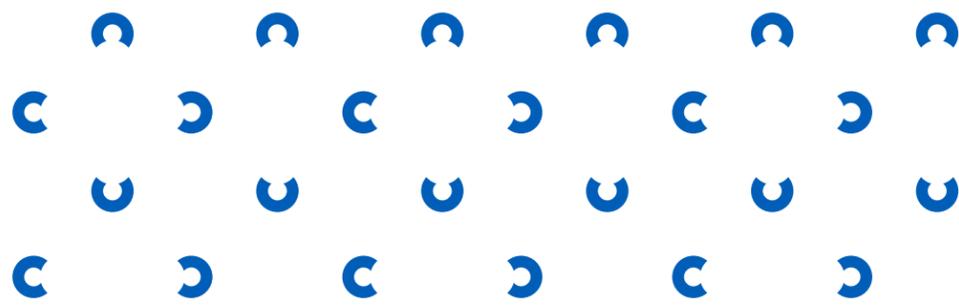


THE CENTER AT BELVEDERE



NEWS from THE CENTER

REFRAMING AGING SINCE 1960

MARCH/APRIL 2026

ART ON DISPLAY IN MARCH & APRIL



Diane Wilkin

Works by artist/educator Diane Wilkin will be on exhibit in The Center's first floor gallery. Inspired by juxtapositions, patterns, and "chaos" in nature, Wilkin uses a variety of media to record her impressions. "What I don't see (negative space) often intrigues me more than the objects themselves," she says. Her focus is on printmaking with intaglio, relief, and monoprint methods, and on large-scale pastels.

In the second-floor gallery, explore pieces by Judy Blooms, Terry Coffee, Anne Hopper, Britta Lineburger, and Susan Walker.

There is also a rotating display of art in the admin wing on the second floor—check out works by John Barker during March and April.



Judy Blooms

Inside

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

Healthy Aging Has Economic Value

We've known for years that the aging of the U.S. population poses a challenge to the existing public health framework, and it's never surprising when doctors, medical researchers, and others in the health industry speak up about the critical nature of supporting older adults.

You may not realize, however, that financial experts around the world are now taking a deep interest in the value of healthy aging.

The International Monetary Fund calls the rapidly increasing number of people aged 60 and older, "the most formidable demographic challenge facing the world." The World Economic Forum notes this growth "is occurring at an unprecedented pace and it will continue to accelerate in coming decades."

Why is there so much interest in aging from these eminent economic entities? Because the dramatic increase in life expectancy over the past century is a great achievement, but it also carries big financial impacts.

It turns out that longevity does not equate to good health. Globally, on average, older adults outlive their health by 10 years. This is largely because age is the primary risk factor for the chronic and neurodegenerative diseases so prevalent today. The result is a healthspan-lifespan gap that can lead to more and more people spending several years burdened by disease, which places a significant strain on social and health care resources.

So how can countries address these challenges? Current research across multiple industries highlights healthy aging as a critical goal for public health systems around the world. By promoting a holistic approach focused on developing and maintaining functional ability, healthy aging practices—like those we embrace at The Center—enable well-being in older age.

Is this a good investment? It can be a difficult case to make.

The McKinsey Health Institute has created a model to assess the potential return on investment for 18 interventions across eight avenues identified as influencing healthy aging—from supporting societal participation to enhancing public safety.

The results: every single avenue they examined and analyzed provided a positive ROI and generated economic value.

See *INVEST* on page 16

Volunteering Influences Future Doctors

April is National Volunteer Month when we shower our wonderful volunteers with the recognition and appreciation they deserve. Many volunteers supporting The Center are our own members, but there is a unique group of volunteers that come to us from the University of Virginia School of Medicine.

The Social Issues in Medicine program is a required course for all first-year medical students at UVA. The Center is one of 40 partner organizations where these students can engage with the Charlottesville community to learn in a hands-on way about the social determinants of health.

This is an important factor in the growing philosophy toward person-centered or whole-person care. Doctors don't just treat symptoms—they treat people! Incorporating a wide range of experiences into their early medical education helps future doctors better understand the variety of factors that affect patients' lives.

As part of their participation, SIM volunteers attend various Center programs and interact with members to learn more about issues that affect individuals as they age. Nick Galeucia points to decorating the building for the holidays, finding inspiration in support groups, and observing a range of fitness programs as particular highlights from his time at The Center.

"I believe that strength, stability, and longevity play crucial roles in long-term health," he says. "I've loved learning more about how to promote these practices through courses [like Strong and Stable, Meditative Stretch, and Functional Core Stability.]"

Nick is not new to volunteering. He has in the past prepared meals for Ronald McDonald House to assist families with loved ones in the hospital. He says, "I find that the common themes of community, compassion, and mutual support pervade both places ... I am continually impressed by how



Center program volunteers Berta Hysell and Delores Rocha with SIM students.

See *SIMS* on page 16



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

Hours

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

About THE CENTER AT BELVEDERE

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

News from The Center is a publication of The Center.

Healthy Aging for All

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

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

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For more news, follow us on:



Membership

Make the Most of Your Membership!

We know it's not always easy to navigate over 150 healthy aging programs to find the best ones for your needs and interests. That's why we are now highlighting collections of programs for each month addressing different aspects to aging well. We hope this sparks ideas for new ways you can pursue your healthy aging goals and connect with fellow members. You can also get more personalized advice at our in-person sessions **Getting the Most Out of Your Membership**, held twice each month.

come + move in March

Moving your body and caring for your physical health isn't exclusive to gym workouts and fitness classes. These programs use a variety of movements to get you light exercise and even better—they are all very social! Ignite your motivation, strengthen friendships, and help you get even more value from your membership. Each of these programs is included in your Center membership; some* require registration on My Active Center.

Ping Pong

Tuesdays & Thursdays, 5:45–7:00 pm
Wednesdays, 2:30–4:30 pm
Fridays, 11:00 am–1:00 pm

Line Dance for Beginners*

Wednesdays, 5:00–6:00 pm
Fridays, 12:15–1:45 pm

English Country Dance*

Mondays & Tuesdays, 1:00–2:00 pm

Mambo Mamas*

Wednesday, March 11, 4:15–5:00 pm
Wednesday, March 25, 4:15–5:00 pm

Chair Volleyball*

Tuesday, March 10, 2:00–3:00 pm

Bowling (Off-site)*

Wednesdays, 12:00–2:00 pm at Bowlero

come + explore in April

As spring arrives, April offers a perfect opportunity to step outside, stay active, and re-connect with others. Time outdoors supports your physical, mental, and social health. Get a breath of fresh air (and a new friend or two!) in any of these programs included in your Center membership. Some* require registration on My Active Center.

Horticulture Club

Tuesday mornings
(exact time varies with weather)

Ivy Creek Hikers (Off-site)*

Thursdays, 9:00–10:00 am at
Ivy Creek Nature Area

Easy Hikes and Adventures (Off-site)*

Fridays, 10:00–11:00 am at Pen Park

Kingfishers

Wednesday, April 1, 9:30–11:00 am

Golf Season Kick-Off

Monday, April 6, 10:00–11:00 am

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

THE CENTER COUNCIL

All Center members are automatically Council members. One-hour meetings are held on the first Monday of each month at 1:00 pm. No prior registration is required. Come and listen or come and participate—your choice!

Monday, March 2: Election of Fiscal Year 2027 Council officers. All Center members are eligible to serve; contact current Vice President Peggy Slez (mjslez@gmail.com) for information. Also on the March agenda, Board member Malina Rivers will be the special guest.

Monday, April 6: First Council meeting of the new fiscal year. Let's talk: What did the Council accomplish in FY2026? What's on members' minds for FY2027?



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

Programs

SPECIAL EVENTS

DANCE WITH LITTLE WALTER AND THE CONVICTIONS

Open to all

Friday, March 6, 6:00–8:00 pm

Longtime musicians come together to recreate the music that made rock 'n' roll magic, from The Animals and The Beatles to The Youngbloods and The Zombies. \$20 per person.

SUNDAY COMING: BLACK BASEBALL IN VIRGINIA

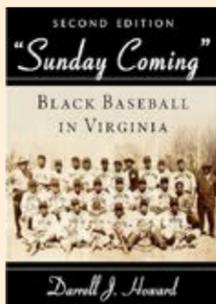
Free and open to all

Thursday, March 19,

5:00–6:30 pm

Local author Darrell J.

Howard recounts the story of Black baseball in Virginia through the voices and spirited memories of men who played on the rough-hewn, carved-out spaces around our state. Mr. Howard will have copies of his book available for purchase and signing.



CELEBRATION OF TALES

Open to all; registration required

Saturday, March 28,

10:00 am–5:30 pm

This fourth annual festival brings together a diverse group of storytellers and community builders. Featured tellers include Adam Booth, Charmaine Crowell-White, Rob Craighurst, Stan Trent, James Bryant, Sue Berres, and Ruth Goldeen. \$25 adults; \$10 children; \$50 family.

ART AND DYING

Free and open to all

Tuesday, March 31, 5:15–6:45 pm

How can we use artwork as a lens for how we view death? In this small group setting, you'll look closely at pieces selected by The Fralin Museum of Art. An art educator and a death doula from Hospice of the Piedmont will guide conversation that invites openness, shared interpretations, and new ways of thinking about the end of life.

CVILLE BAND RECITAL

Free and open to all

Saturday, April 4, 1:00–2:00 pm

Enjoy various ensembles, solos, quintets, and quartets of talented musicians.



VIRGINIA GLEE CLUB

Free and open to all

Thursday, April 9, 6:00–7:00 pm

UVA's oldest musical organization performs an eclectic mix of sacred and secular works, directed by Grammy Award winner Frank Albinder and accompanied by Ting-Ting Yen.

WEDNESDAY MUSIC CLUB

Included in Center membership; registration required

Saturday, April 11, 1:00–2:30 pm

Zephyrus Vocal Ensemble performs "The Western Wyndham: Music by Sheppard, Tallis & Byrd."

MAH JONGG TOURNAMENT

Open to all; registration required

Saturday, April 18, 12:30–5:15 pm

Get ready for an exciting day of strategy, camaraderie, and fun while raising money to support The Center. All experienced players are welcome to compete in three 55-minute rounds of play, with each round consisting of four games using Standard American Mah Jongg rules and the 2025 NMJL card. Members \$50; Guests \$75. Entry fees benefit The Center.

SHREDDING TRUCK

Open to all

Wednesday, April 22, 1:00–2:30 pm

Bring your paper to be shredded in a state-of-the-art high-speed shredding truck onsite. For safety and to keep the line moving, please stay in your car and a volunteer will collect your paper. \$10 cash for up to five bags; \$5 per additional bag. Please note, we cannot accept entire car- or truck-loads of paper from one individual.

SPRING BAND CONCERT

Free and open to all

Saturday, April 25, 3:00–4:30 pm

Enjoy an afternoon with the Center Bands -Flashbacks, Second-Wind and First-Wind Band, under the direction of Bob Dunnenberger. Donations are appreciated.



BOTANICAL WATERCOLOR PAINTING

Members only; registration required

Tuesdays, March 3–24, 9:00 am–12:00 pm (4 weeks)

Explore the beauty of nature through watercolor. Learn how to draw and paint plants, flowers, trees, and natural elements like rocks, while focusing on key skills like botanical structure, design, color mixing, and lighting. All skill levels are welcome. Class fee: \$120. See required materials online.

WOODCARVING A SPOON

Members only; registration required

Tuesdays, March 3 & 10, 2:00–4:00 pm (2 weeks)

Carve and decorate your own 12-inch ladle with instructor Larry Broach. Class fee: \$20. Materials fee: \$40. See required materials online.

CAPTURE YOUR TRAVEL IN ACRYLIC

Members only; registration required

Thursdays, March 5–April 9, 9:00 am–12:00 pm (6 weeks)

Turn your travels into works of art. Whether it's a scenic landscape or a meaningful moment from your journey, instructor Joanne Coleman will guide you through techniques in composition, color mixing, values, and perspective to bring your personal memories to life. All skill levels are welcome. Class fee: \$180. See required materials online.

MY LIFE IN CARTOONS

Included in Center membership; registration required

Mondays, March 9–30, 9:30–11:00 am (4 weeks)

Whether you choose humorous, serious, or fanciful moments, illustrating your life in cartoons is a creative way to preserve memories or even imagine your future. Anne Kinney shows you how. No experience necessary and all skill levels are welcome. Self-expression is more important than perfection! See required materials online.

SPRING DAFFODIL PAINTING

Members only; registration required

Monday, March 9, 9:30–11:30 am OR Monday, April 13, 9:30–11:30 am

Celebrate spring's arrival with a 6" x 6" acrylic painting of a daffodil in a glass vase. Instructor Cindy Vito will guide you every step of the way to a completed painting. No experience necessary. Class fee: \$20. Materials fee: \$20.

ARTS

ART CLASS POLICIES

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

PEN & INK & WATERCOLOR

Members only; registration required

Mondays, March 2–30, 1:00–3:00 pm (5 weeks)

Choose any subject to draw with pen and ink before adding color using watercolor. Class fee: \$100. See required materials online.

CREATIVE COLLAGE WORKSHOP

Members only; registration required

Monday, March 2, 2:00–4:00 pm

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

BEGINNER QUILTING

Members only; registration required

Monday, March 23, 1:00–3:00 pm

Instructor Cory Ryan teaches this unique paper art technique where thin strips of paper are coiled into circles and shaped into a variety of designs to create beautiful artwork. Class fee: \$20. Materials fee: \$20.



PYSANKY EGG DECORATING

Members only; registration required

Monday, March 23, 10:00 am–12:15 pm OR

Monday, March 30, 10:00 am–12:15 pm

Use real blown-out eggs, fire, beeswax, and dyes to create a Pysanky keepsake. Play with simple designs and colors for spectacular results. No experience necessary. Materials fee: \$25.

MINDFUL DOODLING WORKSHOP

Members only; registration required

Wednesdays, April 1 & 8, 9:30–11:30 am (2 weeks)

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

BEGINNER DRAWING AND WATERCOLOR 2

Members only; registration required

Tuesdays, April 7–May 26, 10:00 am–1:00 pm (8 weeks)

Build on your skills from Beginner Drawing and Watercolor 1 to explore composition more deeply and experiment with techniques that create the illusion of three-dimensional space. Class fee: \$240. See required materials online.

DRAWING WITH COLORED PENCILS

Members only; registration required

Thursdays, April 9–30, 10:00 am–12:00 pm (4 weeks)

Colored pencils are one of the most convenient mediums to work in: they're inexpensive, take up little storage space, and require few other materials. You can create images that are delicate or rich. Learn basic drawing, shading, and color blending techniques for this highly accessible medium. Class fee: \$80. See required materials online.

FROG WOODCARVING CLASS

Members only; registration required

Thursdays, April 16 & 23, 10:00 am–12:00 pm (2 weeks)

Carve two 5-inch wooden frogs with instructor Mike Micucci. Class fee: \$20. Materials fee: \$35. Additional materials available for loan or purchase onsite.



LIFELONG LEARNING

GOOD LIFE SERIES

Free and open to all; registration required

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

The March 3 topic is nutrition and gut–brain health. The April 7 topic is driving as you age.

BOOK GROUP

Included in Center membership

1st Wednesday each month,

1:00 am–12:00 pm

The March 4 book is *All Over But the Shoutin'* by Rick Bragg. The April 1 book is *The Women* by Kristin Hannah.

MEDICARE PROGRAMS

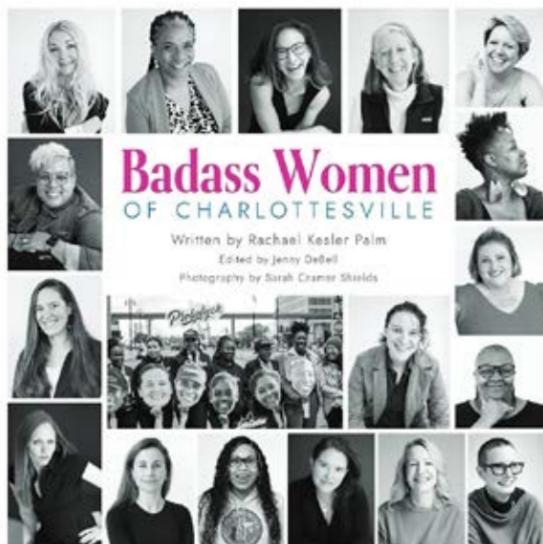
Free and open to all; registration required

Thursday, March 5, 1:00–2:00 pm

Wednesday, March 11, 11:00 am–12:00 pm

Thursday, April 2, 1:00–2:00 pm

Wednesday, April 8, 11:00 am–12:00 pm



BOOK TALK: BADASS WOMEN OF CHARLOTTESVILLE

Free and open to all

Thursday, March 5, 5:00–6:00 pm

Rachael Kesler Palm's new book captures the personal stories of two dozen trailblazing local women, touching on vulnerable and powerful themes that resonate across generations.

FRENCH CLASSES

Members only; registration required

Fridays, March 6–April 3 (5 weeks)

Advanced speakers meet from 10:00–11:30 am. Intermediate students meet from 11:30 am–1:00 pm. Beginners meet from 1:00–2:30 pm. Class fee: \$90.

ITALIAN CLASSES

Members only; registration required

Mondays, April 6–May 4 (5 weeks)

Advanced speakers meet from 9:00–10:30 am. Intermediate students meet from 10:30 am–12:00 pm. Beginners meet from 12:00–1:30 pm. Class fee: \$75.

MONEY AND YOU

Free and open to all; registration required

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

Jorgen Vik, partner with SKV Group, presents rotating financial topics each month. The March 10 topic is how to choose a financial advisor. The April 14 topic presents the Bucket Method.

SENIOR STATESMEN OF VIRGINIA

Free and open to all; registration required

2nd Wednesday each month, 2:30–4:00 pm

The March 11 topic is avoiding phone, text, email, and health care scams. The April 8 topic provides an overview of law and ethics surrounding military action and engagement.

WORLD WAR II DISCUSSION GROUP

Free and open to all; registration required

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

The March 12 topic is missing WWII soldiers. The April 9 topic is Operation Thursday.

ALBEMARLE CHARLOTTESVILLE HISTORICAL SOCIETY PROGRAMS

Free and open to all; registration required

Freedom and Liberty in the American Civil War

Wednesday, March 18, 6:00–7:00 pm

Caroline Janney lectures.

The Price We Pay

Thursday, April 16, 6:00–7:00 pm

Andrew Kahrl presents on tax policy and the struggle for equality in America.

LONG-TERM CARE PROGRAMS

Free and open to all; registration required

Funding Your Extended Care Plan

Thursday, March 19, 11:00 am–12:30 pm

Long-term Care Insurance: Submitting a Claim

Friday, April 17, 11:00 am–12:30 pm

Moving Forward

Wednesday, April 29, 11:00 am–12:30 pm

MYSTERY BOOK CLUB

Included in Center membership

4th Monday each month, 12:00–1:00 pm

The March 23 book is *Kills Well with Others* by Deanna Raybourn. The April 27 book is *The Bullet that Missed* by Richard Osman.

A WONDERFUL ADVENTURE

Free and open to all; registration required

4th Tuesday each month, 1:30–3:00 pm

Tom Worosz Jr. shares photos and experiences from around the world to ignite your curiosity. The March 24 topic is Poland. The April 28 topic is Iceland.

UNITED NATIONS PROGRAMS

Free and open to all; registration required

4th Tuesday each month, 5:00–6:00 pm

The March 24 topic is the UN's humanitarian system. The April 28 topic provides an overview and update on immigration in the United States.

DOCUMENTARIES AND DISCUSSION

Free and open to all; registration required

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

The March 25 screening is *The Magic of Grace Bumbry*. The April 22 screening is *The Greatest Night in Pop*.

ROBOTICS AND AI

In partnership with Westminster-Canterbury Institute of Lifelong Learning

Free and open to all; registration required

Tuesday, March 31, 10:00–11:00 am

In the past three years, the developments in the field of humanoid robots have been astounding. Machines designed with human-like bodies combine advanced AI with agile hardware to perform tasks that are too dull, dirty, or dangerous for people. Bruce Chase, Ph.D., explores how this robotic revolution may change the way we live and work forever.

SOFT LANDINGS: ADD LIFE UNDER TREES

In partnership with Piedmont Master Gardeners

Free and open to all; registration required

Tuesday, April 7, 5:30–6:45 pm

Gardening educator Shannon Currey shares

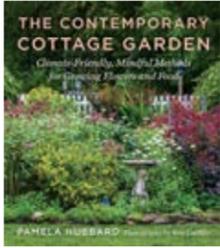
her knowledge and expertise about the importance of native plants in creating ecologically sound landscapes. Enjoy an open house in The Center garden at 4:30 pm.

BOOK TALK: THE CONTEMPORARY COTTAGE GARDEN

Free and open to all; registration required

Thursday, April 16, 10:00–11:30 am

Author Pamela Hubbard offers a clear, easy-to-follow roadmap for using gardening to manage life's challenges, from building resilience to easing everyday stress. Admire beautiful photos of lush cottage gardens that prove you don't need a large space or years of experience to grow something meaningful. A book signing follows the presentation.



ELDER LAW

Free and open to all; registration required

Tuesday, April 21, 10:00–11:30 am

Elder law attorney Doris Gelbman joins guest panelists Jeanne McCusker of Home Instead Senior Care and Jorgen Vik of SKV Group to discuss getting your affairs in order.

CAT WORKSHOP AND FIELD TRIP

Free and open to all; registration required

Tuesday, April 21, 1:00–4:45 pm

Did you know The Center has a bus stop right at our front doors? If you're interested in driving less, come and learn more about our local public transportation with Partnership for Accessible Transportation Help (PATH). PATH staff will demonstrate how to plan your route on Charlottesville Area Transit (CAT) and guide you through a real trip to a destination like Walmart, The Shops at Stonefield, or the Downtown Mall. Field trip is optional.

PHYSICAL WELL-BEING

NEW! SIT TO BE FIT

Members only; registration required

Mondays, 9:00–9:45 am

Get a full body workout while staying seated. No matter your current fitness level, you can improve strength, flexibility, and endurance without the risk of falling. Safely using balls, weights, and bands will help you strengthen core muscle groups and maintain good posture.

NEW! NIA MOVING TO HEAL ONSITE

Members only; registration required

Thursdays, 9:00–10:00 am

This modified NIA experience is designed for anybody seeking a gentler movement practice to complement and facilitate healing of body, mind, emotions, and spirit.

NEW! CHAIR VOLLEYBALL

Members only; registration required

2nd Tuesday each month, 2:00–3:00 pm

A few chairs, a beach ball, and a low net add up to a fun, inclusive, and low-impact team sport. This gentle seated exercise can improve your upper body strength, flexibility, balance, and hand-eye coordination.

HEALTHSPAN TALKS

Free and open to all; registration required

2nd Tuesday each month, 9:00–10:00 am.

Darcy Higgins, Doctor of Physical Therapy, presents a variety of topics to help you move better. The March 10 topic is improving balance and strength to decrease your fall risk. The April 14 topic is body awareness and mindfulness.

HEARING HEALTH

Free and open to all; registration required

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

Audiologists from Evolution Hearing present new research and helpful advice. The March 18 topic covers best practices in hearing testing and hearing aid care. The April 15 topic discusses how to improve your balance and prevent falls—yes, this is connected to your hearing!

CLEAN YOUR PLATE: MINIMIZING ULTRA-PROCESSED FOOD

Included in Center membership; registration required

Tuesday, April 21, 10:00 am–12:00 pm

Ultra-processed food has increasingly been linked to chronic health conditions. Get an overview of how to identify ultra-processed products and minimize their role in your diet with instructor Merope Pavlides.

CARING FOR YOU: MIND, BODY AND SOUL

In partnership with Haney Compassionate Care

Free and open to all; registration required

Wednesday, April 22, 10:30 am–12:00 pm

Caregivers need care too. Paula Sherwood, from the UVA School of Nursing, leads a video screening and discussion about the challenges and gifts of caregiving. Learn how to care for yourself while supporting a person with dementia.

MINDFULNESS

HEALING YOURSELF

Free and open to all; registration required

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

Research suggests that when the body is relaxed, there is a decrease in anxiety, blood pressure, insomnia, and pain. Learn a simple breath work exercise and meditation technique with Nancy Zamil, RN and Reiki Master, to help your body relax. Explore holistic techniques such as meditation, reiki, and yoga.

MOVEMENT FOR PARKINSON'S

In partnership with Charlottesville Ballet

Free and open to all

Tuesdays, March 3–17, 11:45 am–12:45 pm (3 weeks)

People of all ages with a diagnosis of Parkinson's Disease and their partners can explore elements of dance to improve their quality of life through overall physical well-being, social interaction, and creative expression. Improve balance, strength, and mobility. No prior experience necessary.

SOUND BATH

Included in Center membership; registration required

Wednesday, March 18, 5:00–6:00 pm

This meditative experience uses healing vibrations of instruments that support feelings of deep peace. Get into a relaxed position, let go of distractions, and tune into the present moment. Class fee: \$10.

SOCIAL/RECREATIONAL

NEW! COUNTRY WALTZING FOR BEGINNERS

Members only; registration required

Thursdays, March 5–26, 1:00–2:00 pm (4 weeks)

If you can walk, you can waltz! Exercise, have fun, and support your memory in this social dance. No experience necessary. Class fee: \$20.

CINEMA DISCUSSION GROUP

Included in Center membership

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

The March 11 topic is *Prince of Tides*. The April 8 topic is *North by Northwest*.

STANDARD BALLROOM DANCE

Open to all; registration required

Wednesdays, March 11–April 15, 4:30–5:30 pm (6 weeks)

Learn the Tango with instructor Steven Babusko. Class fee: \$60 for members; \$90 for guests.

LATIN BALLROOM DANCE

Open to all; registration required

Wednesdays, March 11–April 15, 5:30–6:30 pm (6 weeks)

Learn the Samba with instructor Steven Babusko. Class fee: \$60 for members; \$90 for guests.

PRIDE GAME NIGHT

Free and open to all

Thursday, March 19, 5:00–7:00 pm

From chess to canasta, Pinochle to Parcheesi, we've got game! Bring your own or play something from The Center's collection. Ping pong is also available.

MEMBER APPRECIATION SOCIAL

Included in Center membership; registration required

Friday, March 27, 2:00–3:00 pm

Spring is coming, but it's not always fast enough! Stay warm in the final days of March with hot cocoa, cider, cookies, and good conversation with fellow Center members.



SENIOR GOLF MEETING

Free and open to all

Monday, April 6, 10:00–11:00 am

Meet and greet other golfers to discuss the season. Members should understand the basic mechanics, rules, and etiquette of the sport, and be able to complete nine holes within two hours.

AMERICAN MAH JONGG LESSONS

Members only; registration required

Tuesdays, April 7–May 26, 2:30–4:30 pm (8 weeks)

Learn the basics of this complex, rummy-like game involving skill, strategy, and luck. Groups of three or four players use 152 tiles while competing to create a hand that matches any one of several patterns on a card published annually by the National Mah Jongg League. Required materials and costs will be discussed at the first lesson.

PRIDE PUTT-PUTT (OFF-SITE)

Free and open to all

Wednesday, April 15, 11:00 am–1:00 pm

Form bonds with old friends and new over a round of miniature golf at 1515 Putt Putt Place. \$6 per person for two hours.

PRIDE BINGO

Free and open to all; registration required

Thursday, April 23, 5:00–6:30 pm

Try your luck at multiple rounds of bingo. \$10 for one board, \$5 for each additional board.

Of Rates and Renewals

To continue providing member access to the full spectrum of high-quality, engaging programs that help increase years in good health, we periodically review our membership rates to ensure they are in line with fiscal necessity.

Beginning April 1, 2026, the annual membership rate will increase from \$264 to \$288 for 12 months of benefits. This is a \$24 increase—a difference of just \$2 per month.

This adjustment allows us to maintain and enhance the quality of our programs; support the dedicated staff and instructors who serve our members; maintain a safe and welcoming environment; and ensure the long-term sustainability of The Center.

There will be no change to the cost of the PLUS add-on package, which provides use of the equipped fitness room and a highly discounted rate on fee-based programs in the form of credits to use for classes.

As many of you know, the true cost of membership is actually much higher than is reflected in the membership fee. Philanthropy accounts for 60% of our operating budget, and every member (not just scholarship recipients) benefits from the generosity of our community.

Members who have already paid for their annual membership in full will not see this increase until their next renewal. Members who pay their dues on a monthly basis will see the updated monthly rate beginning in April.

If you have questions about this change or would like information about financial assistance, please contact our Membership team.

We're also excited to share a new benefit designed to make maintaining your membership easier than ever. Soon, members who pay monthly will have the option to enroll in automatic renewal.

Auto-renewal ensures uninterrupted access to more than 160 healthy aging programs. If you choose to enroll, your monthly dues will be automatically processed using your preferred payment method. Memberships

are for one year and will automatically renew unless cancelled.

You will continue to receive advance notice of any changes to rates or billing information.

If you are already paying monthly, be on the lookout in March for more detailed information about this option! And, as always, direct any questions you have to Membership staff.

Thank you for being part of our community! ■



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



Public Education FOUNDATION
Charlottesville-Albemarle



Parents + Grandparents
YOU can make it happen!

ATTENTION GRANDPARENTS!
You can make our public schools even better.
PEFCA awards dozens of grants each year for classroom innovation projects, helping thousands of students improve their knowledge, skills, and outcomes.



HELP US SUPPORT OUR KIDS WITH A DONATION.

DONATE TODAY

Your donation will impact thousands of students and teachers with engaging innovation projects that improve student outcomes! www.pefca.org

DONATIONS MADE IN HONOR OF (December 1, 2025-January 31, 2026)

Melanie Benjamin & Brian Geiger
by John Lanham

Patrice Janoch
by Quinn & Connor Lanham

Dan Brody
by Cheryl & Robert Byron

Clay Sisk
by Joyce & Ronald Root

Barbara Deal
by Tom Deal

Peggy Slez
by Jennifer Huck & Adam Slez

Joe & Sally Gieck
by Alan & Sharon Culbertson

Arlene Weinstein
by Ben Hoelscher

DONATIONS MADE IN MEMORY OF (December 1, 2025-January 31, 2026)

E. Marie Coles Caldwell Baker
by Tim Arnold

Michael J. Solatka
by Anonymous

Ruth Kutscher
by Karen Katz

Sami & Hania Aloul
Karen Dexter Horridge
Maryann Lincoln

Thomas B. Lincoln
by Maryann Lincoln

Manouchehr Mohajeri,
Emily & Family,
Michael & Eli

Marjie Paul
by Brenda Hefti & James Diehl

Heena & Steve Reiter
Jeffrey Schnug
Anita Showers
Deborah &

Mary U. Sihler
by William Sihler

Stephen Solatka
Claudia Sprengle

WE REMEMBER

We remember Center members and friends who recently passed away.

Tessa Ader
Victoria Brown
Sandra Cohen
Josephine Crane

William Ema
Michael Solatka
Beverly Stowe

Pull-Out Program Calendar

THURSDAY

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

FRIDAY

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

SATURDAY

8:45 Empowering Yoga \$
9:00 Oil Painting Group
FIT TO GO
10:00 **MOVE TO THE RHYTHM \$**
DANCE PARTY \$/Ø
Calm Yoga \$
Chess (All Levels)

The Center at Belvedere

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

2 9:00 Capture Your Travels in Acrylic (cont.)
10:00 **Hearing Screenings**
12:30 More Wise Women
12:45 Girl Talk
1:00 **Mastering Medicare**
Apple/Mac Users Group
1:30 ReConnect Support Group II
3:00 Socrates Café
5:00 **NAMI Support Group**
5:30 **Jazz Jam**

3 10:00 **Diabetes Discussion Group**
Advanced French (final)
Asphasia Conversation Café
11:00 **Aging in Place**
11:30 Intermediate French (final)
1:00 Beginner French (cont.)

4 1:00 **Cville Band Recital**

9 9:00 Capture Your Travels in Acrylic (final)
10:00 **Dementia Caregiver Support Group**
Drawing with Colored Pencils \$
12:00 **WWII Discussion Group**
1:00 Mexican Train Dominoes
2:00 Varieties of Spiritual Experience
4:00 **Tremor Support Group**
5:00 **African American Authors Book Club**
NAMI Support Group
6:00 **Virginia Glee Club**

10 10:00 Healthy Recipe Group

11 10:00 **Hellmut Walter-International Traveler**
11:00 **Pride Lunch**
12:30 Women Connected
1:00 Wednesday Music Club:
Zephyrus Vocal Ensemble

16 10:00 Frog Woodcarving Class \$
Book Talk: The Contemporary Cottage Garden
Drawing with Colored Pencils (cont.)
12:30 More Wise Women
12:45 Girl Talk
1:00 Apple Mac Users Group
ADHD Support Group
3:00 Socrates Café
5:00 **NAMI Support Group**
6:00 **ACHS: The Price We Pay: Tax Policy**

17 10:00 **Memory Café**
11:00 **Long Term Care Insurance-Submitting a Claim**
12:00 Lunch Box Readings

18 12:30 **Mah Jongg Tournament \$**

23 10:00 Frog Woodcarving Class (final)
Drawing with Colored Pencils (cont.)
11:00 **Navigating Senior Living Options**
2:00 Varieties of Spiritual Experience
5:00 **Pride Bingo \$**

24 10:00 Writers Critique Workshop

25 10:00 **Stop by Saturday**
12:30 Women Connected
3:00 **Spring Band Concert**

30 10:00 Drawing with Colored Pencils (final)

March 2026

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

| MONDAY | TUESDAY | WEDNESDAY |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>8:30 Calm Yoga \$</p> <p>9:00 Hiking Sit to be Fit \$</p> <p>9:30 Monday Group for Men</p> <p>9:45 Chair Yoga \$</p> <p>10:00 Writing for Healing & Growth Getting Better at Bridge Tap Dance Level 1 \$ Grateful Threads Quilters</p> <p>10:15 Maximize Your Strength \$</p> <p>11:00 Silver Swans Ballet II Poker</p> <p>11:15 Tap Dance Level 2 \$</p> <p>11:30 Discovering Your Strength \$</p> <p>11:45 BALANCE & STABILIZATION \$/Ø</p> <p>12:15 Silver Swans Ballet I</p> <p>12:30 Chess</p> <p>12:45 Chinese Mah Jongg</p> <p>1:00 Beginner Recorder Lessons Ageless Grace English Country Dance Royal Siamese Mah Jongg Music in the Atrium</p> <p>1:30 Bocce Ball & Cornhole</p> <p>1:45 Strengthen Your Health & Life \$</p> <p>2:00 Member Social</p> <p>3:00 Meditative Stretch \$</p> <p>3:30 Tai Chi \$ Parkinson's Yoga Video</p> | <p>9:00 Empowering Yoga \$ Tai Chi</p> <p>9:15 PRIMETIME FITNESS \$/Ø</p> <p>9:45 Strong & Stable \$</p> <p>10:00 A Group for Men</p> <p>10:30 ARTHRITIS EXERCISE Second-Wind Band \$</p> <p>11:00 Fitness Room Orientation</p> <p>11:45 Introduction to Movement</p> <p>12:30 Party Bridge</p> <p>12:45 Piano Music in the Atrium</p> <p>1:00 English Country Dance Ageless Grace</p> <p>2:15 Core Stability & Functional Training</p> <p>2:30 Conversational Spanish (Int./Adv.)</p> <p>3:30 MOVE TO THE RHYTHM DANCE PARTY \$/Ø</p> <p>4:45 FIT TO GO</p> <p>5:00 Line Dance (Int./Adv.)</p> <p>5:45 Ping Pong</p> <p>7:00 Families Anonymous</p> | <p>8:30 Hatha Yoga \$</p> <p>9:00 Hiking Fitness Room Orientation</p> <p>9:15 PRIMETIME FITNESS \$/Ø</p> <p>9:30 Crafty Ladies</p> <p>9:45 Tone & Groove \$</p> <p>10:00 Push Card Game</p> <p>10:30 Basic Qigong & Tai Chi Practice</p> <p>11:00 Maximize Your Strength \$</p> <p>12:00 Canasta, Crafts DIY Advanced Line Dance Dollhouse Miniatures Senior Bowling \$</p> <p>12:30 Square Dance Lessons Wednesday Group for Men TOPS</p> <p>1:00 Ageless Grace Scrabble, American Mah Jongg Recorder Lessons (Int.)</p> <p>1:45 Strengthen Your Health & Life \$</p> <p>2:00 Knit-Wits, Center Stage Players</p> <p>2:30 Ping Pong Conversational Spanish (Adv. Beg.)</p> <p>3:00 Meditative Stretch \$</p> <p>3:15 Bereavement Support Group</p> <p>3:30 Parkinson's Yoga Video</p> <p>5:00 Line Dance (Beg.)</p> <p>5:30 Slow & Stretchy Yoga After-Work Wonders International Folk Dance</p> <p>6:00 AA Meeting</p> |
| <p>2 1:00 Council Meeting Pen & Ink & Watercolor \$</p> <p>2:00 Creative Collage \$</p> | <p>3 9:00 Injury & Pain Screenings Botanical Watercolor Painting \$</p> <p>9:30 Coffee & Caregiving</p> <p>10:00 Try it Out Tuesday</p> <p>11:00 Good Life Series</p> <p>11:45 Movement for Parkinson's</p> <p>12:00 Bunko</p> <p>1:00 Ladies Connected</p> <p>2:00 Woodcarving a Spoon \$</p> <p>5:00 Trivia</p> | <p>4 9:30 Veterans Coffee Hour Kingfishers</p> <p>10:30 Wise Women, Too</p> <p>11:00 Book Group</p> |
| <p>9 9:30 My Life in Cartoons \$ Spring Daffodil Painting \$</p> <p>1:00 Piedmont Pastelists Pen & Ink & Watercolor (cont.)</p> <p>2:00 Current Events</p> | <p>10 9:00 Healthspan Talks: Improving Balance and Strength Botanical Watercolor Painting (cont.)</p> <p>10:00 Money and You Wise Women Connect Travel Chat</p> <p>11:45 Movement for Parkinson's</p> <p>1:00 Bookmobile</p> <p>2:00 Karaoke Chair Volleyball Woodcarving a Spoon (final)</p> <p>4:00 Singles Schmooze</p> | <p>11 10:00 Welcome Wednesday</p> <p>10:30 Parkinson's Caregiver Support Group</p> <p>11:00 Navigating Medicare</p> <p>2:30 Senior Statesmen of Virginia</p> <p>4:15 Mambo Mamas</p> <p>4:30 Cinema Discussion Group Standard Ballroom Dance Lessons (Tango) \$</p> <p>5:30 Latin Ballroom Dance Lessons (Samba) \$</p> |
| <p>16 9:30 My Life in Cartoons (cont.)</p> <p>1:00 Pen & Ink & Watercolor (cont.)</p> | <p>17 9:00 Injury & Pain Screenings Botanical Watercolor Painting (cont.)</p> <p>9:30 Alzheimer's Support Group</p> <p>11:45 Movement for Parkinson's</p> <p>12:00 Bunko</p> <p>1:00 Ladies Connected</p> <p>1:30 Science Semester Book Discussion</p> <p>5:00 Trivia Albemarle Quilt Guild</p> | <p>18 10:00 Hearing Health</p> <p>10:30 Wise Women, Too</p> <p>12:00 Spring Luncheon \$</p> <p>4:30 Standard Ballroom Dance Lessons (cont.)</p> <p>5:00 Sound Bath \$</p> <p>5:30 Latin Ballroom Dance Lessons (cont.)</p> <p>6:00 Welcome Wednesday ACHS: Freedom and Liberty in the American Civil War</p> |
| <p>23 9:30 My Life in Cartoons (cont.)</p> <p>10:00 Pysanky Egg Decorating \$</p> <p>12:00 Mystery Book Club</p> <p>1:00 Beginners Quilling \$ Pen & Ink & Watercolor (cont.)</p> <p>2:00 Current Events</p> | <p>24 9:00 Botanical Watercolor Painting (final)</p> <p>10:00 Wise Women Connect</p> <p>12:00 Handle with Love and Care Support Group</p> <p>1:00 Bookmobile Mexican Train Dominoes Low Vision Resource & Support Group</p> <p>1:30 A Wonderful Adventure: Poland</p> <p>2:00 Karaoke Singles Schmooze</p> <p>5:00 United Nations Program: The UN's Humanitarian System</p> | <p>25 10:00 Healing Yourself</p> <p>10:30 Parkinson's Caregiver Support Group</p> <p>4:15 Mambo Mamas</p> <p>4:30 Stroke Support Group Standard Ballroom Dance Lessons (cont.)</p> <p>5:00 Documentaries and Discussion</p> <p>5:30 Latin Ballroom Dance Lessons (cont.)</p> |
| <p>30 9:30 My Life in Cartoons (final)</p> <p>10:00 Pysanky Egg Decorating \$</p> <p>1:00 Pen & Ink & Watercolor (final)</p> | <p>31 10:00 Robotics and AI (WILL)</p> <p>5:15 Art and Dying</p> | |

Pull-Out Program Calendar

THURSDAY

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

FRIDAY

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

SATURDAY

8:45 Empowering Yoga \$
9:00 Oil Painting Group
FIT TO GO
10:00 **MOVE TO THE RHYTHM \$**
DANCE PARTY \$/Ø
Calm Yoga \$
Chess (All Levels)

The Center at Belvedere

540 Belvedere Blvd.
Charlottesville, VA 22901
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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| <p>5 9:00 Capture Your Travels in Acrylic \$ 10:00 Hearing Screenings 12:30 More Wise Women 12:45 Girl Talk 1:00 Mastering Medicare Apple/Mac Users Group Country Waltzing for Beginners \$ 1:30 ReConnect Support Group II 3:00 Socrates Café 5:00 NAMI Support Group Book Talk: Badass Women <i>of Charlottesville</i> 5:30 Jazz Jam</p> | <p>6 10:00 Advanced French \$ Diabetes Discussion Group Asphasia Conversation Café 11:00 Aging in Place 11:30 Intermediate French \$ 1:00 Beginner French \$ 6:00 Dance with Little Walter and the Convictions \$</p> | <p>7 11:00 Technology Seminar</p> |
| <p>12 9:00 Capture Your Travels in Acrylic (cont.) 10:00 Dementia Caregiver Support Group 12:00 WWII Discussion Group 1:00 Mexican Train Dominoes Country Waltzing for Beginners (cont.) 2:00 Varieties of Spiritual Experience 4:00 Tremor Support Group 5:00 NAMI Support Group African American Authors Book Club</p> | <p>13 10:00 Advanced French (cont.) 11:30 Intermediate French (cont.) 1:00 Beginner French (cont.)</p> | <p>14 10:00 Hellmut Walter- International Traveler 11:00 Pride Lunch 12:30 Women Connected</p> |
| <p>19 9:00 Capture Your Travels in Acrylic (cont.) 11:00 Funding Your Extended Care Plan 12:30 More Wise Women 12:45 Girl Talk 1:00 Apple/Mac Users Group Country Waltzing for Beginners (cont.) ADHD Support Group 3:00 Socrates Café 5:00 NAMI Support Group Pride Game Night Sunday Coming - Black Baseball in Virginia</p> | <p>20 10:00 Memory Café Advanced French (cont.) 11:30 Intermediate French (cont.) 12:00 Lunch Box Readings 1:00 Beginner French (cont.)</p> | <p>21 10:00 Celebration of Tales \$ 11:00 Artist Reception</p> |
| <p>26 9:00 Capture Your Travels in Acrylic (cont.) 11:00 Navigating Senior Living Options 1:00 Country Waltzing for Beginners (final) 2:00 Varieties of Spiritual Experience</p> | <p>27 10:00 Writers Critique Workshop Advanced French (con't) 11:30 Intermediate French (con't) 1:00 Beginner French (con't) 2:00 Member Appreciation Social</p> | <p>28 10:00 Stop by Saturday</p> |

April 2026

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

MONDAY

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

TUESDAY

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

WEDNESDAY

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

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|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>6 9:00 Advanced Italian \$ 10:00 Senior Golf Meeting 10:30 Intermediate Italian \$ 12:00 Beginner Italian \$ 1:00 Council Meeting</p> | <p>7 9:00 Injury & Pain Screenings 9:30 Coffee & Caregiving 10:00 Try it Out Tuesday Beg. Drawing/Watercolor II \$ 11:00 Good Life Series 11:45 Movement for Parkinson's 12:00 Bunko 1:00 Ladies Connected 2:30 American Mah Jongg Lessons \$ 5:00 Trivia 5:30 Piedmont Master Gardener Talk</p> | <p>8 9:30 Mindful Doodling (final) 10:30 Parkinson's Caregiver Support Group 11:00 Navigating Medicare 2:30 Senior Statesmen of Virginia 4:15 Mambo Mamas 4:30 Cinema Discussion Group Standard Ballroom Dance Lessons (cont.) 6:30 Latin Ballroom Dance Lessons (cont.)</p> |
| <p>13 9:00 Advanced Italian (cont.) 9:30 Spring Daffodil Painting \$ 10:30 Intermediate Italian (cont.) 12:00 Beginner Italian \$ 1:00 Piedmont Pastelists 2:00 Current Events</p> | <p>14 9:00 Healthspan Talks: Body Awareness and Mindfulness 10:00 Money and You Wise Women Connect Travel Chat Beg. Drawing/Watercolor II (cont.) 11:45 Movement for Parkinson's 1:00 Bookmobile 2:00 Karaoke, Chair Volleyball 2:30 American Mah Jongg Lessons (cont.) 4:00 Singles Schmooze</p> | <p>15 10:00 Hearing Health Welcome Wednesday 10:30 Wise Women, Too 11:00 Pride Putt Putt \$ 4:30 Standard Ballroom Dance Lessons (final) 5:30 Latin Ballroom Dance Lessons (final)</p> |
| <p>20 9:00 Advanced Italian (cont.) 10:30 Intermediate Italian (cont.) 12:00 Beginner Italian \$</p> | <p>21 9:00 Injury & Pain Screenings Alzheimer's Support Group 10:00 Elder Law Beg. Drawing/Watercolor II (cont.) Clean Your Plate: Minimizing Ultra Processed Food 12:00 Bunko 1:00 Ladies Connected CAT Workshop and Fieldtrip 1:30 Science Semester Book Discussion 2:30 American Mah Jongg Lessons (cont.) 5:00 Trivia Albemarle Modern Quilt Guild</p> | <p>22 10:00 Healing Yourself Parkinson's Caregiver Support Group Caring for You: Mind, Body & Soul 1:00 Shredding Truck \$ Navigating Senior Living Options 4:30 Stroke Support Group 4:15 Mambo Mamas 5:00 Documentaries and Discussion 6:00 Welcome Wednesday</p> |
| <p>27 9:00 Advanced Italian (cont.) 10:30 Intermediate Italian (cont.) 12:00 Beginner Italian \$ Mystery Book Club 2:00 Current Events</p> | <p>28 10:00 Wise Women Connect Beg. Drawing/Watercolor II (cont.) 12:00 Handle with Love & Care Support Group 1:00 Bookmobile Mexican Train Dominoes 1:30 A Wonderful Adventure: Iceland Karaoke 2:00 American Mah Jongg Lessons (cont.) 2:30 Singles Schmooze 5:00 United Nations Program: US Immigration</p> | <p>29 11:00 Moving Forward to the Future</p> |

Travel

DAY TRIPS

ODYSSEY POTOMAC RIVER CRUISE

Wednesday, March 25, 8:00 am–5:30 pm

Sail under historic bridges and past Washington D.C.'s greatest landmarks aboard the glass-enclosed Odyssey. Trip includes three-course lunch and live entertainment. Gratuities not included. Members \$216; Guests \$256.



AGECROFT HALL AND GARDENS

Tuesday, April 7, 10:30 am–5:00 pm

Step back into 16th-century England with a guided tour of Agecroft Hall, taken piece-by-piece from Lancashire and reassembled in Richmond in the 1920s. Explore over 500 years of history and beautifully designed gardens inspired by Hampton Court Palace. Lunch is on your own at Can Can Brasserie. Members \$130; Guests \$166.

PUMP BOYS AND DINETTES AT SWIFT CREEK MILL THEATRE

Wednesday, April 8, 10:30 am–6:00 pm

This high-energy, feel-good musical is packed with country, bluegrass, and rockabilly favorites. Lunch is included. Members \$200; Guests \$239.

PATTI LABELLE AT ALTRIA THEATER

Sunday, April 19, 3:00–11:00 pm

Don't miss this night of soul, R&B, and pure magic with the legendary Patti Labelle and special guest Leela James. We will stop for dinner on your own prior to the show. Members \$195; Guests \$230.

MAYMONT MANSION AND GARDENS

Tuesday, April 28, 10:00 am–5:00 pm

Tour the recently renovated Maymont Mansion, a stunning example of Gilded Age design, and enjoy the Italian and Japanese gardens, historic outbuildings, and beautifully landscaped grounds. Lunch is on your own at The Daily Kitchen & Bar. Members \$110; Guests \$146.

TEPHRA ICA ARTS FESTIVAL

Sunday, May 17, 9:15 am–5:45 pm

Enjoy one of the country's most celebrated outdoor arts festivals, featuring more than 200 artists, live music, and local food vendors, all in the relaxed, walkable setting of Reston Town Center. Lunch is on your own. Members \$100; Guests \$136.

PEAKS OF OTTER IN SPRING

Thursday, May 28, 9:30 am–5:30 pm

Relax at this historic lodge in the heart of the Blue Ridge Mountains. Following lunch on your own at Lake View Restaurant, stroll around Abbott Lake for a view of the blooming mountain laurels or take a shuttle (additional onsite fee) up to the mountaintop for the grand scenic view. Members \$103; Guests \$144.

GREEN BANK OBSERVATORY

Tuesday, June 2, 8:00 am–5:45 pm

Discover one of the world's most unique science destinations. Tour the Green Bank Telescope, explore interactive exhibits, and learn how scientists "listen" to the universe. Lunch with a soup and salad buffet is included. Members \$129; Guests \$165.

GETAWAYS

BRANDYWINE VALLEY AND LONGWOOD GARDENS

May 6–8

World-class gardens, museums, and historic estates await on this lovely weekend getaway. The charming Mendenhall Inn is a convenient base for visiting the elegant Nemours Estate; the breathtaking Longwood Gardens; and the magnificent Winterthur Museum, Garden & Library.

PODSTRANA, CROATIA

May 8–16

This coastal city boasts a rich cultural heritage and landscapes that are truly amazing: mountain peaks and southern slopes overlooking crystal clear sea with beautiful beaches. Sightseeing includes trips to Split, Krka National Park, Mostar in southern Bosnia and Herzegovina, and much more. Package includes airfare, round trip transfers, all meals, and day trips.



SAIL 250 TALL SHIPS IN NORFOLK

June 18–21

This three-night adventure to Norfolk's Sail 250 Tall Ships celebration begins with a stop in Williamsburg for lunch at the historic Old Chickahominy House. A scenic Hampton Harbor cruise follows before checking into The Landing Hotel. Day two features reserved seats for the spectacular Parade of Sail, Sail 250 Virginia festivities, and dinner at Omar's Carriage House. The final day includes the Chrysler Museum of Art, Nauticus, and the Battleship Wisconsin, capped off with a tram tour of Norfolk Botanical Garden. Package includes transportation, admission fees, lodging, breakfasts, and dinners.

ALASKAN CRUISE

August 4–14

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



ROCKIES TO THE RED ROCKS

September 20–28

Explore some of the country's most magnificent natural wonders with a trip through Colorado's rugged Rocky Mountains and Utah's colorful National Parks. A two-day journey aboard the famed Rocky Mountaineer provides mesmerizing views of the quiet beauty of Rocky Mountain National Park, and the multi-hued canyons of Zion and Bryce, as well as the unique features of Arches. Trip includes round trip transfers, airfare, 12 meals, and hotel accommodations.

FALLINGWATER AND PITTSBURGH

October 7–9

Come admire Frank Lloyd Wright's Fallingwater, the iconic Pennsylvania home built over a waterfall on Bear Run Stream. Before touring this National Historic Landmark and World Heritage Site, visit Pittsburgh to see the Flight 93 National Memorial, ride the historic Duquesne Incline, and tour the Heinz History Center. Package includes transportation, lodging, breakfasts, dinners, and admission fees.

Coming in 2027

PORTUGAL AND DOURO RIVER CRUISE

April 7–17, 2027

TOTAL SOLAR ECLIPSE IN EGYPT ON THE NILE

July 29–August 9, 2027

DANUBE RIVER CRUISE AND OKTOBERFEST

September 19–29, 2027

PRESENTATIONS

TRAVEL CHAT

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

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

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

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 Hahn at linda@thecentercville.org.

Travel Office Hours:

Monday–Friday 9:30 am–2:30 pm



You may remember the October Tell-a-Thon from the fall. Each year, this fundraiser helps keep everyone at The Center informed about how our organization creates so many healthy aging programs.

Short presentations in each class or gathering spread the word that while membership dues are essential, they only cover part of what it takes to keep The Center strong and accessible. Philanthropic gifts, on the other hand, support 60% of our annual operating revenue.

Just before the close of The Center's fiscal year on March 31, The Center will host a Mini Tell-a-Thon: a focused three-day effort to share our progress toward our fundraising goals and invite you to help strengthen the programming that older adults need to age well.

Thanks to a generous donor, every gift made during the Mini Tell-a-Thon will be matched, dollar for dollar, up to \$25,000, doubling the impact of each contribution.

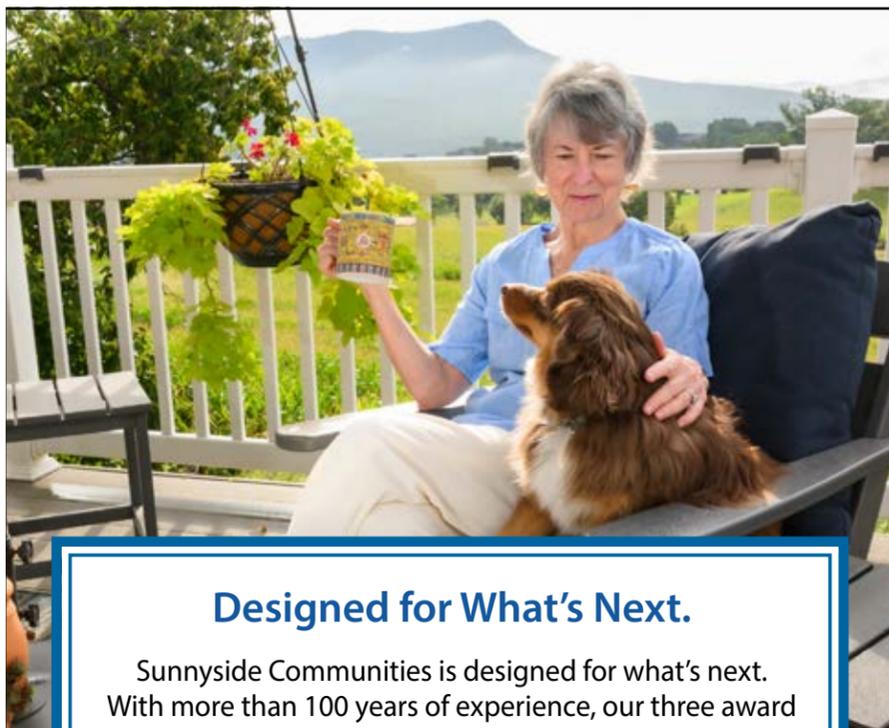
Tell-a-Thon events support transparency and shared responsibility, ensuring the programs that support healthy aging today will remain a resource for our community tomorrow.

If you have questions about your giving, contact The Center's Philanthropy Director, Lynn Divers, at lynn@thecentercville.org or 434.220.9745. ■

Worth a Browse—Volunteers and Donors Keep Center Library Stocked

The Center's library, located on the second floor, has about 3,000 books on the shelves, ranging from current fiction to history, biography, spirituality, and politics. There are also large print and audio books. More than 1,000 titles are checked out by members annually. During the past few years, volunteers have made significant updates to the collection, so if you have not visited recently, please stop by.

The library relies on generous donations of books in good condition. Due to limited space, these donations are necessarily curated to determine what to keep for the library. Rest assured, though, that books not selected all find a good home by being traded at local used bookstores for more current and relevant books, used to support six Free Little Libraries in the local area, or given to the Friends of the James Madison Regional Library. The Center Library also sponsors the semiannual Book Swap, which is both a boon for book lovers and a source of new library inventory. ■



Designed for What's Next.

Sunnyside Communities is designed for what's next. With more than 100 years of experience, our three award winning Life Plan Communities across Virginia offer more than traditional senior living for those 55 and better.

Life here is active and engaged. Residents travel, explore, and stay curious. They share their passions, try new things, and continue learning.

Friendships form easily. Laughter is common.

Days are full without ever feeling rushed.

This is a lifestyle built for people who are still growing, still discovering, and still enjoying the journey.

Sunnyside Communities
MORE THAN A CENTURY OF CARING



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HONOR A FELLOW VETERAN
OR LOVED ONE
-with- **MEMORIAL BRICKS**
(REGIMENTAL RED)



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

Available Sizes for Regimental Red Bricks:

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

..

Sponsored by **Dogwood Vietnam Memorial Foundation, Inc.**

www.dogwoodvietnammemorial.org

Volunteering

Volunteers Redefine What It Means to Grow Older

Peggy Slez is a familiar face to any reader of this newsletter. As a long-time leader of The Center Council, she urges members to participate in monthly meetings, and many visitors have received a warm greeting from her at the Welcome Desk when she volunteers.

Peggy is a perfect example of how older adults can continue to bring wisdom, resilience, and heart to their communities through volunteer work.

In her professional life, Peggy first worked as a K-12 vocal music teacher, and later pursued law school. After retiring in 2004 and losing her spouse in 2012, Peggy leaned into volunteering as a way to stay connected and purposeful. She began as an usher at the Sharon Lynn Wilson Center for the Arts and eventually became House Manager—another role that allowed her to welcome people and help them feel at ease.

In 2017, Peggy moved to Charlottesville to be near family. While the move brought her closer to loved ones, it also meant starting over socially. Seeking connection, she walked into The Center and found a perfect fit for her needs at the Welcome Desk. Nine years later, she's still here greeting people, answering questions, and offering reassurance to those navigating a new place or a new stage of life.

"What I love most," Peggy shares, "is meeting people from all over and sharing that experience of settling into a new geographic area or a new time of life." That shared understanding creates instant connection and for many visitors, Peggy is the first friendly face they encounter.

For Peggy, the most meaningful part of volunteering is knowing she's made a difference, sometimes in small but powerful ways. A smile. A new piece of information. A moment of encouragement. While the thanks are appreciated, it's the quiet knowledge that she's helped someone that brings her the most joy. Empowering women, in particular, is close to her heart. Peggy takes pride in helping women work through insecurities and discover they're capable of far more than they once believed.

Volunteering also plays a key role in keeping Peggy physically, mentally, and socially active. "Don't allow yourself to shrink with age," she says. She's intentional about keeping both her mind and body engaged, and volunteering provides a space to share experiences with others who are also learning how to age well. "We're all new to aging," she notes, "so some of our experiences may be different."

Through her volunteer work, Peggy has strengthened personal qualities like patience—something she continues to learn and practice. And



Peggy Slez

she's faced extraordinary challenges along the way. Since 2019, Peggy has been diagnosed with and overcome four primary cancers. While the physical toll was immense, she says the most profound suffering came from losing her ability to communicate. Without conversation and engagement, she felt disconnected from the world, missing the movement, the mental stimulation, and the healing power of human interaction. Volunteering helped restore those vital connections and reminded her of the importance of staying engaged.

To anyone who feels they're "too old" to volunteer or learn something new, Peggy offers a simple mantra: "Learn at least one thing a day to keep aging at bay."

She believes communities can better support older adults by being intentional and creating roles and opportunities that truly engage this population. The Center, she says, does exactly that by advocating for older adults and actively recruiting them for volunteer roles both onsite and throughout the community.

Peggy is living proof that growing older doesn't mean stepping back, but stepping forward with purpose. Her greatest lesson: "I can continue to be useful no matter how many birthdays I celebrate." ■

MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (December 1, 2025-January 31, 2026)

| | | |
|------------------------------------------|------------------------------------------------|---------------------------|
| Anonymous (2) | Grace Episcopal Church | Rodney & Carol Rullman |
| Elizabeth & Greg Allen | Rita & Thomas Hassall | Ross Sargent |
| Altria Companies Employee Community Fund | Anne & Thad Jones | Carolyn Schroll |
| BrightStar Care of Charlottesville | Mark & Linda Kastan | Kathy Seabrook |
| Suzanne & Robert Brooks | Mr. & Mrs. Donald A. King, Jr. | Leonard Sisk |
| Melinda Brown | Sarah Litchfield | Kathryn Skinner |
| Dick & Diane Brownlee | Larry & Lynn Martin | Deborah & Charles Stewart |
| Wendy & Carlton Carroll | Joanne McMullen | Cynthia & James Stultz |
| Julie Christopher & Marge Connelly | Alice Meador | Dickie & Louise Tayloe II |
| Cheryl Cobey | Mrs. Meadows and Mr. Buchanan | The Melville Foundation |
| Nancy Cornell | Gary & Judy Moody | Mac & Elsie Thompson |
| Cornell Memorial Foundation | Beverly Gay Nichols | Jane & Thomas Tirrell |
| Culbertson Foundation | Kathleen Osvath | Twice Is Nice |
| Judy & David Drayer | Virginia & Charles Peale | Laura & Jorgen Vik |
| Rosemary Evans & Kenneth Shade | Pepsi-Cola Bottling Company | Steven Weingarten |
| Hi & Molly Ewald | Right at Home | Phil Wendel |
| Joe & Sally Gieck | Joanne Robinson | Woodson Charitable Trust |
| Heidi & James Gordon | Joyce & Ronald Root | |
| | Chuck & Whitley Rotgin Family Fund at the CACF | |

Why Corporate Partners Matter ... and Why Members Should Care

When you spot a logo on the stairs, read a thank you to a business in our weekly email, or stop by a table in the Atrium, you're seeing one of The Center's Corporate Partners in action. The businesses and organizations listed on this page support The Center through financial sponsorship and engagement, helping to sustain programs and opportunities that serve adults aged 50 and better.

Why should members and guests care who The Center's Corporate Partners are?

Sharing values matters.

Corporate Partners choose to engage with The Center because they recognize the importance of older adults. By offering educational programs, attending special events, volunteering, and providing financial support, Center Corporate Partners help create opportunities for learning and engagement that benefit members and guests alike.

Access to information matters.

Many Corporate Partners offer educational sessions and resources where you can learn more about services related to aging. Partners share their expertise on topics such as financial planning, caregiving, hearing health, housing options, and more. These programs are intended to inform and spark conversation, giving members a chance to ask questions and explore topics of interest in a familiar setting.

Community matters.

Corporate Partners are part of the broader network that surrounds and supports The Center. Some representatives from these businesses serve on committees or the Board of Directors, others volunteer regularly, and many participate in events where face-to-face conversations can happen. Members often share that they appreciate the opportunity to connect directly with local professionals in a low-pressure, relationship-focused environment.

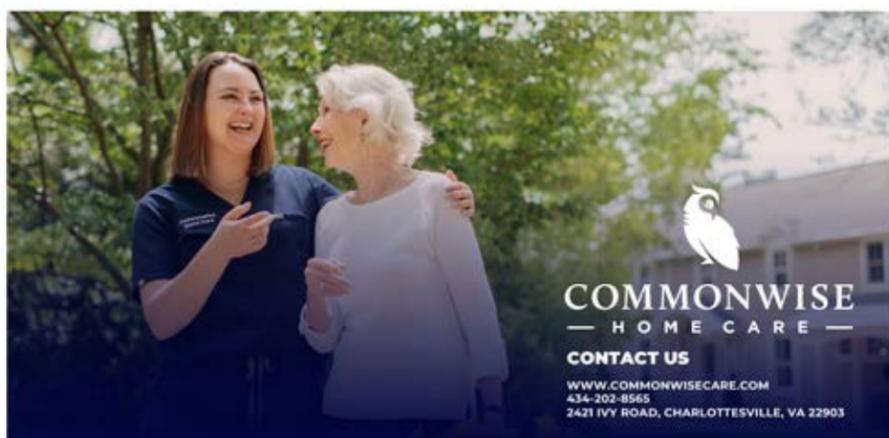
Support matters.

Corporate Partnerships contribute approximately 15% of The Center's annual operating revenue. Philanthropy helps sustain programs and activities for a growing population of older adults. Partnerships with local businesses are one of several philanthropic revenue sources to ensure The Center remains financially strong and responsive to community needs.

When you engage with Corporate Partners by attending their programs or stopping to talk at their table in the Atrium, you help strengthen a culture of connection that provides many resources to older adults who want to age well. Healthy aging is a collective effort, and Corporate Partners are one of many groups helping make that effort possible.

You are, of course, always encouraged to make your own choices and seek out the providers that best meet your individual needs. While The Center is very appreciative of all our Corporate Partners do for healthy aging, The Center does not endorse specific services or providers.

If you know of a business or organization interested in learning more about a dynamic Corporate Partnership with The Center, reach out to Philanthropy Director, Lynn Divers at 434.220.9745 or lynn@thecentercville.org. ■



✓ HOW WE WORK

Commonwise provides high-quality in-home care and support by pairing families with well-trained, well-supported caregivers who deliver consistent, relationship-based care.

Thank You

CORPORATE PARTNERS

PREMIER partner



Carter Bank

PLATINUM partner

Hill & Wood Funeral Service

GOLD partners

Commonwise Home Care

Delaney Hearing Center

Greenwood Homes

SILVER partners

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Pepsi-Cola Bottling Company of Central Virginia

SKV Group

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UVA Encompass Health Rehabilitation Hospital

BRONZE partners

ArkWise Wealth, a Private Wealth Advisor Practice of Ameriprise Financial, LLC

AT Home Care Staffing

Bearing Insurance

Blue Ridge ElderCare Advisors, LLC

BrightStar Care of Charlottesville

Casey Woodzell, REALTOR®, SRES®, Long & Foster Charlottesville, VA

Charlottesville Organizing

Charlottesville Pet Concierge

Five Star Painting of Charlottesville

Gentiva Hospice

Hantzmon Wiebel CPA and Advisory Services

The Heritage Inn - An Assisted Living and Memory Care Community

Hospice of the Piedmont

Iron Eagle Advisors

Loving Arms Home Care

Martha Jefferson House

Norton Health Law, P.C.

Our Lady of Peace

Petrichor Wealth Management

Right at Home

Robinson, Farmer, Cox Associates, PLLC

Skyline In-Home Services, LLC

Sunnyside Communities

Tiger Fuel Company

Trinity Hospice

Visiting Angels Senior Home Care

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

Take a Seat!

New Fitness Programs Add Accessibility

A bevy of fresh fitness programs launched in February with a big focus on seated exercise.

The Center supports healthy aging at every stage of life and our fitness programs are no exception. If you've ever spotted someone carting heavy weights down the hall and thought "That wing's not for me!" we'd like to prove you wrong.

Accessibility is a key goal for fitness programs and there are many reasons why someone may need to exercise while seated. Perhaps you always use mobility aids in your daily life and cannot join a standing exercise class. You might be struggling with your balance and want to start with seated exercises to reduce fall risk until your balance improves. Or maybe you need seated exercise as a temporary stand-in (pun not intended) while you recover from an injury or a recent surgery.

For all of these reasons, we now have multiple opportunities to exercise entirely from the comfort and stability of a chair.

Sit to Be Fit meets Mondays at 9:00 am for a full body workout with no risk of falling. You'll use balls, weights, and bands—all while remaining seated—to strengthen core muscle groups and maintain good posture.

Intro to Movement meets Tuesdays at 11:45 am with a program designed specifically for anyone who worries about an exercise class being too intense. If you know you should exercise more, but feel overwhelmed, this is the perfect place to find a gentle start! Instructor Ruth Meyer provides a welcoming environment for you to safely explore how your body moves.

For a dose of group fun, we have a new monthly series for Chair Volleyball! Come grab a seat on the second Tuesday of each month at 2:00 pm. We'll use regular volleyball rules with a beach ball and a low net, so you can enjoy the camaraderie of a team sport without standing. (Our team tested this program out at our holiday party and had a blast!)

We also continue to offer Chair Yoga on Mondays at 9:45 am and Fridays at 11:00 am. Fridays' sessions even have an online option so you can join from home!

Although seated exercise is low impact, research has proven it offers many benefits. You can elevate your heart rate without putting pressure



on your joints. You can improve your posture, core strength, upper body strength, flexibility, range of motion, endurance, balance, and coordination—all without placing too much strain on the body.

And those are just some of the physical outcomes you could see. Group exercise programs bring social benefits as well, helping you make connections that have their own positive impact on your well-being.

So pull up a chair! The Center can still help you reach your functional fitness goals. ■



SPOTLIGHT: CHARLOTTESVILLE MEDICAL RESEARCH



Clinical research plays a vital role in discovering new and improved treatment options. Every therapy available today—from everyday medications to innovative breakthroughs—exists because volunteers partnered with research teams to help answer important medical questions. At **Charlottesville Medical Research (CMR)** we're proud to support this work by bringing accessible, high quality research opportunities to our community. Since 1991, CMR has completed 450+ clinical trials, helping bring safer, more effective treatments to patients—made possible by local volunteers.

Why Consider a Clinical Trial?

Participants may receive:

- ▶ Study related care at no cost
- ▶ Compensation for time and travel (varies by study)
- ▶ Access to investigational treatments under expert care
- ▶ The chance to contribute to the future of healthcare

Now Enrolling Studies for:

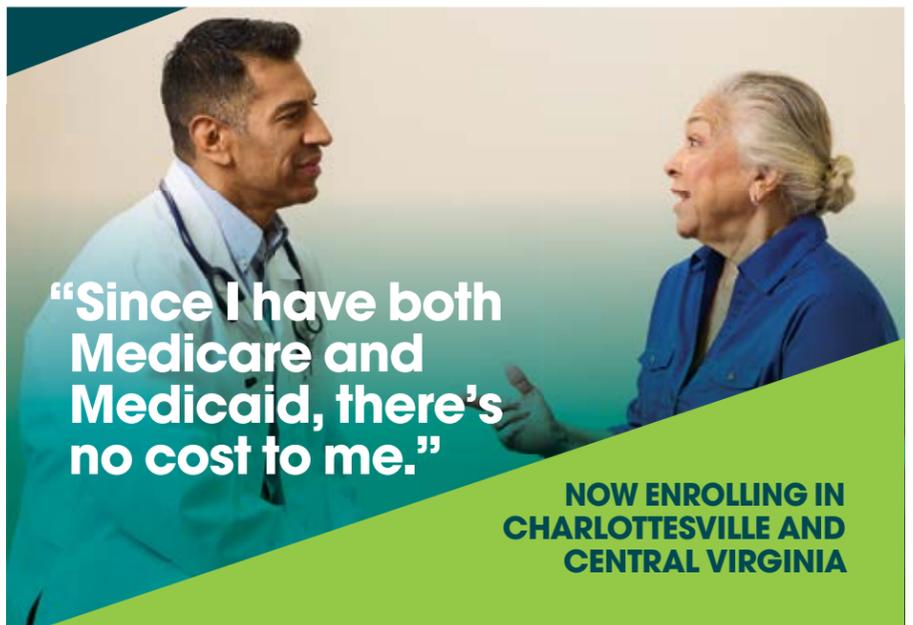
- ▶ Healthy Volunteers
- ▶ Migraine
- ▶ Constipation
- ▶ Heart Failure Prevention
- ▶ Gout
- ▶ Obesity
- ▶ Knee Pain and more

Learn More or See if You Qualify
Charlottesville Medical Research

(434) 817 2442

recruitment@alcanzaclinical.com

We're here to help you explore whether clinical trial participation is the right fit for you.
Helping our community move medicine forward—together.



**NOW ENROLLING IN
CHARLOTTESVILLE AND
CENTRAL VIRGINIA**

Completely Connected Senior Healthcare

- 11-person team of healthcare experts
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- No extra costs with both Medicare and Medicaid coverage

If you know someone who may need a little extra help, talk to us.

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InnovAge.com

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Mah Jongg TOURNAMENT

Saturday, April 18

12:30–5:15 pm

\$50 for Members; Guests \$75

Registration required by April 3.

Entry fees benefit The Center.

SIMS continued from page 1

warm and welcoming this community is, and I'm so grateful for the opportunity to get to know you all!"

The Center's goal in this annual collaboration with UVA is to help shift perspectives on aging in the next generation of health care professionals. With only a few years until the United States has a population with 1 in 5 adults over the age of 65, the needs of older adults will become ever more critical to public health. We need our future doctors to respect the needs of these individuals and be prepared to support them in a holistic way.

Inviting medical students to our programming and our community opens the door for unique connections and lasting impact. If Nick's experience is any example, we're seeing success!

He says, "My perspective on aging has changed dramatically throughout my time at The Center. I had not spent much time considering the effects of aging or crucial factors required to promote healthy aging."

Nick now plans to become a geriatrician so he can "help older adult patients navigate the many transitions and health care-associated events that come as we age." With only 7000–7500 licensed geriatricians in the United States, we need more students like Nick to become inspired by this specialty so we can support a growing population of elders. It will take many thousands more to meet the demand and provide effective care to older adults.

The Center is proud to leverage the power of volunteering in this way, but whether SIM volunteers become geriatricians or not, all of these future doctors will have the experience and contextual understanding to support patients' broader health and well-being.

Nick shares, "I believe that a crucial component of providing care to my future patients will be seeking to promote activities that support them in these different facets of life to establish healthy aging practices."

Imagine your doctor not just prescribing a pill or ordering a test but encouraging you to take a dance class or find a group of people you can play chess with. There are so many ways to support your health, and we believe there is tremendous value in health care professionals being well informed about community resources and support.

You can be a part of promoting this social prescribing model today by speaking with your own health care providers about the benefits you experience from participation at The Center. When you encourage your doctor to spread the word about our healthy aging programs, you'll usher in the bright future SIM students are contributing to. ■



Nick Galeucia

The Center at Belvedere
540 Belvedere Boulevard
Charlottesville, VA 22901

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INVEST continued from page 1

Investing \$1 annually in healthy aging interventions can yield \$3 in economic and health care benefits.

Along with reducing health care spending, there are qualitative benefits to healthy aging investments—benefits that improve outcomes for older adults and their families and boost overall community well-being.

This type of evidence is essential for convincing health care providers, payors, and policy makers to allocate more resources toward preventative initiatives, rather than the typical care model of treating diseases after they appear.

As part of our local community's public health infrastructure, The Center has always believed in the power of healthy aging interventions. Since our founding in 1960, we have provided countless healthy aging opportunities including volunteer matching, physical activity programs, social connections, digital and financial literacy programs, scam awareness education, and more.

The new quantitative data only deepens our commitment to this important work.

You can contribute to the broader economic impacts of healthy aging by including The Center in your philanthropic giving. A dollar given to The Center can generate three times its value in our community by keeping older adults healthy, productive, and independent, closing the healthspan-lifespan gap.

If you would like to learn more about just how far your donations can go, please reach out Philanthropy Director Lynn Divers at lynn@thecentercville.org. ■



THE
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civic | community | cultural | fitness | social