If we've learned nothing else in this time of COVID, we discovered that planning has become more essential than ever. Learn about the documents you need; wills and trusts, and why you might need one over the other; and so much more.

**CRAFTING YOUR EXTENDED CARE PLAN (onsite and online)**  
Free and open to all  
Thursday, March 18, 11:00 am–12:00 pm  
The majority of seniors have expressed the desire to remain in their homes for as long as possible, particularly since the pandemic. Should the need for extended care arise, what is your—and your family's—plan? Join Fred D. Jung, RN, PhD, of Blue Ridge ElderCare Advisors, LLC, and Tracy M. Meade, Certified Long-Term Care Consultant and Financial Planner, as they discuss the resources available in the community for aging seniors.

**GETTING YOUR FINAL AFFAIRS IN ORDER (onsite)**  
Open to all - registration required 1 week prior  
Wednesday, March 31 **OR** Monday, April 5, 10:00–11:30 am  
We prepare extensively for many life occurrences, but when it comes to planning for our inevitable deaths, do we have our affairs in order? Richard Gallagher—who has settled four estates and has 23 years of experience teaching law, personal finance, and organization—has created a comprehensive program that can help you save time and money and reduce the grief associated with death. Fee \$10, paid at registration.

**LONG TERM CARE INSURANCE (onsite & online)**  
Free and open to all  
Thursday, April 15, 11:00 am–12:00 pm  
Tracy M. Meade, CLTC, discusses the benefits of long-term care insurance partnership policies. Learn about asset protection from Medicaid recovery, federal “tax-qualified” benefits, “grandfathered” policies, and more.

**PHYSICAL WELLBEING**

**PATHWAYS TO FLOURISHING HEALTH LECTURE SERIES (online)**  
Free and open to all  
**Stress Reduction & Mindfulness in the COVID Era**  
Friday, March 5, 1:00–2:00 pm  
John Schorling, MD, is a Professor of Medicine and Director of the Mindfulness Center and the Physician Wellness Program at UVA.

**Sleep Problems Associated with Aging**  
Friday, April 2, 12:00–1:00 pm  
Dulip Ratnasoma, MD, discusses the sleep issues seniors face and possible treatments for them. Dr. Ratnasoma is a physician at Sentara Martha Jefferson Hospital and has completed advanced studies in sleep medicine.

**MOVE FOR HEALTH WITH DARCY HIGGINS, DPT (online)**  
Free and open to all - registration required  
Thursday, March 11, 1:00–2:00 pm  
**What is the Recipe for Health and Longevity?**  
Evidence-Based Factors You Can Control

Thursday, April 8, 1:00–2:00 pm  
**Spring Has Sprung** - Incorporating Exercise, Activity, and Well-Being into Your Daily Routine

**CARING FOR YOUR CARDIOVASCULAR HEALTH (online)**  
Free and open to all  
Monday, March 15, 2:00–3:00 pm  
At least 70% of adults over 60 have cardiovascular disease, most of which is preventable. Jonathan Pan, internal medicine resident at the UVA Health System, will help you understand the basics of cardiovascular disease and learn how to improve your cardiovascular health. Jonathan is a UVA Medical School graduate and a Center volunteer; next year he will begin his training in Cardiology at UVA.

**HEARING HEALTH WITH EVOLUTION HEARING (onsite and online)**  
Free and open to all  
Wednesday, March 17, 10:00–11:00 am  
**New Technology in Hearing Aids** - Hearing aid technology is always changing, which is exciting, but can also be confusing. Did you know that some hearing aids are now waterproof, can have Bluetooth, and can communicate directly with your TV and/or cell phone? Learn about game changing technology featured in today's aids!

Wednesday, April 21, 10:00–11:00 am  
**Nutrition and Hearing Health** - Dr. Kristin Koch will discuss the link between nutrition and hearing health, citing recent studies confirming that diets high in sugars and carbohydrates can negatively impact hearing health. Help safeguard your hearing by learning beneficial eating strategies that contribute to healthy hearing.

**KEEPING AGING FEET HEALTHY AND ACTIVE (online)**  
Open to all  
Monday, March 22, 2:00–3:00 pm  
According to the US National Center for Health Statistics, impairment of the lower extremities is a leading cause of activity limitation in older people. Podiatrist Dr. Heather Snyder will provide helpful tips to minimize, or even prevent, a variety of foot ailments that could lead to knee, hip, and lower back pain—all of which can undermine mobility.

**SOCIAL/RECREATIONAL**

**BEGINNER BRIDGE LESSONS (online)**  
Open to all - advance registration required  
Alternate Fridays, 1:00–2:00 pm  
Classes are intended for those with no experience or who need a refresher. Each class can be taken a la carte. All classes are taught by experienced bridge player and teacher, Ken Marino. Free for members; each lesson is \$10 for guests.

March 5:	The game and opening bids
March 19:	Responses to opening bids
April 2:	Rebids by the opening bidder
April 16:	Declarer play
April 30:	Defensive play
May 14:	Defensive bidding
May 28:	Opening bids of 2, 3, or 4
June 11:	Common conventions

**SENIOR GOLF (off-site)**  
... is looking to begin again in 2021, but will wait until the State and Meadow Creek Golf Course permit this group activity once again. Stay tuned for updates on a possible start date via The Center's website and weekly e-newsletter.



# Clay Sisk—A Technically—and Truly—Awesome Volunteer

FOR TEN YEARS CLAY SISK HAS VOLUNTEERED HIS TIME AND TECHNICAL EXPERTISE to help hundreds of community members expand their knowledge of Apple products by leading the Apple/Mac Users Group at The Center. Clay helps participants with their iPads, iPhones and Apple computers, often spending time before and after class helping folks one-on-one with specific questions.

That is why each February for the last five years, Center member Bobbie Jean Thompson has collected contributions to The Center from her Apple/Mac classmates in honor of Clay's birthday. "Clay has remarkable skills and is so generous with his time. He always makes people com-



fortable when they ask questions. He is a wonderful asset to The Center and the community," explains Bobbie Jean.

Program participants have contributed over \$2,000 in Clay's honor. "Clay's technical expertise, combined with his commitment to help others use technology, is a

shining example of how members of our community positively impact healthy aging," remarks Peter Thompson, The Center's Executive Director. Our thanks go out to Clay for his many years of selfless service, and to the Apple/Mac class participants who have honored his work and birthday by supporting The Center.

The Apple/Mac Users group meets onsite at The Center at Belvedere most Thursdays. It is free to Center members. If you would like to be on the Apple/Mac email list to receive tips and topics, send a message to Clay at [siskva@mac.com](mailto:siskva@mac.com). ■

## MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (December 1-January 31, 2020)

- |                        |                             |
|------------------------|-----------------------------|
| Elizabeth & Greg Allen | Lynn & Larry Martin         |
| Kakie Brooks           | Cathy & Jeep Newman         |
| Diane & Dick Brownlee  | Julia & Richard Nunley      |
| Lynne Conboy           | Patty & Steve Shawley       |
| Shirley French         | Allison & Jeffrey Smith     |
| Sally & Joe Gieck      | Cynthia Stultz              |
| Audrey Goldsmith       | Mary Jane & Kenneth Wheeler |
| Kiwi & Landon Hilliard | Trula & John Wright         |
| Anne & Thad Jones      |                             |

## WE REMEMBER

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

- |                       |                    |
|-----------------------|--------------------|
| Albert Bracuti        | Sylvia Jones       |
| Martha Canfield       | James Kavanaugh    |
| Rachel Chapman        | Coty Lang          |
| Reatha Cooke          | Margaret Long      |
| Loman Cunningham      | Lillian Marsden    |
| Agnes DeBellis        | Jennie Sue Minor   |
| Margaret Devan        | James Morrisard    |
| Jean Easton           | Virginia Mullinnix |
| Peter Edmunds         | Barbara Norcross   |
| Paricia Ellena-Conway | Margaret Norford   |
| John Eros             | Betty Paine        |
| Zirkle Estes          | Glen Peterson      |
| Patricia Ford         | Katherine Sargeant |
| Donald Fritz          | Robert D. Sly      |
| Ernest Gheen          | Norma Smith        |
| Gus Goldsmith         | Audrey Smith       |
| Jacqueline Groiss     | Paula Stoler       |
| Abram Hostetter       | Margaret Voneski   |
| Thelma A Jackson      | Patricia Watson    |

# Shared spaces. Private spaces. SPECIAL SPACES TO BE TOGETHER.



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Linden House's many happy couples enjoy beautifully appointed and generously proportioned residences. Even when each individual requires a different level of care, couples can continue together to enjoy living life to the fullest.

- On-site medical staff and outpatient rehab
- Medication and nursing assistance
- Inclusive monthly rent
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- Transportation
- Location convenient to Route 29
- Vibrant activities calendar
- Housekeeping
- Very pet-friendly
- Locally-owned and operated



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[www.linden.house](http://www.linden.house)



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tour online  
or schedule  
a private  
guided tour.



Every MONDAY	Every TUESDAY	Every WEDNESDAY	Every THURSDAY	Every FRIDAY
8:30 Tai Chi \$ <i>9:00 Hiking</i> 9:15 PRIMETIME FITNESS \$ <i>10:00 Writing for Healing &amp; Growth \$</i> Sew and Sews <i>10:30 Chair Yoga</i> 11:45 BALANCE & STABILIZATION \$  1:00 Ageless Grace \$ Mah-Jongg (Chinese) <b>English Country Dance</b> <i>6:15 Intermediate Line Dance</i>	<i>9:00 Retreads Softball</i> 9:15 PRIMETIME FITNESS \$ 10:30 Arthritis Exercise \$ 11:45 Stretch for Balance & Strength \$ <i>1:00 Beginning Line Dance</i> <i>Beginning Spanish</i> <b>English Country Dance</b> <i>2:10 Intermediate Spanish</i> <i>3:20 Advanced Spanish</i> 3:30 MOVE TO THE RHYTHM DANCE PARTY \$	8:30 Tai Chi \$ <i>9:00 Hiking</i> <i>9:15 Primetime Fitness \$</i> (Online only on Wed) 9:30 Crafty Ladies 9:45 Tone & Groove \$ 11:00 SENIOR FITNESS 12:00 <b>Tops</b> <i>1:00 Ageless Grace \$</i> 2:00 <b>Square Dance Lessons</b> 3:00 Knit-Wits, Ping Pong	<i>9:00 Retreads Softball</i> 9:15 PRIMETIME FITNESS \$ <b>10:00 AA Meeting</b> <i>10:30 Chair Yoga,</i> Tap Dance Lessons (Beg)\$ Arthritis Exercise Crafts DIY 11:30 Tap Dance Lessons (Int) \$ 11:45 BALANCE & STABILIZATION \$ <i>12:00 NIA-Moving to Heal \$</i> Reading for Pleasure Unwind Yoga \$ 1:00 Apple/Mac Basic Woodcarvers 2:15 Apple/Mac Advanced 2:30 <b>International Folk Dance</b> <b>4:30 Zumba! \$</b> <i>6:15 Intermediate Line Dance</i>	8:30 Tai Chi \$ 9:15 PRIMETIME FITNESS \$ 9:30 Friday Art Group 9:45 Stabilize Yoga \$ <i>Riverview Walking Group</i> <i>11:00 Friday Fitness</i> 11:30 Original Strength \$ 12:00 Writing for Pleasure Beginning Line Dance 1:10 Beginning Line Dance 2:20 Improvers Line Dance 2:30 <b>Bingo \$</b>
March				
1  1:00 Senior Council	2	3  9:30 Kingfishers 11:00 Book Group <b>11:00 Anyone Can Draw \$</b> <b>5:30 Diversity Speaker Series</b>	4  <b>3:00 Unacceptable: College Admissions Scandal</b>	5  <b>1:00 Pathways to Flourishing Health</b> <b>1:00 Beginner Bridge Lessons \$</b>
8	9  <b>10:00 Money &amp; You with Jorgen Vik</b> <b>2:00 Meditation</b>	10  <b>11:00 Anyone Can Draw \$</b> <b>11:00 MEDICARE 101</b> <b>5:30 Diversity Speaker Series</b>	11  <b>11:00 Move For Health With Darcy Higgins</b> <b>3:00 Camino Santiago Part II</b>	12  <b>11:00 Virtual Watercolor \$</b>
15  <b>1:30 Easel Card Class \$</b> <b>2:00 Cardiovascular Health</b>	16  <b>9:00 Beginners Acrylic Pour \$</b> <b>10:00 Elder Law with Doris Gelbman</b>	17  <b>10:00 HEARING HEALTH</b> <b>10:00 New &amp; Prospective Member Coffee</b> <b>11:00 Anyone Can Draw \$</b> <b>5:30 Diversity Speaker Series</b>	18  <b>11:00 CRAFTING YOUR EXTENDED CARE PLAN</b> <b>3:00 Churches of Rome</b>	19  <b>11:00 Adopt a More Active Lifestyle</b> <b>11:00 Virtual Watercolor \$</b> <b>1:00 Beginner Bridge Lessons \$</b> <b>1:00 Bunny Felting \$</b>
22  <b>2:00 Keeping Aging Feet Healthy</b>	23  <b>9:00 Controlled Acrylic Pour \$</b> <b>2:00 Meditation</b>	24  <b>11:00 Anyone Can Draw \$</b> <b>5:30 Diversity Speaker Series</b>	25  <b>3:00 Taking Climate Action Personally</b> <b>4:15 Getting on Track with your Fitness Program</b>	26  <b>11:00 Virtual Watercolor \$</b>
29  <b>10:00 What Exercise is Right for Me?</b>	30  <b>10:00 Low Impact Exercise</b>	31  <b>10:00 Getting Your Final Affairs in Order \$</b> <b>5:30 Diversity Speaker Series</b>		

Find information about special events, programs, membership, and more at thecentercville.org

# Ever Wondered What Makes People Join The Center?

BETTY BOLLENDORF WANTS TO KEEP HER BRAIN ACTIVE. She knows that one of the best ways to reduce her risk of age-related dementia is to exercise her mind, to keep learning new things, and she has found that The Center’s Lifelong Learning programs offer her many interesting options. Betty recently took a class led by local historian Rick Britton, and she also attended last fall’s Local Voices on Diversity speaker series. “Those talks were wonderful,” Betty remarks. “I learned so much! It made me more aware of the racial history of Charlottesville and really helped my understanding of my community.”

For Marge Haugen, keeping her brain active is accomplished by keeping her fingers moving. Marge leads the Knit Wits, a group of talented members who create scarves, baby clothes, and other lovely items, many of which they donate. “Knitting is very good for your mind,” notes Marge, who also enjoys the social benefits of sharing time and conversation with friends.



Physical fitness is John Bias’s motivation for coming to The Center several times a week. He participates in Tai Chi; Balance and Stabilization; Senior Fitness; Arthritis Exercise; and Stretch for a Safer, More Flexible Life. “At this point, I have a lot I am doing,” he admits cheerfully, “but it’s hard to get too much. I feel better, and I like being around the

people.” Member and volunteer Frances Smith would agree with him on both points. You can find her at The Center every day it is open, either greeting people as they walk in the door, or participating in fitness activities such as Move to the Rhythm, Unwind Yoga, or Tone and Groove. “My week is full,” she laughs, “but I like the classes. They are small, and the instructors are fabulous. We have a good time. We have friendships. I get a chance to meet people and socialize. I’m a person who likes to talk—you can see that! I get a chance to chat.”

That opportunity to connect with others brought Shobha Gill to The Center. Shobha, who especially enjoys working out in the fitness room, is grateful for the one-on-one attention she gets from Fitness Coordinator Alex Waltrip. “I have some shoulder issues, and he has been very helpful finding out the problem and the right way to address it,” she says. And unlike some of her friends who are currently afraid to go to their gyms, Shobha feels confident that the equipment here is sanitized and the protocols are followed. “Everything is so clean, and that is a big blessing in this COVID time. You feel safe. My friends keep telling me they have nowhere to go, which is especially hard if they are living alone. Just coming here is a blessing to me, because I live alone too. Here I get to see others. This is why I need to live in Charlottesville. Honest to God, I chose to live here because of The Center. It has become my family. Whenever I come here, I am happy.” ■

"Whenever I come here, I am happy."

**PROGRAM KEY:** *green = off-site; bold = open to the public; blue = online*; black = on-site; ALL CAPS = online AND on-site; \$ = fee. Programs are subject to change. Check for updates and additions at thecentercville.org or visit our Facebook page.

Every MONDAY	Every TUESDAY	Every WEDNESDAY	Every THURSDAY	Every FRIDAY
8:30 Tai Chi \$ 9:00 <i>Hiking</i> 9:15 PRIMETIME FITNESS \$ 10:00 <i>Writing for Healing &amp; Growth</i> \$ Sew and Sews 10:30 <i>Chair Yoga</i> 11:45 BALANCE & STABILIZATION \$ 1:00 <i>Ageless Grace</i> \$ Mah-Jongg (Chinese) <b>English Country Dance</b> 6:15 <i>Intermediate Line Dance</i>	9:00 <i>Retreads Softball</i> 9:15 PRIMETIME FITNESS \$ 10:30 Arthritis Exercise \$ 11:45 Stretch Balance & Strength \$ 1:00 <i>Beginning Line Dance</i> <i>Beginning Spanish</i> <b>English Country Dance</b> 2:10 <i>Intermediate Spanish</i> 3:20 <i>Advanced Spanish</i> 3:30 MOVE TO THE RHYTHM DANCE PARTY \$	8:30 Tai Chi \$ 9:00 <i>Hiking</i> 9:15 <i>Primetime Fitness</i> \$ (Online only on Wed) 9:30 Crafty Ladies 9:45 Tone & Groove \$ 11:00 SENIOR FITNESS 12:00 <b>Tops</b> 1:00 <i>Ageless Grace</i> \$ 2:00 <b>Square Dance Lessons</b> 3:00 Knit-Wits, Ping Pong	9:00 <i>Retreads Softball</i> 9:15 PRIMETIME FITNESS \$ 10:00 <b>AA Meeting</b> 10:30 <i>Chair Yoga</i> , Tap Dance Lessons (Beg)\$ Arthritis Exercise Crafts DIY 11:30 Tap Dance Lessons (Int) \$ 11:45 BALANCE & STABILIZATION \$ 12:00 <i>NIA-Moving to Heal</i> \$ Reading for Pleasure Unwind Yoga \$ 1:00 Apple/Mac Basic Woodcarvers 2:15 Apple/Mac Advanced 2:30 <b>International Folk Dance</b> 4:30 <b>Zumba!</b> \$ 6:15 <i>Intermediate Line Dance</i>	8:30 Tai Chi \$ 9:15 PRIMETIME FITNESS \$ 9:30 Friday Art Group 9:45 Stabilize Yoga \$ <i>Riverview Walking Group</i> 11:00 <i>Friday Fitness</i> 11:30 Original Strength \$ 12:00 Writing for Pleasure Beginning Line Dance 1:10 Beginning Line Dance 2:20 Improvers Line Dance 2:30 <b>Bingo</b> \$
<div>April</div> <div>Every week ... recurring weekly or daily programs are above. Not every week ... monthly, semi-monthly, special events, etc., are below.</div>			1 10:00 <i>Low Impact Exercise</i> 3:00 <i>Building Opportunity</i> 4:15 <i>Getting on Track with your Fitness Program</i>	2 11:00 <i>Virtual Watercolor</i> \$ 12:00 <i>Pathways to Flourishing Health</i> 1:00 <i>Beginner Bridge Lessons</i> \$ 3:00 <i>Torlonia Marbles</i>
5 10:00 <b>Getting Your Final Affairs in Order</b> \$ 1:00 <i>Senior Council</i>	6 10:00 <b>Try It Out Tuesday</b> 10:00 <i>Low Impact Exercise</i>	7 9:30 <i>Kingfishers</i> 11:00 <i>Book Group</i> 5:30 <i>Diversity Speaker Series</i>	8 10:00 <i>Low Impact Exercise</i> 11:00 <i>Move For Health With Darcy Higgins</i> 3:00 <i>Hugh Carr's River View Farm</i> 5:02 <i>Thursdays Around 5</i> \$	9 1:00 <b>Teddy Bear Felting</b> \$
12	13 10:00 <i>Money &amp; You with Jorgen Vik</i> 10:00 <i>Low Impact Exercise</i> 2:00 <i>Meditation</i>	14 11:00 <b>MEDICARE 101</b>	15 10:00 <i>Low Impact Exercise</i> 11:00 <b>LONG TERM CARE INSURANCE</b>	16 11:00 <b>Adopt a More Active Lifestyle</b> 1:00 <i>Beginner Bridge Lessons</i> \$
19	20 10:00 <i>Elder Law with Doris Gelbman</i>	21 10:00 <b>HEARING HEALTH</b> 10:00 <i>New &amp; Prospective Member Coffee</i>	22 10:00 <i>Shredding Truck</i> 10:00 <i>Low Impact Exercise</i> 3:00 <i>Riding Climate Solutions</i>	23
26	27 2:00 <i>Meditation</i>	28	29	30 12:00 <i>Flag/Banner Felting</i> \$ 1:00 <i>Beginner Bridge Lessons</i> \$

Be Charitable and Tax Wise: Support The Center through a Qualified Charitable Distribution (QCD) from your IRA

If you have an IRA and are 70½ years of age, you know that you must take a Required Minimum Distribution (RMD) each year or face a penalty from the IRS. However, if you are charitably minded, making a Qualified Charitable Distribution (QCD) from your IRA to a charity like The Center can satisfy all or part of your annual RMD while supporting healthy aging in our community.

A QCD is a direct transfer of funds from your IRA, to a qualified charity (such as The Center). Monies distributed as a QCD can be counted toward satisfying your RMD for the year, and the QCD is excluded from your taxable income. You can choose to support a single nonprofit through a QCD or make distributions to several charities.

Individuals are limited to an annual maximum QCD of \$100,000. If you are married, and your spouse has their own qualified IRA, each of you can distribute up to \$100,000. But each spouse is separately subject to the \$100,000 limit.

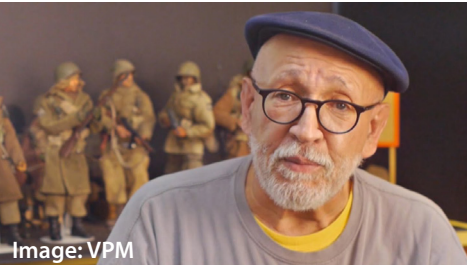
Qualified Charitable Distributions must be made from a qualifying IRA. Distributions made from 401(k), 403(b), 457, Keogh, and active SEP and SIMPLE plans will not qualify.

QCDs can be made by requesting that your IRA custodian issue a check from your IRA payable to the charity. The check will then be mailed directly to the charity. Alternatively, your custodian may mail the check to you so that you may forward it to the charity. In this case, make sure the QCD check is made payable to the charity and not to you. If a distribution check is made payable to you, the distribution does NOT qualify as a QCD and will be treated as taxable income.

Of note, unlike other types of contributions, you cannot claim a deduction for a QCD for federal tax purposes. Additionally, you are not allowed to receive any benefits, goods or services from the charity you support in return for your QCD. Please check with your tax advisor to learn more.

Interested in making Qualified Charitable Distribution to The Center? Contact your IRA custodian and request that a QCD be sent to: “The Senior Center, Inc.,” Tax ID 54-0735666. 540 Belvedere Blvd., Charlottesville, VA 22901. Have questions or need assistance? Contact Philanthropy Director Melanie Benjamin at 434.220.9744 or melanie@thecentercville.org.

DONATIONS MADE IN HONOR OF (December 1–January 31, 2020)	
<b>Rene Bond</b> by: Mr. & Mrs. Greg Hendrickson	<b>Jennie Sue Minor</b> by: Randi & Randy Whitlow
<b>Barbara Deal</b> by: Susan & Tom Deal	<b>Jan &amp; John Stalfort</b> by: Dickie & Louise Tayloe
<b>Judson Foster</b> by: Kristen Reeves	<b>Peter Thompson</b> by: Erika & Robert Viccellio
<b>Judy Gardner</b> by: Enid Krieger	<b>Harriet Tubman</b> by: Elizabeth & Greg Allen
<b>Paul Jacob</b> by: Sonnia Kesser	<b>Laura Vik</b> by: Jorgen Vik
DONATIONS MADE IN MEMORY OF (December 1–January 31, 2020)	
<b>Wallace H. Dean</b> by: Charles Mills III	<b>Ralph L. Feil</b> by: Punkie Feil
<b>Mr. &amp; Mrs. Doraswamy</b> by: Pankajalakshmi Tirumalai	<b>Gus Goldsmith</b> by: Bruce Saunders
	<b>Ron Mohr</b> by: Lori Mohr Pederson



**Don't miss this!**  
Work by artist Frank Walker will be on display at The Center's First Floor Gallery in April





# VOLUNTEERING

**BOBBI HUGHES**

Coordinator of Volunteer Resources  
434.220.9755 | bobbi@thecentercville.org

## Dedicated Volunteers Find Ways to Serve

As we reflect on the past 12 months, my colleagues and I are uplifted by the achievements and collaborations that Center volunteers made possible amidst a year of unexpected changes and challenges. And these steadfast volunteers continue to make extraordinary contributions in support of our community.

COVID-19 necessitated rethinking and reworking many community projects. But whether these activities moved online or were restructured to accommodate safety measures such as physical distancing, volunteering has remained an important function in our community. In the process, we've learned that a lot of valuable volunteer work can be done effectively offsite, opening up opportunities to more people who would like to contribute their service.

Thank you, volunteers, for your work during the pandemic. We encourage you to continue and urge others to consider joining in a pursuit that can offer an incredible sense of accomplishment and fulfillment. Most nonprofits couldn't exist without volunteers in "normal" times; with today's challenges, they are stretched even further. Reach out and explore the opportunities available to support their work—learn about their new needs as you determine how best to give of your time, talents, and expertise.

## Have you shared your volunteer service hours this year?

The Center's fiscal year ends on March 31, which means counting and accounting for the past year's activities—and that includes volunteering! Tallying volunteer service hours within The Center as well as volunteer service performed via Center referrals to area organizations is part of the process. If you have not shared your volunteer hours, please do so.

Along with making the Center and our community a better place for everyone, volunteer contributions demonstrate strong service involvement, which allows us to qualify for grants and other funding opportunities. It also shows donors, supporters, and community members the impact older adults make.

*You can share your volunteer service hours in two ways:*

- 1) Electronically through MySeniorCenter kiosks in the Center's lobby, or
- 2) Email your volunteer hours to bobbi@thecentercville.org



Longtime volunteer Betsy Bean

## Join us for the celebrations!

April is National Volunteer Month and April 18–24 is National Volunteer Week. We are planning weekly celebrations during the month of April—stay tuned for the days and dates.

*Interested in volunteering at The Center or with another area nonprofit? Bobbi can help you find the perfect fit for your interests and skills; give her a call or email her. Positions are also posted on the volunteering section of our website.*



# FIND YOUR CENTER

civic | community | cultural | fitness | social



## COME ALONG!

### Dreaming about your next vacation?

Or do you just want to get away now? Stop by The Center's travel office (no appointment necessary) and find out about things you can do safely now and in the future. Linda Hahn, travel coordinator and certified travel agent—or one of her volunteers—will be happy to assist you. **All trips and travel services are open to the public of all ages.**

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

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

## DAY TRIPS

**ODYSSEY CRUISE - CHERRY BLOSSOMS**  
Thursday, April 1

Join us as we set sail on the Odyssey cruise ship. The Odyssey will cruise past historic bridges and travel past DC's greatest landmarks. You will also enjoy a three-course lunch (included) while viewing the Washington Monument, the Jefferson Memorial and the beautiful cherry blossom scenery. Members \$140; Guests \$160.

**HISTORIC WILLIAMSBURG**  
December 6–7

Enjoy a one-night stay at the Griffin Hotel in Williamsburg's historic district. You will have time to stroll, dine (on your own), and shop. On the way, enjoy a stop to shop at the Williamsburg Pottery. On the return, shop 'til you drop at the Williamsburg Premium Outlets. Breakfast at the hotel is included.

## GETAWAYS

**EXCLUSIVE NATURE & PHOTO TOUR OF ICELAND**  
August 18–30

Iceland is magical, especially in late summer when the colors, weather, and angles of sunlight are transitioning into fall. This 12-day tour with a veteran guide gives great insight into Iceland's unique nature and culture, with the bonus of experiencing the country's burgeoning culinary scene. All-inclusive package includes round trip air and ground transfers, all meals, day trips, transportation, and gratuities. Only a few spaces available—contact the Travel Center to reserve your spot.

**GATLINBURG, TENNESSEE**  
September 13–18

Enjoy a getaway to Gatlinburg, the gateway to the Great Smoky Mountains. Adventure, shopping, dining and more awaits! Interested? Email Linda Hahn at linda@thecentercville for info.



**TUSCANY**

Call the Travel Office for new dates

Spend a week in the Chianti Hills region, the heart of Tuscany, in a villa built as a country residence for a Florentine noble family. Six day tours let you explore the region. All transportation, meals, and gratuities are included. Call the Travel Center at for more details.

**VILANOVA, SPAIN**

Call Travel Office for new date

Join us for a stay at Masia Notari, a rustic property where past elements are blended with modern-day comforts. Located 45 minutes from Barcelona, it's a perfect location from which to enjoy day trips and the beauty and history of Spain. Price includes roundtrip transfers and air, all meals, gratuities, and six day trips.

**ALASKA AND THE YUKON**  
August 6–17, 2022

Enjoy the majesty of Alaska including Denali National Park and the Yukon. Travel from Anchorage, Alaska to Denali National Park and Fairbanks before heading into the Yukon. You'll cruise through the inside passage ending in Vancouver, BC. A valid passport is required.