



NEWS from THE CENTER

DISCOVER THE POWER OF HEALTHY AGING

MARCH 2020 MINI-EDITION

DATES! TO! KNOW!

FRIDAY, MARCH 20 –
Last day at Hillsdale

MONDAY, APRIL 6 – Doors open at
The Center at Belvedere

SATURDAY, APRIL 18 –
Grand Opening Celebration

This mini-news will fill you in on **what’s happening in March at our current location** and provide **important info about the transition to The Center at Belvedere**. A **special April newsletter** will give you the scoop on the grand opening, on expanded programming, and on ways to enjoy both the familiar comforts of The Center community and all the added benefits of our beautiful new home.

\$250K MATCHING CHALLENGE WILL DOUBLE YOUR GIFT!

As we look forward to the Grand Opening celebration of The Center at Belvedere on Saturday, April 18, 2020, we continue to close in on our capital campaign goal of \$24M. Charitable contributions combined with the sale of the Hillsdale Drive property and some limited long-term debt make up the \$24M campaign goal.

In early January, an anonymous donor made a gift of \$250K to the campaign for The Center at Belvedere and asked that it be matched prior to our Grand Opening. Beginning January 30, all new gifts and pledges made to The Center at Belvedere will be matched up to \$250K, or until April 18, 2020, whichever occurs first.

If you have been eagerly watching the construction progress of The Center at Belvedere but have yet to make a gift to support this project, *now is the time*. If you have already been generous with your support of this campaign, *please consider making an additional gift*—the power of your gift will be doubled. Should you have questions or want to donate to the campaign, please contact philanthropy director Melanie Benjamin at melanie@thecentercville.org or at 434-971-7756.

GREENBERRY’S

Greenberry’s Coffee Co. will open to the public on Monday, April 6, and will have the same hours as The Center at Belvedere.

SENTARA FAMILY MEDICINE

Sentara Family Medicine open on Monday, March 30, to patients of all ages. The practice will have Saturday hours, and walk-ins are welcome.

The Big Move: Here’s What’s Happening

First, check out the milestone dates in the red box at upper left. That’s what you really need to know. *As for what’s happening between March 20 and April 6 ...*

Volunteers are boxing up anything that can be packed in advance without disrupting programs. Staff will pack up their offices on Monday, March 23. Student Services will move most, if not all, of the furniture, program equipment, kitchen stuff, etc., on Tuesday, March 24. Computer equipment, servers, etc., will move on Wednesday and Thursday, March 25 and 26. There should be no discernable interruptions in phone or internet service.

During the week of March 30–April 3, there will be lots of training and orientation for Center staff and volunteers, including program leaders, so that your experience at our new home will be wonderful from the moment you step through the doors.

Will there be glitches? Naturally. But please be of good cheer and know that everyone is working hard to fix anything that may need fixing.

If you have questions about membership or a trip or a program or anything else during the two weeks that The Center is closed, please either check the website or call or email as normal. If you get voice mail, know that we will be checking messages and returning calls as promptly as possible.

Once doors open at The Center at Belvedere on Monday, April 6 ...

If you’ve already joined as a Prime member, you can stop by the Welcome Desk to get your Greenberry’s gift card and your certificate for a 30-day Center membership to give to a friend.

If you took advantage of the early renewal/join offer, stop by to pick up your Greenberry’s gift card and travel credit voucher.



Membership at Belvedere: You have a choice!

Are you considering joining The Center at Belvedere? Or are you a long-time member getting ready to renew? Don’t forget that you have options!

Standard: Standard membership provides access to about 80% of our programs, with fee-based programs, services, and access to the equipped fitness room available for additional fees. Standard membership costs \$180 annually or \$15/month.

Prime: Prime membership is an all-inclusive option that provides access to all programs, including those with fees (exceptions are travel, designated special events or programs, and services such as seated massage or manicures). For those who attend even one fee-based program, Prime membership is almost certainly cheaper, and it includes access to the equipped fitness room. The cost of Prime membership is \$480 annually or \$40/month.

Charter: Are you The Center’s biggest fan? Then have you considered becoming a Charter member? Charter members enjoy a lifetime of the all-inclusive benefits of Prime for a one-time payment of \$5000 or two payments of \$2500 each. Just 100 of these special memberships are available between now and May 2020, so jump on this option now if you’re interested.

If you have questions or would like information about scholarships, please contact Membership Director Judy Gardner at judy@thecentercville.org or 434.974.7756.

PROGRAMS in MARCH

If you have ideas about new programs or know someone who would be interested in leading a program, please contact Program Director Jennifer Crews at jennifer@thecentercville.org.

SPECIAL EVENTS

SENIOR GOLF ORGANIZATIONAL MEETING

Free and open to the community

Monday, March 2, 10:00–11:30 am

Spring in the air means golf season approaches! As the primary goal is to have fun, we play Ready Golf, organized into “Equally Capable 4somes” on Monday mornings from April through September. For more info please contact Ryan Hanson at 434.202.8279 or ryanhan66@hotmail.com.

SHREDDING TRUCK

Open to the community

Tuesday, March 10, 10:00 am–1:00 pm

No need to sign up, just show up with your paper to be shredded in a state-of-the-art, high speed shredding truck from 1st Choice Shredding. All shredded paper is recycled. Cost is \$5 for up to 5 grocery bags; additional bags are \$2 each.

VIRGINIA FESTIVAL OF THE BOOK TALK

Free and open to the community

Thursday, March 19, 10:00 am–11:30 am

WWII in Europe: Tales of Bravery and Collusion - Authors William Geroux (*The Ghost Ships of Archangel*), Mary M. Lane (*Hitler’s Last Hostages*), and Eric Lichtblau (*Return to the Reich*) offer

stories from the European theater of World War II, including an extraordinary tale of Allied ships crossing the Arctic, an ongoing story of the fine art confiscated by Hitler’s Germany, and an account of a Holocaust refugee who returned to operate behind enemy lines. Book sales and signing will follow. Moderated by Dan Doernberg.



LIFELONG LEARNING

BOOK DISCUSSION GROUP

Free for members, first time guests welcome

Wednesday, March 4, 11:00 am–12:00 pm

This enthusiastic group meets monthly to discuss predominantly contemporary works of fiction and nonfiction. Join in the discussion! **March 4:** *The Kitchen House* by Kathleen Grissom.

ALL THINGS DIGITAL

Free and open to the community

Monday, March 9, 1:00–2:00 pm

Join the techies from FlossTech for a discussion on the pros and cons of 5G networks. Free and open to the community.

A NOTE ABOUT PROGRAM TR

When we open the doors at Belvedere on April 6, y
Boot Camp demos, *Thursdays Around 5* music in the
classes, *Pathways to Flourishing Health* talks with Se

MONEY AND YOU WITH JORGEN VIK

Free and open to the community

Tuesday, March 10, 10:00–11:30 am

Fixed Income Investing - Jorgen Vik, partner with SKV Group, LLC, will lead a discussion on fixed income. CDs, money market, bonds, preferred stocks, mutual funds, ETFs. How may they fit in your portfolio?

*Wells Fargo Advisors Financial Network and SKV Group, LLC are not legal or tax advisors. You should consult with your attorney, accountant and/or estate planner before taking any action.



ELDER LAW WITH DORIS GELBMAN

Free and open to the community

Tuesday, March 17, 10:00–11:30 am

Aging in Place Part III - Assisted Living and Nursing Facilities—What’s the Difference? Getting into assisted living or a nursing home is generally not like checking into a hotel. Often a medical crisis results in hospitalization and from the hospital, folks are discharged to a facility to help with “rehab.” Following rehab, decisions must be made about keeping the recovering, perhaps now frailer,

March
1–20

KEY:

Programs ... *in italics* are off-site;
in bold are open to the
public; with a fee have a \$.

Subject to change. Check for updates
and additions at thecentercville.org, or
visit our Facebook page.

SUNDAY

1 1:00 Mah-Jongg
1:30 Sunday Movie
1:30 Scrabble
2:00 **English Country
Dancing**
2:00 Ping Pong

8 1:00 Mah-Jongg
1:15 **Central VA
Dowers**
1:30 Sunday Movie
1:30 Scrabble
2:00 **English Country
Dancing**
2:00 Ping Pong

15 1:00 Mah-Jongg
1:30 Sunday Movie
1:30 Scrabble
2:00 **English Country
Dancing**
2:00 Ping Pong

Every MONDAY

8:45 **Tai Chi** \$
9:00 Hiking
9:45 **Primetime Fitness** \$
10:00 Writing for Healing & Growth \$,
Sew & Sews,
Getting Better at Bridge
10:45 Chair Yoga
11:00 **Silver Swans Ballet Class**
12:30 Chess Club
1:00 Mah-Jongg (Chinese)
1:15 **Ageless Grace** \$,
Senior Aquatics \$
2:30 Member Social
4:00 *Member Social Dinner* \$
6:45 **Pickleball** \$

2 10:00 **Senior Golf Meeting**
1:00 **Senior Council**
2:00 Bunko

9 1:00 Piedmont Pastelists
1:00 All Things Digital

16 2:00 Bunko

Every TUESDAY

9:00 Full Life Fitness, *Bowling* \$,
Mani/Pedicure \$
9:30 **Primetime Fitness** \$
10:00 **Medicare Consulting** (by appt)
10:15 *Senior Aquatics* \$
10:30 **Arthritis Exercise** \$
10:45 Second Wind Band \$
12:00 Social Bridge, Men’s Poker
1:15 **Round Dancing** \$ (beg.)
2:00 **Pickleball** \$
Mah-Jongg (Western)
2:15 **Round Dancing** \$ (int.)
2:30 Encore Players
3:20 **Advanced Spanish**
6:00 Single’s Shmooze \$

3 11:00 **Hearing Screenings**
12:00 **Try It Out Tuesday**
1:00 **Chronic Pain Support Group**
1:00 Beginning Spanish
2:10 Intermediate Spanish
3:20 Advanced Spanish

10 10:00 **Money & You w/ Jorgen Vik**
10:00–1:00 Shredding Truck
1:00 Beginning Spanish
1:00 **Chronic Pain Support Group**
2:10 Intermediate Spanish
3:00 **Paint Party** \$
3:20 Advanced Spanish

17 10:00 **Elder Law with Doris Gelbman**
1:00 **Chronic Pain Support Group**

Every WEDNESDAY

8:45 **Tai Chi** \$
9:00 Hiking
9:30 **Crafty Ladies**, Dominoes,
Seated Massage \$
9:45 **Primetime Fitness** \$
10:00 *Bowling* \$
10:45 **First Wind Band** \$
11:30 Canasta
12:00 **TOPS**, Poker, **Pickleball** \$
1:00 Scrabble, Mah-Jongg
1:15 **Ageless Grace** \$, *Sr. Aquatics* \$
3:00 Knit-Wits, Ping Pong
4:00 **Square Dancing Lessons**
6:00 **International Folk Dancing**,
Line Dance (beg.)
7:00 **Overeaters Anonymous**
7:30 **Tai Chi** \$, **Line Dance** (adv.)

4 9:30 Kingfishers Fishing Club
11:00 Book Group
5:00 Travel Buddies
5:00 Cooking Demo w/ UVA
Dietetic Interns

11 1:30 **Senior Statesmen**

18 10:00 **Hearing Health**



TRANSITIONS

6, you will find all of your favorite current, recurring programs in full operation. But look for a few new program teasers in April, too. We'll have in the atrium, and *Current Events Talk* with the Charlottesville History Club. May will bring even more new programing, including new yoga with Sentara, a Piedmont Master Gardeners speaker series, photography workshops with the Charlottesville Camera Club and lots more!

patient safe and healthy. Learn about the differences between assisted living, memory care, health and rehabilitation facilities, and nursing facilities.

BRIDGE LESSONS FOR BEGINNERS - LESSON TWO

Free to members, please register in advance
Friday, March 20, 1:00–3:00 pm

If you've always wanted to learn how to play bridge or you have some experience but need a refresher, these classes are for you! Lesson Two consists of a presentation of the opening bid without a 5-card suit, along with the responses and opener re-bids, further exploration of the "Point Count" theory, and "Declarer Play"—both planning the play and strategies for winning additional tricks. All classes are available à la carte and are taught by experienced player and teacher Ken Marino. Time

ARTS

will be allocated for guided play. Free to members; guests \$20 per lesson. Please register in advance at the Welcome Desk or online.

PAINT PARTY

Open to all, please register in advance
Tuesday, March 10, 3:00–5:00 pm

Join local artist Tamara Murray for a step-by-step painting lesson in which you will learn to differentiate between positive and negative space,

practice mixing colors, and sharpen your manual dexterity. You'll leave with new skills and your very own masterpiece! Class size is limited. Fee includes all art supplies. Members \$30/Guests \$35

COOKING DEMO WITH UVA DIETETIC INTERNS

Open to members; please register in advance
Wednesday, March 4, 5:00–6:00 pm

Join UVA dietetic interns to learn how to cook a fresh and easy Mediterranean meal. Bright flavor notes include fresh lemon, chopped herbs, and seasonal produce. Sampling included! Please register in advance at the Welcome Desk or online.



Photo by Micheile Henderson on Unsplash

PHYSICAL WELLBEING

MOVE FOR HEALTH WITH DARCY HIGGINS, DPT

Free and open to the community
Thursday, March 12, 1:30 pm

Body Awareness for the Best Sleep and Rest - Getting enough sleep is important to stay healthy, but did you know that your sleeping position influences your health too? Discover how various positions affect your body and how body awareness can contribute to more restful sleep, plus learn efficient breathing patterns and symptoms management strategies that will help you sleep through the night.

HEARING HEALTH WITH EVOLUTION HEARING

Free and open to the community
Wednesday, March 18, 10:00–11:00 am

Nutrition and Hearing Health - Dr. Kristin Koch, Audiologist at Evolution Hearing, will discuss the link between nutrition and hearing health. Studies have confirmed that diets high in sugars and carbohydrates can negatively impact hearing health. Help safeguard your hearing with beneficial eating strategies and overall goals to improve hearing.



Every THURSDAY

- 9:00 Party Bridge, *Ivy Creek Walking*
- 9:30 **Primetime Fitness \$**
- 10:00 **AA**, Recorder Lessons \$ (beg.)
- 10:15 *Senior Aquatics \$*
- Tap Dancing \$** (beg.)
- 10:30 **Arthritis Exercise \$**
- 11:00 Recorder \$ (int.), Craft DIY
- 11:15 **Tap Dancing \$** (int.)
- 12:00 **NIA - Moving to Heal \$**,
- Sheepshead**, Duplicate Bridge
- 1:00 Albemarle Carvers, Apple/Mac, Financial Counseling (by appt.)
- 2:00 Backgammon
- 3:15 Chair Yoga
- 4:30 **Medicare Consulting** (by appt.)
- 5:00 *Pickleball \$*
- 6:30 **Drumming Group**

Every FRIDAY

- 8:45 **Tai Chi \$**
- 9:00 Full Life Fitness, Mah-Jongg
- 9:30 Friday Art Group
- 9:45 *Northside Walking Group*,
- Primetime Fitness \$**
- 10:30 **Bingo**
- 10:45 Flashbacks \$
- 11:00 *Senior Aquatics \$*
- 12:00 Writing for Pleasure
- 1:00 **Fun Time Line Dancing** (beg),
- Still Sharp Singers \$, Euchre
- 2:15 *Pickleball \$*
- Enjoying Short Stories**
- 2:30 Barbershop Belles & Beaux,
- Line Dancing** (adv.)
- 3:00 **Bereavement Support Group**

SATURDAY

- 5 10:45 **Parkinson's Caregiver Support Group**
- 3:00 Socrates Cafe
- 12 1:00 Le Cercle Français
- 1:30 **Move for Health w/ Darcy Higgins**
- 4:00 **Essential Tremor Support Group**
- 19 10:00 **Virginia Festival of the Book Talk**
- 3:00 Socrates Cafe

- 6 10:00 Investor's Forum

13

- 20 10:00 Investor's Forum
- 1:00 Bridge Lessons for Beginners (Lesson 2)
- The Center closes at 4:30pm

7

1:00 *Pickleball \$*

14

1:00 *Pickleball \$*

Coming soon!

The Center already offers 100+ different programs. Here's a look at just some of the additional fun, educational, active, artistic, and social options coming soon to The Center at Belvedere!

- Roll with It (Foam rolling / Myofascial release)
- Yoga for Healthy Aging
- Inner Bliss Yoga
- Alignment Yoga
- Senior Fitness
- Balance and Stabilization
- Pathways to Flourishing Health with Sentara
- Aging Mastery Program
- Morning Coffee and Sports Talk
- Photography Workshops w/ Ch'ville Camera Club
- Current Events Talk with Ch'ville History Club
- Thursdays Around 5 (live music)
- Renaissance Dance Lessons
- Biking around Belvedere (neighborhood bike ride)
- Jazzercise
- LaBlast Fitness

Note: The Center at Belvedere will be closed on Saturday and Sunday, April 12 and 13, in observance of Easter and to allow staff and volunteers and extra day to get organized!

MARK YOUR CALENDAR!

FRIDAY, MARCH 20 – Last day at Hillsdale
MONDAY, APRIL 6 – Doors open at The Center at Belvedere
SATURDAY, APRIL 18 – Grand Opening Celebration

Interested in volunteering to help with the move or at our grand opening celebration? Contact Bobbi Hughes at 434.974.7756 or bobbi@thecentercville.org. She can also connect you with other volunteer opportunities at The Center or in the community

Looking for travel news? Staff and board listings? New member or donor listings? These sections will return to the newsletter in April. In the interim, please visit our website or call 434.974.7756.

The Center
491 Hillsdale Drive
Charlottesville, VA 22901-5732

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

Need a space for your next meeting or special event?

Look no further—the new Center at Belvedere has it all! An auditorium with versatile space that can accommodate up to 380 people; conference rooms and classrooms for meetings, lectures, and breakout sessions; atrium space for a chic cocktail party; outdoor areas for tented events ... and lots more! If you are planning an event, contact Program Director Jennifer Crews at jennifer@thecentercville.org for more information or visit the facility rental page of our website. Space is available beginning in May 2020.



thecentercville.org

Web address, main phone number, email addresses, and zip code for The Center at Belvedere will stay the same! **Our new street address: 540 Belvedere Boulevard.**

Iceland Photo & Nature Tour

August 18–30, 2020



Contact the Travel Office at 434.974.6538 for information or to book your trip!