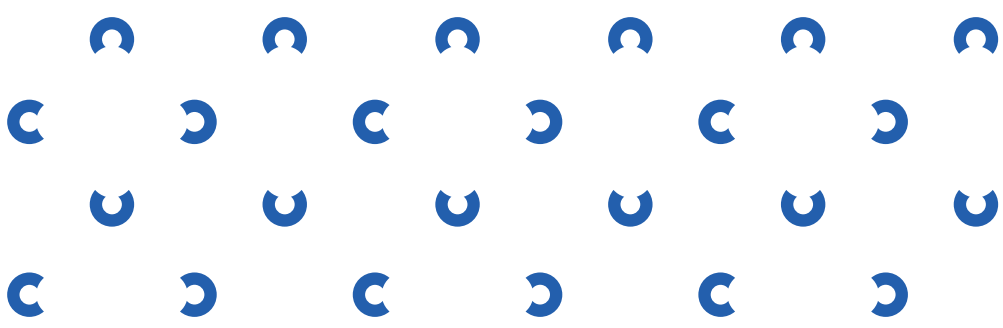




THE CENTER AT BELVEDERE



NEWS from THE CENTER

REFRAMING AGING SINCE 1960

MARCH/APRIL 2025

The Center is Part of Dementia Friendly Central Virginia



Did you notice a new decal by our front doors? The Center is now officially part of Dementia Friendly Central Virginia. In our service to older adults in Central Virginia, we are committed to being understanding and respectful of people living with dementia or cognitive impairment so that they can safely continue to engage in the community. More than 5000 people in Central Virginia are currently living with dementia or cognitive impairment. This number is expected to rise 30% in the coming year alone. Around 90% live at home and many remain active and engaged in our community. The Center's goal as a part of Dementia Friendly Central Virginia is to provide supportive options that foster quality of life for the Central Virginians living with these conditions so that everyone is supported to fully participate in our community. You can learn more about the Dementia Friendly Central Virginia movement at dfcentralvirginia.com.



Inside

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

Coming April 1! A New and Improved Center Membership

[Learn More Here](#)

Our goal as a nonprofit has always been to create opportunities for older adults to maintain or improve their health and well-being through a variety of programs and services. In the past several years, we've seen more people than ever enjoying our fitness classes, social activities, and educational offerings. This growth is exciting and contributes to a healthier community. It has also revealed challenges to our fiscal sustainability.

As many of you learned during the Tell-a-thon last fall, every member benefits from the generosity of our community. While this will continue to be the case, the extent to which we have relied on philanthropy to meet our operating costs is not sustainable. Membership and program fees currently cover less than 20% of our operating budget while philanthropy accounts for 60%.

To continue offering the high-quality programs that help increase years in good health, our membership model will change on April 1.



See Membership on page 12

We Heard You! *myactivecenter* Simplifies Membership and Program Registration



We're excited to announce a new program registration system at The Center designed with you in mind! As of April 1, The Center will use "MyActiveCenter.com," which links with the MySeniorCenter system we already use. No more having to call the Welcome Desk to check on the status of your membership. No more signing up for a month of recurring fitness classes when you know you'll have to miss half of them. And trying in vain to remember what you have and haven't registered for? A thing of the past!

My Active Center (MAC) is an online scheduling tool used by similar centers across the country. Once you create an account with a few simple steps, signing up for your favorite programs and events will be easier and more convenient than ever—whether you're registering from home or at The Center.

See MAC on page 15



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

Hours

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

About THE CENTER AT BELVEDERE

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

News from The Center is a publication of The Center.

Healthy Aging for All

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

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

BOARD OF DIRECTORS

- | | |
|-------------------|---------------------|
| Julie Christopher | President |
| Jennifer King | Vice President |
| Mark Brown | Treasurer |
| Mary Wilson | Secretary |
| Beverly Adams | Amber Best Roberts |
| Patti Cary | Peggy Slez |
| Katie Caverly | Shareef Tahboub |
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- | | |
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For more news, follow us on:



MEMBERSHIP

SUZANNE OREJUELA
MEMBERSHIP DIRECTOR
434.974.7756
membership@thecentercville.org

More than 2,200 members enjoy easy access to hundreds of great programs! To learn about membership options, including scholarships, please visit our website, stop by the Welcome Desk, or email membership@thecentercville.org.

Welcome New Members!

- | | | |
|----------------------|----------------------|---------------------|
| Deneen Allen-Bailey | Elizabeth Edgecomb | Carol Parrish |
| Dominique Anderson | Liz Forney | Rick Parrish |
| Maureen Babicz | David Fortna | Linda Passe |
| Margaret Bahret | Liliane Fortna | Sabine Rakos |
| Richard Balnave | Vincent Green | Deborah Roberts |
| James Benzinger | Mary Ann Hale | Christine Robertson |
| Anne Bergin | Lesley Hamilton | Deborah Samley |
| Lucinda Berndt | Patricia Hamrick | Peggy Scoggin |
| Amber Best Roberts | Darcy Higgins | Bunny Sheppard |
| Cathy Brinkley | Bonnie Horowitz | Barbara Shifflett |
| Robert Brooks | Emily Ives | Marjorie Siegel |
| Terri Brown-Martucci | Pamela Johnson | Elisabeth Sloan |
| James Burton | Mark Johnson | Susan Stewart |
| Christie Butterman | Rayford Jones | Marianne Suggs |
| Peggy Byrd | Andrea Koren-Shemesh | Tracy Tedford |
| Kay Caddell | Karin Kupke | Sandra Thomas |
| Bruce Cauthen | Rebecca Kwiatkoski | Douglas Tifft |
| Kok Chin Cheng | Richard Lang | Kathy Tobin |
| Glenn Clatworthy | Sarah Lanzman | Pamela Torrence |
| Patricia Connor | Arthur Lichtenberger | Elly Tucker |
| David Consolvo | Pung Lee Loh | Lydia Weston |
| Olivanne Coughlin | Rochelle Malbin | John Wilkinson |
| Elaine Covard | Michael Martucci | Ken Wilson |
| Joelle Danant | Tracy Melton | Howard Worsley |
| Laurie Davis | Joan Miller | Deborah Wright |
| Larry Dendtler | Jennifer Myer | Debbie Wright |
| Lynda Dendtler | Adriana Nicholson | Judy Zacharias |
| Arthur Drewry | Garland Okerland | |

If you joined between December 1, 2024, and January 31, 2025, and were not recognized here, please contact Membership Director Suzanne Orejuela at 434.220.9732 or suzanne@thecentercville.org.



COUNCIL NOTES

In March and April, like spring itself, the Council agenda will be about exciting new growth, fresh beginnings, and change. On **Monday, March 3**, in addition to the introduction of the new membership model and My Active Center, Council officers for FY2026 will be elected. The slate of candidates is posted on the Council bulletin board in the fitness hallway and any Center member may be nominated from the floor before the vote. Interested? Contact Peggy Slez (mjslez@gmail.com) or Gary Moody (gary.moody@yahoo.com) for more information.

All Center members and program leaders are invited to attend and participate in Council meetings to catch all the latest in upcoming programs and policies and ask the important questions about The Center organization and membership. **Monday, April 7**, will be the first Council meeting of The Center's fiscal year (April 1 to March 31), and the perfect opportunity to learn more about how the changes to membership and registration will affect you and the programs you enjoy.

Meetings begin at 1:00 pm and last approximately one hour. Attend one meeting or attend monthly—your choice. The Council's commitment is to productive discussion and communication with fellow Center members. You're invited!

—Peggy Slez, Council President

Subscribe!

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

PROGRAMS

Register online at thecenterville.org or call 434.974.7756.

Remember, this is a partial list! Recurring programs are included in the calendar on pages 7-10. Check the website for programs added after our print deadline!

SPECIAL EVENTS



CHARLOTTESVILLE BALLET AT BELVEDERE

Free and open to all; registration encouraged

Friday, March 7, 1:00–2:00 pm

The Ballet's professional company of artists from across the U.S. and around the world present excerpts from *The Firebird*, a classic Russian fairy tale set to the colorful score by Igor Stravinsky. Along with this sneak preview, learn about the Silver Swans program at The Center and participate in a Q&A with Charlottesville Ballet Director/Co-Founder Sara Clayborne and instructor Maria Chee.

SWANSONG IN THE ATRIUM

Free and open to all

Monday, March 3, 10:00 am–12:00 pm

Looking for a one-of-a-kind musical experience that will leave you breathless? This premier music ensemble based in Charlottesville takes a unique and innovative approach to live entertainment.

VIRGINIA GLEE CLUB PERFORMANCE

Free and open to all; registration encouraged

Thursday, March 27, 6:30–7:30 pm

The Virginia Glee Club, 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

Free and open to Center and WMC members; registration required

Wednesday, April 2, 10:15–11:30 am

Wednesday Music Club's pianists perform selections by Mendelssohn, Chopin, Ravel, Shostakovich, and others.



CENTRAL VIRGINIA IN THE CIVIL WAR LECTURE SERIES

In partnership with OLLI

Open to members; registration required

Thursdays, April 3–24, 3:00–4:30 pm

Saturday, April 26, 3:00–4:30 pm at Rio Hill

Historian Rick Britton presents a lecture series shining a light on lesser known local chapters of Civil War history. In our region where Thomas Jefferson dominates local history, it's easy to assume the area is a Civil War black hole where nothing of note happened. Learn about the contributions of UVA student companies, local African American soldiers, the Charlottesville Artillery, and more. \$10 per lecture.



SHREDDING TRUCK

Open to all

Thursday, April 24, 11:00 am–1:00 pm

Bring your paper to be shredded in a state-of-the-art high speed shredding truck on-site and then recycled. For safety and to keep the line moving, please stay in your car and a volunteer will collect your bag(s) of paper. \$5 for up to five bags, \$2 per each additional bag. Please note we cannot accept entire car- or truck-loads of paper from one individual.



VIRGINIA FESTIVAL OF THE BOOK AUTHOR EVENT

In partnership with the African American Authors Book Club

Free and open to all; registration encouraged

Thursday, March 20

3:00–5:30 pm

Karen Outen talks about

her acclaimed debut novel *Dixon, Descending* with Festival Director Kalela Williams. A brothers' quest to be the first Black American men to summit Mount Everest leads to a haunting story of ambition, guilt, and personal salvation. Q&A session and book signing will follow the discussion.



SOUL EXPRESSIONS DANCE PARTY

Open to all; registration encouraged

Friday, April 25, 6:00–9:00 pm

Crowd-pleasing songs and styles, from Motown to the '80s and onward, will keep you on your feet. Bring your dancing shoes and boogie down! \$20.

DOTTIE FILM SCREENING AND DISCUSSION

In partnership with UVA and Articine

Free and open to all; registration encouraged

Tuesday, April 29, 5:30–7:00 pm

This film depicts the challenges of a woman whose life is being transformed by dementia. Producing artistic director Robin Marcotte leads a discussion after the screening. Articine is a nonprofit organization that connects artists and medical professionals to create and implement collaborative wellness.

ART CLASS CANCELLATION POLICY: If you find that you cannot attend a class after registering please email programs@thecenterville.org or contact the Welcome Desk to let us know. Because supplies must be purchased in advance, cancellations with fewer than 7 days' notice will incur the materials fee. No-show Fee: Prime members will incur a **\$30 no-show fee** for any uncancelled registrations in addition to the materials fee.

ARTS

PAINT LOOSE ARTIST RECEPTION

Free and open to all

Tuesday, March 4, 10:00 am–12:00 pm

Admire the works of Linda Abbey's students.

CREATIVE COLLAGE

Open to Center members; registration required

Tuesday, March 4, 10:00 am–1:00 pm

Explore the art of creating collages with instructor Sue Oliveri. This stimulating and enjoyable workshop provides a supportive and encouraging environment to create artistic collages with many cool images, textured papers, colors, and design possibilities. No experience necessary. Prime members free; Standard members \$15. Materials fee is \$10, payable to instructor at start of class.

DRAW WHAT YOU SEE

Open to Center members; registration required

Wednesdays, March 5–April 9

10:00 am–12:00 pm

Students will draw from objects and still-life using the technique of careful observation. Instructor Desmond Cormier will cover value, perspective, line, and positive/negative space. Students of all levels will focus on creating a realistic drawing. The mediums used will be pencil, charcoal, ink, and conté crayons. Prime Members Free, Standard Members \$120.

TULIP PAINTING

Open to Center members; registration required

Tuesday, March 18, 9:30–11:30 am

Thursday, April 3, 9:30–11:30 am

Spring has sprung! Enjoy painting a beautiful tulip from start to finish with acrylic paint on a 3" x 8" canvas. No experience necessary. Prime members free; Standard members \$20.

PAINT PARTY WITH DAWN BONNER

Open to Center members; registration required

Monday, March 24, 1:00–4:00 pm

Local artist Dawn Bonner provides step-by-step instructions to paint a seasonal canvas. No experience necessary. Prime members free; Standard members \$30. Materials fee is \$15, payable to instructor at start of class.

ABSTRACT ACRYLIC PAINTING

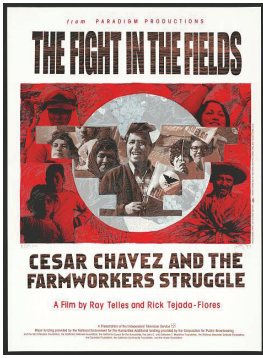
Open to Center members; registration required

Thursdays, April 17–May 22, 9:00 am–12:00 pm

(6 weeks)

Learn the abstract art techniques used by the masters of the 19th and 20th centuries such as Henri Matisse, Georgia O'Keefe, Helen Frankenthaler, and Vasily Kandinsky. View abstract art with a unique lens and learn how to crop photos to paint what resonates with you. Prime members free; Standard members \$180.

LIFELONG LEARNING



DOCUMENTARIES AND DISCUSSION

Free and open to all; registration encouraged
4th Wednesday each month, 5:00–7:00 pm

This series explores a range of topics through documentary screenings, followed by thoughtful conversation. The March 26 film will be *Cesar Chavez: The Fight in the Fields*. On April 23, see *Waters Edge: Black Watermen of the Chesapeake*.

GOOD LIFE SERIES

Free and open to all; registration encouraged

How to Select a Home Care Provider

Tuesday, March 4, 11:00 am–12:00 pm

Who you welcome into your home to provide care for you or a loved one is an important decision. This seminar offers guidance on the process.

Making the Big Move: When, Where, and How

Tuesday, April 1, 11:00 am–12:00 pm

Moving aging parents or other loved ones into a senior living facility can come with high emotions, tense discussions, and overwhelming decisions. Come hear experts discuss when is the right time, where do you start, how to do it in the best possible way, and how to finance it.

SOCIAL SECURITY 101

Free and open to all; registration encouraged

1st Tuesday each month, 2:00–3:00 pm

Make the most of your Social Security benefits with a Registered Social Security Analyst. Gain clear, practical insights into the Social Security system and learn strategies to optimize your retirement income.

BOOK GROUP

Free and open to Center members

1st Wednesday each month 11:00 am–12:00 pm

The March 5 book will be *Mapp & Lucia* by E.F. Benson. The April 2 book will be *Belonging: A German Reckons with History and Home* by Nora Krug.

MEDICARE PROGRAMS

Free and open to all; registration encouraged

Thursday, March 6, 1:00–2:00 pm
 with Margo Kreider

Saturday, March 8, 10:00–11:00 am
 with Tiffany Zambrana

Wednesday, March 12, 11:00 am–12:00 pm
 with Sharon Accardo

Wednesday, March 19, 6:00–7:00 pm
 with Margo Kreider

Thursday, April 3, 1:00–2:00 pm
 with Margo Kreider

Wednesday, April 9, 11:00 am–12:00 pm
 with Sharon Accardo

Saturday, April 12, 10:00–11:00 am
 with Tiffany Zambrana

Wednesday, April 16, 6:00–7:00 pm
 with Margo Kreider

BASICS OF DRONE OPERATIONS

Open to all; registration required

Mondays, March 10 & 17, 2:00–4:00 pm
 (2 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. Members free; Guests \$25.

MONEY AND YOU

Free and open to all; registration encouraged

Different Types of Investment Funds

Tuesday, March 11, 10:00–11:30 am

What are the differences between mutual funds, exchange traded funds, unit investment trusts, and hedge funds? Which might be right for you? Jorgen Vik, partner with SKV Group, leads the discussion.

International Investing: Why Bother?

Tuesday, April 8, 10:00–11:30 am

International investments have mostly lagged behind U.S. investments over the last 15 years. Could this be about to change? Jorgen Vik, partner with SKV Group, will help you consider whether it's worth diversifying using international investments.



SENIOR STATESMEN OF VIRGINIA

Free and open to all; registration required

Planning Forum for Future SSV Meetings

Wednesday, March 12, 2:30–4:00 pm

Frank Friedman, former President of PVCC, leads lively small group discussions unearthing the issues members want to learn more about.

Embracing Optimism in Uncertain Times

Wednesday, April 9, 2:30–4:00 pm

Russ Linden, Adjunct Professor at UVA and Federal Executive Institute, explores why and how optimism has changed in America. Come consider constructive strategies to maintain optimism while inspiring others to do the same.

WWII DISCUSSION GROUP

Free and open to all; registration encouraged

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

The March 13 topic will be the prosecution of war crimes after World War II. The April 10 topic addresses one of the best kept secrets of World War II.

MOVING FORWARD TO THE FUTURE

Free and open to all; registration encouraged

Saturday, March 15, 11:00 am–12:30 pm

Sometimes it takes a team to assist us with all of the decisions faced in retirement. Where will you age, should you move to be closer to family or healthcare resources, what items should you keep or live without, and will your budget support the lifestyle you envision? How do you create an extended care plan and pay for it?

ELDER LAW

Free and open to all; registration required

More on Estate Planning: Avoiding Probate

Tuesday, March 18, 10:00–11:30 am

Many people have no idea of the complications that can arise when you do no planning as to where your “stuff” goes when you die. It can cost a great deal of money in attorney’s fees, taxes, fines, and other expenses. Learn about probate and how to avoid it with elder law attorney Doris Gelbman.

Advanced Estate Planning: Will or Trust?

Tuesday, April 15, 10:00–11:30 am

Creating a trust is not just for the very wealthy. Trusts come in a variety of “flavors” and can be relatively simple or quite complex. Elder law attorney Doris Gelbman covers some of the reasons you might consider using a trust to meet your planning needs.

TALKING HISTORY

Free and open to Center members; registration encouraged

Mondays, March 17–31: 1:30–3:00 pm

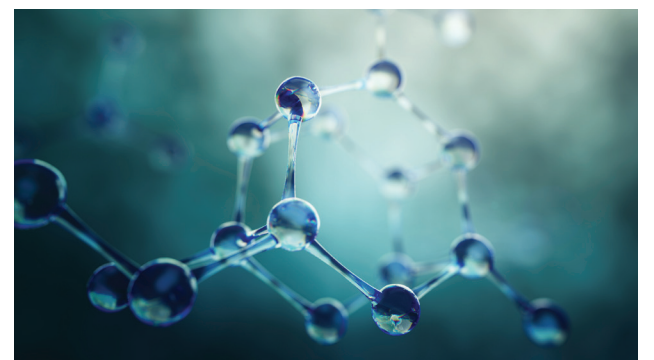
Join historian and former Professor of History Bob Toplin for a thought-provoking journey through the past! This engaging program encourages you to revisit pivotal moments and consider what you might have done in particular situations. **Topics:** March 17: Atomic Bomb; March 24: Jefferson & Slavery; March 31: Free Speech in Wartime.

FORGOTTEN DISRUPTIVE TECHNOLOGY

Free and open to all; registration encouraged

Tuesday, March 18, 1:00–3:00 pm

Retired professor Henry H. Perritt, Jr. examines historically significant technologies that helped shape the modern world but are often overlooked today. From the telegraph and telephone to radio, these innovations not only transformed communication but also influenced the rise of competing technologies and laid the groundwork for economic growth. Come join a stimulating discussion on the fascinating interplay between technology, history, and progress.



SCIENCE SEMESTER BOOK DISCUSSION GROUP

Free and open to Center members; registration encouraged

3rd Tuesday each month, 1:30–3:30 pm

Explore modern scientific topics at this monthly book club, whether you have a lifetime of academic experience or a new interest in the field. The selection for March 18 is *Astrophysics for People in a Hurry* by Neal deGrasse Tyson. The April 15 book is *A Short History of Nearly Everything* by Bill Bryson.

MYSTERY BOOK CLUB

Free and open to Center members; registration encouraged

4th Monday each month, 12:00–1:00 pm

The March 24 book will be *Think of A Number* by John Verdon. The April 28 book will be *Artists in Crime* by Ngaio Marsh.

LONG-TERM CARE PLANNING

Free and open to all; registration encouraged

Friday, March 28, 11:00 am–12:30 pm

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

BEHAVIORAL FINANCE 101

Free and open to Center members; registration encouraged

Tuesday, April 8, 2:00–3:00pm or

Thursday, April 24, 6:00–7:00 pm

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



HORTICULTURAL FUTURISM In partnership with Piedmont Master Gardeners

Free and open to all; registration encouraged

Tuesday, April 8, 6:30–7:30 pm

Landscape architect and principal of the Arlington-based firm Phyto Studio, Thomas Rainer discusses how to create thriving plant systems that mimic nature's aesthetics and resilience, transforming wild inspirations into sophisticated, biodiverse landscapes. Drawing on his firm's cutting-edge public and botanical garden projects, Rainer will redefine for us how we design, install, and sustain plant systems.

RANKED CHOICE VOTING

Free and open to all; registration required

Tuesday, April 15, 5:00–6:30 pm

Saturday, April 26, 11:00 am–12:30 pm

In June 2025, the City of Charlottesville is holding its first ranked-choice voting election. Join us for an informative presentation and discussion about how ranked-choice voting works and why communities across the country are using it to build consensus on the issues that matter most.



CRAFTING YOUR EXTENDED CARE PLAN

Free and open to all

Tuesday, April 29, 1:00–2:30 pm

Give yourself, your family members, and caregivers peace of mind by taking the time to set up a plan for your long-term care with Tracy Meade, certified long-term care consultant and financial planner.

LANGUAGE CLASSES

BEGINNING ITALIAN

Open to Center members; registration required

Mondays, March 10–April 14, 9:30–11:00 am

(6 weeks)

Mondays, April 21–June 2, 9:30–11:00 am

(6 weeks)

Learn to read, speak, and write both in the present and past tense in the context of daily contemporary Italian culture with instructor AnnaMaria Bakalian. A variety of tools, such as games, exercises, activities on phonetics, and self-assessment tests will help you learn while enjoying yourself. Prime members free; Standard members \$35.

PHYSICAL WELL-BEING

EATING PLANT-BASED FOR BETTER HEALTH

Free and open to Center members; registration required

Fridays, March 7–April 4, 1:00–3:00 pm (5 weeks)

Registered Nurse Mary Sherrill shares insights from neurology and nutrition research. Learn how plant-based diets may reduce the risk of brain diseases and support overall health, including managing diabetes. Materials fee is \$20, payable to instructor at start of class.

MOVE FOR HEALTH

Free and open to all; registration required

3rd Tuesday each month, 9:30–10:30 am

Physical therapist Darcy Higgins presents monthly topics. The March 18 topic is core stability. The April 15 topic is better sleep for stress management.

INTERPLAY: MOVEMENT AND CONNECTION

Free and open to Center members; registration required

Friday, March 21, 11:00 am–12:30 pm

Interplay is a simple and incremental way of playing with words, movement, sound, and stillness. As you play, you will find out more about yourself and others.



MEDITERRANEAN DIET MADE EASY

Open to all; registration required

Tuesdays, March 25–April 29, 11:00 am–12:30 pm

Numerous studies have shown that the Mediterranean Diet boosts health and well-being, based not on restrictions but rather on enjoying a wide variety of healthy whole foods. Instructor Merope Pavlides will help you easily incorporate these strategies into your meal planning by exploring the region's cuisines and sharing delicious, approachable recipes. Tasting samples are included! Prime members free; Standard members \$20; Guests \$35. Materials fee is \$20, payable to instructor at start of class.

HEARING HEALTH

Free and open to all; registration encouraged

Wednesday, April 16, 10:00–11:00 am

Did you know part of your balance system is in your ears? Studies have shown that with greater hearing loss, the risk of falling increases significantly. Dr. Kristin Koch, audiologist and practice owner at Evolution Health, shares tips and tricks to improve your balance and prevent this leading cause of injury in older adults.

MINDFULNESS



HOLISTIC HEALING

Free and open to Center members; registration required

RN and Reiki Master Nancy Zamil leads rotating topics.

Healing Yourself

Tuesday, March 4, 2:00–3:00 pm

Tuesday, April 8, 2:00–3:00 pm

Chakras for Healing

Tuesday, March 11, 11:00 am–12:30 pm

Tuesday, April 22, 11:00 am–12:30 pm

Prevention and Reversal of Chronic Illnesses

Tuesday, March 25, 11:00 am–12:30 pm

Tuesday, April 29, 11:00 am–12:30 pm

SOCIAL / RECREATION

MOVIE NIGHT

Free and open to Center members; registration encouraged

1st and 3rd Wednesdays each month

5:00–7:00 pm

March 5: *Rivers and Tides* (documentary)

March 19: *North by Northwest*

April 2: *Wordplay* (documentary)

April 16: *Life is Beautiful*

STANDARD BALLROOM DANCE LESSONS

Open to all; registration required

Wednesdays, March 5–April 9, 5:30–6:30 pm

(6 weeks)

Learn the Waltz with instructor Steven Babusko. All skill levels are welcome. Prime members free; Standard members \$60; Guests \$90.

LATIN BALLROOM DANCE LESSONS

Open to all; registration required

Wednesdays, March 5–April 9, 6:30–7:30 pm

(6 weeks)

Learn the Cha Cha with instructor Steven Babusko. All skill levels are welcome. Prime members free; Standard members \$60; Guests \$90.

PRIDE MOVIES

Free and open to all

Tuesday, March 11, 1:30–3:30 pm:

Thelma and Louise

Thursday, April 10, 5:30–7:30 pm:

Cloudburst

PRIDE AUTHOR BOOK READING

Free and open to all; registration encouraged

Saturday, March 15, 10:00-11:30 am

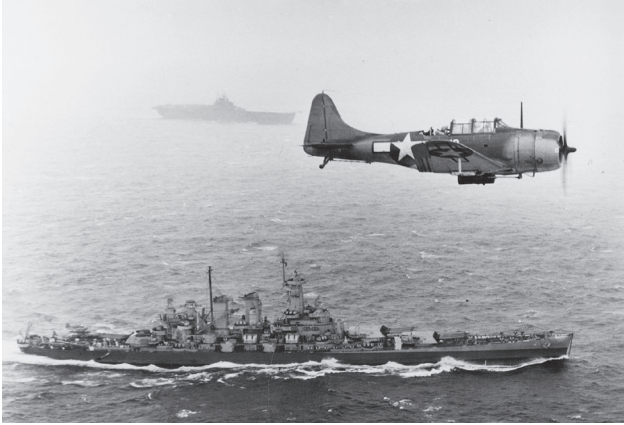
Local authors Brooke Campbell and Cade Strong will read selections from their books, followed by time for Q&A.

PRIDE GAME NIGHT

Free and open to all

Thursday, March 20, 5:30-7:30 pm

From pinochle to Parcheesi, chess to canasta, we've got game! Ping pong is also available or you can bring your own game. You are also welcome to bring a snack to share.



WWII MOVIE MATINEES

Free and open to all; registration required

4th Thursday each month, 2:00-4:00 pm

The March 27 film will be *Blood Oath* (aka *Prisoners of the Sun*). The April 24 film will be *The Best Years of Our Lives*.

MEMBER APPRECIATION SOCIAL

Free and open to Center members; registration required

Thursday, March 27, 2:00-3:00 pm

Make your own single-serve charcuterie with your friends from The Center.

SENIOR GOLF MEETING

Open to all; registration encouraged

Wednesday, April 16, 10:00-11:00 am

Meet fellow golfers and learn about the upcoming season at Meadowcreek Golf Course. All skill levels are welcome, but members should have a basic understanding of golf etiquette and rules and be able to maintain pace of play, finishing each 9-hole round in about two hours. \$25 annual dues cover tournament prizes and other club expenses.

APRIL LUNCHEON

Open to all; registration required by April 11

Wednesday, April 16, 12:00-1:30 pm

Gather with friends for a catered meal by Foods of All Nations. Members \$15; Guests \$18.

VIRGINIA WINE: TASTING AND INSIGHTS

Open to all; registration required

Wednesday, April 23, 5:30-6:30 pm

Taste a flight of four or five DuCard Vineyard wines that represent the range of styles and flavors from our local Charlottesville area climate. Scott Elliff will discuss the wines and share interesting background on his 25-year odyssey in growing grapes and making wine. Members \$30; Guests \$35.

PRIDE BINGO

Open to all; registration required

Thursday, April 24, 5:00-6:30 pm

Come try your luck at multiple games of bingo and win top prizes. Members \$10; Guests \$15. One bingo board included, \$5 per additional board.

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

Fitness for All!

In our commitment to provide a full range of healthy aging opportunities for all of our members, The Center has recently added several fitness programs to those that are included in your membership at no additional cost. While on-site programs fill up quickly, many of our new additions are available online, ensuring as many people as possible can enjoy the benefits of keeping your body moving.

Ageless Grace

Mondays and Wednesdays, 1:00-2:00 pm (online) Tuesdays, 1:00-2:00 pm (on-site)

Arthritis Exercise (online)

Tuesdays and Thursdays, 10:30-11:30 am

Balance and Stabilization (online)

Mondays and Thursdays, 11:45 am-12:45 pm

Chair Yoga (online)

Fridays, 11:00 am-12:00 pm

Fit to Go (on-site)

Tuesdays, 4:45-5:30 pm

Intro to Jazz Dance (on-site)

Mondays, 11:30 am-12:30 pm

Nourishing Movement (on-site)

Wednesdays, 10:00-11:00 am

Tai Chi (on-site)

Tuesdays, Thursdays, and Fridays 9:00-10:00 am

Basic Qigong and Tai Chi Group Practice (on-site)

**Wednesdays, 10:30-11:30 am
Fridays, 11:15 am-12:15 pm**

CHANGE THE WORLD, ONE MEAL AT A TIME

Meals on Wheels provides a meal and wellness check to those who struggle with food preparation.

We rely on over 30 volunteers **DAILY** to help deliver meals to our neighbors.

If you have **1 hour**, you can directly impact your community.

Contact us to learn how!



Office Hours:

M-F 9 AM - 1 PM

(434) 293-4364

volunteer@cvillemeals.org

March 2025

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

MONDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*
 9:15 PRIMETIME FITNESS \$
 Floor Barre \$
 9:30 Monday Group for Men
 9:45 Chair Yoga \$
 10:00 Writing for Healing & Growth \$
 Getting Better at Bridge
Grateful Threads Quilters
 10:30 Maximize Your Strength
 11:00 **Silver Swans Ballet II**
 Poker
 11:30 Feel Good Flow \$
 Intro to Jazz Dance
 11:45 BALANCE & STABILIZATION \$
 12:15 **Silver Swans Ballet I**
 12:30 Chess
 12:45 Chinese Mah Jongg
 1:00 Beginner Recorder Lessons \$
Ageless Grace \$
 English Country Dance
Music in the Atrium
Member Social
(will meet @ 2:00 pm starting 3/17)
 Royal Siamese American
 Mah Jongg
 1:45 Strengthen Your Health & Life \$
 3:00 Meditative Stretch \$
 3:30 Tai Chi \$
Parkinson's Yoga

TUESDAY

9:00 Empowering Yoga \$
 Tai Chi
 9:15 PRIMETIME FITNESS \$
 10:00 A Group for Men
 10:15 Tap Dance Lessons (Level 1) \$
 10:30 ARTHRITIS EXERCISE
 Second-Wind Band \$
 11:00 Tap Dance Lessons (Level 2) \$
 12:30 Party Bridge
 12:45 *Beginning Spanish**
Piano Music in the Atrium
 1:00 English Country Dance
 Scrapbooking
 Ageless Grace \$
 2:00 *Advanced Beginner Spanish**
 3:15 *Keeping Up Your Spanish**
 3:30 MOVE TO THE RHYTHM
 DANCE PARTY \$
Parkinson's Yoga (Video)
 4:45 Fit to Go
 6:00 **AA Women's Group**
 Line Dance (Int./Adv.)
 6:15 **Ping Pong**
 6:45 *Families Anonymous*

* Classes meet online the 1st & 3rd Tuesdays; at The Center the 2nd & 4th Tuesdays.

WEDNESDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*
 9:15 PRIMETIME FITNESS \$
 9:30 Crafty Ladies
 9:45 Tone & Groove \$
 10:00 *Senior Bowling \$*
 Nourishing Movement
 Push Card Game
 10:30 Basic Qigong & Tai Chi Practice
 11:00 Maximize Your Strength \$
 12:00 **Tops**
 Canasta
 Crafts DIY
 Advanced Line Dance
 Dollhouse Miniatures
 12:30 **Square Dance Lessons**
 1:00 *Ageless Grace \$*
 Scrabble
 American Mah Jongg
 Recorder Lessons (Intermediate) \$
 1:45 Strengthen Your Health & Life \$
 2:00 Knit-Wits
 Chinese Brush Painting \$
 2:30 Ping Pong
Conversational Spanish (Beg.)
 3:00 Meditative Stretch \$
 3:30 **Parkinson's Yoga**
 5:00 Line Dance (Beg.)
 6:00 **AA Meeting**
 6:30 *International Folk Dance*

<p>3 9:30 Beginning Italian (final) Transforming Stress (cont.) 10:00 Sew and Sews Swansong in the Atrium 1:00 Council Meeting Italian for Travelers (final)</p>	<p>4 9:00 Injury & Pain Screenings 9:30 Coffee & Caregiving 10:00 Try it Out Tuesday Creative Collage \$ Paint Loose Artist Reception 11:00 Good Life Series 12:00 Bunko 1:30 Intermediate Watercolor (final) 2:00 Social Security 101 Holistic Healing: Healing Yourself 6:00 Trivia</p>	<p>5 9:30 Veterans Coffee Hour Kingfishers 10:30 Wise Women, Too 11:00 Book Group 5:00 Movie Night: <i>Rivers and Tides</i> Standard Ballroom Dance Lessons \$ 6:30 Latin Ballroom Dance Lessons \$</p>
<p>10 9:30 Beginning Italian \$ Transforming Stress (final) 10:00 Sew and Sews 1:00 Piedmont Pastelists 2:00 Current Events Basics of Drone Operations \$</p>	<p>11 10:00 Money and You Wise Women Connect Paper Crafting \$ Travel Chat with Linda 11:00 Holistic Healing: Chakras for Healing 1:00 Bookmobile Lighting Up Your Paintings \$ Pride Movie: <i>Thelma and Louise</i> Karaoke 3:00 <i>Singles Schmooze</i></p>	<p>12 10:00 Welcome Wednesday 10:30 Parkinson's Caregiver Support Group 11:00 Navigating Medicare 2:30 Senior Statesmen of Virginia Celebrating Strong Women Reading Group 5:00 Cinema Discussion Group 5:30 Standard Ballroom Dance Lessons (cont.) 6:00 Moonlighter's Quilting 6:30 Latin Ballroom Dance Lessons (cont.)</p>
<p>17 9:30 Beginning Italian (cont.) 2:00 Basics of Drone Operations (final)</p>	<p>18 9:30 Move for Health Alzheimer's Support Group Tulip Painting \$ 10:00 Elder Law 12:00 Bunko 1:00 Forgotten Disruptive Technologies Lighting Up Your Paintings (cont.) Science Semester Book Reading and Discussion 6:00 Trivia Albemarle Modern Quilt Guild</p>	<p>19 9:00 Injury & Pain Screenings 10:00 Hearing Health 10:30 Wise Women, Too 5:00 Movie Night: <i>North by Northwest</i> Standard Ballroom Dance Lessons (cont.) 6:00 Welcome Wednesday Mastering Medicare 6:30 Latin Ballroom Dance Lessons (cont.)</p>
<p>24 9:30 Beginning Italian (cont.) 12:00 Mystery Book Club 1:00 Paint Party with Dawn Bonner \$ 2:00 Current Events</p>	<p>25 10:00 Wise Women Connect 11:00 Mediterranean Diet Made Easy \$ Holistic Healing: Prevention and Reversal of Chronic Illnesses 1:00 Bookmobile Mexican Train Dominoes Lighting Up Your Paintings (cont.) 2:00 Karaoke 3:00 <i>Singles Schmooze</i></p>	<p>26 10:30 Parkinson's Caregiver Support Group 1:00 Navigating Senior Living Options 5:30 Stroke Support Group Standard Ballroom Dance Lessons (cont.) 6:30 Latin Ballroom Dance Lessons (cont.)</p>
<p>31 9:30 Beginning Italian (cont.)</p>		

Pull-Out Program Calendar

THURSDAY

9:00 Tai Chi, Party Bridge
Empowering Yoga \$
9:15 PRIMETIME FITNESS \$
10:00 *Ivy Creek Hikers*
AA Meeting
Tap Dance (Level 3) \$
Foot & Nail Care Clinic \$
Another Group for Men
Writing for Self Expression & Insight \$
10:30 ARTHRITIS EXERCISE \$
11:00 Tap Dance (Level 4) \$
11:45 Balance & Stabilization \$
12:00 **NIA-Moving to Heal \$**
Music in the Atrium
Sheepshead
Massage Appts. with Rachel \$
1:00 Woodcarvers
Zumba Fitness \$
Total Barre \$
1:30 **Drumming Group**
2:00 Backgammon
2:30 **International Folk Dance**
American Mah Jongg (Beg.)
Reconnect Support Group II
3:15 Afternoon Rummikub
3:30 Tai Chi \$
Parkinson's Yoga (Video)
4:30 **Tap Your Troubles Away \$**
5:30 **Square Dancing**
6:15 **Ping Pong**

FRIDAY

8:30 Hatha Yoga \$
9:00 Tai Chi
9:15 PRIMETIME FITNESS \$
9:30 Friday Art Group
9:45 Tone & Groove \$
10:00 Rummikub
Level 1 Walking
Floor Barre \$
10:30 Beg./Int. Crochet \$
Flashbacks \$
11:00 Ping Pong
CHAIR YOGA
11:15 Basic Qigong & Tai Chi Practice
12:15 Beginners Line Dance
12:45 Piano Music in the Atrium
1:00 Euchre
Still Sharp Singers
American Mah Jongg
Writing for Pleasure
1:45 Improvers/Int. Line Dance
2:30 **Acoustic Jam Session**
Music in the Atrium
Bingo \$
Barbershop Belles & Beaux
3:30 **Parkinson's Yoga (Video)**

SATURDAY

8:45 Empowering Yoga \$
9:00 Oil Painting Group
10:00 MOVE TO THE RHYTHM
DANCE PARTY \$
Calm Yoga \$
Chess (All Levels)
11:15 Floor Barre \$
11:45 Beg. Chinese Brush Painting \$
12:30 Total Barre \$

The Center at Belvedere

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

1 11:00 **Pride Brunch**

6 9:00 Skyscapes in Oils (cont.)
10:00 **Hearing Screenings**
Applying the Creative Process (cont.)
12:30 Girl Talk
More Wise Women
1:00 **Mastering Medicare**
Apple/Mac Users Group
3:00 Socrates Café
6:00 **NAMI Support Group**
Jazz Jam

7 10:00 Advanced French (cont.)
11:00 **Aging in Place**
11:30 Beginning French (cont.)
1:00 Charlottesville Ballet at Belvedere
Diabetes Discussion Group
Eating Plant Based for Better Health

8 10:00 **Medicare Made Simple**

13 9:00 Skyscapes in Oils (cont.)
10:00 **Dementia Caregiver Support Group**
Applying the Creative Process (cont.)
12:00 **WWII Discussion Group**
1:00 Mexican Train Dominoes
1:30 Dream Group
2:00 Varieties of Spiritual Experience
4:00 **Tremor Support Group**
6:00 **African American Authors Book Club**
NAMI Support Group

14 10:00 Advanced French (cont.)
Healthy Recipe Group
11:00 Eating Plant Based for Better Health (cont.)
11:30 Beginning French (cont.)

15 10:00 **Pride Author Book Reading**
11:00 **Moving Forward to the Future**

20 9:00 Skyscapes in Oils (cont.)
10:00 Applying the Creative Process (cont.)
12:30 Girl Talk
More Wise Women
1:00 Apple Mac Users Group
ADHD Support Group
3:00 **Festival of the Book**
Socrates Café
4:30 Android Phone Training
5:30 **Pride Game Night**
6:00 **NAMI Support Group**

21 10:00 Advanced French (final)
11:00 Interplay: Movement and Connection
11:30 Beginning French (final)
12:00 Lunch Box Readings
1:00 Eating Plant Based for Better Health (cont.)

22

27 9:00 Skyscapes in Oils (final)
10:00 Applying the Creative Process (cont.)
1:30 Dream Group
2:00 **WWII Movie Matinee**
Varieties of Spiritual Experience
Member Appreciation Social
6:30 **Virginia Glee Club Performance**

28 10:00 Writers Critique Workshop
11:00 **Long-Term Care Planning**
1:00 Eating Plant Based for Better Health (cont.)

29 10:00 **Stop By Saturday**

April 2025

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

MONDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*
 9:15 PRIMETIME FITNESS \$
 Floor Barre \$
 9:30 Monday Group for Men
 9:45 Chair Yoga \$
 10:00 Writing for Healing & Growth \$
 Getting Better at Bridge
Grateful Threads Quilters
 10:30 Maximize Your Strength
 11:00 **Silver Swans Ballet II**
 Poker
 11:30 Feel Good Flow \$
 Intro to Jazz Dance
 11:45 BALANCE & STABILIZATION \$
 12:15 **Silver Swans Ballet I**
 12:30 Chess
 12:45 Chinese Mah Jongg
 1:00 *Ageless Grace* \$
 English Country Dance
 Beginner Recorder Lessons \$
Music in the Atrium
 Royal Siamese American
 Mah Jongg
 1:45 Strengthen Your Health & Life \$
 2:00 *Member Social*
 3:00 Meditative Stretch \$
 3:30 Tai Chi \$
Parkinson's Yoga

TUESDAY

9:00 Empowering Yoga \$
 Tai Chi
 9:15 PRIMETIME FITNESS \$
 10:00 A Group for Men
 10:15 Tap Dance Lessons (Level 1) \$
 10:30 ARTHRITIS EXERCISE \$
 Second-Wind Band \$
 11:00 Tap Dance Lessons (Level 2) \$
 12:30 Party Bridge
 12:45 *Beginning Spanish**
Piano Music in the Atrium
 1:00 English Country Dance
 Scrapbooking
 Ageless Grace \$
 2:00 *Advanced Beginner Spanish**
 3:15 *Keeping Up Your Spanish**
 3:30 MOVE TO THE RHYTHM
 DANCE PARTY \$
Parkinson's Yoga (Video)
 4:45 Fit to Go
 6:00 **AA Women's Group**
 Line Dance (Int./Adv.)
 6:15 **Ping Pong**
 6:45 *Families Anonymous*

* Classes meet online the 1st & 3rd Tuesdays; at The Center the 2nd & 4th Tuesdays.

WEDNESDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*
 9:15 PRIMETIME FITNESS \$
 9:30 Crafty Ladies
 9:45 Tone & Groove \$
 10:00 *Senior Bowling* \$
 Nourishing Movement
 Push Card Game
 11:00 Maximize Your Strength \$
 12:00 **Tops**
 Canasta
 Crafts DIY
 Advanced Line Dance
 Dollhouse Miniatures
 12:30 **Square Dance Lessons**
 1:00 *Ageless Grace* \$
 Scrabble
 American Mah Jongg
 Recorder Lessons (Intermediate) \$
 1:45 Strengthen Your Health & Life \$
 2:00 Knit-Wits
 Chinese Brush Painting \$
 2:30 Ping Pong
Conversational Spanish (Beg.)
 3:00 Meditative Stretch \$
 3:30 **Parkinson's Yoga**
 5:00 Line Dance (Beg.)
 6:00 **AA Meeting**
 6:30 **International Folk Dance**
 (onsite beginning April)

<p>1 9:00 Injury & Pain Screenings 9:30 Coffee & Caregiving 10:00 Try it Out Tuesday 11:00 Good Life Series Mediterranean Diet Made Easy (cont.) 12:00 Bunko 1:30 Lighting Up Your Paintings (final) 2:00 Social Security 101 6:00 Trivia</p>	<p>2 9:30 Veterans Coffee Hour Kingfishers 10:15 Wednesday Music Club: WMC Piano Group 10:30 Wise Women, Too 11:00 Book Group 5:00 Movie Night: <i>Wordplay</i> 5:30 Standard Ballroom Dance Lessons (cont.) 6:30 Latin Ballroom Dance Lessons (cont.)</p>
<p>7 9:30 Beginning Italian (cont.) 10:00 Sew and Sews 1:00 Council Meeting</p>	<p>8 10:00 Money and You Wise Women Connect Paper Crafting \$ Travel Chat with Linda 11:00 Mediterranean Diet Made Easy (cont.) 1:00 Bookmobile 2:00 Karaoke Behavioral Finance 101 Holistic Healing: Healing Yourself 3:00 <i>Singles Schmooze</i> 6:30 Horticultural Futurism (Piedmont Master Gardener Series)</p>
<p>14 9:30 Beginning Italian (final) 10:00 Sew and Sews 1:00 Piedmont Pastelists 2:00 Current Events</p>	<p>9 10:00 Welcome Wednesday 10:30 Parkinson's Caregiver Support Group 11:00 Navigating Medicare 2:30 Senior Statesmen of Virginia Standard Ballroom Dance Lessons (final) 6:00 Moonlighter's Quilting Cinema Discussion Group 6:30 Latin Ballroom Dance Lessons (final)</p>
<p>15 9:30 Move for Health Alzheimer's Support Group 11:00 Mediterranean Diet Made Easy (cont.) 10:00 Elder Law 12:00 Bunko 1:30 Science Semester Book Reading and Discussion 5:00 Ranked Choice Voting 6:00 Albemarle Modern Quilt Guild Trivia</p>	<p>16 9:00 Injury & Pain Screenings 10:00 Hearing Health Senior Golf Meeting 10:30 Wise Women, Too 12:00 April Luncheon \$ 4:30 Celebrating Strong Women Reading Group 5:00 Movie Night: <i>Life is Beautiful</i> 6:00 Welcome Wednesday Mastering Medicare</p>
<p>21 9:30 Beginning Italian \$</p>	<p>22 10:00 Wise Women Connect 11:00 Mediterranean Diet Made Easy (cont.) Holistic Healing: Chakras for Healing 1:00 Bookmobile Mexican Train Dominoes 2:00 Karaoke 3:00 <i>Singles Schmooze</i></p>
<p>28 9:30 Beginning Italian (cont.) 12:00 Mystery Book Club 2:00 Current Events</p>	<p>23 10:00 Community Volunteer Fair 10:30 Parkinson's Caregiver Support Group 1:00 Navigating Senior Living Options 5:30 Stroke Support Group Virgina Wine: Tasting and Insights \$</p>
<p>29 10:00 Paint Loose I (cont.) 11:00 Mediterranean Diet Made Easy (final) Holistic Healing: Prevention and Reversal of Chronic Illnesses 1:00 Crafting Your Extended Care Plan 5:30 Dottie Film and Discussion</p>	<p>30 3:00 Volunteer Appreciation and Recognition Celebration 5:30 Standard Ballroom Dance Lessons \$ 6:30 Latin Ballroom Dance Lessons \$</p>

Pull-Out Program Calendar

THURSDAY

9:00 Tai Chi, Party Bridge
Empowering Yoga \$
9:15 PRIMETIME FITNESS \$
10:00 **AA Meeting**
Tap Dance (Level 3) \$
Ivy Creek Hikers
Foot & Nail Care Clinic \$
Another Group for Men
Writing for Self Expression & Insight \$
10:30 ARTHRITIS EXERCISE \$
11:00 Tap Dance (Level 4) \$
11:45 Balance & Stabilization \$
12:00 **NIA-Moving to Heal \$**
Music in the Atrium
Sheepshead
Massage Appts. with Rachel \$
1:00 Woodcarvers
Total Barre \$
Zumba Fitness \$
1:30 **Drumming Group**
2:00 Backgammon
2:30 **International Folk Dance**
American Mah Jongg (Beg.)
Reconnect Support Group II
3:15 Afternoon Rummikub
3:30 Tai Chi \$
Parkinson's Yoga (Video)
4:30 **Tap Your Troubles Away \$**
5:30 **Square Dancing**
6:15 **Ping Pong**

FRIDAY

8:30 Hatha Yoga \$
9:00 Tai Chi
9:15 PRIMETIME FITNESS \$
9:30 Friday Art Group
9:45 Tone & Groove \$
10:00 Rummikub
Floor Barre \$
Level 1 Walking
10:30 Beg./Int. Crochet \$
Flashbacks \$
11:00 Ping Pong
CHAIR YOGA
12:15 Beginners Line Dance
12:45 **Piano Music in the Atrium**
1:00 Euchre
Still Sharp Singers
American Mah Jongg
Writing for Pleasure
1:45 Improvers/Int. Line Dance
2:30 **Acoustic Jam Session**
Music in the Atrium
Bingo \$
Barbershop Belles & Beaux
3:30 **Parkinson's Yoga (Video)**

SATURDAY

8:45 Empowering Yoga \$
9:00 Oil Painting Group
10:00 MOVE TO THE RHYTHM
DANCE PARTY \$
Calm Yoga \$
Chess (All Levels)
11:15 Floor Barre \$
11:45 Beg. Chinese Brush Painting \$
12:30 Total Barre \$

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www.thecentercville.org
434.974.7756

<p>3 9:30 Tulip Painting \$ 10:00 Hearing Screenings Applying the Creative Process (final) 12:30 Girl Talk More Wise Women 1:00 Mastering Medicare Apple/Mac Users Group 3:00 Socrates Café Jefferson Country in the Civil War \$ 6:00 NAMI Support Group Jazz Jam</p>	<p>4 11:00 Aging in Place 1:00 Diabetes Discussion Group Eating Plant Based for Better Health (final)</p>	<p>5 11:00 Pride Brunch</p>
<p>10 10:00 Dementia Caregiver Support Group 12:00 WWII Discussion Group 1:00 Mexican Train Dominoes 1:30 Dream Group 2:00 Varieties of Spiritual Experience 3:00 Saving Stonewall's Bacon \$ 4:00 Tremor Support Group 5:30 Pride Movie: Cloudburst 6:00 African American Authors Book Club NAMI Support Group</p>	<p>11 10:00 Healthy Recipe Group</p>	<p>12 10:00 Medicare Made Simple</p>
<p>17 9:00 Abstract Acrylic Painting \$ 12:30 Girl Talk More Wise Women 1:00 Apple/Mac Users Group ADHD Support Group 3:00 Socrates Café Albemarles Boys in Pickett's Charge \$ 4:30 Android Phone Training 6:00 NAMI Support Group</p>	<p>18 12:00 Lunch Box Readings</p>	<p>19</p>
<p>24 9:00 Abstract Acrylic Painting (cont.) 10:00 Low Vision Support Group 11:00 Shredding Truck \$ 1:30 Dream Group 2:00 WWII Movie Matinee Varieties of Spiritual Experience 3:00 The Surrender of UVA and Charlottesville \$ 4:30 Pride Bingo \$ 6:00 Behavioral Finance 101</p>	<p>25 10:00 Writers Critique Workshop 6:00 Soul Expressions Dance Party \$</p>	<p>26 10:00 Stop By Saturday 11:00 Ranked Choice Voting 3:00 The Skirmish at Rio Hill \$</p>



VOLUNTEERING

BOBBI HUGHES

Coordinator of Volunteer Resources
434.220.9755 • bobbi@thecentercville.org

Looking for meaningful ways to give back? Bobbi can help you find a volunteer position to suit your interests, schedule, and talents.

April is National Volunteer Month



Volunteering has been an important part of The Center's work since its founding in 1960. Even in our earliest years as the Senior Center, many members contributed to the community through service projects. (One of those—making Pinkie Puppets—continued for more than 50 years!) Foundational to our existence as an organization is the knowledge that older adults have so much to give.

A lifetime of skills, experience, and wisdom position older adults as ideal volunteers for all kinds of organizations. Volunteering also benefits individuals by keeping their bodies active, creating opportunities

for social connection, and giving a sense of purpose. (The fancy term for that is vocational wellness.)

We place volunteers at dozens of area nonprofits by helping to match local organizations' needs to the skills and interests of our members. In Fiscal Year 2024 alone, 361 volunteers contributed 40,155 hours of service to area nonprofits.

We also rely on many volunteers ourselves as a nonprofit organization. The Center's work would not be possible without the time of dedicated volunteers, who provide the equivalent of 18 full-time jobs' worth of work! Volunteers at The Center welcome visitors, lead programs, provide administrative support, and more.

Help us celebrate and honor these volunteers this National Volunteer Month at an appreciation and recognition event on Wednesday, April 30, at 3:00 pm. You can also find your own volunteer position at the Volunteer Fair on Wednesday, April 23, from 10:00 am to 1:00 pm.

Thank you to all our wonderful volunteers who support both The Center and the community at large!

Volunteering Opportunities

... in the community



Charlottesville Ten Miler

The Center is one of the primary beneficiaries for the 50th annual running of the Charlottesville Ten Miler on Saturday, March 23. Volunteers are needed to help the race operate smoothly and our goal is to supply 50 or more sets of hands. Help with packet pick-up, on the course, at water stops, posting flyers and signs, selling merchandise, and more. Learn more and sign up at cvilletenmiler.com.

... at The Center

The Center Needs You

Do you have administrative skills? The Center needs volunteers available several hours a week to assist with file maintenance, electronic filing, and entering information in a database. Volunteer support will be provided. Contact Bobbi Hughes for more information.

MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (December 1, 2024–January 31, 2025)

- | | | |
|---|---|--|
| Anonymous | Gelbman Law PLLC | Robinson, Farmer, Cox Associates |
| Beverly Adams | Sally & Joe Gieck | Whitley & Chuck Rotgin, Jr./Rotgin Family Fund at the CACF |
| Elizabeth Allen & Thomas Allan | Constance Hallquist | Ross Sargent |
| Donna Arehart & Gary Chovan | Dawn & Ted Heneberry | Jocelyn & Bruce Saunders |
| Jeanmarie Badar | Cindy & Richard Hewitt/Hewitt Family Fund at the CACF | Robert Selden |
| Patricia Bailey | The Flick Team of Mutual of Omaha | Kathryn Skinner |
| Katherine Brooks & George Beller | Hill & Wood Funeral Service | SKV Group, LLC |
| The Bama Works Fund of Dave Matthews Band at the CACF | Inez Duff Bishop Charitable Trust | St. Luke's Episcopal Church |
| Better Living Foundation | Eva Ireland & Walter Morgan | Jan & John Stalfort |
| Betty Bollendorf | Anne & Thad Jones | Myrlene Staten & Richard Teig |
| The Blake at Charlottesville | Diana Foster & Thomas Jones | Mr. & Mrs. Charles Stewart |
| Rene Bond | Janemarie & Don King | Mickie & David Wood |
| Roxanne & Richard Booth/The Rimora Foundation | David Lea Jr. | Studio R Aesthetics |
| Branchlands Independent and Assisted Living | Sarah & Hugh Litchfield | Cynthia Stultz |
| Katherine Brooks & George Beller | Anne & Mark Logan | Margreta & David Swanson |
| Mrs. Suzanne Brooks | Sharon & Bob Lorish | Louise & Edward Tayloe |
| Mary & Mark Brown | Andy & Carrie Macfarlan | Anonymous |
| Mrs. Melinda Brown | Manning Family Foundation | Mr. & Mrs. W. McIlwaine Thompson |
| Diane & E. Richard Brownlee | Mr. William Marley | Martha & George Truxel |
| Mr. & Mrs. Harry Burn | Larry & Lynn Martin | Elly & Bill Tucker |
| Wendy & Carlton Carroll | Diane & Dan McCallum | Twice Is Nice |
| Patti Cary & Todd Stansbury | Sheila McCormick | United Healthcare |
| Millie & Rip Cathcart | Joanne McMullen | UVA Community Credit Union |
| Charlottesville Organizing | The Melville Foundation | Linda Verhagen |
| Julie Christopher & Marge Connelly | Gary & Judy Moody | Laura & Jorgen Vik |
| Cheryl Cobey | Helen Ida & LeRoy Moyer | Ann Vonnegut-Frieling & Chris Von Frieling |
| Joseph and Robert Cornell Memorial Foundation | NAMI Blue Ridge Charlottesville | Carolyn & Joseph Warden |
| Delaney Hearing Center | Carl Newman | Nancy & Kevin Watkins |
| Elizabeth Borches/Volvo of Charlottesville | Judy & Dick Nunley | Mr. & Mrs. Bernard Webb |
| Rebecca and Philip Deemer | Julia Nunley | Carol & Jack Weber/Carol & Jack Weber Fund at the CACF |
| Judy & David Drayer | Virginia & Charles Peale | Westminster-Canterbury of the Blue Ridge |
| Charlotte & Clifford Erickson | Bonnie & Barry Pendleton | Marie Arline Azbarowski & David Whtcomb |
| Rosemary Evans & Kenneth Shade | Pepsi-Cola Bottling Company | Jane Whitworth |
| Fetch! Pet Care of Charlottesville | R & J Nunley Fund at the CACF | Mary T. & Michael R. Wilson |
| Gardner Charitable Fund | Right at Home | Carol Wise & Nancy Weiss |
| | Sybil Robertson & Crystal Lamm | Woodson Charitable Trust |
| | Joanne B. Robinson | |

Q: Why is The Center changing its membership model?

A: Like most nonprofits, we have a limited number of revenue streams that can support our work. While philanthropic giving will continue to be the largest part of the revenue pie that we use to advance our healthy aging mission, to remain financially sustainable we must also increase membership and fees.

When the Standard/Prime membership model was conceived in 2019, prior to opening The Center at Belvedere, The Center had about 20 fee-based programs a month. In creating Prime—which provided access to fee-based programs at a discount—we hoped to encourage and enable members to engage in a broader range of healthy aging programs.

Over the last several years, fee-based programs available at no additional cost to Prime members have increased dramatically—to 60 or more each week—while the associated dues have not. What was designed to be a reasonable discount has grown beyond what is fiscally viable.

Q: What exactly is changing?

A: The Center’s new membership structure sets membership dues for everyone at \$22 per month (\$264 annually). Center membership includes access to a full spectrum of healthy aging programs—fitness classes, social events, educational workshops, and much more—with fee-based programs available at an additional cost. Center members will also receive a certificate for a trial month of membership to share with a friend or family member and a 20% discount should they wish to rent space in The Center for a special event or family gathering.

For an additional \$38 per month (\$456 annually), members can add a “Plus” package. By adding Plus to your membership, you receive all the benefits of Center membership PLUS you receive \$1,500 in credits you can use any way that you’d like (excluding trips, personal services such as pedicures, and select special programs or events) and access to The Center’s equipped fitness room for a year, no credits or additional fees needed (a \$240 annual value).

With fee-based classes priced at about \$10 per program hour, this add-on package equates to better than a “Buy One, Get Three” deal. Based on a 50-week year (taking into account days The Center is closed), this \$1,500 credit equates to three hours of fee-based programming per week. Once you spend down the credits, you will pay for fee-based programs à la carte. The total cost when adding Plus to a membership is \$60 per month (\$720 annually).

Q: What will not change?

A: The 10% household discount will continue and will apply to both memberships and the Plus package. Pay-what-you-can member scholarships will continue to make financial support available to those who need it. And, of course, access to hundreds of programs that support your well-being.

Q: How will this affect me?

A: If you paid for a 12-month Standard membership in full, you will not notice any change until your renewal. For Standard members who pay in monthly installments, the monthly rate will increase from \$18 to \$22. Also, the “Standard” designation will go away. We are all Center members!

Prime members will automatically receive a Plus package with the number of credits based on the number of months remaining in your membership. For those who pay monthly, dues will increase from \$49 to \$60.

Q: What if I have more questions?

A: This is a lot to take in and we understand and expect there to be plenty of questions. Every member will receive detailed information about the new membership plan, and this information will also be at the Welcome Desk and on our website. Membership staff will of course be available to answer questions in person or via email or phone.



We hope that your takeaways from this are, first, that we are committed to providing the programs you and so many others rely on. Second, that you know we have thought about this, discussed it, talked with members, sought advice, and studied different scenarios over the course of many months, trying to determine what membership and program fee structure is financially necessary while still appropriate for our mission and vision. There really is no perfect model, and we will be evaluating this change, making adjustments as we go along.



**Come to Wild Birds Unlimited
Feed the Birds and Feel the Joy
20% Off One Item!**

Bring this ad to Wild Birds Unlimited Charlottesville and get 20% off one regularly priced item! Offer good until April 30, 2025. Limit one coupon per customer.



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**DONATIONS MADE IN MEMORY OF
(Dec. 1, 2024–Jan. 31, 2025)**

**Kn Doraswamy and
Tv Pankajalakshmi**
by Saras Sarasvathy

Marge Haugen
by Betty Bollendorf
by Lynn Divers
by Rea Everitt
by Nancy Fischer
by Sheila Hazen
by Sherry Sinard

Eric Moody
by Anonymous (2)
by Pam and Robert Kemp
by Susan Stone
by James Hassmer
by Janice and Charles
Suter, Jr.

Elizabeth Seabrook
by Teri and Michael
Seabrook

Jean Soumaris
by Shelly Daus



TRAVEL

LINDA HAHN
TRAVEL MANAGER

linda@thecentercville.org
434.220.9736

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

Personal travel needs? Contact Linda for help!

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

DAY TRIPS

NATIONAL AIR AND SPACE MUSEUM

Wednesday, March 19, 8:30 am–5:30 pm

Lifelong learning hits the stratosphere as we visit The Steven F. Udvar-Hazy Center in Chantilly, VA. Stroll through thousands of aviation and space artifacts, including the Space Shuttle Discovery, a Blackbird SR-71, and the Concorde. A docent-led tour will highlight the Museum's collection and trace the history of air and space travel. Enjoy lunch on your own at the Museum's onsite Shake Shack. Members \$82; Guests \$117.

VIRGINIA QUILT MUSEUM

Thursday, March 20, 8:30 am–4:00 pm

Nestled in the heart of the picturesque Shenandoah Valley, the Virginia Quilt Museum holds two floors of modern and historic quilts of all kinds. Take a guided tour to see these beautiful quilts up close and personal. Then enjoy lunch on your own and shopping at Dayton Market, where you can check out many handmade items by talented Mennonite crafters. The cheese shop and quilting supply Patchwork Plus next door are highlights. Members \$92; Guests \$127.



LEWIS GINTER BOTANICAL GARDENS

Thursday, April 3, 8:30 am–4:30 pm

Discover year-round beauty on this historic property with more than 50 acres of spectacular gardens, dining, and shopping. The classical domed Conservatory is the only one in the mid-Atlantic. More than a dozen themed gardens include a Bulb Garden, Rose Garden, Asian Valley, and Cherry Tree Walk. Choose from two escorted tours: an easy walk on paved pathways and a moderate walk along both paved and unpaved paths. Lunch is on your own at the Garden Café. Members \$111; Guests \$146.

A BEAUTIFUL NOISE: THE NEIL DIAMOND MUSICAL

Saturday, April 19, 8:30 am–6:30 pm

Created in collaboration with Neil Diamond himself, this bio-musical is the uplifting true story of how a kid from Brooklyn became a chart-busting, show-stopping American rock icon. Diamond has sold 120 million albums, received a Grammy Lifetime Achievement Award, been inducted into the Songwriters and the Rock and Roll Halls of Fame, and sold out concerts around the world. Come enjoy his catalogue of classics like "America," "Forever in Blue Jeans," and "Sweet Caroline" live on stage at Richmond's Altria Theater. Lunch is on your own before the show. Members \$185; Guests \$220.

HILLWOOD ESTATE AND GARDENS

Wednesday, May 7, 8:00 am–6:00 pm

This grand estate was the residence of business-woman, socialite, philanthropist, and collector Marjorie Merriweather Post. Sitting on 25 acres overlooking Rock Creek Park in northwest Washington, D.C., Hillwood is known for its large decorative arts collection that focuses heavily on the House of Romanov, including two Fabergé eggs. Other highlights include 18th- and 19th-century French art and one of the country's finest orchid collections. Lunch is on your own at Merriweather Cafe. Members \$135; Guests \$170.

THERE GOES THE BRIDE AT SWIFT MILL CREEK THEATER

Wednesday, May 21, 9:30 am–5:30 pm

Ray Cooney's comedy is a laugh-a-minute romp about an ad executive, Tim Westerby, who brings home a life-size cutout of a sassy flapper girl for an ad campaign. Hilarity ensues when the flapper girl mysteriously comes to life, but only Tim can see her! Lunch is included. Members \$187; Guests \$222.

GETAWAYS

EGYPT

April 1–12, 2025

Explore a land of ancient treasures from Cairo, the capital and largest city of Egypt, to the Great Pyramids and beyond. On this very active tour, you'll experience camel rides, the new Grand Egyptian Museum, a Nile cruise from Aswan to Luxor, optional excursions to Abu Simbel and sunrise balloon rides, temple visits, shopping, and much more. Package includes round trip airfare, two to three meals per day, and a licensed professional Egyptian tour guide.

ICELAND: NATURE AND PHOTO TOUR

August 20–30, 2025

Waterfalls, lush green countryside, mountains, mountains, volcanoes, broad desert vistas, vast black sand beaches... the west, south, and south-east regions of Iceland are rich in unique natural sites and extraordinary adventure! You'll also enjoy the world-famous Blue Lagoon geothermal spa, one of Iceland's most visited attractions. Package includes round trip bus transportation to Dulles International Airport, round trip airfare, three meals each day, all transportation, all admissions fees, hotels, and museums outside Reykjavik.

CANADA AND NEW ENGLAND CRUISE WITH ROYAL CARIBBEAN INTERNATIONAL

October 16–25, 2025

Depart Cape Liberty, NJ, on *Liberty of the Seas* with stops in Boston, MA; Portland, ME; Sydney, Nova Scotia; Halifax, Nova Scotia; and Saint John, New Brunswick (Bay of Fundy). Package includes round trip bus transportation, all meals, entertainment, port fees, taxes, and gratuities.

INFO SESSIONS

ICELAND PRESENTATION

Thursday, April 17, 11:00 am–12:30 pm

Bjorn Ruriksson, Iceland resident and professional tour guide, and Pete Cross, Center member and frequent visitor to Iceland, take you on an arm-chair journey to this dramatic destination with volcanoes, geysers, hot springs, and lava fields. You just might be persuaded to travel with The Center to this fascinating country on our August getaway.

TRAVEL CHAT WITH LINDA

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.

WE REMEMBER

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

Charles Bakewell
Audrey Bohm
Lucius Bracey
Margaret Gore

Margaret Haugen
Rita Squillace
John Staige

DONATIONS MADE IN HONOR OF (Dec. 1, 2024–Jan. 30, 2025)

Arlene Weinstein

by Ben Hoelscher

Clay Sisk

by Joyce and Ronald Root
by Karla Berger

Denise Benson

by Billie Barlow

Doris Gelbman

by Merle Kinzer

Free Gift Wrapping

by Martha Somers

Gary Moody

by Jacqueline Bailey and Sammy Swale

Gene Ecton Davis

by Senior Statesmen of Virginia

Jan & John Stalfort

by Louise and Edward Tayloe

Jane Saltzman

by Kathryn and Norton Fishman

Linda Hahn

by Rachael Holmes

Lynn Divers

by Sarah Litchfield

Music Programs at The Center

by Nancy and Jonathan Rosen

Peggy Slez

by Jennifer Huck and Adam Slez

Peter M. Thompson

by Erika and Robert Viccellio

Sally and Joe Gieck

by Gordon and Marjorie Burris

VIVI & Beth

by Anonymous

Corporate Partners Build Bridges to Healthy Aging

Did you know that many local businesses and organizations share our passion for helping older adults live vibrant, healthy lives? Partnerships with these companies can make a real difference in the lives of our members. The Center's Corporate Partners form a remarkable network of community-minded businesses that are advancing our healthy aging mission.

Through their generosity and dedication, our Corporate Partners provide invaluable resources to The Center. From sharing information in our Atrium during free and open to the public sessions to offering one-on-one support for our members, they bring expertise, enthusiasm, and a shared commitment to making life better for those aged 50 and better. Financially, these partnerships contribute about 15% of The Center's annual operating revenue. Their support is a testament to their deep investment in our community's well-being.

With nearly 60 Corporate Partners (and growing), this dynamic group includes long-time friends like Carter Bank, Delaney Hearing Center, Gelbman Law, and Hill & Wood Funeral Service, as well as newer collaborators such as Elite Care Advisors, Fetch! Pet Care of Charlottesville, Medical Facilities of America, and UVA Community Credit Union. Curious about who else is part of this incredible network? You can find a full list of our Corporate Partners on our website at thecentercville.org or in this newsletter.

The impact of these businesses and organizations goes far beyond financial support. Several Corporate Partners volunteer on our Board of Directors, sharing their time and expertise to guide The Center's mission. Others lead enriching lifelong learning programs, offering insights on everything from elder law and caregiving to hearing health and navigating Medicare.

Our members often tell us how much they value face-to-face connections with Corporate Partners during events like "Connect Days" in our Atrium. What's the secret to their success? Simple: meaningful conversations and the chance to form genuine relationships. Tim Campbell, founder and owner of Skyline In-Home Services shared, "I would be nothing less than a fool to not renew our membership as a Corporate Partner. I feel lucky to have the opportunity to be affiliated with The Center and look forward to partnering in 2025."



And let's not forget the Active Aging Fair (pictured above)! Last September, over 40 Corporate Partners came together for this one-stop-shop event, offering resources, information, and fun to hundreds of attendees. Were you there? You won't want to miss this year's fair on Saturday, October 4, from 10:00am–1:00pm. Mark your calendar and bring a friend to this free, public celebration of healthy aging!

The next time you meet one of our Corporate Partners—whether at a Connect Day, in a program, or during the Active Aging Fair—take a moment to thank them. Their expertise and generosity make a tangible difference, not just for The Center but for the entire community. Together, we are weaving a powerful network of support for the largest and fastest-growing demographic in our area: adults aged 50 and better.

Do you know of a business that shares our vision and would like to learn about Corporate Partnership with The Center? We'd love to hear from you! Please contact Philanthropy Assistant Director **Tammy Barboza** at tammy@thecentercville.org or 434.220.9731.

Together with our Corporate Partners, we're making healthy aging a shared priority—and that's something to celebrate.

Thank You

CORPORATE PARTNERS

PREMIER partner



Carter Bank

PLATINUM partner

Hill & Wood Funeral Service

GOLD partners

The Barclay at Charlottesville

The Blake at Charlottesville

Delaney Hearing Center

RoseWood Village Assisted Living
& Memory Care

SILVER partners

Allison Partners

Benchmark Senior Solutions

Branchlands Independent
& Assisted Living

The Colonnades

Commonwise Home Care

Craig Builders

Gelbman Law PLLC

Hanckel-Citizens Insurance

The Heritage Inn

*An Assisted Living and
Memory Care Community*

Hospice of the Piedmont

Medical Facilities of America

Panorama Natural Burial

SKV Group

UnitedHealthcare

UVA Encompass Health
Rehabilitation Hospital

BRONZE partners

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Wealth Advisor Practice of
Ameriprise Financial, LLC

AT Home Care Staffing

Blue Ridge ElderCare Advisors, LLC

BrightStar Care of Charlottesville

Charlottesville Organizing

Commonwealth Senior Living
at Charlottesville

DuCard Vineyards

Elite Care Advisors

Evolution Hearing

Fetch! Pet Care of Charlottesville

Five Star Painting of Charlottesville

The Flick Team of Mutual of Omaha

Hantzmon Wiebel CPA and
Advisory Services

IKOR of Charlottesville

InnovAge Virginia PACE—
Blue Ridge/Charlottesville

Innovative Insurance Group, LLC/

Anthem BCBS Medicare

Ivy Rehab Physical Therapy

Loving Arms Home Care

Martha Jefferson House

Monticello Reverse Mortgage, LLC

Norton Health Law, P.C.

Our Lady of Peace

Pepsi-Cola Bottling Company
of Central Virginia

The Reserve at Belvedere

Right at Home

Robinson, Farmer, Cox
Associates, PLLC

Skyline In-Home Services, LLC

Smooth Skin Laser

Sunnyside Communities

UVA Community Credit Union

Visiting Angels Senior Home Care

Waterstone Mortgage

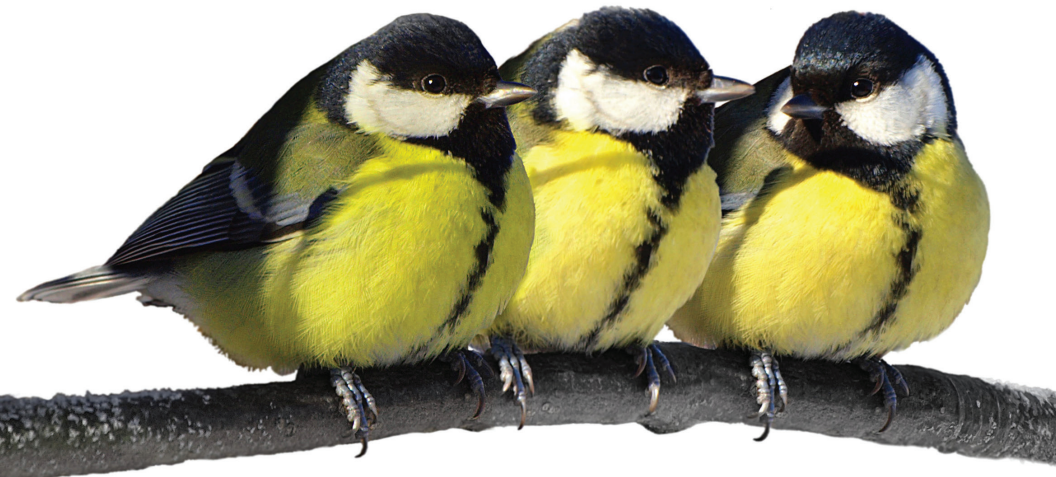
Westminster-Canterbury
of the Blue Ridge

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

To learn more about partnership opportunities, please contact Tammy Barboza at 434.220.9731 or tammy@thecentercville.org.

Birds of a Feather ...

Community partners help The Center fly high



It takes many hands to produce The Center's mind-boggling 160+ programs each week. One of the ways we create so many healthy aging opportunities for older adults in our area is by joining forces with like-minded organizations in our community.

The Charlottesville Ballet presents a preview of *Firebird* on March 7. Charlottesville Ballet has a longstanding relationship with The Center through the Silver Swans program, which offers older adults a chance to return to a beloved pastime or learn the ballet skills that are so often only available to children of wealthier families. From beauty and creativity to improved mobility, Center members gain so much from Charlottesville Ballet's partnership.

This spring also brings a renewed partnership with OLLI, the Osher Lifelong Learning Institute at UVA. Intellectual wellness is an important component The Center's multidimensional model, so OLLI's commitment to provide educational opportunities and intellectual enrichment perfectly aligns with our own healthy aging mission. Together with OLLI, The Center will host a series of Civil War lectures with popular local historian Rick Britton. See more details on these and other partner programs in Program Notes on page 3.

MAC continued from page 1

And you can do it from any device—your laptop, your desktop computer, your tablet, or your smart phone. MAC also allows for auto-renewal of membership, which many of you have been requesting.

The flexibility of the system will provide everyone with more access to our most popular programs. With MAC, you will sign up for individual class sessions rather than for a month at a time, as is currently the case with some recurring programs. This will free up spots that went unused when people had to register and pay for a month at a time but couldn't attend every session.

MAC is user-friendly and should provide you with a much smoother registration process. You'll have more information at your fingertips—class descriptions, schedules, and availability will be right there for you to view. And there's something else you've been asking for—your own personal calendar page to keep track of upcoming activities!

We understand that any new system can take some getting used to, and we'll have many ways to make sure you feel confident with My Active Center. There will be in-person training sessions, one-on-one assistance, online videos, and printed instructions to ensure you're comfortable using the new software. Rest assured, those of you who don't use computers or smart phones can always call or stop by the Welcome Desk to register for programs.

This upgrade is all about making things easier for you, so you can focus on what matters most—enjoying the programs and services that help you stay active and connected. We can't wait for you to try it! See the back cover for a list of training sessions.



Author **Karen Outen** shares her book *Dixon, Descending* during the Festival of the Book, **March 20 at 3:00 pm**. Thank you to the volunteers from The Center's DEI Committee for their help coordinating this event.

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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 -or- 4 Lines with a Clipart Logo

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

www.dogwoodvietnammemorial.org



Artwork by Dominique Anderson

New Works for Spring

On the first floor, **Ron Martin** represents traditional subjects in oil paint.

On the second floor, see works by a variety of local artists. **Dominique Anderson** produces acrylic on canvas paintings. **Lori Pinkey** uses repurposed scrap wood for unique multimedia works. She creates an encaustic medium by heating beeswax and damar resin, incorporating pigments with oil paint or oil pastels, then applying the hot colored wax to the surface in multiple layers by brushing or pouring. She also incorporates mulberry paper, fabric, and other natural objects in some pieces. **Sara Gondwe** is an abstract and contemporary artist who works in acrylic and melted crayon. **Jan Settle** brings contemporary and traditional subjects to many mediums.



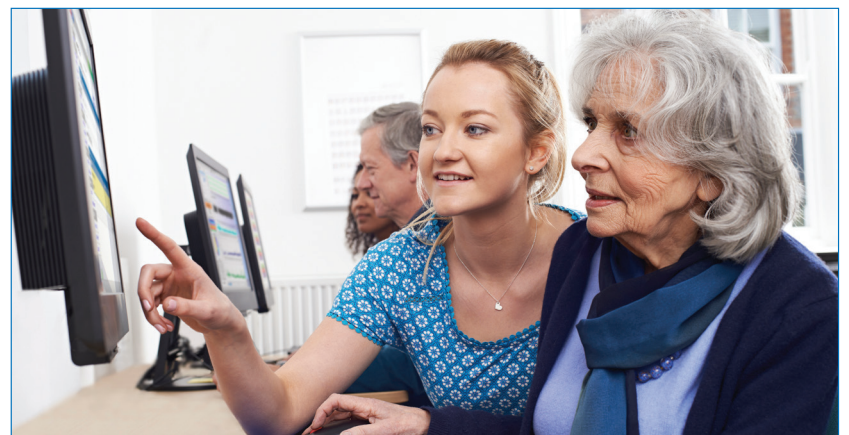
The Countdown is On!

The Center's Fiscal Year 2025 is coming to a close and, thanks to a generous anonymous donor, your contributions to our healthy aging mission will be matched dollar-for-dollar up to \$25,000. You have until March 31 to join this spring matching challenge and double the impact of your gift! You can make contributions via mail, at the Welcome Desk, or online at thecentercville.org. Thank you for supporting healthy aging!

The Center at Belvedere
540 Belvedere Boulevard
Charlottesville, VA 22901

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my active center TRAINING



Learn how to use The Center's new software!

My Active Center will allow you to register for programs, renew your membership, see your own personal calendar of upcoming events, and more—all from your own smartphone or home computer! More details are on the front cover, but in the meantime save the date for one of these training sessions (and look for more coming in April). We are here to help!

Date	Time
Wednesday, March 12	2:00–3:00 pm
Friday, March 14	10:30–11:30 am
Tuesday, March 18	3:00–4:00 pm
Thursday, March 20	10:30–11:30 am
Monday, March 24	1:00–2:00 pm
Friday, March 28	10:30–11:30 am

Register online at thecentercville.org



FIND YOUR CENTER
civic | community | cultural | fitness | social