

DISCOVER THE POWER OF HEALTHY AGING

MARCH/APRIL 2023

April is National Volunteer Month

The Center and the Good Life Series present a **Volunteer Fair on April 12**. Learn about opportunities with many area nonprofits, enjoy complimentary refreshments, and enter to win door prizes.

If you currently volunteer at The Center, let us show you some appreciation at our free **Mocktail Mixer on April 21**.

For more on volunteerism, see page 13.

Artists on Display in March & April

Steve Ashby has been an avid photographer since picking up his mother's Kodak Brownie box camera in 1964. His current favorite medium is cyanotype.



Steve Ashby

"I take a chance when I press the shutter release that I may have captured a unique moment," he says. "Some-

times I am rewarded, sometimes disappointed. [But] I enjoy the element of chance."

Ashby's photographs, "Nature's Beauty" featuring pastel paints by Lucy Kinsey, "Watching Still Lives in Comfort" featuring pastel pencil works by Brita Lineburger, and works by Anne Hopper will be on display on the second floor.



Bob Anderson

The first floor gallery will feature "TREES," an exhibit of works by Bob Anderson. Pieces include oil paintings, photographs, and drawings

based on sites in Charlottesville, Costa Rica, Guatemala, Paris, and Brittany.



The Center is Now Open on Saturdays!

Beginning March 4, The Center will be open on Saturdays from 8:30 am to 2:00 pm. This exciting expansion will help us provide even more healthy aging opportunities to the community, particularly for adults who have not yet retired.

What can you look forward to on Saturdays at The Center?

You can get your First Aid/CPR certification or, with a Prime membership, enjoy a vigorous workout in the Fitness Room.

Get creative when Laurie Bayma brings her popular scrapbooking guidance to the weekend. Whether it's your first scrapbook or your fifteenth, you can tell your favorite stories through photos in a four-hour workshop on March 4.

That's not the only action the Art Studio will see on Saturdays. Look forward to painting classes with acrylics, pastels, and oils, or try something totally new and use needle felting to create a floral lapel pin.

Learn about long-term care planning from an experienced elder law attorney, or get an Intro to Tech from Albemarle High School's robotics team leaders.

Physical therapist Nicholas Law's special Saturday sessions will show you simple exercises to maximize strength and musculoskeletal health at home.

Just want to get out of the house and catch up with friends? The Game Room will be open on Saturdays for casual play, and Greenberry's will be open with coffee, smoothies, sandwiches, and more from 7:00 am to 2:00 pm.

See full program details inside on page 3.



How to Bust Senior Stereotypes and Embrace Active Aging

Exercise physiologist Jennie Whittaker experienced a flurry of mixed emotions when she got her first mammogram at age 40.

"I felt a mixture of anxiety over a new medical test and pride that I was doing the right thing for my health," she says. "The first thing the jaded radiographer said to me was 'Congratulations, you're officially over the hill!'"

"I was discouraged and scared as I wondered what that was supposed to mean for me," Jennie says. "Looking back at age 53, I am not sure what hill she meant and I only feel sorry for her."

Jennie leads a variety of fitness classes at The Center including Foam Rolling and Strengthen Your Health and

Life. She says The Center has given her "shining examples of older adults living their best lives."

"Our culture is not necessarily known to embrace older adulthood with all its potential in terms of growth, health, and meaning," she says. "From a very early age, we are conditioned to try and hold onto 'youth' as defined by our culture at all costs. Scary TV commercials [to] derogatory birthday cards ... we are programmed to view the aging process in a disparaging manner."

Pervasive ageism in the media and general society has left us with a picture of aging as an inevitable decline. But studies have shown that adopting this mindset often creates a self-fulfilling prophecy.

Instead of succumbing to senior stereotypes, coming to The Center can help you embrace active aging, whether it's in the fitness room, a classroom, or simply greeting friends over coffee at Greenberry's.

Personal trainer and Center program leader Pete Cross says "The older you become, the more examples you run into of folks who look and behave far younger than their chronological years ... You too can give this same impression to others as you begin to engage in activities that provide you rewards."

See ACTIVE on page 16



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

Hours

Monday & Friday 8:30 am-4:30 pm
Tuesday-Thursday 8:30 am-8:00 pm
Saturday 8:30 am-2:00 pm
Greenberry's: Monday & Friday 7:00 am-4:00 pm
Tuesday-Thursday 7:00 am-8:00 pm
Saturday 7:00 am-2:00 pm

About THE CENTER AT BELVEDERE

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

Healthy Aging for All

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

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

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MEMBERSHIP

IZZY MENCHERO
MEMBERSHIP & VISITORS SERVICES DIRECTOR
434.974.7756 • izzy@thecentercville.org

Join The Center for easy access to hundreds of great programs. Come by The Center, contact Izzy, or visit thecentercville.org.

WELCOME NEW MEMBERS!

- | | | |
|----------------------|----------------------|------------------|
| Juliana Aquino | William Hamersky | Kenneth Moore |
| Marianne Baker | Susan J Haney | Rebecca Moore |
| Eleanor Baldwin | Ruth Hawker | Mike Moore |
| Kathleen Barrett | Horace Higgins | Walter Morgan |
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| Mary Cowell | Emily Lehman | Barry Shawley |
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| Marie Grant | MaryAnn McNeill | Mitchell Webster |
| Sue Ellyn Haas | Donald Melcher | Juanita Wykle |
| Nancy Hackman | Connie Messemer | |
| Nancy Haisenleder | Jennifer Meyer | |

If you joined between December 1 and January 31 and were not recognized here, please contact Izzy.



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



COUNCIL NOTES

The primary mission of The Center Council is to communicate the policies, plans, and decisions of the Board of Directors to Center members, and to share members’ feedback to the Board and staff. Program leaders are voting members of The Council, but all Center members are encouraged and welcome to attend and participate in meetings, which generally occur from 1:00 to 2:00 pm on the first Monday of each month.

Peggy Slez has had to temporarily step away from her role as Council President. In the interim, Council Vice President Paul Jacob will serve as President. Gregg Menke was appointed acting Vice President and Council representative to the Board of Directors.

Monday, February 6 – Agenda includes a report on the fitness program from Alex Waltrip and a report on membership from Izzy Menchero.

Monday, March 6 – Agenda includes election for 2024 Council Officers and reports from Philanthropy Director Melanie Benjamin and Finance Director Kim Shipley.

—Paul Jacob, *Interim President*

Subscribe!

Get the latest events and announcements delivered right to your inbox with our weekly "It's Happening" e-newsletter.

programs

Register online at thecentercville.org or call 434.974.7756.

This a partial list of offerings; recurring programs without topic updates are listed in the pull-out calendar. Check the website for programs added after our print deadline!

SPECIAL EVENTS

180 BAND DANCE PARTY

Open to all; registration encouraged
Friday, March 3, 6:00–9:00 pm

“Dance the Night Away” to your favorite rock and dance tunes from the 1960s through today. This cover band plays classic rock n’ roll, top 40, light rock, country, alternative, and sweet soul music. Food trucks: Crustworthy Pizza and Bavarian Chef. \$15 at the door; cash preferred.

THURSDAYS AROUND 5

Free and open to all; registration encouraged

Don’t Look Up

Thursday, March 9, 5:01–7:00 pm

With Dave Sherman, Rob Martin, Andy Burdetsky, and Lance Foster, this band has 150 combined years of experience. Get your dancing shoes on for traditional Chicago and Delta blues with a vintage rock n’ roll sound. Food Truck: Little Manila

Scuffletown

Thursday, April 13, 5:02–7:00 pm

This acoustic high-energy duo of John Whitlow on harmonica, accordion, flute, and vocals and Marc Carraway on guitar and vocals has performed its unique blend of roots, jazz, world, bluegrass, and original music since the mid-1990s at venues and boat docks from the mid-Atlantic region to the Mediterranean. Food Truck: Crustworthy

Arcadia

Thursday, April 27, 5:03–7:00 pm

John Rimel, Eddie Hall, Ed Sheffield, and Brian Rimel offer original Americana from the heart of Virginia. These fine songwriters and musicians draw from a diverse range of musical influences—Southern rock, blues, country, pop, and rock—to serve up its own unique, musical gumbo. Food Truck: Raclette on the Run

ROMEO AND BENVOLIO

Free; registration required

Wednesday, March 15, 5:00–8:00 pm

Local filmmaker Anna Ma premieres her new feature-length film *Romeo and Benvolio*. While rehearsing for a school production of *Romeo and Juliet*, three teenagers unexpectedly steer through their own comedy of errors. There will be light refreshments before the screening and discussion afterwards.



VIRGINIA GLEE CLUB PERFORMANCE

Free and open to all; registration encouraged
Thursday, March 23 6:30–7:30 pm

The Virginia Glee Club, UVA’s oldest musical organization, performs an eclectic mix of sacred and secular works from around the world.

VIRGINIA FESTIVAL OF THE BOOK: UNSUNG WOMEN WITH ROSALYN STORY

Open to all; registration through vabook.org
Thursday, March 23, 4:00–5:30 pm

The African American Authors Book Club hosts Rosalyn Story, author of *Sing Her Name*.



GARTH NEWEL PIANO QUARTET

Free and open to all
Tuesday, April 4, 5:30–7:00 pm

Enjoy a masterful performance of Mozart and Brahms by these artists-in-residence at Garth Newel, one of the premier chamber music organizations in the United States.

WEDNESDAY MUSIC CLUB: FROM DARKNESS INTO LIGHT

Free for members; registration required
Wednesday, April 5, 10:15–11:30 am

This installment of the Wednesday Music Club features singers from the Charlottesville Opera.

VOLUNTEER FAIR

Free and open to all
Wednesday, April 12, 11:30 am–1:00 pm

Learn about meaningful volunteer opportunities available at the many nonprofit organizations in the area. There will be door prizes and complimentary refreshments. *In conjunction with the Good Life Series.*

WILDCAT MOUNTAIN RAMBLERS

Free and open to all
Thursday, April 20, 4:00–6:00 pm

From the summit of the Santa Cruz Mountains and out of the redwoods come the Wildcat Mountain Ramblers: a musical party that brings energy, fun, dancing, and audience participation wherever they go. This bluegrass/Americana band ventures into folk, rock, Cajun, country, and honky-tonk wherever a good time can be found.

SILENT DISCO

Open to all; registration required by April 19
Friday, April 21, 6:00–8:00 pm

Dance to the beat of your own tune! Enjoy an evening where we put a twist on the typical dance party. While listening through your own wireless headset, control your own volume level and choose from different music channels—’60s, ’70s, ’80s, Motown, swing, jazz, and more! Bring a friend and enjoy food from a local food truck. \$10 at the door.

SPRING BAND CONCERT

Free and open to all
Saturday, April 22, 3:00–4:00 pm

The Second-Wind and First-Wind Bands present their annual spring concert with director Michael Auman. The repertoire includes classical music, show tunes, patriotic music, and more.

ARTS



ALCOHOL INK PAINTING

Open to all; registration required
Thursday, March 2, 9:30 am–12:30 pm

Alcohol inks are pure color and striking with their brilliance! Use different papers and a variety of implements to create different effects. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$25, payable to instructor at start of class.

BEGINNERS AND INTERMEDIATE SCRAPBOOKING

Open to all; registration required
Saturday, March 4, 10:00 am–2:00 pm

Unleash your creativity through storytelling with photos. Prime members free; Standard members \$10; Guests \$15. Materials fees vary. See website for package details.

BEGINNER TO ADVANCED SCRAPBOOKING

Open to all; registration required
Tuesdays, March 7–28, 1:30–4:30 pm (4 weeks)
Tuesdays, April 4–25, 1:30–4:30 pm (4 weeks)

Learn how to preserve memories and photos in ways that POP and please the eye and heart as you make solid progress on an album project. Prime members free; Standard members \$30; Guests \$40. Materials fees vary. See website for package details.

MONOTYPE PRINTING WITH ANN CHEEKS

Open to all; registration required
Tuesdays, March 7–28, 10:00 am–12:30 pm (4 weeks)

Monotypes are a simple way to create painterly, one-of-a-kind prints with a soft, loose result. Use water-based inks enhanced with colored pencil or pastels and embrace the element of mystery for an end result that is always a bit of a surprise. Prime members free; Standard members \$30; Guests \$40. Materials fee is \$30, payable to instructor at start of first class.

COLLAGE WITH ANN CHEEKS

Open to all; registration required
Tuesdays, March 7–21, 3:00–5:30 pm (3 weeks)

Cut, tear, overlap, and arrange pictures, colors, textures, and words from magazines, newspapers, photographs, colored paper, and maps to create unique little artworks as beautiful, silly, or serious as you’d like. Prime members free; Standard members \$15; Guests \$30. Materials fee is \$15, payable to instructor at start of first class.



PROGRAMS continue on page 4

PAPER PAINTING WITH JAN SETTLE

Open to all; registration required
Thursdays, March 9–16, 9:30 am–12:30 pm (2 weeks)
Create paintings using provided reference photos and painted paper. No two paintings are alike with this amazing, fun process! Prime members free; Standard members \$15; Guests \$20. Materials fee is \$25, payable to instructor at start of first class.

INTRO TO ACRYLICS WITH JAN SETTLE

Open to all; registration required
Saturday, March 11, 10:00 am–1:00 pm
Discover the versatility and easy clean-up of acrylic paints. Experiment with techniques with individual assistance from the instructor. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$15, payable to instructor at start of class.

WET FELTING WITH ANN CHEEKS

Open to all; registration required
Monday, March 20–April 3, 1:00–4:00 pm (3 weeks)
Create gorgeous felt from beautiful, colored wool roving and a simple process using warm water, soap, and your hands or a rolling pin. Hand sew your felt once dry into a small bag with a button closure. Prime members free; Standard members \$30; Guests \$40. Materials fee is \$30, payable to instructor at start of class.



FREESTYLE ACRYLICS WITH JAN SETTLE

Open to all; registration required
Thursday, March 23, 9:30 am–12:30 pm
Level up your acrylic painting skills with individual instruction and critique. Use provided reference photos or bring your own. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$20, payable to instructor at start of class.

OIL PAINTING FLOWERS WITH KATIE

Open to all; registration required
Fridays, March 24–April 28, 1:00–4:00 pm (6 weeks)
Just in time for spring, learn how to paint flowers with Kathleen Hutter. Prime members free; Standard members \$55; Guests \$70. See website for required materials.

NEEDLE FELTED FLOWER LAPEL PIN

Open to all; registration required
Saturday, March 25, 10:00 am–1:00 pm
Donna Westerman shows you how to needle felt a one-of-a-kind floral pin to embellish your spring wardrobe! Bring a picture of your favorite flower or of the item you want to adorn. No experience necessary. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$12, payable to instructor at start of class.

FELTING BUNNIES

Open to all; registration required
Monday, April 3, 1:00 pm–4:30 pm
Choose your style of bunny in this fun needle felting class celebrating spring. No experience necessary. Prime members free; Standard members \$15; Guests \$20. Materials fee is \$12, payable to instructor at start of class.

COMFORT BIRD CARVING CLASS

Open to all; registration required
Tuesdays, April 4 & 11, 2:00–4:00 pm (2 weeks)
Make three comfort birds with carver Mike Micucci. Prime members free; Standard members \$10; Guests \$20. Materials fee is \$15 for wood only or \$50 for wood block, carving knife, pencil, ruler, and glove, payable to instructor at start of first class.



INTRO TO PASTEL PAINTING

Open to all; registration required
Thursdays, April 6 & 13, 9:30 am–12:30 pm (2 weeks)
Sketch a simple landscape, lay in color, and blend using different tools and methods as you experiment with different kinds of pastels. Prime members free; Standard members \$10; Guests \$20. Materials fee is \$35, payable to instructor at start of first class.

PAINT LOOSE WITH LINDA ABBEY

Open to all; registration required
Tuesdays, April 4–May 30, 10:00 am–1:00 pm (9 weeks)
Linda Abbey teaches drawing and watercolor painting using a big brush. No experience necessary. Prime members free; Standard members \$100; Guests \$125. See website for required materials.

FOUND OBJECT SCULPTURES

Open to all; registration required
Friday, April 7–21, 10:30 am–1:00 pm (3 weeks)
Create thought-provoking art using everyday objects that are often considered trash. Bring small boxes and junk drawer treasures to class and let them tell you what they long to become. Prime members free; Standard members \$15; Guests \$25. Materials fee is \$10, payable to instructor at start of first class.

INTRO TO PASTELS WITH JAN SETTLE

Open to all; registration required
Saturday, April 8, 10:00 am–1:00 pm
Learn how to use pastels as you sketch and blend a simple landscape. Prime members free; Standard members \$5; Guests \$10. Materials fee is \$35 (box of pastels included), payable to instructor at start of class.

ACRYLIC POUR WITH JAN SETTLE

Open to all; registration required
Thursday, April 20, 9:30 am–12:30 pm
Layer and pour acrylic paints on a canvas surface to create a lovely nature scene. No experience necessary. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$25, payable to instructor at start of class.

INTERMEDIATE OILS WITH ANN CHEEKS

Open to all; registration required
Saturdays, April 1–29, 9:30 am–12:30 pm (5 weeks)
Ann guides you through exploration and intent as you create the painting of your choice, from a photograph or drawing reference. Prime members free; Standard members \$30; Guests \$45. Materials fee is \$40, payable to instructor at start of first class.

ALCOHOL INK COLLAGES

Open to all; registration required
Thursday, April 27, 9:30 am–12:30 pm
Create a collage on a canvas using already painted alcohol ink papers as your medium. Instructor Jan Settle makes every class fun. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$20, payable to instructor at start of class.

MANDALA ART PAINTING

Open to all; Registration required by April 14
Monday, April 24, 1:00–3:00pm
Mandala dot art forms designs with many colorful dots. Learn proper tool use and create your own mandala painting with instructor Cory Ryan. No experience necessary. Prime members free; Standard members \$15; Guests \$25. Materials fee is \$25, payable to instructor at start of class.

LIFELONG LEARNING

SHARING OUR STORIES: INDIGENOUS PERSPECTIVES

Free and open to all; registration required
Fridays, March 3–24, 1:00–3:00 pm
Come to any or all of these film and discussion sessions with Mary (Lakota heritage) and Mike (Potawatomi heritage) Wilson as they share different aspects of their heritage. Topics may include storytelling, the difference between race and ethnicity, indigenous teachings, or legacies of marginalization.

ADULT FIRST AID/CPR/AED CERTIFICATION COURSE

Free and open to all; registration required by March 1
Saturday, March 4, 9:30 am–1:00 pm
This part online, part in-person course teaches you the basic concepts and skills to recognize emergency situations and respond appropriately until advanced medical personnel arrive. With Red Cross certified instructor Olivia Watts. Thanks to Corporate Partner SKV Group for its sponsorship of this program.



SAVING ST. JOHN SCHOOL AND THE ROSENWALD SCHOOL-BUILDING LEGACY

Free and open to all; registration required
Monday, March 6, 2:00 pm–3:30 pm
Built in 1923, St. John School in Cobham served local Black students until 1954. Alumna and board president Becky Kinney and historical preservation architect Jody Lahendro share the uplifting story of the 11-year effort to save the school and place it back in service to the community.

GOOD LIFE SERIES

Free and open to all
Tuesday, March 7, 11:00 am–12:00 pm
Discover Your Cognitive Strengths & Weaknesses - Register to take a free Gibson Test of Cognitive Skills by Friday, March 3, in advance of this seminar. Dargan Coggeshall of LearningRx will explain what skills the test measures, why they matter, and how to interpret your score report.

MONEY AND YOU

Free and open to all

Tuesday, March 14, 10:00–11:30 am

Investing for Income: With interest rates finally off the floor, how might bonds work for you? What other income investments may be appropriate? Jorgen Vik, partner with SKV Group, leads the discussion.

Tuesday, April 11, 10:00–11:30 am

Retirement Accounts: Are your retirement accounts aligned with your goals? Jorgen Vik, partner with SKV Group, helps you understand constantly changing retirement account rules.

LET’S TALK BOOKS – NEW!

Free for members

Wednesday, March 15, 1:00–2:00 pm

Wednesday, April 19, 1:00–2:00 pm

Exchange book recommendations and discuss favorite authors with fellow book lovers.



INTRO TO TECH

Free and open to all; registration encouraged

Saturday, April 1, 12:00 pm–1:30 pm

Improve your understanding of modern technology, including computers and cell phones, in this new monthly class with robotics team leaders from Albemarle High School.

BEGINNER’S GUIDE TO MEDICAL CANNABIS

Free and open to all; registration required

March 11 OR April 13, 10:00 am–12:00 pm

Certified Cannabis and CBD advisor Peg Bascom provides the knowledge, tools, and confidence you need to make informed decisions about cannabis purchases and consumption.

UVA GROUP OBSERVATORY NIGHT

Free and open to all; registration required by April 7

Friday, April 14, 9:00–11:00 pm

Visit UVA’s McCormick Observatory for a tour, astronomy presentation, and the chance to view celestial objects through the historic 26-inch McCormick Refractor and other smaller telescopes, weather permitting.



FLY THROUGH THE BASICS OF DRONE OPERATIONS

Open to all; registration required

Wednesdays, March 8–29, 1:00–2:00 pm (4 weeks)

FAA Remote Pilot Carlton Carroll offers a basic description of drone features and requirements for drone operations, with one day of hands-on flying. Prime members free; Standard members \$20; Guests \$35.

STAPLETON ELDER LAW

Free and open to all; registration required

Saturday, March 4, 10:00–11:00 am

Elder Law attorney Simon J. Stapleton dives into long-term care planning. Learn how to protect your assets, plan Medicaid, pursue veterans’ benefits, and more.

A PLAY ON WORDS

Free and open to all; registration required

Monday, March 6, 13, 1:30–3:00 pm

Word play is a superb way to exercise your mind and make friends. Have fun learning strategies and improving your word puzzle skills with National School Scrabble Champion Andy Hoang, who will cover Scrabble, crossword puzzles, anagramming, Wordle, and more.

PALLIATIVE CARE FOR LGBT PERSONS

Free and open to all

Friday, March 17, 12–1:30 pm

Dr. Kimberly Acquaviva shares her extensive knowledge of palliative care and end-of-life decision making for LGBT persons.

ELDER LAW WITH DORIS GELBMAN

Free and open to all

Tuesday, March 21, 10:00–11:30 am

Trusts—Who Needs One and Why? Trusts aren’t just for the very wealthy. This session will introduce simple Trusts and reasons you might use one to meet your planning needs.

Tuesday, April 18, 10:00–11:30 am

Elder Financial Exploitation, Scams, and Fraud: Scams are very serious crimes, sometimes depleting the entire life savings of a uniquely vulnerable group. Learn what you can do if you or a loved one is targeted and ask questions of special guests Diane Hoffman, Director of Adult Protective Services in Charlottesville; Ron Huber, Assistant U.S. Attorney; and Annette Cox, Victim/Witness Advocate for the Department of Justice.

UNDERSTANDING YOUR MEDICARE HOSPICE BENEFIT

Free and open to all; registration required

Monday, March 20, 1:00–2:00 pm

Many people fear the word and idea of hospice. Amanda Burke and Alyson Wood from Medi Home Hospice dive deeper on the ins and outs of hospice, its benefits, and what it includes.

FRENCH FOR TRAVEL

Open to all; registration required

Mon/Wed/Fri., March 20–April 7, 9:00–10:30 am

Whether you need an intro crash course or a refresher, instructor Ashton Nicewonger covers basic speaking skills and knowledge you need for a visit to France. Prime members free; Standard members \$50; Guests \$65.

PRIDE BOOK EVENT

Free and open to all

Tuesday, April 11, 2:00–3:30 pm

Mary Alice Hostetter presents her debut memoir, *Plain: A Memoir of Mennonite Girlhood*, the story of her journey to define an authentic self amid a rigid religious upbringing.

WALKING THE CAMINO REAL

Free and open to all; registration required

Thursday, April 27, 10:00–11:30 am

Martha Shenkenberg shares her experiences of walking the Camino de Santiago in Spain in 2019.

GLOBAL FLASHPOINTS – HOW WARS END

Free and open to all; registration required

Thursday, April 6, 10:00 am–12:00 pm

Retired U.S. Army Colonel Steve Rundle and former Intelligence Officer Carl Pales discuss selected case studies about how wars end and the current Russian-Ukrainian conflict. Share your knowledge, express opinions, and communicate ideas on this topic in a nonpartisan, collegial environment.



THE CENTER
FINANCIAL WELLNESS

With support from  CFA Institute

WHERE ARE MARKETS AND THE ECONOMY HEADED FOR 2023?

Free and open to all; registration required

Tuesday, March 7, 6:00–7:30 pm

OR

Friday, March 10, 10:00–11:00 am

The confluence of rising interest rates, inflation, and geopolitical stress have given rise to increased market volatility and uncertainty as to what the future might hold for investors. Rodney Sullivan takes you on a deep dive into these issues for a better understanding of today’s environment and discusses possible future directions for the economy and markets.

INVESTING FOR BEGINNERS

Free and open to all

Thursday, March 23, 10:00–11:30 am

OR

Wednesday, March 29, 6:00–7:30 pm

What’s the difference between a bond and a stock? What about a mutual fund and an ETF, or a 403(b) from a Roth IRA? Jorgen Vik leads a discussion where truly no question is too basic.*

PREPARING FOR THE DEATH OF A PARTNER

Free and open to all; registration required

Wednesday, April 12, 2:00–3:30 pm

OR

Tuesday, April 18, 6:00–7:30 pm

Wondering how best to prepare for your partner’s passing or help your partner plan for yours? Maybe your partner has already died and you’re not sure what steps to take now. With Kirsten Ashbaugh, learn how to plan for the emotional impact, create a record of assets and contact information, and identify resources persons.

HOW TO RETIRE WITH FINANCIAL CONFIDENCE

Open to all; registration required

Wednesdays, April 5–26, 6:00–7:30 pm (4 week series)

Do you have enough money to last through your retirement? Are your accounts and investment set up to support your goals? Insurance, estate documents, inflation, and taxes ... Jorgen Vik, Certified Financial Planner, will cover it all. Free for members; Guests \$20.*

* Wells Fargo Advisors Financial Network, LLC (WFAFN), member SDIC. SKV Group is a separate entity.

CONTROL, ALT, DELETE NUTRITION

Open to all; registration required
Mondays, March 6–27, 11:30 am–12:15 pm
Mondays, April 3–24, 10:00–10:45 am
Control your nutrition and diet, find an alternative plan, and delete unproductive behavior with former National Diet Institute manager Lenora Conway. Prime members free; Standard members \$10; Guests \$20.

PLANT BASED NUTRITION

Free for members; registration required
Monday, March 13, 1:00 pm–2:30 pm
Learn about the benefits of eating a plant-based diet, get easy tips on including whole foods in your diet, and see a recipe demo for a festive black bean, avocado, quinoa salad with lime vinaigrette.

TIPS FOR DIPS

Free for members
Wednesday, March 8, 3:00–4:30 pm
UVA dietitians share healthy and enticing dip and platter recipes, perfect for March Madness viewing parties.



ESSENTIAL OILS FOR ACHES AND STIFFNESS

Members only; registration required
Wednesday, March 15, 3:00–4:00 pm
Learn what essential oil blends can relieve pain and stiffness, then make your own essential oil roller blend with Susan Loving and Denise Smith of Legacy Hospice. \$5 materials fee due to instructor at start of class.

HEARING HEALTH

Free and open to all; registration required
Wednesday, March 15, 10:00–11:00 am
New Technology in Hearing Aids: Dr. Kristin Koch of Evolution Hearing shares game-changing technology of modern devices.
Wednesday, April 19, 10:00–11:00 am
Tinnitus: Dr. Kristin Koch of Evolution Hearing covers all things tinnitus from ringing to white noise. Learn why it happens and what treatment options are available.

MOVE FOR HEALTH

Free and open to all
Tuesday, March 21, 10:30–11:30 am
Muscular Trigger Points: What are they and how can you get rid of them?
Tuesday, April 18, 10:30–11:30 am
Your Healthspan: Learn how to live longer and healthier.

REGISTERED DIETITIAN Q&A

Open to all; registration required
First and third Wednesday of each month
4:30–5:30 pm
Drop in for a personal 15-minute Q&A session with UVA Health Dietitian Olivia Obertello. Free for members; Guests \$10.

DON'T OPERATE—REGENERATE!

Free and open to all; registration required
Fridays, March 24 & April 28, 12:00–1:00 pm
What causes arthritis and chronic degenerative diseases? Chiropractor Dr. Shawn Pallotti shares simple at-home preventative measures that can fight against arthritis and act as an alternative to surgery.

FITNESS ORIENTATION

Second Thursdays 3:30 pm;
Third Thursdays 5:00 pm;
Every Wednesday 9:00 am
Make the most of your workout through this hands-on class with experienced personal trainers who walk you through the many facets of an effective session in The Center's fitness room.

STAY OUT OF PHYSICAL THERAPY

Free and open to all; registration required
Saturdays, March 4 & March 25, 1:00–2:00 pm
Physical therapist Nicholas Law teaches five simple exercises that anyone can perform at home to maximize strength and musculoskeletal health, lessening the chances of needing PT due to pain or injury. First session focuses on lower body exercises, the second on upper body.

DIABETES DISCUSSION GROUP

Free and open to all; registration encouraged
Tuesday, April 6, 2:00–3:00pm
Join Ruth Sweet, RN, to better understand your diabetes diagnosis.

SOCIAL/RECREATIONAL

INTERNATIONAL LATIN STYLE BALLROOM DANCING

Open to all; registration required
Wednesdays, March 1–29, 6:00–6:45pm
Wednesdays, April 5–May 3, 6:00–6:45pm
Steven Babusko teaches the Cha-cha, Rumba, Jive, Samba, and Paso Doble. All levels of dance backgrounds are welcome. Prime members free; Standard members \$30; Guests \$45.

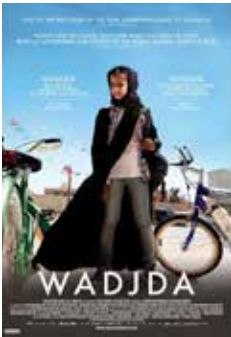
INTERNATIONAL STANDARD STYLE BALLROOM DANCING

Open to all; registration required
Wednesdays, March 1–29, 7:00–7:45pm
Wednesdays, April 5–May 3, 7:00–7:45pm
Steven Babusko teaches the Waltz, Quickstep, Tango, Foxtrot, and Viennese Waltz. All levels of dance backgrounds are welcome. Prime members free; Standard members \$30; Guests \$45.



MOVIE NIGHT

Free and open to all
First and third
Wednesdays, 5:00 pm
March 1 – Apollo 11
March 15 – Singin' in the Rain
April 5 – Wadjda
April 19 – Tootsie



PRIDE GAME DAYS AND GAME NIGHTS

Free and open to all
Tuesday, March 7, 1:00 pm–3:00 pm
Wednesday, March 15, 5:30–7:30 pm
Monday, April 3, 1:00–3:00 pm
Wednesday, April 19, 5:30–7:30 pm
From Boggle to Rummikub, Pictionary to Mexican Train Dominoes, The Center's got game! Borrow from our library or bring your own. Round up your friends and grab a beer, wine, or smoothie at Greenberry's.

PRIDE BOWLING NIGHT (off-site)

Open to all; registration required
Wednesday, March 8, 5:30–6:30 pm
Enjoy a night of fun and friendly competition at Bowlero with fellow members of the LGBTQ and allies community. All skill levels welcome. \$13.

ROUND DANCE LESSONS

Open to all; registration required
Tuesdays, March 21–May 9, 1:15–3:15 pm (8 weeks)
The steps of ballroom dancing combine with the calls and cues of square dancing. Learn figures for the Waltz, Foxtrot, Cha-cha, Jive, Two-step, and more to music in various genres to keep the circle going. Beginners learn in the first hour and intermediate dancers practice in the second. Prime members free; Standard members and guests \$80.

BIRDING AT FOXHAVEN (OFFSITE)

Free for members; registration encourages
Fridays, March 17 & April 21, 8:00–9:30 am
Join Center member and avid birder Jon Rockett for a bird walk at Foxhaven Farm (directions on website). No prior knowledge or experience necessary.

LUCKY LUNCHEON

Open to all; registration required by March 17
Wednesday, March 22, 11:45 am–12:45 pm
It's just your luck! Soul Food Joint caters good homestyle cooking with roasted turkey, mashed potatoes, salad, and German chocolate cake. Members \$15; Guests \$18.

PRIDE MOVIE NIGHT: BORN TO BE

Free and open to all
Tuesday, March 28, 5:30–7:30 pm
Born to Be follows the work of Dr. Jess Ting (he/him) at the Mount Sinai Center for Transgender Medicine and Surgery. This remarkable documentary offers an intimate look at how one doctor's work impacts the lives of his patients and his own journey from renowned plastic surgeon to pioneering gender-affirming specialist.



MAH JONGG LESSONS

Open to all
Thursdays, April 6–May 11, 2:30–4:30 pm (6 weeks)
Learn American Mah Jongg, a rummy-like game using Chinese tiles. Prime members free; Standard members \$30; Guests \$45. See required materials online.

TEA AND TREATS

Free for members; registration required
April 10, 2:00–3:00 pm
Socialize with fellow members over hot or iced tea, cookies, muffins, and more.

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

Pull-Out Program Calendar

THURSDAY

8:30 TAI CHI \$
9:00 *Ivy Creek Hikers*, Party Bridge, Retreads
9:15 PRIMETIME FITNESS \$
9:30 Beginners Chess
10:00 **AA Meeting**
10:15 Tap Dance (Int.) \$
10:30 *Chair Yoga*, First Wind Band \$, ARTHRITIS EXERCISE \$
11:15 Golden Girls Ballet \$
12:00 *NIA-Moving to Heal* \$
Music in the Atrium
Sheepshead
Massage Appts. with Rachel Available \$
12:15 BALANCE & STABILIZATION \$
12:30 Tap Dance Lessons (Adv.) \$
1:00 Apple/Mac Class
Woodcarvers
1:15 Cardio Strength \$
1:30 **Drumming Group**
2:00 Backgammon, Cribbage
2:30 **International Folk Dance**
3:30 Tai Chi \$
5:00 **Tap Your Troubles Away** \$
7:00 **Square Dancing**

FRIDAY

8:30 TAI CHI \$, Hatha Yoga \$
9:00 *Level 1 Walking*
9:15 PRIMETIME FITNESS \$
9:30 Friday Art Group
9:45 Tone & Groove \$
10:00 Rummikub
10:45 Flashbacks \$
11:00 Balance with Beth \$
Friday Fitness
Ping Pong
Zena Rommett Floor Barre \$
12:00 **Music in the Atrium**
12:15 Beginners Line Dance
1:00 Euchre, Still Sharp Singers
Mah Jongg (American)
Writing for Pleasure
1:45 **Improvers/Int. Line Dance**
2:30 **Acoustic Jam Session**
Bingo \$
Barbershop Belles & Beaux
3:30 **Parkinson's Yoga** \$

SATURDAY

9:00 am-2:00 pm **Lawn Games Available**
10:00 **Chess (All Levels)**
10:00 MOVE TO THE RHYTHM DANCE PARTY \$
10:00 am-12:00 pm **Informal Board Games**
11:00 Zena Rommett Floor Barre \$

The Center at Belvedere

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Charlottesville, VA 22901
www.thecentercville.org
434.974.7756

2	9:30 Alcohol Ink Painting \$ 10:00 Hearing Screenings 11:00 The Center Players, cont. 1:00 Mastering Medicare 3:00 Socrates Café 6:00 NAMI Support Group Jazz Jam	3	1:00 Sharing Our Stories 6:00 180 Band Dance Party \$	4	9:00 Oil Landscapes w/ Katie \$ 9:30 Adult First Aid/CPR/AED Certification Course 10:00 Stapleton Elder Law Scrapbooking (Beg./Int.) \$ 12:00 Intro to Tech 1:00 Stay Out of Physical Therapy
9	9:30 Paper Painting \$ 11:00 The Center Players, cont. 3:30 Fitness Room Orientation 4:00 Essential Tremor Support Group 5:00 Thursdays Around 5 6:00 African American Book Group Camera Club	10	10:00 Where are Markets & the Economy Heading? 1:00 Sharing Our Stories	11	9:00 Oil Landscapes w/ Katie, cont. 10:00 Beginner's Guide to Medical Cannabis Intro to Acrylics \$
16	9:30 Paper Painting, final 11:00 The Center Players, cont. 3:00 Socrates Café 5:00 Fitness Room Orientation 6:00 NAMI Support Group 6:30 Cajun & Zydeco Dance	17	8:00 Birding at Foxhaven 11:00 Has Your Get Up & Go Got Up & Left? 12:00 Palliative Care for LGBT Persons 1:00 Sharing Our Stories	18	9:00 Oil Landscapes w/ Katie, cont. 10:00 Line Dance (Int./Adv.) 11:00 Kirtan
23	9:30 Free Style Acrylics \$ 10:00 Investing for Beginners 11:00 The Center Players, cont 3:00 Caregivers Discussion Group 4:00 VA Festival of the Book \$ 6:30 Virginia Glee Club	24	9:00 French for Travel, cont. 12:00 Don't Operate: Regenerate! 1:00 Sharing Our Stories Oil Painting Flowers \$	25	9:00 Oil Landscapes w/ Katie, final 10:00 Needle Felted Lapel Pin \$ 1:00 Stay Out of Physical Therapy
30	11:00 The Center Players, cont 7:00 C'ville Band Horn Ensemble	31	1:00 Oil Painting Flowers, cont.		

April 2023

PROGRAM KEY: *green* = off-site; **bold** = open to the public; *blue* = online; black = on-site; ALL CAPS = online AND on-site; \$ = fee. Check for program updates at thecentercville.org.

MONDAY

8:30 Hatha Yoga \$
9:00 *Hiking*
9:15 PRIMETIME FITNESS \$
9:45 Tone & Groove \$
10:00 Writing for Healing & Growth \$
Sew & Sews (does not meet the first Monday), Getting Better at Bridge, **Grateful Threads Quilters**
10:30 *Chair Yoga*
11:00 **Silver Swans Ballet II** \$, Poker
11:45 BALANCE & STABILIZATION \$
12:15 **Silver Swans Ballet I** \$
12:30 Chess
1:00 Mah-Jongg (Chinese)
Ageless Grace \$
English Country Dance
Member Social
Music in the Atrium
1:45 Strengthen Your Health & Life \$
2:45 Stretch Your Limits \$
3:30 Tai Chi \$

TUESDAY

9:00 Retreads
9:15 PRIMETIME FITNESS \$
10:00 Tap Dance Lessons (Beg) \$
10:30 ARTHRITIS EXERCISE \$
10:45 Second-Wind Band \$
11:00 Tap Dance Lessons (Beg/Int) \$
11:00 am–4:00 pm **Massage Appts. with Chase Available** \$
11:45 Stretch for Balance & Strength \$
12:30 Party Bridge
12:45 *Beginning Spanish*
1:00 **English Country Dance**
1:15 **Round Dance Lessons** \$, Cardio Strength \$
2:00 *Advanced Beginner Spanish*
GO for Beginners
2:15 Core Stability \$
3:00 **Nail Care Services** \$
3:15 *Keeping Up Your Spanish*
3:30 MOVE TO THE RHYTHM DANCE PARTY \$, **Parkinson's Yoga** \$
5:00 **Boot Camp** \$
6:00 **AA Women's Group, No-Fall Aikido** \$
Line Dance (Int./Adv.)
6:45 **Families Anonymous**
7:00 **Adult Aikido** \$

WEDNESDAY

8:30 Hatha Yoga \$
9:00 *Hiking*, Fitness Room Orientation
11:00 am–4:00 pm **Massage Appts. with Chase Available** \$
9:15 Primetime Fitness \$
9:30 Crafty Ladies
9:45 Tone & Groove \$
10:00 *Senior Bowling* \$, Push Card Game
11:00 SENIOR FITNESS, Poker
12:00 **Tops, Canasta, Music in the Atrium**, Crafts DIY, Advanced Line Dance
12:30 **Square Dance Lessons**
1:00 *Ageless Grace* \$, Scrabble
American Mah-Jongg
1:30 Recorder Lessons \$
1:45 Strengthen Your Health & Life \$
2:00 Knit-Wits
2:30 Ping Pong
3:00 Foam Rolling \$
4:15 **Stretch for Balance & Strength** \$
5:00 Line Dance (Beg.)
5:30 Tai Chi \$
6:30 **International Folk Dance**

3 9:00 **French for Travel, cont.**
10:00 **Percussion 101, cont.**
Golf Meeting
Control, Alt, Delete Nutrition \$
1:00 Council Meeting
Wet Felting, final
Felting Bunnies \$
1:00 **Pride Game Day**
2:00 Bunko

10 10:00 **Percussion 101, final**
Control, Alt, Delete Nutrition, cont.
1:00 **Piedmont Pastelists**
2:00 Current Events
Tea & Treats

17 10:00 **Control, Alt, Delete Nutrition, cont.**
2:00 Bunko

24 10:00 **Control, Alt, Delete Nutrition, final**
1:00 **Mandala Art Painting** \$

4 9:30 **Coffee & Caregiving Injury & Pain Screenings**
10:00 **Try it Out Tuesday**
Paint Loose, cont.
11:00 **The Center Players, cont.**
1:00 **Name That Tune**
1:30 **Scrapbooking** \$
2:00 **Comfort Bird Carving** \$
5:30 **Garth Newel Piano Quartet**
6:00 **Trivia**
6:30 **Piedmont Master Gardener Talk**
6:45 **Has Your Get Up & Go Got Up & Left?**

11 10:00 **Money & You**
Paper Crafting \$
Paint Loose, cont.
11:00 **The Center Players, cont.**
1:00 **Bookmobile**
1:30 **Scrapbooking, cont.**
2:00 **Karaoke**
Comfort Bird Carving Class, final
Pride Book Event
5:00 **Wisdom in Aging**
6:30 Civil War Roundtable

18 9:30 **Alzheimer's Support Group**
10:00 **Elder Law**
Paint Loose, cont.
10:30 **Move For Health**
11:00 **The Center Players, cont.**
1:30 **Scrapbooking, cont.**
Portraits in Pastel \$
5:00 **Wisdom in Aging, cont.**
6:00 **Trivia**
Preparing for the Death of a Partner

25 10:00 **Paint Loose, final**
11:00 **The Center Players, cont.**
1:00 **Bookmobile**
1:30 **Scrapbooking, final**
Portraits in Pastel, cont.
2:00 **Karaoke**
4:30 **Pride Tea Dance**
5:00 **Wisdom in Aging, cont.**

5 9:00 **French for Travel, cont.**
9:30 **Veterans Coffee Hour**
Kingfishers
10:15 **From Darkness Into Light-WMC**
11:00 Book Group
4:30 **Registered Dietitian Q & A** \$
5:00 **Movie Night**
6:00 **Int'l Latin Ballroom Dance** \$
Kirtan
Retire with Financial Confidence \$
7:00 **Int'l Standard Ballroom Dance** \$

12 10:30 **Parkinson's Caregiver Support Group**
11:00 **Medicare 101**
11:30 **Volunteer Fair**
2:00 **Preparing for the Death of a Partner**
3:00 **ReConnect Support Group (new series)**
5:30 **Songwriter Open Mic Night**
6:00 **Int'l Latin Ballroom Dance, cont.**
Moonlighters Quilting Group
Medicare 101
Retire with Financial Confidence, cont.
7:00 **Int'l Standard Ballroom Dance, cont.**

19 10:00 **Welcome Wednesday**
Hearing Health
1:00 **Let's Talk Books**
Got Venom?
3:00 **ReConnect Support Group, cont.**
4:30 **Registered Dietitian Q & A** \$
5:00 **Injury & Pain Screenings**
Movie Night
5:30 **Pride Game Night**
6:00 **Veterans Social**
Int'l Latin Ballroom Dance, cont.
Retire with Financial Confidence, cont.
7:00 **Int'l Standard Ballroom Dance, cont.**

26 10:30 **Parkinson's Caregiver Support Group**
11:00 **The Center Players, cont.**
1:30 Dollhouse Miniatures
3:00 **ReConnect Support Group, cont.**
6:00 **Int'l Latin Ballroom Dance, cont.**
Retire with Financial Confidence, final
Moonlighters Quilting Group
Welcome Wednesday
7:00 **Int'l Standard Ballroom Dance, cont.**

Pull-Out Program Calendar

THURSDAY

8:30 TAI CHI \$
9:00 *Ivy Creek Hikers*, Party Bridge,
Retreads
9:15 PRIMETIME FITNESS \$
9:30 Beginners Chess
10:00 **AA Meeting**
10:15 Tap Dance (Int.) \$
10:30 *Chair Yoga*, First Wind Band \$,
ARTHRITIS EXERCISE \$
11:15 Golden Girls Ballet \$
12:00 *NIA-Moving to Heal* \$
Music in the Atrium
Sheepshead
Massage Appts. with
Rachel Available \$
12:15 BALANCE & STABILIZATION \$
12:30 Tap Dance Lessons (Adv.) \$
1:00 Apple/Mac Class
Woodcarvers
1:15 Cardio Strength \$
1:30 **Drumming Group**
2:00 Backgammon, Cribbage
2:30 **International Folk Dance**
3:30 Tai Chi \$
5:00 **Tap Your Troubles Away \$**
7:00 **Square Dancing**

FRIDAY

8:30 TAI CHI \$, Hatha Yoga \$
9:00 *Level 1 Walking*
9:15 PRIMETIME FITNESS \$
9:30 Friday Art Group
9:45 Tone & Groove \$
10:00 Rummikub
10:45 Flashbacks \$
11:00 Balance with Beth \$
Friday Fitness
Ping Pong
Zena Rommett Floor Barre \$
12:00 **Music in the Atrium**
12:15 Beginners Line Dance
1:00 Euchre, Still Sharp Singers
Mah Jongg (American)
Writing for Pleasure
1:45 **Improvers/Int. Line Dance**
2:30 **Acoustic Jam Session**
Bingo \$
Barbershop Belles & Beaux
3:30 **Parkinson's Yoga \$**

SATURDAY

9:00 am-2:00 pm **Lawn Games Available**
 10:00 **Chess (All Levels)**
 10:00 MOVE TO THE RHYTHM DANCE PARTY \$
 10:00 am-12:00 pm **Informal Board Games**
 11:00 Zena Rommett Floor Barre \$

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								1	9:30 12:00	Intermediate Oils \$ Intro to Tech
6	9:30 10:00 11:00 1:00 2:00 2:30 3:00 6:00	Intro to Pastel Painting \$ Hearing Screenings Global Flashpoints The Center Players, <i>cont.</i> Mastering Medicare Diabetes Discussion Group Mah Jongg Lessons \$ Socrates Café NAMI Support Group Jazz Jam	7	9:00 10:30 1:00	French for Travel, <i>final</i> Found Object Sculptures \$ Oil Painting Flowers, <i>cont.</i>	8	9:30 10:00	Intermediate Oils, <i>cont.</i> Intro to Pastels \$		
13	9:30 10:00 11:00 2:30 3:30 4:00 5:02 6:00	Intro to Pastel Painting Beginner's Guide to Medical Cannabis The Center Players, <i>cont.</i> Mah Jongg Lessons, <i>cont.</i> Fitness Room Orientation Essential Tremor Support Group Thursdays Around 5 African American Book Group Camera Club	14	10:30 1:00 9:00	Found Object Sculptures, <i>cont.</i> Oil Painting Flowers, <i>cont.</i> <i>UVA Group Observatory Night</i>	15	9:30 10:00 11:00	Intermediate Oils, <i>cont.</i> Line Dance (Int./Adv.) Kirtan		
20	9:30 11:00 2:30 3:00 4:00 5:00 6:00 6:30 7:00	Acrylic Pour Scene \$ The Center Players, <i>cont.</i> Mah Jongg Lessons, <i>cont.</i> Socrates Café Wildcat Mountain Ramblers Fitness Room Orientation NAMI Support Group Cajun & Zydeco Dance Rivanna Winds	21	8:00 10:30 11:00 1:00 3:30 6:00	Birding at Foxhaven Found Object Sculptures, <i>final</i> Has Your Get Up & Go Got Up & Left? Oil Painting Flowers, <i>cont.</i> Volunteer Mocktail Mixer Silent Disco \$	22	9:30 3:00	Intermediate Oils, <i>cont.</i> Spring Band Concert		
27	9:30 10:00 11:00 2:30 3:00 5:03	Alcohol Ink Collages \$ Walking the Camino Real The Center Players, <i>cont.</i> Mah Jongg Lessons, <i>cont.</i> Caregivers Discussion Group Thursdays Around 5	28	12:00 1:00	Don't Operate: Regenerate! Oil Painting Flowers, <i>final</i>	29	9:30	Intermediate Oils, <i>final</i>		

March 2023

PROGRAM KEY: *green = off-site;* **bold = open to the public;** *blue = online;* black = on-site; ALL CAPS = online AND on-site; \$ = fee. Check for program updates at thecentercville.org.

MONDAY

8:30	Hatha Yoga \$
9:00	<i>Hiking</i>
9:15	PRIMETIME FITNESS \$
9:45	Tone & Groove \$
10:00	Writing for Healing & Growth \$ Sew & Sews (does not meet the first Monday),Getting Better at Bridge, Grateful Threads Quilters
10:30	<i>Chair Yoga</i>
11:00	Silver Swans Ballet II \$, Poker
11:45	BALANCE & STABILIZATION \$
12:15	Silver Swans Ballet I \$
12:30	Chess
1:00	Mah-Jongg (Chinese) <i>Ageless Grace \$</i> English Country Dance Member Social Music in the Atrium
1:45	Strengthen Your Health & Life \$
2:45	Stretch Your Limits \$
3:30	Tai Chi \$

TUESDAY

9:00	Retreads
9:15	PRIMETIME FITNESS \$
10:00	Tap Dance Lessons (Beg) \$
10:30	ARTHRITIS EXERCISE \$
10:45	Second-Wind Band \$
11:00	Tap Dance Lessons (Beg/Int) \$
11:00 am–4:00 pm	Massage Appts. with Chase Available \$
11:45	Stretch for Balance & Strength \$
12:30	Party Bridge
12:45	<i>Beginning Spanish</i>
1:00	English Country Dance
1:15	Round Dance Lessons \$, Cardio Strength \$
2:00	<i>Advanced Beginner Spanish</i> GO for Beginners
2:15	Core Stability \$
3:00	Nail Care Services \$
3:15	<i>Keeping Up Your Spanish</i>
3:30	MOVE TO THE RHYTHM DANCE PARTY \$, Parkinson's Yoga \$
5:00	Boot Camp \$
6:00	AA Women's Group, No-Fall Aikido \$ Line Dance (Int./Adv.)
6:45	Families Anonymous
7:00	Adult Aikido \$

WEDNESDAY

8:30	Hatha Yoga \$
9:00	<i>Hiking</i> , Fitness Room Orientation
11:00 am–4:00 pm	Massage Appts. with Chase Available \$
9:15	Primetime Fitness \$
9:30	Crafty Ladies
9:45	Tone & Groove \$
10:00	<i>Senior Bowling \$</i> , Push Card Game
11:00	SENIOR FITNESS, Poker
12:00	Tops , Canasta, Music in the Atrium , Crafts DIY, Advanced Line Dance
12:30	Square Dance Lessons
1:00	<i>Ageless Grace \$</i> , Scrabble American Mah-Jongg
1:30	Recorder Lessons \$
1:45	Strengthen Your Health & Life \$
2:00	Knit-Wits
2:30	Ping Pong
3:00	Foam Rolling \$
4:15	Stretch for Balance & Strength \$
5:00	Line Dance (Beg.)
5:30	Tai Chi \$
6:30	International Folk Dance

6	10:00 Percussion 101 \$, cont. 11:30 Control, Alt, Delete Nutrition \$ 1:00 Council Meeting 1:30 A Play on Words 2:00 Bunko Rosenwald School Building Legacy
13	10:00 Percussion 101, cont. 11:30 Control, Alt, Delete Nutrition, cont. 1:00 Piedmont Pastelists Plant Based Nutrition Drawing with Katie \$ 1:30 Play on Words 2:00 Current Events
20	9:00 French for Travel \$ 10:00 Percussion 101, cont. 11:30 Control, Alt, Delete Nutrition \$, cont. 1:00 Understanding Your Medicare Hospice Benefits Wet Felting \$ Drawing with Katie \$, cont. 2:00 Bunko
27	9:00 French for Travel, cont. 10:00 Percussion 101, cont. 11:30 Control, Alt, Delete Nutrition, final 1:00 Wet Felting, cont. Drawing with Katie, final

7	9:30 Coffee & Caregiving Injury & Pain Screenings 10:00 Try It Out Tuesday Monotype Printing \$ 11:00 Good Life Series The Center Players, cont. 1:00 Name That Tune Pride Game Day 1:30 Scrapbooking (All Levels) \$ 3:00 Collage \$ 4:00 Drumming Group Special Event 6:00 Where Are Markets & the Economy Heading? Trivia 6:45 Has Your Get Up & Go Got Up & Left?
14	10:00 Money & You Paper Crafting \$ Monotype Printing, cont. 11:00 The Center Players, cont. 1:00 Bookmobile 1:15 Round Dance 1:30 Scrapbooking, cont. 2:00 Karaoke 3:00 Collage, cont. 6:30 Civil War Roundtable
21	9:30 Alzheimer's Support Group 10:00 Elder Law Monotype Printing, cont. 10:30 Move For Health 11:00 The Center Players, cont. 1:30 Scrapbooking, cont. 3:00 Collage, cont. 6:00 Trivia
28	10:00 Monotype Printing, final 11:00 Egypt Travel Presentation The Center Players, cont. 1:00 Bookmobile 1:30 Scrapbooking, final 2:00 Karaoke 5:30 Pride Movie

1	9:30 Veterans Coffee Hour Kingfishers 11:00 Book Group 3:00 ReConnect Support Group, cont. 4:30 Registered Dietitian Q & A \$ 5:00 Movie Night 6:00 Int'l Latin Ballroom Dance \$ Kirtan 7:00 Int'l Standard Ballroom Dance \$
8	10:30 Parkinson's Caregiver Support Group 11:00 Medicare 101 1:00 Basics of Drone Operation \$ 3:00 ReConnect Support Group (final) Tips for Dips w/UVA Dietitians 5:30 Songwriter Open Mic Night <i>Pride Bowling Evening \$</i> 6:00 Int'l Latin Ballroom Dance, cont. Moonlighters Quilting Group 7:00 Int'l Standard Ballroom Dance, cont.
15	10:00 Welcome Wednesday Hearing Health 1:00 Basics of Drone Operation \$, cont. Let's Talk Books 3:00 Essential Oils for Aches & Stiffness 4:30 Registered Dietitian Q & A 5:00 Injury & Pain Screening Romeo & Benvolio Movie Night 5:30 Pride Game Night 6:00 Veterans Social Int'l Latin Ballroom Dance, cont. 7:00 Int'l Standard Ballroom Dance, cont.
22	9:00 French for Travel, cont. 10:30 Parkinson's Caregiver Support Group Lucky Luncheon \$ 11:45 Basics of Drone Operation, cont. 1:00 Dollhouse Miniatures 1:30 Int'l Latin Ballroom Dance, cont. Moonlighters Quilting Group Welcome Wednesday 7:00 Int'l Standard Ballroom Dance, cont.
29	9:00 French for Travel, cont. 1:00 Basics of Drone Operation, final 6:00 Int'l Latin Ballroom Dance, final Investing for Beginners 7:00 Int'l Standard Ballroom Dance, final



TRAVEL

LINDA HAHN
TRAVEL COORDINATOR
linda@thecentercville.org
434.220.9736

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

Personal travel needs? Contact Linda for help!

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

Thank you to Anthology Senior Living for its sponsorship of travel programming at The Center.

PRESENTATIONS

EGYPT TRAVEL PRESENTATION

Tuesday, March 28, 11:00–12:00 pm

Learn more about The Center’s upcoming trip to Egypt scheduled for October 24– November 5. Jan Mendenhall with MJ Horus Adventures will share information and trip details.

DAY TRIPS

RIVERSIDE CENTER: “RAGTIME”

Wednesday, March 22

Set in the volatile melting pot of turn-of-the-century New York, three distinctly American tales are woven together. A stifled upper-class wife, a determined Jewish immigrant, and a daring young Harlem musician are united by their courage, compassion, and belief in the promise of the future. Lunch is included. Members \$140; Guests \$160

TEA AT THE JEFFERSON HOTEL

Friday, March 24

Take tea at the historic Jefferson Hotel in Richmond. Enjoy assorted finger sandwiches, freshly baked scones with Devonshire cream and strawberry preserves, and a selection of pastries and tea breads. Of course, you’ll also have your choice of tea! Members \$99; Guests \$119

HOLLYWOOD CASINO

Saturday, March 25

Try your luck at the Hollywood Casino in Charles-town, WV. Play one of the many slot machines or sit down for a hand of Blackjack or poker. You will receive \$20 in free slots. Members \$65; Guests \$85

CHERRY BLOSSOM ODYSSEY CRUISE

Friday, March 31

Wait list only—call or visit website for details.

VIRGINIA SCENIC RAILWAY – ALLEGHENY SPECIAL

Thursday, April 27

Wait list only—call or visit website for details.

NATIONAL MUSEUM OF THE MARINE CORPS

Wednesday, May 10

This lasting tribute to U.S. Marines past, present, future featuring world-class exhibits is one of the top tourist attractions in the state. Situated adjacent to the Marine Corps Base in Quantico, Virginia, the 120,000 square foot museum’s soaring design evokes the image of the flag-raisers of Iwo Jima. Members \$60; Guests \$80



LEWIS GINTER BOTANICAL GARDEN

Wednesday, May 17

Discover how the beauty of today’s botanical garden began in the bicycle craze of the 1890s as you learn about the history of the property. A guide will share seasonal highlights and explain why the Travel Channel calls Richmond’s Lewis Ginter Botanical Garden the “Best Botanical Garden in the U.S.” Members \$70; Guests \$90

SWIFT CREEK MILL THEATRE: “THE SWEET DELILAH SWIM CLUB”

Wednesday, June 21

Travel to Chesterfield for this hilarious and touching play about friendship. After meeting on their college swim team, five Southern women gather every year at their beach cottage in the Outer Banks without husbands, children, or distractions to catch up, laugh, and meddle in each other’s lives. Lunch is included. Members \$132; Guests \$152

GETAWAYS

CHATEAU DE COURTOMER IN NORMANDY, FRANCE

April 11–19, 2023

The magnificent Chateau de Courtomer, one of the last grand French chateaux built in the 18th century, sits on over 300 acres of park, woodland, and farmland. The entire structure has gone through extensive renovations since 2005, but has retained the charm and style of France’s elegant past. Package includes airport transfers, all meals, five day trips, entrance fees, and more.

EAST AFRICAN SAFARI ADVENTURE

June 8–20, 2023

Get ready for the adventure of a lifetime—a small-group safari across Kenya and Tanzania! Experience elephants, giraffes, wildebeests, and rhinos in their natural habitats. Enjoy thrilling game-viewing drives in the Amboseli, Tarangire, Serengeti, and Lake Nakuru National Parks.

ALASKA AND THE YUKON

August 14–26, 2023

Enjoy the majesty of Alaska from awesome fjords to rugged mountains. Travel from Anchorage to Denali National Park and Fairbanks before heading into the Yukon. Visit Dawson City and Whitehorse while traveling through the land of the gold rush before boarding Holland America Line’s *Koningsdam* in Skagway. From there, cruise to Glacier Bay and Ketchikan, then through the Inside Passage to Vancouver, BC.

BEAUFORT HOUSE IN KILLARNEY, IRELAND

September 1–9, 2023

September 8–16, 2023

Enjoy a 7-night stay at Beaufort House, a beautiful 18th-century residence set among 40 acres of woodland overlooking the River Laune. Experience the Ring of Kerry, the Dingle Peninsula, Gap of Dunloe, Blarney Castle, and more. Includes round trip airfare, airport transfers, all meals, and day trips.



EGYPT

October 24–November 5, 2023

Explore a land of ancient treasures from Cairo, the capital and largest city of Egypt, to the Great Pyramids and beyond. You’ll experience camel rides, a Nile cruise from Aswan to Luxor, a sunrise balloon ride, temple visits, shopping, and much more. Package includes round trip airfare and two meals per day.

COME
ALONG!
CENTER TRIPS ARE
OPEN TO ALL!

WE REMEMBER

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

Mary Allen
John Ashley
John Bertram
Phillip Best
Gerald Burnett
Sandra Dieter
Ann Harrod
Betsey Hathaway
William Hearn
James Paul Jinks

Richard Marsden
Evelyn Gardner Marshall
Nancy Marshall
Mary Matson
Tom Michaels
Helen Minor
Frances Murray
Harold Olinger
Lula Overbeck
Norman Pearson

Norma Petroni
Michael Rein
Jimmie Lou Richardson
Inez Robertson
Lois Rochester
Margaret Shiflett
Tom Shuman
Beth Wilgis
Denton Wilson

DEI Committee News

Through programs and events, the Diversity, Equity, and Inclusion Committee continues its commitment to celebrate diversity, break down barriers, and advance equity within our community.

With that commitment comes an increase of eagerness for LGBTQ events and programs. To simplify the search for LGBTQ-friendly events, The Center has added a program search category on our website labeled “Pride.” Here you will find information on upcoming programs such as Pride Game Nights. In March, Dr. Kimberly D. Acquaviva will discuss palliative care and end-of-life decision-making for LGBTQIA+ people. In April, author Mary Alice Hostetter presents her book *Plain: A Memoir of Mennonite Girlhood*, the story of her journey to define an authentic self amid a religious upbringing.

Also in March, Mike and Mary Wilson continue their film and discussion series “Sharing our Stories: Indigenous Perspectives,” introducing different topics through various storytelling mediums. And as part of the Festival of the Book, the African American Authors Book Club will host author and concert violinist Rosalyn Story. Story’s new book, *Sing Her Name*, follows two musically gifted women whose lives overlap across the boundaries of time.

Societal issues in modern day Saudi Arabia are highlighted in the 2012 documentary film *Wadjda*, screening in April. The story highlights the struggle of a persistent 10-year-old girl who would like nothing more than a new bicycle so she can beat her friend, a boy, in a race.

For up-to-date program and event information, as well as opportunities to join us in our commitment, visit The Center's website and subscribe to the weekly e-news.

COMMITTEE MEMBERS


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

DONATIONS MADE IN MEMORY OF (December 1, 2022–January 31, 2023)

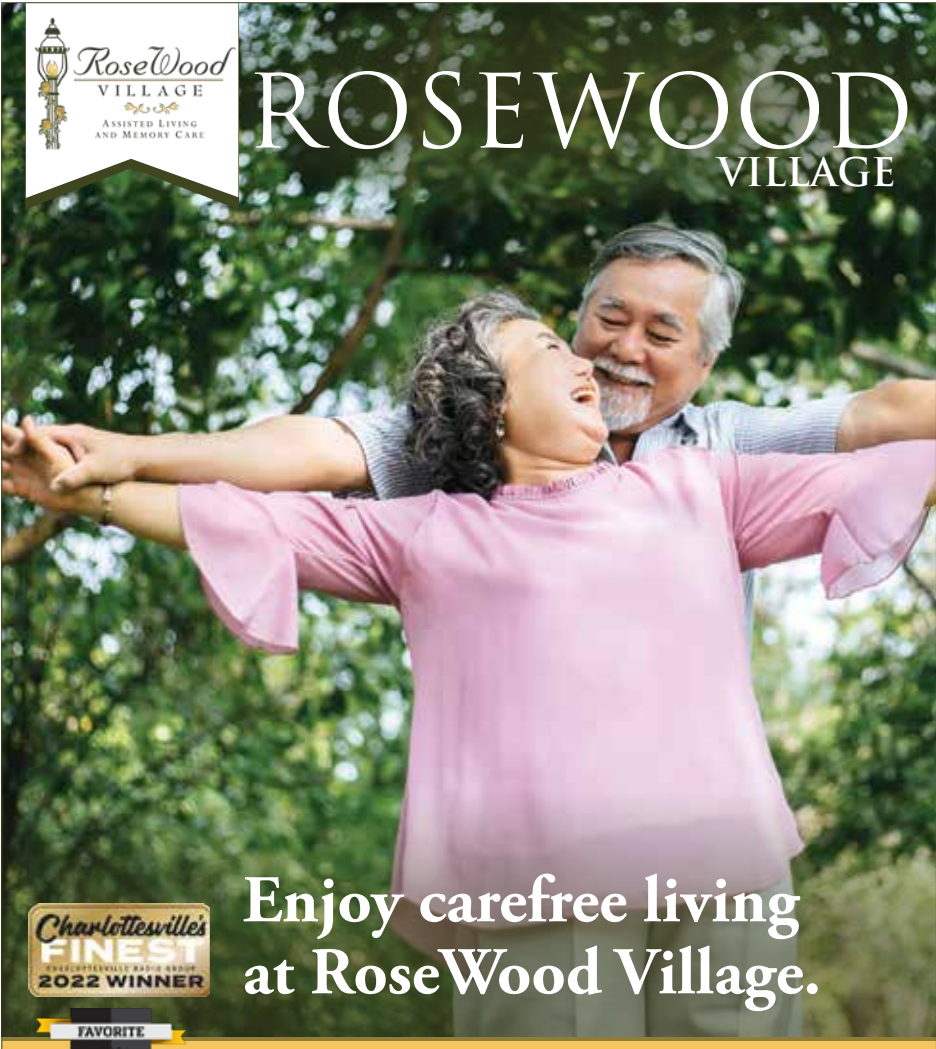
James “Jim” Berry By Patricia Berry	James Jinks By Betty Bollendorf
Walter Blackburn By Anne Pontuso	Harold Olinger By Sandra Ballif By Betty Bollendorf By Daniel Nunziato By Sherry Sinard By Peter Thompson
Muff and Russ Cummings, Ed and Jo Davies By Patricia & Madison Cummings	Steven Shawley By Patricia Shawley
K N Doraswamy and T V Pankajalakshmi By Saras Sarasvathy	Sue C. Smith By Susan & Richard Howard-Smith
James and Mary Vance Paton By Eric Pfaff	Vivian and Randy Wade By Kelly & Michael West
George E. Linney, Jr, MD By Barbara Linney	Betty and Bob Wessel By Wendy Lester-Gibbons and Terry Gibbons
Tom Crowell By Mary Allison Crowell	Rick Watson By Pamela & Lucius Bracey
Romee and Robert Ferree By Brenda & William Steigman	

DONATIONS MADE IN HONOR OF (December 1, 2022–January 31, 2023)

Dan Brody By Cheryl & Robert Byron	Lynn & Larry Martin By The Culbertson Foundation
Bobbi Hughes By Peggy Watts Gup	Clay Sisk By Shelby Clements By Joyce & Ronald Root
The Center Staff By Betty Bollendorf	Jan & John Stalfort By Louise & Edward Tayloe
The Center’s Diversity, Equity and Inclusion Committee By Amy Richardson	Peter M. Thompson By Erika Viccellio




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VOLUNTEERING

BOBBI HUGHES

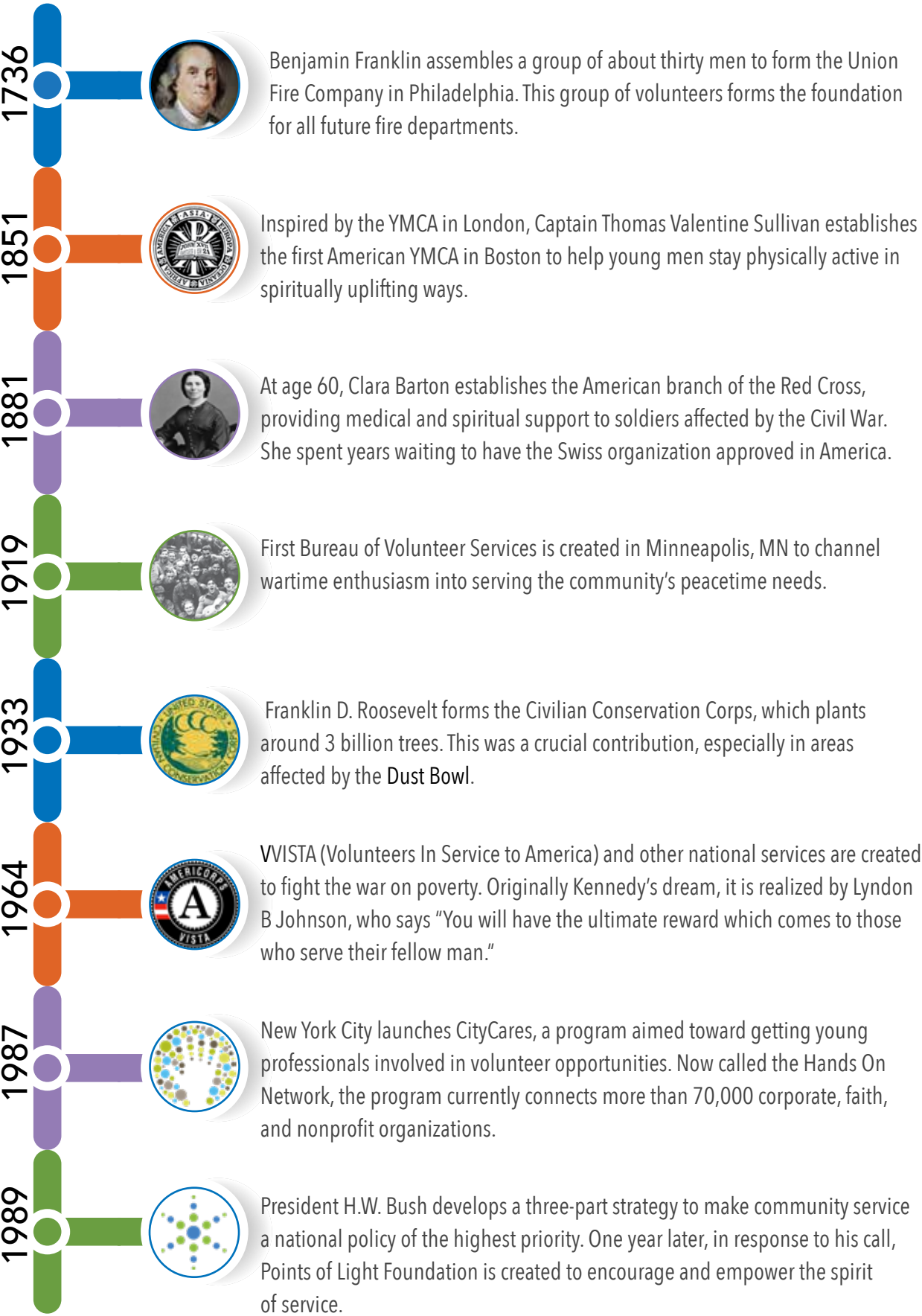
Coordinator of Volunteer Resources
434.220.9755 • bobbi@thecentercville.org

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

Volunteers Shape The Center and the U.S.

We celebrate all our wonderful Center volunteers this spring and take a look back at American history through the lens of donating your time and services.

Volunteerism in America



It's often easy to feel overlooked or underappreciated as a volunteer. Many people may be unaware of your service. You may feel your impact is small and thanks are few. But as history shows, volunteerism can accomplish so much! There is always potential for growth in doing good.

If you are interested in volunteering for The Center or another Charlottesville nonprofit, contact Volunteer Coordinator Bobbi Hughes.

"...you will have the ultimate reward which comes to those who serve their fellow man."

Volunteer Opportunities

At The Center

Now that we are open on Saturdays, consider volunteering as a Lobby Ambassador, at the Welcome Desk, in the Travel Office, in the Fitness Room, or as support for a special event. Contact Bobbi Hughes if you are interested.

In the Community

Twice is Nice is a nonprofit boutique selling gently used furniture, clothing, collectibles, jewelry, and housewares, with proceeds benefiting other area nonprofits dedicated to quality life for seniors. Volunteers pick up donated furniture, provide frontline cashier and customer service, dress mannequins, and help behind the scenes with unpacking, tagging, fixing, and steaming. For more information, contact David Barton at volunteers@twiceisnicestore.org.

Do you report your volunteer hours?

Volunteering offers great health benefits to seniors and many give their time to local nonprofit organizations. (The Center alone places hundreds of volunteers at dozens of Charlottesville nonprofits every year!) Many volunteers, however, do not report their hours.

If you learned from an early age that volunteering your time and talents is simply "the right thing to do," it may not occur to you to track your time. Why would you need to record a gift instead of simply giving it?

Reporting your volunteer hours actually helps nonprofit organizations!

Your services as a volunteer save organizations time and money. Reporting hours helps them illustrate those benefits and inform the community of the incredible impact volunteers can have.

Many nonprofit organizations rely on grant-based funding. Being able to translate volunteer support into a monetary value helps nonprofits respond to grant proposals. Your report of how much time you served could be a factor in securing additional funding for your favorite nonprofit!

Seeing positive engagement like volunteer hours can also influence potential donors.

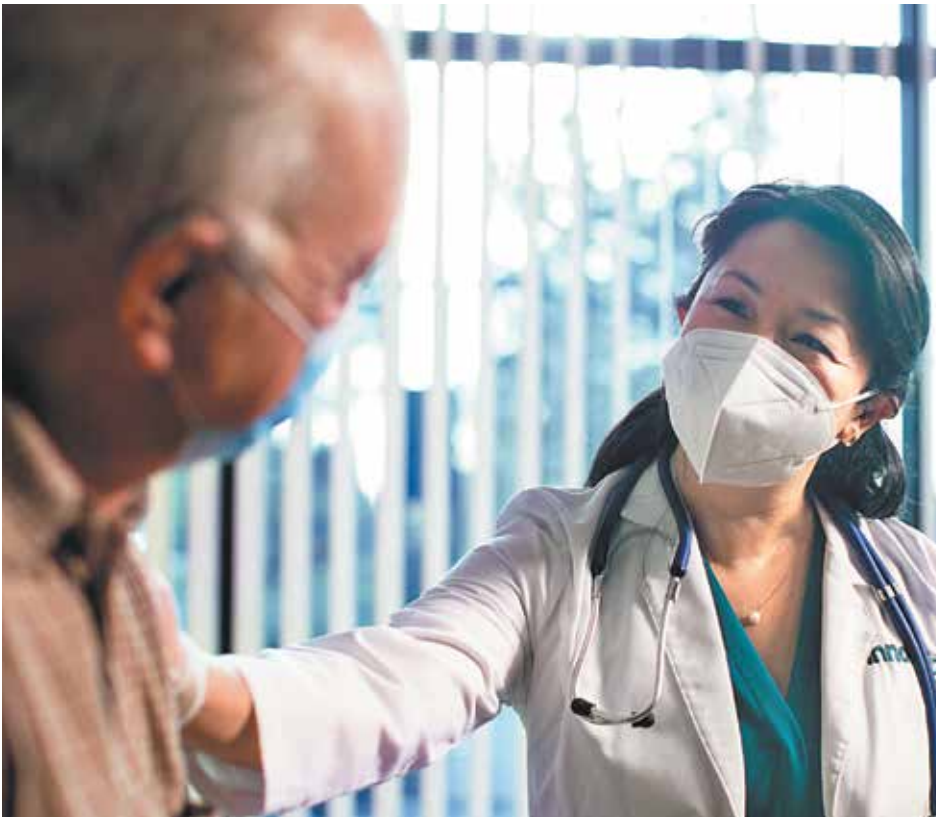
These are all ways your volunteer time can have even more impact upon your favorite nonprofit.

When senior citizens share their volunteer hours, it has the added benefit of improving social perception of aging. Seeing active, engaged seniors giving back to their communities and enjoying high quality of life helps everyone live longer, healthier lives.

The Center makes it easy to report your volunteer hours. You can share them in person, by email, or on the phone. Contact Volunteer Coordinator Bobbi Hughes.

MANY THANKS TO THESE 1180 SOCIETY MEMBERS!
(December 1, 2022-January 31, 2023)

Anonymous Friends (3)	Alice Meador/Alice P. Meador
Anthology of Charlottesville	Fund at the CACF
ArkWise Wealth, A Private	Moore's Electrical & Mechanical
Wealth Advisor Practice of	Helen Ida & LeRoy Moyer
Ameriprise Financial, LLC	Cathy & James Newman/
Mary Barnabei	Stillfield Fund I at the CACF
Christine Barnicle	Norton Health Law P.C.
The Blake at Charlottesville	Janet Overman
Bridgewater Retirement	Perry Foundation
Community	Jan & John Redick
Diane & Dick Brownlee	Mary Reiman
Carter Bank & Trust	Amy Richardson
Julie Christopher &	Whitley & Chuck Rotgin/Rotgin
Marjorie M. Connelly	Family Fund at the CACF
Commonwealth Senior Living,	Kathy Seabrook
LLC	Sentara Martha Jefferson
Lynn Conboy/Conboy Duke	Hospital
Foundation	Christine Shaw/Shaw
Culbertson Foundation	Charitable Fund
Charlotte & Cliff Erickson	Patricia Shawley
Rosemary Evans &	Kathryn Skinner
Kenneth Shade	St. Luke's Episcopal Church
The Farkas Family Foundation	Mr. & Mrs. Charles Stewart
Nancy Fischer	Stultz Foundation
Sally & Joe Gieck	Louise & Dickie Tayloe
Jolene Green	Peter M. Thompson &
Nancy & Richard Guerrant	Barbara A. Millar
Constance Hallquist/	Thompson Jones Alexander
Constance Hallquist	Foundation
Charitable Fund	Martha & George Truxel
Cindy & Richard Hewitt/Hewitt	Laura & Jorgen Vik
Family Fund at the CACF	Westminster-Canterbury of the
Ann & L. Peyton Humphrey	Blue Ridge
Ivy Rehab	Mickie & David Wood/Whitney
Mary Ann Leeper	& Anne Stone Foundation
Sarah & Hugh Litchfield	Woodson Charitable Trust
Margaret & Bill Marley	Connie & Christopher Zazakos
Lynn & Larry Martin	



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Westminster-Canterbury of the Blue Ridge

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



Having resources available on-site is a convenience for Center members and visitors.



Support from corporate partners expands capacity for new programs and special events.

The Corporate Partner Impact on Healthy Aging

Have you seen banners of local businesses hanging on the landing of The Center’s stairwell? Maybe you’ve grabbed a snack or some educational material from a hosted information table in the Atrium. Perhaps you’ve seen a Corporate Partner mentioned in the weekly e-news or listed in this very newsletter. What exactly is a Corporate Partner and why should you care?

Corporate Partners are businesses that choose to align with The Center’s healthy aging mission. Our Corporate Partners support The Center’s efforts to help people live more years in good health through financial support and active engagement throughout the year.

Corporate Partners contribute to the Center’s philanthropic support by helping underwrite The Center’s programs and resources. Through their financial investment, Corporate Partners underscore their commitment and social responsibility to help transform lives. This impacts not only our organization, but also our broader community as healthy aging has significant social and economic implications.

By engaging here at The Center, our Corporate Partners bring additional value in their areas of expertise. Many of our current Corporate Partners provide volunteers and programming for our members, staff,

and guests. Numerous Corporate Partners bring their services directly to The Center for the convenience of our participants, and in turn, they gain the opportunity to connect and share information with our Center community.

SKV Group, LLC is one of our 36 and counting Corporate Partners. For many years, they have offered the monthly Money and You program where experts share aspects of investing. Taking their community commitment a step further, SKV Group has also generously elected to support Veterans activities at The Center like the Army-Navy Game and a day trip for veterans to the D-Day Memorial.

We are grateful for all our Corporate Partners’ participation and care in helping The Center meet our healthy aging mission.

Next time you notice a banner, or a person standing with goodies at a table in the Atrium, or a mention of a community-minded business in the weekly e-news, know these Corporate Partners are making a powerful difference in our community.

If you are connected to a business that would like to partner with The Center, please contact Lynn Divers at lynn@thecentercville.org or 434.220.9745.

Senior Living in the HEART OF IT ALL

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For many Center members, retirement affords them opportunities to learn new skills and re-engage with their passions.

According to Pete, “Age is just a number that many claim is unlisted!”

Center members and volunteers define active aging as much more than staying physically active.

Fitness Room volunteer Pat Arcidicono says the best wellness practices are to “let go of things you cannot change, keep a healthy sense of humor, [and] never, never, never give up.”

Dr. Nate Freed says never to refer to yourself as “old” and to avoid defining yourself by something in your past, like a former profession. He and his wife redefine themselves every day.

Center member Barbara Elias says that learning to say “no” and assert her own needs has been an important wellness practice.

“Aging is not for sissies!” Barbara says.

Pete also emphasizes the importance of lifelong learning to active aging.

“Without being curious about the world around you and its happenings, you gradually withdraw from being a participant in your local, mental, and physical environments,” he says. “Maintain curiosity by being engaged in conversations with people who are ‘alive’ — that is, people who are interested in the world around them and have made the decision to take charge of their lives.”

Studies have demonstrated that physical activity, lifelong learning, and social connections all contribute to longer, healthier lives. If you want to bust senior stereotypes, you need all three. Together, they redefine what aging looks like in modern society: another stage of growth instead of a decline.

Jennie says, “To me, growing older is a privilege, normal, and even a cause for celebration... This is what’s supposed to happen!” ■

These quotes originally appeared on wellfitbyjennie.com.

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“I turned my plain, boring front yard into a native garden (see photos above). It was a steep barren hill that offered nothing to anybody and was difficult to mow... [I was inspired by] an OLLI class on Reduce Your Yard... An architect designed the garden for me [and] the Thomas Jefferson Soil and Water Conservation District gives grants... I’m really concentrating on things for the pollinators, because they’re starving. I just wanted to contribute something back to nature... Now, I’ve gone from being a couch potato to being a porch potato!”

– JJ Towler,
Center Member



“Our biggest goal [for The Center’s pollinator garden] is getting more members to come see us on Tuesday mornings [at 9 or 10 AM depending on the weather]. Chat about garden stuff and help maintain the garden. We’re going to be replacing some plants. There are things the rabbits and deer weren’t supposed to find delicious that they wound up finding delicious! ... We’re getting nice signage out there for the plants... This is [also] a certified monarch waystation. All I do at home is plant things for them to come and enjoy... This year I’m planting every single milkweed native to Virginia—there are 13 of them! Even if it’s a big mess, the butterflies will still come!”

– Amy Lowell,
Piedmont Master Gardeners



“I love to garden and I am so grateful that I am healthy and I can get up and down. There’s a lot of physical activity [and] at our age it’s good to keep moving. You need the exercise... I planted some hydrangeas and kaleidoscope abelias [as well as native plants including] Virginia bluebells, black eyed susans, flocks, bleeding heart, coral bells... I love the beauty of the ever-evolving variety of plants... attracting butterflies, bees, and hummingbirds. It’s a learning experience for me and I have so many resources that I am so grateful for.”

– Carolyn Rader,
Center Member



“I’m working with my friend who is a master gardener to put in some native plantings. I like having bird and butterfly friendly plants... For herbs, I grow two or three kinds of basil because I make my own pesto! I also grow rosemary, thyme, parsley. I even have sage, so I can do the whole song! And a few cherry tomato plants. There are three beds of food.”

– Carolyn Merrick,
Program Coordinator



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