

Advancing Equity, Diversity, and Inclusion

Board of Directors Approves Racial Equity Task Force Recommendations

LAST SEPTEMBER, THE CENTER BOARD OF Directors created a Racial Equity Task Force (RETF) to develop recommendations for how The Center will advance equity, diversity, and inclusion within the organization. The origins and objectives of the task force were detailed in an article in the January/February edition of News from The Center.

Over the course of six months, with input from multiple stakeholders, RETF members Kaki Dimock, Don Gathers, Dr. Ebony Hilton, Enid Krieger, Deidra Massie, Siri Russell, Christine Thalwitz, Peter Thompson, and chair Juandiego Wade identified key issues on which The Center, within the scope of its mission, should focus its resources. They determined that initial efforts should be directed internally before we can stand effectively with other organizations and work in partnership to drive change.

At a meeting on March 22, the RETF presented its recommendations in a report to the Board. “The report sets forth a specific, structured, long-term plan for changing and improving The Center’s legacy of racial equity and inclusion in the Charlottesville community,” said Wade. A key component is the formation of a Board-level special committee to draft an equity action plan that will prioritize three focus areas: Organizational Commitment, Leadership & Governance; Organizational Climate, Culture & Communications; and Community Collaboration. This special committee will be comprised of board, staff, Center, and community members.

With unanimous approval from the Board, work on creating the special committee has begun. The Task Force emphasized that its recommendations are just a start to the work we seek to accomplish in our community. “This,” wrote the report authors, “is ‘forever’ work that will continue to evolve. It will require significant leadership, resources, and accountability,

see EQUITY on page 2

Inside

- Programs pg 3
- Travel pg 5
- Calendar pg 6
- More!

The Center joins Green Business Alliance

Community-level effort to reduce energy use and climate pollution



THE CENTER AT BELVEDERE IS EXCITED TO BE PART OF THE COMMUNITY Climate Collaborative’s Green Business Alliance (GBA), joining other businesses and organizations in Charlottesville and Albemarle County in a commitment to managing our energy use and reducing our climate impact. This collective commitment to reduce greenhouse gas emissions will enhance Charlottesville and the region’s economy, vibrancy, sustainability, and quality of life.

Does this have anything to do with our mission? You bet it does. Healthy aging is all about adopting behaviors to ensure the highest quality of life across the lifespan. It addresses every dimension of wellness—one of which happens to be environmental wellness.

“Environmental wellness comprises both the responsibility of protecting our natural world and the joy of being in it. It is impossible to live or age well if you don’t live in a healthy environment,” notes The Center’s executive director, Peter Thompson.

Multiple environmental factors influence the risk of disease and disability across the lifespan, and that includes climate change, which threatens human health and well-being in many ways. Being involved in socially responsible activities to protect the environment is just another way to positively impact community health.

With support from C3, we will be able to track our energy use, costs, and climate impacts, and can identify areas for GHG reduction. In doing so we hope to:

- reduce operating costs by reducing and greening energy use, water use, and waste;
- mitigate risk associated with fossil fuel cost variances and future regulation by relying on solar powered energy generation; and
- contribute to a better world for people of all ages.

As you may have noticed, reducing our carbon footprint can reduce our costs, so it’s not only an environmental win, it’s a financial one as well.

More information about the Green Business Alliance, Community Climate Collaborative, and simple everyday things you can do to reduce your climate impact is at theclimaticollaborative.org. ■

Meet Members

Isolina Nunez-Anderson and John Anderson

ASKED FOR THE SECRET OF THEIR REMARKABLY close relationship, Lina and John both give the other the credit.

“It’s because of him,” Lina insists. “John is extremely thoughtful. He is such a wonderful companion on this journey.” “No,” interrupts John. “It’s because of you. And because we like each other. We share so much.”

And Lina and John do share a great deal. They enjoy reading, line dancing, and attending concerts. They volunteer together, at The Center, at their church, and for Meals on Wheels. And they travel widely, including to South America, so John could meet Lina’s family. Perhaps most importantly, however, they share two great passions.

The first is their love of nature. They both enjoy gardening— “You should see Lina digging up rocks!” John smiles. And they adore camping, which they have done in 48 states and nine provinces in Canada. The second is their passion for education, one they shared even before they met at Albemarle High School, where John was the assistant principal and Lina taught Spanish.

Lina originally came to the United States from Colombia on a Fulbright scholarship. She was the first person in her family to attend college but by no means the last, and she and John have always opened their



see MEMBERS on page 2



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

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

About THE CENTER AT BELVEDERE

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

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

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

Membership

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

BOARD OF DIRECTORS

- | | |
|--------------------|--------------------|
| Jennifer King | President |
| Larry Martin | Vice President |
| Patti Cary | Treasurer |
| Rene Bond | Secretary |
| Dan Brody | Paul Matherne |
| Mark Brown | Steve Peters |
| Katie Caverly | Christine Thalwitz |
| Joyce Turner Lewis | Peggy Slez |
| Sean Greer | Bill Tucker |
| Jean Hart | Mary Wilson |
| Deidra Massie | |

THE CENTER STAFF

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

MEMBERS, cont. from cover

home to nieces and nephews who wanted or needed to learn English as part of their professional training. “We always encourage people to get an education,” Lina says. “It is so important.”

For John, education has always been a family tradition. His grandfather’s wife was one of the first Black teachers in Buckingham County, and his family helped construct a school there when there wasn’t one for Black students. Once the school was built, there was the problem of transportation. “They didn’t have a bus,” John remembers, “so they got a truck and turned it into a bus to pick up students and take them to school. My family found ways to help others achieve their education.”

John himself worked as the last principal of the Black high school in Fluvanna County, and the first principal of the integrated middle school there. He vividly remembers some of the challenges they faced during that time of social change. One night, for example, a basketball game was scheduled for his school, and John heard a rumor that there was going to be trouble, so he did the only thing he could think of to avoid it. “I cut off the lights!” John confesses. “I told everyone the power had gone out and we had to cancel the game.” But then he found a more lasting way to address the simmering unrest, creating an interracial conflict resolution group that not only got students talking to each other, but that worked to make all students feel comfortable and welcome in the school. He also introduced the idea of “dress-up days,” Fridays when students were expected to dress in their best clothes, including ties for the boys. “You don’t get in trouble so much when you are dressed up,” John laughs.

But school wasn’t the only place that John—and Lina—found challenges because of race. As an interracial couple, they have faced discrimination, even from those close to them. When Lina announced that she was engaged to John, she lost two friends, one who told her that John was simply not welcome in her home, and another who said, “I am not prejudiced, I don’t have bias, but my husband does.” There have been occasions when they have been treated differently because of race, such as the time they needed a small loan, and the rate John was quoted was nowhere near as good as the one Lina got when she called. What is remarkable is that John doesn’t get angry. “People still have the idea that you are other,” John muses. “But it’s getting better. I think it’s getting better.” They both feel that progress has been made, but that it takes time and education to eradicate the discrimination still present. John remembers clearly that when they bought a home in Keswick, one neighbor immediately put his house up for sale, convinced, as John says, that the neighborhood was “going down.” Then a snowstorm came, and John was the one who turned up to help this same neighbor dig out. “He took down that sign after that,” John grins. “We became quite friendly.”

Perhaps, then, the most important lesson these two educators have for those who know them is the one they set by example. They both believe their relationship has lasted in part because they listen to each other, support each other, and are willing to get out of their comfort zones for each other. “I give Lina a lot of credit,” remarks John when he recalls the way her friends rejected her after their marriage. “She didn’t let them influence her.” And he appreciates how knowing her has expanded his horizon as well, adding, “I have been exposed to things I never would have, like visiting her country. I have a different outlook on life, thanks to her.”

Their advice to other seniors? Look for those opportunities for new experiences, maybe in new places, like The Center. “Join things,” Lina advises. “Join The Center. If you are already a member, take advantage of all the opportunities it offers, for travel, for making friends. It will enrich your life. It has enriched ours.” ■

EQUITY, cont. from cover

but in prioritizing this work, The Center will evolve to be truly equitable and have profound impacts on our community.”

As a community resource, The Center has a responsibility to build an inclusive culture that reflects diverse racial, ethnic, and economic groups. Only by becoming more representative of the communities we serve can we fulfill our mission and achieve our vision of a healthy community for all. ■



MEMBERSHIP

JUDY GARDNER • Membership Director
434.974.7756 • judy@thecentercville.org

**WELCOME
NEW MEMBERS!**

- | | |
|----------------|-------------------|
| Peter Bregman | Joseph Mason |
| Rebecca Foster | Kristine Montamat |
| Anne Geraty | Edith Read |
| Susan Hale | Angela Richards |
| Bebe Heiner | Eileen Thomas |
| Elizabeth | Major Thomas |
| Hendrickson | Charles Traynor |
| Fred Jung | Leigh Ann Vickery |
| William Leary | Denise Williams |
| Suzanne Leary | Ralph Wilson |

New & Prospective Member Orientations are a fun way to learn more about what The Center has to offer. Contact Judy for upcoming dates and times.

WELCOME BACK!

- Octavia Allis
Francis Biasiulli
Eleanor Biasiulli
Barbara Boyd
Erika Buckman
John Chandler
Sunny Choi
Lee Freudberg
Linda Nacamulli
Jean Newland
Anne Palmer
Susan Pfannenbecker
Brenda Smallwood
Kristine Vey
Robert Westbrook

If you joined or re-joined between February 1 and March 31 and were not recognized here, please contact Judy.

programs

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

Register online at thecentercville.org or call 434.974.7756.

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

SPECIAL EVENTS

THURSDAYS AROUND 5 *(onsite)*

Open to all; registration required

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

John Kelly

Thursday, May 13, 5:03–7:00 pm

Singer-songwriter John Kelly began his music career in his native Connecticut and played regularly there and in New York City before moving to Charlottesville. Now a regular on the Central Virginia circuit, John, with more than two decades of solo acoustic performing experience, has become known for his soulful voice and insightful original songs.

John Spear Band

Thursday, June 10, 5:04–7:00 pm

The Central Virginia-based Jon Spear Band can be adventurous in its musical tastes but never strays very far from its blues roots, the foundation for the group's music. Band members are Jon Spear (guitar and vocals), Andy Burdetsky (bass), John Stubblefield (drums), and Dara James (lead vocals and guitar plus harmonica).

ROUND DANCING DEMOS *(onsite)*

Free and open to all; registration required

Tuesdays, June 1, repeated June 8, 1:15–2:15 pm

Never heard of round dancing? Here's your chance to try it out. Round dancing is a choreographed and cued ballroom dance that progresses in a circular pattern. Join Eileen Rudert and Chip Hopper as they teach you a few basic steps of this fun way to move! No partner? No worries! We'll make it work with physical distancing protocols.

ARTS

MAKING JEWELRY FROM DRIED ACRYLIC PAINT SKINS *(onsite)*

Open to all; registration required

Tuesday, May 4, 9:00 am–12:00 pm

This fun class uses the overflow of dried acrylic paint or "skins" from poured paintings to create unique jewelry! If you've taken Jan Settle's paint pouring class, you may have some skins of your own. If not, she'll have plenty for you to choose from to create beautiful, one-of-a-kind pendants, necklaces, or earrings. There will be an assortment of silver-colored chains, or you may bring your own. Prime members free; Standard members and guests \$15. Materials fee is \$25 for all, payable to instructor at class.

WATERCOLOR LANDSCAPES WITH ARCHITECTURAL ELEMENTS *(online)*

Open to all; registration required

Tuesday, May 4–25 (Four Weeks), 11:00 am–12:30 pm

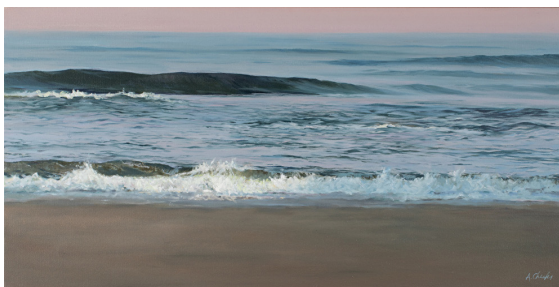
The line quality and shapes of architectural subjects are a wonderful counterpoint to those of nature, and they provide a frame of reference about the location and scale of the landscape in a painting. Jane Skafte will cover the basics of perspective and how it works as the foundation for being able to paint believable architectural subjects. Prime members free; Standard members and guests \$45. Supplies list on website.

WIRE SCULPTURE FOR BEGINNERS *(onsite)*

Open to all; registration required

Fridays, May 14–June 18 (six weeks), 10:00 am–12:00 pm

Using soft copper and aluminum wire, learn to bend, twist, add beads, and attach pieces to create two- and three-dimensional art. First, you will quickly create beautiful aluminum or copper wall hangings. Next, you'll move to simple standing sculptures and/or more complex creations. Join award-winning artist Ann Cheeks, who has been teaching art for over 20 years. Prime members free; Standard members and guests \$60. Materials fee is \$15 for all, payable to instructor at first class.



PAINTING LANDSCAPES/SEASCAPES WITH OIL FOR BEGINNERS *(onsite)*

Open to all; registration required

Fridays, May 14–July 2 (eight weeks), 2:00–4:00 pm

Working from photographs (your own or ones provided) you will set up your palette, learn to mix color, simplify shape, and create the illusion of depth while discovering the luscious feel of oil paint. Odorless mineral spirits will be used, which eliminates the harmful agents typically associated with oil painting. At the end of the 8-week session, taught by award-winning local artist Ann Cheeks, you will have two or more finished paintings. Prime members free; Standard members and guests \$80. Materials fee is \$20 for all, payable to instructor at the first class.

LEARNING FROM THE MASTERS (ACRYLIC ART) *(onsite)*

Open to all; registration required

Tuesday, May 18, 9:00 am–12:00 pm

Join artist Jan Settle for a little art history and lots of fun painting time as you learn about Vincent van Gogh, the painter of Sunflowers. In this class, you will paint a vase of sunflowers using van Gogh's work as a reference. Prime members free; Standard members and guests \$20. Materials fee is \$25 for all, payable to instructor.

MORE ACRYLIC ART ... *(onsite)*

Open to all; registration required

Tuesdays, May 25, June 1, June 8, 9:00 am–12:00 pm

Join artist Jan Settle for more art history and lots of fun as you learn more artists' work as a reference while adding your personal creative touch! Prime Members free; Standard members and guests \$20 per class. Materials fee is \$25 for each class for all, payable to instructor. Take one or all.

LIFELONG LEARNING

THE GOOD LIFE SERIES *(onsite)*

Free and open to all; registration required

Crafting Your Extended Care Plan

Tuesday, May 4, 11:00 am–12:00 pm

A vast majority of seniors want to remain in their homes for as long as possible, particularly since the COVID-19 outbreak. Should the need for extended care arise, do you and your family have a plan? Join Fred Jung of Blue Ridge ElderCare Advisors and Tracy Meade, certified Long-term care Consultant. (A repeat of the March presentation.)

Age in Place Gracefully, Cost-effectively

Tuesday, June 1, 11:00 am–12:00 pm

There are many cost-effective safety modifications that can decrease your risks of falling at home. Find out 10 important and inexpensive things you can do to improve your health and wellbeing as you age in place. Join Fred Jung and Tracy Meade.

BOOK DISCUSSION GROUP *(online)*

Open to members

First Wednesday of each month, 11:00 am–12:00 pm

This enthusiastic group discusses predominantly contemporary works of fiction and nonfiction. Participants make suggestions, the group selects the books, and everyone enjoys sharing their impressions of the month's selection. Free for members but first-time guests are always welcome.

May 5 – *Wait Till Next Year* by Doris Kearns Goodwin

June 2 – *The Song of Achilles* by Madeline Miller

WHAT IS A GERIATRIC EMERGENCY DEPARTMENT? *(online)*

Free and open to all

Thursday, May 6, 3:00–4:00 pm

Dr. Katie Hunold, Director of Geriatric Emergency Care at Ohio State, will explain what a Geriatric Emergency Department is and why it is important.

MONEY AND YOU WITH JORGEN VIK *(onsite)*

Free and open to all; registration required

Pros & Cons of Fund Investing

Tuesday, May 11, 10:00 am–11:30 am

There are many types of pooled investments including mutual funds, ETFs, UITs, and Separate Accounts. Jorgen Vik, partner with SKV Group, LLC, will discuss pros and cons of each.

Generating Income with Investments

Tuesday, June 8, 10:00 am–11:30 am

Interest rates are historically low. How can you invest to earn income in this environment? Jorgen Vik, partner with SKV Group, LLC, leads the discussion.

MEDICARE 101 (onsite and online)

Free and open to all. Registration required for onsite attendance
Wednesday, May 12, 11:00 am–12:00 pm
Wednesday, June 9, 11:00 am–12:00 pm
Medicare can be so confusing! This class is for you if you are new to Medicare, or already belong but aren't sure you have registered for everything that you need, or if you have Medicare A & B or Medicare A&B with Full Medicaid (CCC+) and may be eligible for additional benefits. Sharon Accardo will guide you through the process of taking full advantage of all the Medicare benefits available to you.

ELDER LAW WITH DORIS GELBMAN (online)

Free and open to all
Tuesday, May 18, 11:00 am–12:00 noon
Estate Planning 201 – ALL NEW! More on Wills and Trusts. How to avoid probate and why you should. Understand different kinds of trusts and why someone needs or might not need one.
Will not meet in June.

SPEAKER SERIES PRESENTED BY COMMONWEALTH SENIOR LIVING (onsite)

Free and open to all
Coping Techniques for Caregivers
Thursday, May 20, 2:00–3:00 pm
Caring for an aging family member can be stressful. Their health, safety, and happiness all rest on your shoulders, and sometimes that responsibility can be overwhelming. While you're taking care of your loved one, it's important to take care of yourself. Learn tips and tools to keep yourself healthy and strong so you can give your loved one the care they deserve.
Creating Your Plan for Senior Living
Thursday, June 17, 2:00–3:00 pm
Many seniors find themselves blindsided by the need for additional care as they age. Often the choice of a senior living community ends up being made by an adult child or other family member, a decision that can bring tremendous guilt and unnecessary stress. Learn how to prepare yourself for senior living—financially, logistically, and emotionally.

HOSPICE 101 (onsite)

Free and open to all; registration required
Wednesday, May 26, 11:00 am–12:00 pm
What is the difference between hospice and palliative care? What does hospice provide to patients and their families and who is eligible to receive the hospice benefit? Join Kathy Gardner with Legacy Hospice for answers to these questions and more.

DIAGNOSTIC RADIOLOGY (online)

Free and open to all
Thursday, May 27, 3:00–4:00 pm
Diagnostic Radiology is a medical specialization that uses non-invasive imaging scans to identify illnesses or injuries. Join Dr. Ray Norby to learn more about this fascinating field of medicine.

CAPTURING LANDSCAPE AND WILDLIFE PHOTOGRAPHS WITH AN AESTHETIC DIFFERENCE (online)

Open to all; registration required
Wednesdays, June 16–July 21, 10:00 am–12:00 pm (6 weeks)
Learn about aesthetic decisions you can make during a shooting process to achieve more dramatic, visually dynamic, and interesting photographs with award-winning professional photographer Ben Greenberg. This class will concentrate on the principles of art such as composition,

quality of light, color of light, and timing. Guests and standard members \$90. Prime members \$50.

PHYSICAL WELLBEING

SILVER SWANS BALLET CLASS (onsite)

Mondays, beginning May 3, 11:00 am–12:00 pm
Whether you're a seasoned professional or brand new to dance, this class is a great way to move. Silver Swans (a program of Charlottesville Ballet) incorporates classic ballet principles and focuses on flexibility, strength, and conditioning, but mostly on fun! Get on your toes and join experienced instructor Maria Chee. Center members free; Guests \$6/class

MOVE FOR HEALTH WITH DARCY HIGGINS, DPT (online)

Free and open to all
Exercise for Functional Movement
Thursday, May 13, 1:00–2:00 pm
Darcy, a Doctor of Physical Therapy and a Human Movement Specialist, discusses the key to moving well.

What is Core Stability & How Do I Get It?

Thursday, June 10, 1:00–2:00 pm

HEARING HEALTH WITH EVOLUTION HEARING (onsite and online)

Free and open to all; registration required for onsite attendance
The Top 10 Questions You Should Ask Before Purchasing Hearing Aids
Wednesday, May 19, 10:00–11:00 am
Where do you begin with hearing aids and how much do the devices cost? Audiologist Dr. Kristin Koch discusses the most important questions you should ask before making the investment in your hearing health. Beneficial if you wear hearing aids or are just thinking about it!
Improve Your Balance and Help Prevent Falls
Wednesday, June 16, 10:00–11:00 am
Studies show that greater hearing loss significantly increases the risk of falling, the leading cause of injuries in older adults. You may not realize that part of your balance system is in your ears! Join audiologist Dr. Kristin Koch for simple exercises and tips that can help anyone who is worried about falling and their balance!

ESSENTIAL TREMOR SUPPORT GROUP (online)

Free and open to all
Thursday, May 13, 4:00–5:00 pm
Jessica Eure of the Virginia Center for Biofeedback will speak on biofeedback to help with the symptoms of Essential Tremor.
Thursday, June 10, 4:00–5:00 pm
TBA

UVA DIETETIC INTERN NUTRITION SERIES (online)

Free and open to all
June, see dates below, all are at 5:30 pm
Join a different dynamic duo of dietetic interns from UVA's class of 2021 for each of these very informative nutritional presentations.
Thur., June 3: The Ketogenic Diet & Fluid
Thur., June 10: Cooking Demo
Tue., June 15: Vegan & Vegetarian Diets
Thur., June 17: Diabetes Nutrition Management
Wed., June 23: Six Main Nutrients/Intro to the USDA's MyPlate

SOCIAL/RECREATIONAL

BEGINNER BRIDGE LESSONS (online)

Open to all; registration required
Every other Friday, through June 11, 1:00–2:00 pm
Experienced bridge player and teacher Ken Marino offers classes for those with no bridge or who need a refresher. Each class can be taken à la carte. Free for prime and standard members; each lesson is \$10 for guests.
May 14: Defensive bidding
May 28: Opening bids of 2, 3, or 4
June 11: Common conventions

INTRO TO KAYAKING AT BEAVER CREEK (offsite)

Open to all; registration required
Thursday, May 13, 10:00 am–12:00 pm
Learn how to confidently paddle a kayak on a lake with an instructor from the Rivanna River Company. You will learn about the equipment, terminology, and techniques of launching, landing, and maneuvering a sit-on-top kayak. Suitable for beginners and anyone who wants to improve their skills. All necessary equipment is provided. Fee is \$60 for all.



INTRO TO PADDLEBOARDING (SUP) AT WALNUT CREEK (offsite)

Open to all; registration required
Tuesday, June 8, 10:00 am–12:00 pm
Learn how to confidently paddle a standup paddleboard on a lake. An instructor from the Rivanna River Company will teach you about the equipment, terminology, and techniques of launching, landing, and maneuvering a standup paddleboard. It's easier than you think! Suitable for beginners and anyone who wants to improve their skills. All equipment is provided. Fee is \$60 for all.

ROUND DANCING LESSONS • 8-WEEK SERIES (onsite)

Open to all; registration required
Tuesdays, June 15–August 17 (will not meet 6/29 or 8/10), 1:15–3:15 pm
Round dancing is choreographed ballroom dancing in which, like square dancing, the dance sequence is called or cued. Dancers learn figures and all couples execute the same steps in a circle. Dance the Waltz, Foxtrot, Cha Cha, Jive, Two-step, and more to music in various genres. Instructors are Eileen Rudert and Chip Hopper. Prime members free; Standard members and Guests \$80 for the 8-week series.

SENIOR GOLF

... is looking to begin again in 2021, but will wait until the State and Meadow Creek Golf Course permits this group activity once again. Stay tuned via The Center e-newsletter and The Center website for updates on a possible start date.





THE
CENTER
TRAVEL

COME
ALONG!

All trips and travel services are open to the public of all ages.
For more details or to book a trip, call or email the travel office.
Planning your own trip? We also offer personal travel services!

Travel Office Hours
Monday–Friday 9am–1pm

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

DAY TRIPS

VIRGINIA INTERNATIONAL TATTOO

Sunday, June 6

The annual Virginia International Tattoo in Norfolk is the largest Tattoo in the U.S., hosting over 200 performers from around the world. It's a colorful celebration of patriotism, pride and international goodwill featuring military bands and drill teams, pipes and drums, dancers and choirs, and a breathless finale! Lunch is on your own.

RIVERSIDE THEATRE - THE MARVELOUS WONDERETTES

Wednesday, June 23

This smash off-Broadway hit takes you to the 1958 Springfield High School prom where you'll meet four girls with hopes and dreams as big as their crinoline skirts! Featuring over 30 classic '50s and '60s hits, this show will keep you smiling on a trip down memory lane! A light fare lunch is available on your own.

RIVERSIDE THEATRE - GRUMPY OLD MEN

Wednesday, July 21

Two aging neighbors have been feuding for most of their lives. Their beautiful and charming new neighbor invigorates their feud, and they face off as romantic rivals until their hilarious shenanigans finally bring about a resolution to their differences. Based on the 1993 film, starring Jack Lemmon, Walter Matthau, and Ann-Margaret, this stage adaption captures the crotchety characters through humor and great songs.

NATURE & PHOTO TOUR OF ICELAND

August 18–30

Iceland is magical, especially in late summer when the colors, weather, and angles of sunlight are transitioning into fall. This 12-day tour with a veteran guide gives great insight into Iceland's unique nature and culture, with the bonus of experiencing the country's burgeoning culinary scene. All-inclusive package. Only a few spaces available—reserve your spot now!

GATLINBURG, TENNESSEE

September 13–18

Get away to Gatlinburg, the gateway to the Great Smoky Mountains. Adventure, shopping, dining and more await!



WILLIAMSBURG, VIRGINIA

December 6–7

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



COSTA BRAVA, SPAIN

April 22–30, 2022

Costa Brava is a perfect spot for exploring the beauty and history of Spain. Lodging is at the Villa Vicentra, ideally located to allow for a 10-minute walk to the beach, shops, and restaurants. Trip includes roundtrip transfers and air, all meals, gratuities, and five different day trips.

PORTUGAL

May 20–28, 2022

Experience the beautiful Minho region in northern Portugal, just over 30 minutes from Porto. Accommodations will be at the Casa de Vilela, a magnificent 18th-century manor house. Trip includes roundtrip transfers and air, all meals, gratuities, and 6 day trips. Deposit of \$1000 is due by August 1, 2021.

ALASKA AND THE YUKON

August 6–17, 2022

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

TUSCANY

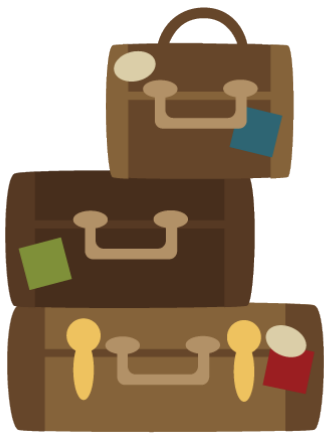
Three dates available:

Week 1 - Sept. 30–Oct. 8, 2022

Week 2 - October 7–15, 2022

Week 3 - October 14–22, 2022

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



MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (February 1–March 31, 2021)

Roxanne & Rich Booth
Rene Bond
Wendy & Carlton Carroll
Barbara Deal
Sally & Joe Gieck
Cindy & Rich Hewitt
Chris & Greg Menke
Betty & Leigh Middleditch

Helen Ida & LeRoy Moyer
Jocelyn & Bruce Saunders
Diana MacLeod Seay
Elly & Bill Tucker
Vivian Wade
Carolyn & Joseph Warden
Alana & Kurt Woerpel

DONATIONS MADE IN MEMORY OF (February 1–March 31, 2021)

Walter Blackburn
by: Anne M. Pontuso
Stanley Brady
by: Marge Haugen
Ralph Feil
by: Wally Nunley
Jennie Sue Minor
by: Elizabeth Bean

Mary Elizabeth Sihler
by: Bonnie & Bob Bruner
by: Dawn & Ted Heneberry
by: Kristen & Edward Sihler
Anne R. Waldner
By: Wendy Waldner Flynn

DONATIONS MADE IN HONOR OF (February 1–March 31, 2021)

Leon Blumreich
by: John Lockney
Center Yoga Instructors
Julie Horne & Sam Johnson
by: Pamela Deweese
by: Dorothy Richards
by: Betty Bollendorf
Center Staff
by: Betty Bollendorf

Sally & Joe Gieck
by: Lisa Eorio & Cliff Maxwell
Bruce Keith
by: Barry Keith
Virginia Porter
by: Anonymous
Clay Sisk
by: Liz Marshall

Every MONDAY	Every TUESDAY	Every WEDNESDAY	Every THURSDAY	Every FRIDAY
8:30 Tai Chi \$ <i>9:00 Hiking</i> 9:15 PRIMETIME FITNESS \$ <i>10:00 Writing for Healing & Growth \$</i> Sew and Sews <i>10:30 Chair Yoga</i> 11:00 Silver Swans Ballet 11:45 BALANCE & STABILIZATION \$ <i>1:00 Ageless Grace \$</i> Mah-Jongg (Chinese) English Country Dance <i>6:15 Intermediate Line Dance</i>	9:15 PRIMETIME FITNESS \$ 10:30 Arthritis Exercise \$ 11:45 Stretch for Balance & Strength \$ <i>1:00 Beginning Line Dance</i> <i>Beginning Spanish</i> 2:00 Chair Yoga <i>2:10 Intermediate Spanish</i> <i>3:20 Advanced Spanish</i> 3:30 MOVE TO THE RHYTHM DANCE PARTY \$	8:30 Tai Chi \$ <i>9:00 Hiking</i> <i>9:15 Primetime Fitness \$</i> (Online only on Wed) 9:30 Crafty Ladies 9:45 Tone & Groove \$ 11:00 SENIOR FITNESS 12:00 Tops <i>1:00 Ageless Grace \$</i> 2:00 Square Dance Lessons 2:30 Ping Pong 3:00 Knit-Wits	9:15 PRIMETIME FITNESS \$ 10:00 AA Meeting <i>10:30 Chair Yoga,</i> Tap Dance Lessons (Beg)\$ Arthritis Exercise Crafts DIY 11:30 Tap Dance Lessons (Int) \$ 11:45 BALANCE & STABILIZATION \$ 12:00 Sheepshead, <i>NIA-Moving to Heal \$</i> Reading for Pleasure Unwind Yoga \$ 1:00 Apple/Mac Group Woodcarvers 2:30 International Folk Dance 4:30 Zumba! \$ <i>6:15 Intermediate Line Dance</i>	8:30 Tai Chi \$ 9:15 PRIMETIME FITNESS \$ 9:30 Friday Art Group 9:45 Tone and Groove \$ <i>11:00 Friday Fitness</i> 11:30 Pressing Reset \$ 12:00 Writing for Pleasure, Beginning Line Dance 1:30 Improvers/Intermediate Line Dance 2:00 Acoustic Jam Session 2:30 Bingo \$
May				
Every week ... recurring weekly or daily programs are at the top. Not every week ... monthly, semi-monthly, special events, etc. are below.				
3 1:00 Senior Council	4 9:00 Jewelry Making from Acrylic Skins \$ 10:00 Try It Out Tuesday 11:00 Watercolor Landscapes \$ 11:00 Crafting Your Extended Care Plan	5 9:30 Kingfishers 11:00 Book Group	6 10:30 Parkinson's Caregiver Support Meeting 3:00 What is a Geriatric Emergency Department?	7
10 1:00 Piedmont Pastelists	11 10:00 Money & You 11:00 Watercolor Landscapes \$ 2:00 Meditation	12 11:00 MEDICARE 101 1:30 Senior Statesmen	13 10:00 Intro to Kayaking \$ 1:00 Move for Health 4:00 Essential Tremor Support Group 5:03 Thursdays Around 5 \$	14 10:00 Beginners Wire Sculpture \$ 1:00 Beginner Bridge Lessons \$ 2:00 Oil Painting for Beginners \$
17	18 9:00 Acrylics: Learning from the Masters \$ 10:00 Elder Law 11:00 Watercolor Landscapes \$	19 11:00 HEARING HEALTH	20 2:00 Coping Techniques for Caregivers	21 10:00 Beginners Wire Sculpture \$ 2:00 Oil Painting for Beginners \$
24	25 9:00 Acrylic Art \$ 10:00 Long-Term Care Q&A (by appt.) 11:00 Watercolor Landscapes \$ 2:00 Meditation	26 11:00 Hospice 101	27 3:00 Diagnostic Radiology	28 10:00 Beginners Wire Sculpture \$ 1:00 Beginner Bridge Lessons \$ 2:00 Oil Painting for Beginners \$
31 Closed for Memorial Day				

Thanks to Our Friends and Neighbors for the Warm Welcome!

When The Center (then the Senior Center) began looking for land to build a future home, it was with the hope that the new Center would be part of a dynamic and supportive neighborhood similar to the one we enjoyed at our Pepsi Place/Hillsdale location. In 2009, The Center’s Board of Directors purchased six acres of land in the newly developed Belvedere neighborhood. Center Board members were impressed with the plans for Belvedere and its commitment to the principles of sustainability, healthy living, and multi-generational lifestyles.

The Belvedere neighborhood was designed with variety of housing types, including single family homes, townhomes, and apartments—The Reserve at Belvedere. The neighborhood was intentionally designed to be walkable, connecting to parks, community green spaces, and other opportunities for outdoor activities such as a direct connection to the 20-mile Rivanna Trail that encircles the City of Charlottesville.

As the time drew near to begin construction on The Center at Belvedere, interest and support from our soon-to-be neighbors grew. New Belvedere, the business responsible for the development of Belvedere, funded our groundbreaking ceremony in November 2019 and later signed on as a gold level sponsor for our grand opening. (Delayed, yes, but not forgotten!) Craig Builders and Southern Development Homes, who are among the companies building in the Belvedere neighborhood, supported construction of the new Center by giving \$1,000 for each Belvedere property the sold. Additional support came from both the Cathcart Group, the developer responsible for building The Reserve at Belvedere, and from The Reserve itself.

Center volunteers and staff have also been welcomed at HOA meetings at Dunlora and Belvedere and a community meeting at The Reserve to answer questions and provide updates on The Center. We continue to engage with the Belvedere HOA and The

Reserve in different ways and, as we begin to put the pandemic behind us, are excited about becoming even more of a neighborhood draw with programs and events for all.

Thank you, neighbors, for the warm welcome and support for healthy aging. We are so pleased to be your neighbor and look forward to seeing you at The Center soon! ■



WE REMEMBER		
We remember the following members and friends who recently passed away.		
Jack Anderson	Michael Heivly	Judith Rosson
Shirley Barnes	Daniel Horan	Mary Sihler
George Brockington	Cornelia Lahey	Judy Thacker
Florence Burnett	Harry Lewis	Carl Tippenreiter
Joyce Craig	Ariel MacLean	Robert Tofferi
Kevin Denby	Joy Marshall	Amelia Washington
James Doull Jr.	Lillian Omori	Littlepaige Wemple
Nancy Floyd	Clive Papayanis	Kenneth Wheeler Jr.
Linda Ford	Katherine Pickett	Indiana Whitley
Eunice Hamlett	Caroline Planting	Irene Wilcox
Connie Harkins	Betty Jane Prufer	Zula Woodfolk
Buddy Harris	Faye Reed	
Violette Hartwell	Virginia Roach	

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

Every MONDAY	Every TUESDAY	Every WEDNESDAY	Every THURSDAY	Every FRIDAY
8:30 Tai Chi \$ <i>9:00 Hiking</i> 9:15 PRIMETIME FITNESS \$ <i>10:00 Writing for Healing & Growth \$</i> Sew and Sews <i>10:30 Chair Yoga</i> 11:00 Silver Swans Ballet 11:45 BALANCE & STABILIZATION \$ <i>1:00 Ageless Grace \$</i> Mah-Jongg (Chinese) English Country Dance <i>6:15 Intermediate Line Dance</i>	9:15 PRIMETIME FITNESS \$ 10:30 Arthritis Exercise \$ 11:45 Stretch for Balance & Strength \$ <i>1:00 Beginning Line Dance</i> <i>Beginning Spanish*</i> 2:00 Chair Yoga <i>2:10 Intermediate Spanish*</i> <i>3:20 Advanced Spanish*</i> 3:30 MOVE TO THE RHYTHM DANCE PARTY \$ *Will not meet June 29 Every week ... recurring weekly or daily programs are at the top. Not every week ... monthly, semi-monthly, special events, etc. are below.	8:30 Tai Chi \$ <i>9:00 Hiking</i> <i>9:15 Primetime Fitness \$</i> (Online only on Wed) 9:30 Crafty Ladies 9:45 Tone & Groove \$ 11:00 SENIOR FITNESS 12:00 Tops <i>1:00 Ageless Grace \$</i> 2:00 Square Dance Lessons 2:30 Ping Pong 3:00 Knit-Wits	9:15 PRIMETIME FITNESS \$ 10:00 AA Meeting <i>10:30 Chair Yoga,</i> Tap Dance Lessons (Beg)\$ Arthritis Exercise Crafts DIY 11:30 Tap Dance Lessons (Int) \$ 11:45 BALANCE & STABILIZATION \$ 12:00 Sheepshead, <i>NIA-Moving to Heal \$</i> Reading for Pleasure Unwind Yoga \$ 1:00 Apple/Mac Group Woodcarvers 2:30 International Folk Dance 4:30 Zumba! \$ <i>6:15 Intermediate Line Dance</i>	8:30 Tai Chi \$ 9:15 PRIMETIME FITNESS \$ 9:30 Friday Art Group 9:45 Tone and Groove \$ <i>11:00 Friday Fitness</i> 11:30 Pressing Reset \$ 12:00 Writing for Pleasure, Beginning Line dance 1:30 Improvers/Intermediate Line Dance 2:00 Acoustic Jam Session 2:30 Bingo \$

June	1 9:00 Acrylic Art \$ 10:00 Try It Out Tuesday 11:00 Age in Place Gracefully & Cost-Effectively 1:15 Round Dance Demo	2 9:30 Kingfishers 11:00 Book Group	3 10:30 Parkinson's Caregiver Support Meeting 5:30 UVA Dietetic Intern Series	4 10:00 Beginners Wire Sculpture \$ 2:00 Oil Painting for Beginners \$
7 1:00 Senior Council	8 9:00 Acrylic Art \$ <i>10:00 Intro to Paddleboarding \$</i> 10:00 Money & You 1:15 Round Dance Demo <i>2:00 Meditation</i>	9 11:00 MEDICARE 101 <i>1:30 Senior Statesmen</i>	10 1:00 Move for Health 4:00 Essential Tremor Support Group 5:04 Thursdays Around 5 \$ <i>5:30 UVA Dietetic Intern Series</i>	11 10:00 Beginners Wire Sculpture \$ <i>1:00 Beginner Bridge Lessons \$</i> 2:00 Oil Painting for Beginners \$
14 1:00 Piedmont Pastelists	15 1:15 Round Dance Lessons \$ <i>5:30 UVA Dietetic Intern Series</i>	16 10:00 Landscape and Wildlife Photography \$ 11:00 HEARING HEALTH	17 2:00 Creating Your Plan for Senior Living <i>5:30 UVA Dietetic Intern Series</i>	18 10:00 Beginners Wire Sculpture \$ 2:00 Oil Painting for Beginners \$
21	22 10:00 Long-Term Care Q&A (by appt.) 1:15 Round Dance Lessons \$ <i>2:00 Meditation</i>	23 10:00 Landscape and Wildlife Photography \$ <i>5:30 UVA Dietetic Intern Series</i>	24	25 2:00 Oil Painting for Beginners \$
28	29	30 10:00 Landscape and Wildlife Photography \$		



Are you an Amazon shopper? You can shop and support The Center!

Did you know that you can support The Center through Amazon-Smile when you shop on Amazon?

AmazonSmile is a way for customers to support their favorite charitable organization every time they shop with Amazon. Shoppers who use smile.amazon.com will find the same shopping options on Amazon, and the company will donate a portion of the price of eligible purchases to the charity of your choice. Meaning that there will be lots of smiles to go around!

Here's how to sign up for AmazonSmile:

1. Visit smile.amazon.com
2. Sign in with your Amazon.com credentials
3. Choose a charitable organization to receive donations, or search for the charity of your choice. To find The Center, search with our Federal Tax-ID number 54-0735666 (there are a lot of centers out there to sift through).
4. Start shopping!

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

Move to the Rhythm Dance Party

Tuesdays
3:30–4:30 PM

Move to a mix of African rhythms and "old school" grooves in this low-mid impact aerobic class with Denise Zeigler-Pilgrim that focuses on balance, flexibility, and cardio.

Prime members - Free
Standard members & Guests - \$25/month
On-site | limited capacity | masks required



ZUMBA®

Thursdays
4:30–5:15 PM

Open to all—join the party!

Super effective and super fun for everybody and every body! Improve cardiovascular fitness and de-stress with certified instructor Christine Thalwitz.



Prime members - Free | Standard members & Guests - \$25/month
On-site | limited capacity | masks required



Stephanie Nakasian
with the Eric Franzen Trio

Thursday, May 27
5:03–7:00 pm

Join us for a night of live music with world-renowned jazz singer Stephanie Nakasian.

Admission is \$10 at the door. Advance registration is required by calling Linda Hahn at 434.974.6538 or emailing linda@thecentercville.org.



The Center at Belvedere
540 Belvedere Boulevard
Charlottesville, VA 22901

NON-PROFIT ORG.
U.S. POSTAGE
PAID
CHARLOTTESVILLE, VA
PERMIT NO. 14



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

Welcome New Directors

MEMBERS OF THE CENTER’S BOARD OF DIRECTORS ALWAYS WORK HARD—guiding a multifaceted, forward-thinking nonprofit takes a lot of time and skill. And when their terms of service include helping us plan for, finance, and build a new home ... well, you can imagine the dedication demanded of each of these volunteers. Several of these hardworking people rotated off the board at the end of March, and we owe them a special debt of gratitude: **Dick Brownlee, Joe Gieck, Robyn Jackson, Greg Menke, Steve Shawley, and Kurt Woerpel**; plus, we had to say goodbye to **Jonathan Davis** a little early when he moved to North Carolina. Thanks also to **Paul Jacob**, who for two years ably represented The Center Council on the board.

Four new board members were elected on March 22 for three-year terms that began on April 1, the start of our fiscal year. We are pleased to welcome them, along with a newly-elected Council president, to The Center's Board of Directors.

A UVA graduate with an MBA from NYU, **Dan Brody** is the founder and president of Health Data Services, a medical software services company founded in 1988. He has served on multiple nonprofit and educational boards of directors including Indiana County (PA) Industrial Development Authority, Indiana Hospital Corporation, Department of Medical Assistance Services Commonwealth of Virginia (Virginia Medicaid), UVA Emergency Department Advisory Board, Charlottesville Albemarle Community Foundation, Hillel at UVA, and Temple Beth Israel.

A resident of Charlottesville since 2010, **Mark Brown** moved to the area from Michigan after a 36-year career with Whirlpool Corporation Michigan, from which he retired as Chief Financial Officer. A believer in the need and value of youth development, Mark has founded two chapters of The First Tee—a mentoring organization introducing the game of golf and its inherent values to young people—and served as chairman of the local chapter for five years. He also served on the board of the Martha Jefferson Hospital Foundation.

Katie Caverly is the owner and managing director of IKOR of Charlottesville and IKOR Transport to help seniors and individuals with disabilities. She has a background in management, human resources and product devel-

opment for large and mid-size corporations, including Chevron in San Francisco. Katie has a BA from James Madison University and an MBA from St. Mary’s College, and she is a Certified Senior Advisor (CSA).

G. Paul Matherne, MD, holds the Dammann Professor of Pediatrics in pediatric cardiology and has served in many roles during his 33 years at UVA Health System, most recently as Interim Chief medical officer and Senior Associate Dean for Research. Paul earned an MBA from UVA’s Darden School in 2010 and teaches health care management there. He has served as president of the Mid-Atlantic Affiliate of the American Heart Association and as chair of the CVDY Council of the AHA, and he is currently a member of the AHA

Scientific Councils Oversight Committee and the AHA SFRN Children’s Research Network Oversight advisory committee.

Peggy Slez succeeds Paul Jacob as Council’s representative on the board. She is a retired attorney who, prior to her law career, taught music in public schools for ten years. A Cleveland native, Peggy lived for 30 years in Westport, CT, retired to Wisconsin and, in 2017, settling for good in Charlottesville. Barely a month after unpacking, she joined The Center and immediately found her place volunteering at the Welcome Desk. Peggy’s nonprofit board experience includes a senior center in Wisconsin and Isaiah 61:1, a Connecticut Department of Corrections-funded halfway house and work release program.

As the governing body of The Center, the Board is responsible for strategy, oversight, and accountability, ensuring that actions and operations are advancing our mission. Board members also play a significant role in ensuring the organization’s financial sustainability and serve as ambassadors and advocates to raise awareness of The Center as a community resource. It’s a big job, and we are fortunate—and grateful—to have such accomplished, committed people working on behalf of The Center and healthy aging. ■

