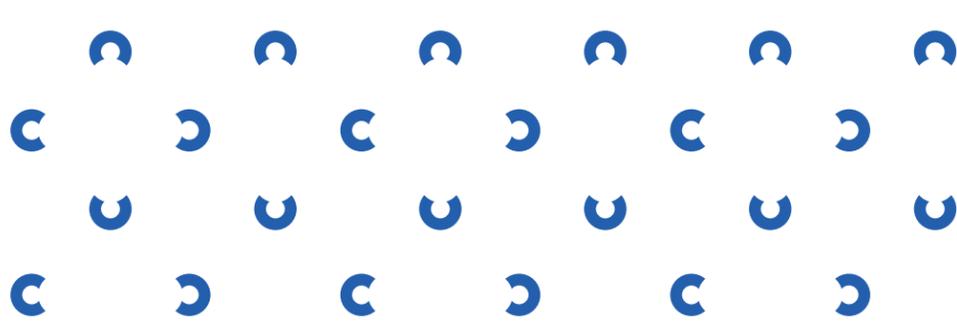


**THE  
CENTER  
AT BELVEDERE**



# NEWS from THE CENTER

DISCOVER THE POWER OF HEALTHY AGING

MAY/JUNE 2022

## 2022–2025 Strategic Plan: Anticipated outcomes

- Healthy aging is a community priority.
- All members of the older adult community have a place to belong.
- A healthy aging hub with opportunities that radiate throughout the community.
- Expanded resources to realize the vision of healthy aging for all.

## A Vision for the Future

### New Strategic Plan Provides Blueprint for Greater Impact

For nonprofits like The Center, strategic planning is about making choices. It's looking at how we want to move forward—the impact we want to have—and making decisions about how to get there. With The Center at Belvedere up and running, we set our sights on fulfilling its promise as a hub for healthy aging, beyond the resources of the building itself. So, in spring 2021, we undertook a strategic planning process that engaged community, board, staff, and members. The resulting plan was approved by the Board of Directors in late November; in December, staff created an implementation plan in advance of budget planning for the fiscal year that began April 1.

At its core, the 2022–2025 Strategic Plan considers The Center's identity within the community and what we can do to maximize our impact on community health. It focuses on progression of programming and practices to bring healthy aging opportunities to every older adult in our area.

Guided by the plan, we will work to increase understanding of aging issues and promote changes in attitudes, policies, and actions. We will provide increased value through collaboration, exploration, advocacy, access, outreach, and partnerships. And we will strengthen the organizational, financial, and technological resources needed to achieve these outcomes. Importantly, the strategic plan is aligned with our equity effort.

We believe that the work of creating this plan has led us to a clear vision of the future that will excite volunteers, donors, staff, and community. We invite you to learn more by picking up a copy of the plan at the welcome desk, or by viewing the digital version available on our website.



## Keep Calm and Travel On: Meet Liz Stoner

Center member Liz Stoner grew up in Charlottesville, graduated from the University of Virginia, and never traveled anywhere—until 2003, when surviving thyroid cancer suddenly altered everything. “My entire perspective on life changed. I wanted to travel. My husband and I pulled our kids out of school and went around the world, not going back and forth, but trekking in one direction around the world for the next year,” explained Liz.

Becoming a modern-day, globe-trotting family that would make Phileas Fogg proud, the kids grew up loving to travel, and Liz, who is recently retired, decided to take her husband's long-standing advice. As someone with his finger on the pulse of new developments in the area, he was familiar with The Center at Belvedere and told her that she should check out the new space. Liz walked in a year and a half ago and has been enjoying it ever since.

“I was at a Welcome Wednesday event for prospective members and was so impressed with how much was going on here. I went right up to Bobbi Hughes [Coordinator of Volunteer Resources] that day and signed up.” Liz started as a lobby ambassador and now volunteers at the Travel Center.

“Travel is my number one passion, and Linda Hahn [Travel Coordinator] does an excellent job and is so enthusiastic about making travel a wonderful experience for others.” A favorite past day trip with The Center was to see the Mending Walls public art project in Richmond and learn the stories behind the murals. She continued her international adventures in April with a Center trip to the Costa Brava in Spain.

Other things Liz enjoys at The Center include Greenberry's, the rotating artwork representing different artists in the community, and the history classes. “I did not like history in high school; I didn't make all the connections. But as an adult I see the humanness of it now. I also appreciate Alex Waltrip [Fitness Coordinator]. Alex welcomes everyone and meets people where they are.”

Liz has come to realize the continued impact The Center has on her life. “You make connections here. You form relationships. Those relationships are so important, and we learn so much from one another. There is a powerful sense of community at every age here. The Center fulfills the mind, body, and spirit. The building just has great energy.”



## On Display in May and June

Enjoy paintings and drawings by Michael McGurk in the first-floor gallery and, upstairs, works by Joan Dreicer, Matalie Deane, and Julia Kindred.

## Inside

- Programs pg 3
- Calendar pg 6
- Travel pg 11
- More!



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

### Hours

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

**Greenberry's:** Monday–Friday 7:00 am–4:00 pm  
(Expanded hours coming soon!)

### 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 #54-073566

### Healthy Aging for All

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

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

### BOARD OF DIRECTORS

- |                    |                 |
|--------------------|-----------------|
| Christine Thalwitz | President       |
| Larry Martin       | Vice President  |
| Patti Cary         | Treasurer       |
| Mary Wilson        | Secretary       |
| Beverly Adams      | Deidra Massie   |
| Dan Brody          | Paul Matherne   |
| Mark Brown         | Steve Peters    |
| Katie Caverly      | Peggy Slez      |
| Julie Christopher  | Shareef Tahboub |
| Joyce Turner Lewis | Larry Terry     |
| Sean Greer         | Bill Tucker     |

### STAFF

- |                       |                                     |
|-----------------------|-------------------------------------|
| Melanie Benjamin      | Philanthropy Director               |
| Maria Collier         | Greenberry's Supervisor             |
| Jennifer Crews        | Program Director                    |
| Lynn Divers           | Philanthropy Assistant Director     |
| Corey Fanning         | Greenberry's Manager                |
| Linda Hahn            | Travel Coordinator                  |
| Bobbi Hughes          | Coordinator of Volunteer Resources  |
| Ronda Hewitt          | Marketing Coordinator               |
| Gale Jackson          | Welcome Desk Coordinator            |
| Alexandra Littlehales | Graphics & Social Media Coordinator |
| Carolyn Merrick       | Program Coordinator                 |
| Virginia Peale        | Strategy & Communications Director  |
| Deborah Poage         | Administrative Assistant            |
| Trevor Saunders       | Facilities Manager                  |
| Kim Shipley           | Controller                          |
| Kiri Soprano          | Philanthropy Coordinator            |
| Peter Thompson        | Executive Director                  |
| Alex Waltrip          | Fitness Coordinator                 |
| Olivia Watts          | Program Coordinator                 |
| KevReyl Wells         | Membership Coordinator              |

For more news, follow us on:



## MEMBERSHIP

**KEVREYL WELLS**  
MEMBERSHIP COORDINATOR  
434.974.7756 • kevreyl@thecentercville.org

## WELCOME NEW MEMBERS!

- |                             |                      |                             |
|-----------------------------|----------------------|-----------------------------|
| Dr. Beverly Adams           | Ann Fickes           | Barbara Mateus              |
| John Alexander              | Debra Finney         | Henry McHenry Jr.           |
| Jane Alspach                | Susan Foley          | Edith McHenry               |
| Sallie Anderson             | Barbara Fornoff      | Debbie Miller               |
| Rebeckah Armistead          | Dorothy Gardner      | Clara Mincer                |
| Brenda Arrington            | Richard Garrison Jr. | Beverly Mirmelstein         |
| Elizabeth Bach              | Nancie Garth         | Marion Morrison             |
| Bernard Bach Jr.            | Robert Gioia         | Richard Muniz               |
| Lucia Bakewell              | Karen Gray           | Susan Murphy                |
| Charles Bakewell            | Richard Guerrant     | Penelope Naylor             |
| Paula Ball                  | Eleanor Harvey       | Diane Ober                  |
| Christine Barnicle          | Allen Hench          | Carolyn O'Hara              |
| Laura Battle                | Ellen Hench          | Susan Oldfield              |
| Fleming Berdell             | Eva Henderson        | Patricia O'Rourke           |
| Sharon Brandenburger-Shasby | Richard Herbert      | Indigo Pangea               |
| Joseph Brennan              | Marilyn Hocking      | Terrence Pratt              |
| Frances Byrne               | Catherine Horton     | Augustine Ragland           |
| Jane Carmon                 | Kathleen Hutter      | James Reid                  |
| Fleming Charles             | Cathleen Johnson     | Barbara Reid                |
| Ken Chasin                  | Dianne Johnson       | David Rock                  |
| Deborah Close               | Carol Johnston       | Gregory Sampson             |
| Hedda Cohen                 | Kathryn Jones        | Josephine Sandow            |
| Roger Cohen                 | Linda Jordan         | Mary Jean Sapino            |
| Deborah Corkey-Corber       | Phillip Kasik        | Christine Sauter            |
| John Crane                  | Mary Kasik           | Philip Schrodt              |
| Jeanne Cusick               | Kristen Kelly        | Jan Shelley                 |
| Catherine Dalton            | Eli Kocotas          | Laurie Sloan                |
| Christine Day               | Margaret Land        | Randall Smith               |
| Philip Decourcy             | Tracy Landon         | Gale Smith                  |
| Peter Deeks                 | Anne Lavieri         | Aphrodite Steiner           |
| Constance Deeks             | Mary Leachtenauer    | Nevada Thompson             |
| Suzanne Demasters           | Judi Lefebvre        | Maggie Thompson             |
| Linda DesBarres             | Mehrak Liszt         | Martha Topel                |
| Michael Dickens             | Robert Little        | Roderick Walker             |
| Barbara Dowling             | Susan (IMaya) Long   | Alison Webb                 |
| David Drayer                | Jerry Lyle           | James Webb                  |
| Judy Drayer                 | Karen Lyle           | Bernadette Whitsett-Hammond |
| Elizabeth Durette           | Kirsten Lynch        | Diana Williams              |
| Jacqueline Estes            | Jane Mangione        | Marilyn Woodfolk            |
| Kathy Eure                  | Page Massie          | Debra Woodson               |

*If you joined between February 1 and March 31 and were not recognized here, please contact KevReyl.*

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



## COUNCIL NOTES

For all program leaders and members of The Center, the Council is your opportunity to be heard and to hear all the latest Center news. The Center Council is a communication conduit and advisory body to the Board of Directors and staff. Program leaders or their chosen representatives are automatically voting members of the Council, but all Center members are welcome and encouraged to attend and participate. Meetings are held on the first Monday of each month at 1 pm and last approximately one hour. Lively discussion and the sharing of issues and concerns are always on the agenda, along with informative guest presentations. For more information or a copy of the Council bylaws, please contact Council president Peggy Slez (mjslez@gmail.com).

- Monday, May 2** – The agenda will include the end-of-FY2022 financial report for The Center and updates on implementation of the Strategic Plan and the Racial Equity Action Plan.
- Monday, June 6** – Staff guests will present the results of the 2022 Member Survey and updates on “The Center Soiree: Anchors Aweigh” planned for September 10, 2022.

—Peggy Slez, Council President

## Meet New Program Coordinator Olivia Watts

Welcome to Olivia Watts, who just joined The Center's staff as Program Coordinator. A 2020 graduate of Catawba College in North Carolina, Olivia comes to us from the Waynesboro YMCA, where she was Aquatics Director. Her experience with membership engagement and satisfaction—and a background in volunteer and nonprofit work—are ideally suited to helping our programming team develop and oversee a wide array of offerings for our community. “I enjoy helping others, but I also enjoy learning about their lives and hearing their stories along the way,” says Olivia, who is excited about bringing in new programs and ideas. And when she's not working? “I love to hang out with my friends, my dog Margo, and my family. I also love to hike and exercise!”



# programs

**All programs ON-SITE unless otherwise indicated.**

Register online at [thecentercville.org](http://thecentercville.org) or call 434.974.7756.

*Note: This is just a partial list; recurring programs without topic updates are listed in the calendar on pages 6–7. Check the website for programs added after our print deadline!*

## SPECIAL EVENTS

### THURSDAYS AROUND 5

Free and open to all; registration requested  
*Enjoy live performances that showcase area musicians!*  
Concerts are held outside, weather permitting.

#### Jon Spear Band

Thursday, May 12, 5:01–7:00 pm

The Central Virginia-based Jon Spear Band can be adventurous in its musical tastes but never strays far from its blues roots. Jon Spear (guitar, vocals), Andy Burdetsky (bass), John Stubblefield (drums), and Dara James (lead vocals, guitar, harmonica).

**Food Truck: FireFly on the Fly**

#### Standards in Season

Thursday, May 26, 5:02–7:00 pm

Enjoy a lovely evening listening to Standards in Season, a duo of local musicians who play jazz standards. Over the years, Eddie White and Ayuko Kato-White have played many styles of music with numerous bands. They are enjoying the challenge of playing the great songs of the classic jazz era - some instrumental and others with vocals. **Food Truck: TBA**

#### JRB Band

Thursday, June 9, 5:03–7:00 pm

Jim Richardson (guitar, vocals), Jerry Kelly (guitar, banjo, vocals) and Bryan McKenzie (bass, vocals) bring you a bluesy blend of subdued subversive folk-influenced Americana rock with originals that pay homage to The Byrds, Bob Dylan, and Warren Zevon.

**Food Truck: Black Jack's Mobile Soul Food Kitchen**

#### Two Wishes

Thursday, June 23, 5:04–7:00 pm

Joy Kuhar (vocals), Mike D'Antoni (guitar, vocals) and Dan Sebring (guitar, vocals) will delight you with their beautiful harmonies, serious guitar playing, and bad jokes.

**Food Truck: TBA**

### WALKING EACH OTHER HOME – THE THRESHOLD CHOIR

Free and open to all

Tuesday, May 24, 4:00–4:30 pm

The Charlottesville chapter of the Threshold Choir, an international organization, will perform a choral remembrance for those who experienced any kind of loss during the Covid pandemic. Gentle and comforting, these songs represent messages of peace, kindness, and love.

### ALL THE COLORS OF THE HARP

For Center members; please register  
Wednesday, May 4, 10:15 am

Center members are invited to attend the May performance of the Wednesday Music Club, featuring harpist Anastasia Jellison.

### SPRING BAND CONCERT

Free and open to all

Saturday, May 7, 3:00 pm

Enjoy the sounds of The Center's Second-Wind and First-Wind Bands. Donations appreciated.

### CVILLE BAND ENSEMBLE PERFORMANCES

Free and open to all

Thursday, May 19, 7:00–8:00 pm –  
Saxophone Ensemble

Enjoy the sounds of soprano, alto, tenor, and baritone saxophones with musicians from Cville Band (formerly known as the Municipal Band). The group performs a variety of modern, jazz, and popular music.

Thursday, June 16, 7:00–8:00 pm –  
Rivanna Winds

The Rivanna Winds are a Dixieland band featuring clarinet, trumpet, saxophone, trombone, banjo/guitar, and tuba. In addition to traditional Dixieland music, the ensemble plays a range of marches, polkas, and waltzes.

### FLUTE RECITAL

Free and open to all

Tuesday, June 21, 6:00–7:00 pm

UVA graduate student Jingyi Gao presents a flute recital featuring Eugene Bozza's haunting and evocative *Image for Solo Flute, Op. 38*, Claude Bolling's genre-breaking *Suite for Flute and Jazz Piano Trio*, Mozart's iconic *Concerto No. 2 in D Major, K. 314*, and more. She will be joined by pianist Shelby Sender.

## ARTS

### ALCOHOL INK PAINTING

Open to all; registration required

Tuesday, May 3, 10:00 am–1:00 pm

Participants will experiment using a variety of inks and surfaces to create images using different techniques, with lots of one-on-one instruction from artist Jan Settle. Prime members free; Standard members \$10; Guests \$15. Materials \$20 for all participants, payable to instructor at time of class.

### PAPER CRAFTING

Open to all; registration required

Diane Chapman shares her 30 years of paper crafting experience each month to help you create cards and paper crafts.

Tuesday, May 10, 10:00 am–12:00 pm

Florals is the theme for May. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$10 for all, payable to instructor at time of class.

Tuesday, June 14, 10:00 am–12:00 pm

The theme is butterflies. Prime members free; Standard members \$10; Guests \$15. Materials fee \$10 for all, payable to instructor at time of class.

### INTRODUCTION TO HAND EMBROIDERY

Open to all; registration required

Monday, May 16, 10:00 am–12:00 pm

Learn—or refresh your skills in—foundation stitches with some fun variations from Moira and Ellen MacAvoy, who have been sewing for over 50 years. You will need a 6–7" embroidery hoop, small ruler, pencil and paper, and small scissors. All other materials will be provided. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$10 for all, payable to instructor at time of class.

### WOODCARVING A BULLDOG

Open to all; registration required

Tuesdays, May 3 and 10, 2:00–4:00 pm

Learn the basics of woodcarving in this 2-week class for beginners with long-time carver Mike Micucci. All materials—basswood block, carving knife, pencil ruler, and protective glove—are provided and will be yours to take home. Prime members free; Standard members \$10; Guests \$20. Materials fee is \$60 for all payable to instructor at time of class.



### BEGINNERS PASTELS

Open to all; registration required

Tuesdays, May 17, 24, 31  
10:00 am–1:00 pm (3 weeks)

Experiment with several kinds of pastels on different surfaces and learn how to sketch a simple landscape using basic shapes, lay in color on the surface, and blend the pastels using various tools and methods. Jan Settle is the instructor. Prime members free; Standard members \$20; Guests \$40. Materials fee is \$35 for all participants, payable to instructor at time of class.

### SAND ART PAINTING

Open to all; registration required

Tuesday, May 24, 11:00 am–12:30 pm

Create a beautiful mountain scene (or a scene of your choice) with colored sand. All paintings will be framed for hanging. Artist Jamie Schwartz is the instructor. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$25 for all, payable to instructor at time of class.

### CARD MAKING

Open to all; registration required

Thursday, May 26, 12:30–2:30 pm

Avid veteran card maker Sherry Sinard will show you how to make summer treats cards and a birthday gift bag. Prime Members free; Standard members \$10; Guests \$15. Materials fee is \$10 for all, payable to the instructor at the beginning of class.

### WOOD BURNING – SPOONS AND COASTER

Open to all; registration required

Tuesday, June 7, 11:00 am–1:00 pm

In this introductory wood burning class with instructor Jamie Schwartz, you will customize 3 wooden spoons and a coaster. Have fun using a stencil or creating your composition. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$15 for all, payable to instructor at time of class.

*PROGRAMS continue on page 4*

## HAND EMBROIDERY II

Open to all; registration required

Monday, June 13, 10:00 am–12:00 pm

Expand your embroidery skills with Lazy Daisy, French Knots, Herringbone, Fly, and Chain stitches with instructors Moira and Ellen MacAvoy. You will need a 6–7” embroidery hoop, small ruler, pencil and paper, small scissors. All other materials will be provided. Prime Members: free, Standard Members, \$10, Guests \$15. Materials fee is \$15 for all, payable to instructor at time of class.

## ACRYLIC BASICS

Open to all; registration required

Tuesday, June 14, 10:00 am–1:00 pm

Learn about the different grades of acrylic paint, the correct brushes to use, how to mix paint to create a wide variety of colors, what type of surfaces can be used, and so much more from instructor Jan Settle. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$15 for all, payable to instructor at time of class.

## ACRYLICS LEVEL II

Open to all; registration required

Tuesday, June 21, 10:00 am–1:00 pm

This class is for those who have some experience painting with acrylics. Experiment with many painting techniques with assistance from instructor Jan Settle. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$15 for all, payable to instructor at time of class.



## LIFELONG LEARNING

### GOOD LIFE SERIES

Free and open to all

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

**Tuesday, May 3 - Understanding Alzheimer's and Dementia** - Sydney Swartz, Program Manager for the Charlottesville Alzheimer's Association, will share information about how dementia affects the brain; the stages of the disease; and the care, treatment, and support available for people living with dementia.

**Tuesday, June 7 - Helping People Live with Dementia** - Learn about the resources in our community that can assist people living with dementia and help support those who care for them. Included will be information on the continuum of care, from home-based services to the care provided by assisted living facilities and memory care units.

### BOOK DISCUSSION GROUP

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

This enthusiastic group meets monthly to discuss predominantly contemporary works of fiction and nonfiction. Free for members but first-time guests are always welcome.

May 4 *The Beekeeper of Aleppo* by Christy Lefteri  
June 1 *The Lincoln Highway* by Amor Towles

## DEMYSTIFYING SOLAR ENERGY

Free and open to all; registration required

Wednesday, May 11, 2:00–3:30 pm

Join Tim Heltzel from SunDay Solar as he discusses the components of a Photovoltaic (PV) system, describes solar theory and how solar energy works, outlines the components of a solar array, and more.



## MONEY AND YOU

Free and open to all; please register

Tuesday, May 10, 10:00–11:30 am

**Alternative Investments** - Jorgen Vik, CERTIFIED FINANCIAL PLANNER™ professional with SKV Group, LLC, will lead a discussion on non-traditional investments like crypto-currencies, NFTs, etc. How do they work? What should you consider before investing?

Tuesday, June 14, 10:00–11:30 am

**Suddenly Single** - Jorgen Vik, CERTIFIED FINANCIAL PLANNER professional with SKV Group, LLC, will discuss financial issues faced when a spouse dies. Some things need immediate attention while others can be handled later. Appropriate for widows and widowers as well as couples.

## MEDICARE 101

Free and open to all; please register

Wednesday, May 11, 11:00 am–12:00 pm

Wednesday, June 8, 11:00 am–12:00 pm

Medicare can be so confusing! Join Sharon Accardo as she guides you through the process.

## AFRICAN AMERICAN AUTHORS BOOK CLUB

Free and open to all; please register

Second Thursday of each month,  
6:00–7:30 pm

The AAABC has been reading books by African American or African authors since 1996. While selected books are by African American authors, the club members are racially and culturally diverse and join together to enjoy intellectual discussions and camaraderie.

May 12 *Paradise* by Abdulrazak Gurnah  
June 9 *The Secret Lives of Church Ladies*  
by Deesha Philyaw

## CHARLOTTESVILLE CAMERA CLUB MEETINGS

Center members are welcome to join in these monthly meetings!

Thursday May 12, 6:30–8:00 pm

“Things in Blue” – Photos in this competition feature scenes where the dominate color is blue.

Thursday June 9, 6:30–8:00 pm

“Beams of Light” - Competition feature photos with beams of light, natural or man-made, coming through trees, doorways, clouds, etc.



## ELDER LAW WITH DORIS GELBMAN

Free and open to all

Tuesday, May 17, 10:00–11:30 am

**Ask the Experts! Planning for Healthy (and Wealthy) Aging** – Join Doris Gelbman, Elder Law Attorney; Jorgen Vik, Financial Advisor at SKV Group; and Kathryn Caverly, Lifecare Manager at IKOR of Charlottesville for a discussion of the most common dilemmas faced by their clients—often due to a lack of planning. What kind of planning? Health, wealth, and legal!

Tuesday, June 21, 10:00–11:30 am

**Medicaid: The Basics – Planning and Paying for Long Term Care**– An all-new presentation on Virginia Medicaid—what it is, who gets it, what it pays for, and much more. Get answers questions such as “Does the nursing home take my house?” and “What is Medicaid planning?”

## SIGNS THAT IT'S TIME

Free and open to all

Wednesday, May 25, 2:00–3:00 pm

Join a team member from Commonwealth Senior Living for a discussion of how to recognize signs that it might be time to start thinking about moving to a senior living community. Whether you're planning the next chapter for yourself or helping a loved one, you'll walk away with a better understanding of your options.

## UNDERSTANDING CREMATION

Free and open to all

Tuesday, June 7, 2:00–3:00 pm

Many people take the time to plan for the future of their belongings after they pass, but have you considered the options for your body? Harold Decker of the Cremation Society of Virginia will provide cremation services information and the benefits of pre-planning end-of-life wishes.

## MEDICARE AND SOCIAL SECURITY PLANNING 101

Free and open to all; please register

Thursday, June 9, 6:00–7:30 pm

Part A, B, C, D ... what does it all mean? When should you enroll in Medicare and Social Security? How do earned and unearned income affect these benefits? How are your Social Security benefits taxed? Get answers to these questions and more with Sharon Accardo, Senior Insurance Advisor, and Tracy Meade, CLTC, Financial Planner.



With support from  CFA Institute

## FINANCIAL WELLNESS SERIES IN PARTNERSHIP WITH CFA INSTITUTE

### ARE YOU READY TO RETIRE?

Open to all

Tuesdays & Thursdays, May 31–  
June 16, 6:00–7:30 pm (6-part series)

Jorgen Vik, CFP®, partner with the SKV Group, LLC, leads this class about what to consider when preparing to retire. Topics include setting goals, constructing an investment portfolio, rules for retirement account distributions, timing of social security, and dealing with potential health care expenses. The aim of the class is for each participant to become more comfortable with investment and retirement terminology, and to gain a better understanding of what they may need to do in order to retire on their terms. Center members free; Guests \$30.

## STARTING THE CONVERSATION

Free and open to all

Wednesday, June 22, 2:00–3:00 pm

Join a team member from Commonwealth Senior Living as they discuss what to expect when looking for a senior living community. Find out what questions you should be asking!

## PHYSICAL WELL-BEING

### SELF DEFENSE

Open to all; registration required

Tuesdays, May 10, 17, 24, 5:30–6:30 pm  
(3-week series)

Black belt Taekwondo instructor Cindy Kyle leads this class in which you will learn and practice self-defense techniques and get tips on becoming more aware of your surroundings, which can help prevent attacks. Prime members free; Standard members \$20; Guests \$30. Registration required.



### A DEEP DIVE INTO SLEEP

Free and open to all

Wednesday, May 25, 1:00–2:00 pm

What happens when we don't get enough sleep or *good* enough sleep? What do medications that "help" us sleep actually do? How can we sleep better? Join Jessica Eure, LPC, BCN, to learn about the architecture of sleep, its functions, and what happens when we don't get enough. Lots of fun facts!

### MOVE FOR HEALTH WITH DARCY HIGGINS (on-site and online)

Free and open to all

Darcy is a Doctor of Physical Therapy and a Human Movement Specialist

Thursday, May 12, 1:00–2:00 pm

Your Healthspan—Live Longer and Healthier

Thursday, June 9, 1:00–2:00 pm

What is Core Stability and How Do I Get It?

### HEARING HEALTH WITH EVOLUTION HEARING (on-site and online)

Free and open to all; please register if attending on-site

Join Dr. Kristin Koch, Audiologist at Evolution Hearing

Wednesday, May 18, 10:00–11:00 am

**Navigating the Over-the-Counter Hearing Aid Market** - There are many new options for hearing better without the help of a provider. Learn the advantages and disadvantages, tests that can be performed on these devices, and red flags for scams.

Wednesday, June 15, 10:00–11:00 am

**Nutrition and Hearing Health** - Recent studies have confirmed that diets high in sugars and carbohydrates can negatively impact hearing health. Help safeguard your hearing by learning beneficial eating strategies and overall goals to improve hearing.

## NUTRITION CLASS WITH UVA DIETETIC INTERNS

Members only; registration required

Wednesday, June 8, 3:00–4:30 pm

Members of the UVA Health System Dietetic Intern class of 2022 presents a variety of topics on nutrition support. In this hands-on class, they'll teach you to make delicious and nutritious trail mix.



### INTRO TO KAYAKING (offsite at Beaver Creek)

Open to all; registration required

Thursday, May 19, 10:00 am–12:00 pm

Learn how to confidently paddle a kayak with an instructor from the Rivanna River Company, who will teach you about the equipment, terminology, and techniques of launching, landing, and maneuvering in a sit-on-top kayak. Suitable for beginners and those who want to improve their skills. All equipment is provided. \$65 per person.

### INTRO TO PADDLEBOARDING (offsite at Walnut Creek)

Open to all; registration required

Wednesday, June 8, 10:00 am–12:00 pm

Learn how to confidently paddle a Standup Paddleboard with an instructor from the Rivanna River Company, who will teach you about the equipment, terminology, and techniques of launching, landing, and maneuvering a standup paddleboard. Suitable for beginners and those who want to improve their skills. All equipment is provided. \$65 per person.



Nick Fewings

## SOCIAL/RECREATIONAL

### BEGINNER BRIDGE LESSONS

Open to all; registration required

Every other Friday, June 10–Sept. 16, 10:00–11:00 am

Join experienced bridge player and teacher Ken Marino for this series of lessons intended for those who have little or no knowledge of the game. Take one class or take them all. All Center members free; Guests \$15 per class.

|           |                                  |
|-----------|----------------------------------|
| June 10   | The game and opening bids        |
| June 24   | Responses to the opening bid     |
| July 8    | Rebids by the opening bidder     |
| July 22   | Declarer Play                    |
| August 5  | Defensive Play                   |
| August 19 | Defensive Bidding                |
| Sept. 2   | Opening Bids at 2,3, and 4 level |
| Sept. 16  | Common Conventions               |

### ICE CREAM SOCIAL

Free for Center members; please register

Friday, June 24, 2:00–3:00 pm

Celebrate summer with ice cream and your favorite toppings.



*This is just a partial list of programs—support groups, recurring programs without topic updates, and ongoing fitness classes are listed in the calendar. Don't forget to check the website for programs added after print deadline!*

## Welcome New Directors

As the governing body of The Center, the Board of Directors is responsible for strategy, oversight, and accountability, ensuring that actions and operations are advancing our mission. Board members also contribute to the organization's culture and financial sustainability, and serve as ambassadors and advocates.

Several of these hardworking volunteers wrapped up terms of service at the end of March and we owe them a special debt of gratitude: **Rene Bond**, **Jean Hart**, and **Jennifer King**. Along with the always considerable demands of serving on The Center's Board, their terms included the Herculean effort of getting us to Belvedere and helping shepherd us through a pandemic. We are fortunate to have had such accomplished, committed people working on behalf of The Center and healthy aging.

Now, as we begin working to implement our strategic and equity action plans, we are pleased to welcome three new directors who joined the Board on April 1.

**Beverly Colewell Adams** is a recently retired assistant dean of UVA's College of Arts and Sciences and associate professor emeritus in the department of Psychology. She received her BA from Spelman College and her MA and Ph.D. from the University of Pittsburgh. She has spoken widely in her specialties in language, diversity, micro-aggressions, and implicit bias, including presenting for The Center's Voices on Diversity series.

Since moving to Charlottesville in 2011, **Julie Christopher** has served on the board of Piedmont CASA, including one term as Board Chair, and as a volunteer with the International Rescue Committee. She formerly served as a Commissioner of the Virginia Department for Aging, appointed by Governor Tim Kaine and, prior to that, served on the Virginia State Board for Social Services under Governor Mark Warner, including two terms as Chair.

A University of Richmond graduate with an Executive MBA from UVA, **Shareef Tahboub** is co-founder and president of Park Street Senior Living, a third-party management company, and development director of assisted living/memory care/independent living communities in Charlottesville, founded and operated by his family. Before returning to Charlottesville, he spent five years with Ernst and Young and Arthur Anderson.

**MONDAY**

8:30 TAI CHI \$  
 9:00 *Hiking, Croquet*  
 9:15 PRIMETIME FITNESS \$  
 10:00 *Writing for Healing & Growth \$*  
 Sew & Sews  
 Getting Better at Bridge  
 10:30 *Chair Yoga, Tone & Groove \$*  
 11:00 **Silver Swans Ballet II \$**, Poker  
 11:45 BALANCE & STABILIZATION \$  
 12:15 **Silver Swans Ballet I \$**  
 12:30 Chess  
 1:00 Mah-Jongg (Chinese)  
*Ageless Grace \$*  
**English Country Dance**  
 1:45 Strengthen Your Health & Life \$  
 2:30 Member Social  
 2:45 Stretch Your Limits \$

**TUESDAY**

9:15 PRIMETIME FITNESS \$  
 10:00 Whist, *Retreads Softball*  
 10:30 ARTHRITIS EXERCISE \$, Tap Dance (Beg)\$  
 10:45 Second-Wind Band  
 11:45 Stretch for Balance & Strength \$  
 12:30 Party Bridge  
 12:45 **Beginning Spanish**  
 1:00 **English Country Dance**  
 1:15 **Round Dance Lessons, Cardio Strength \$**  
 2:00 **Advanced Beginner Spanish**  
 2:15 Core Stability \$  
 3:15 **Keeping Up Your Spanish**  
 3:30 *Tai Chi*  
 3:30 MOVE TO THE RHYTHM DANCE PARTY \$  
 5:00 Beginners Line Dance (May)  
**Boot Camp \$**  
 6:00 **AA Women's Group**  
**Improvers/Intermediate Line Dance (May)**

**WEDNESDAY**

8:30 TAI CHI \$, **Hatha Yoga**  
 9:00 *Hiking*  
 9:15 Primetime Fitness \$  
 9:30 Crafty Ladies  
 9:45 Tone & Groove \$  
 10:00 *Senior Bowling \$, Pu*  
 11:00 SENIOR FITNESS, P  
 12:00 **Tops, Canasta, Mu**  
 Crafts DIY  
 12:30 **Square Dance Les**  
 1:00 *Ageless Grace \$, So*  
 American Mah-Jongg  
 1:30 **Recorder Lessons**  
 1:45 Strengthen Your Hea  
 2:00 Knit-Wits  
 2:30 Ping Pong  
 3:00 Foam Rolling \$  
 5:00 Line Dance (Beg)(Ju  
 6:30 **International Folk**  
 6:00 Line Dance (All Lev

May

|           |   |
|-----------|---|
| <b>2</b>  | 1:00 Council Meeting<br>2:00 Bunko<br><b>Chinese Brush Painting (cont'd) \$</b> |
| <b>9</b>  | 1:00 <b>Piedmont Pastelists</b><br><b>Chinese Brush Painting (final) \$</b>     |
| <b>16</b> | 10:00 <b>Intro to Hand Embroidery \$</b><br>2:00 Bunko                          |
| <b>23</b> |   |
| <b>30</b> | <b>Center Closed for Memorial Day</b>   |

|           |  |
|-----------|--|
| <b>3</b>  | 10:00 <b>Alcohol Ink Painting \$</b><br>10:00 <b>Try It Out Tuesday</b><br>11:00 <b>Good Life Series</b><br>2:00 <b>Woodcarving a Bulldog \$</b><br>6:45 <b>Has Your Get Up &amp; Go Got Up &amp; Left?</b>                      |
| <b>10</b> | 10:00 <b>Money &amp; You</b><br><b>Paper Crafting \$</b><br>2:00 <b>Woodcarving a Bulldog \$ (final)</b><br><b>Karaoke</b><br>4:00 <i>Singles Schmooze</i><br>5:00 <b>A Capella-"Family Feud"</b><br>5:30 <b>Self Defense \$</b> |
| <b>17</b> | 9:30 <b>Alzheimers Support Group</b><br>10:00 <b>Beginners Pastels \$</b><br><b>Elder Law with Doris Gelbman</b><br>5:30 <b>Self-Defense \$ (cont'd)</b>   |
| <b>24</b> | 10:00 <b>Beginners Pastels (cont'd) \$</b><br>11:00 <b>Sand Art Painting \$</b><br>2:00 <b>Karaoke</b><br>4:00 <b>Threshold Choir, <i>Singles Schmooze</i></b><br>5:30 <b>Self-Defense \$ (final)</b>                            |
| <b>31</b> | 10:00 <b>Beginners Pastels (final) \$</b><br>1:15 <b>Round Dance</b><br>6:00 <b>Are You Ready to Retire?</b>   |

|           |  |
|-----------|--|
| <b>4</b>  | 9:30 Kingfishers<br>10:15 <b>All the Colors of</b><br>11:00 Book Group   |
| <b>11</b> | 10:30 <b>Parkinsons Caree</b><br>11:00 <b>Medicare 101</b><br>2:00 <b>Demystifying Sol</b><br>1:30 <b>Senior Statesmen</b> |
| <b>18</b> | 10:00 <b>Welcome Wednes</b><br><b>Hearing Health</b>   |
| <b>25</b> | 10:30 <b>Parkinsons Caree</b><br>1:00 <b>A Deep Dive Into</b><br>2:00 <b>Signs That It's Tir</b>                           |

June

|           |   |
|-----------|---|
| <b>6</b>  | 1:00 Council Meeting<br>2:00 Bunko                                    |
| <b>13</b> | 10:00 <b>Hand Embroidery II \$</b><br>1:00 <b>Piedmont Pastelists</b> |
| <b>20</b> | 2:00 Bunko  |
| <b>27</b> |   |

|           |  |
|-----------|--|
| <b>7</b>  | 10:00 <b>Try It Out Tuesday</b><br>11:00 <b>Good Life Series</b><br><b>Woodburning \$</b><br>1:15 <b>Round Dance Demo</b><br>2:00 <b>Understanding Cremation</b><br>6:00 <b>Are You Ready To Retire? (cont'd)</b><br>6:30 <b>Master Gardener Presentation</b><br>6:45 <b>Has Your Get Up &amp; Go Got Up &amp; Left?</b> |
| <b>14</b> | 10:00 <b>Money &amp; You</b><br><b>Acrylic Basics \$</b><br><b>Paper Crafting \$</b><br>1:15 <b>Round Dance Demo</b><br>2:00 <b>Karaoke</b><br>6:00 <b>Are You Ready To Retire? (cont'd)</b><br>4:00 <i>Singles Schmooze</i>   |
| <b>21</b> | 9:30 <b>Alzheimers Support Group</b><br>10:00 <b>Elder Law with Doris Gelbman</b><br><b>Acrylics Level II \$</b><br>6:00 <b>Flute Recital</b>  |
| <b>28</b> | 2:00 <b>Karaoke</b><br>4:00 <i>Singles Schmooze</i>  |

|           |   |
|-----------|---|
| <b>1</b>  | 9:30 Kingfishers<br>11:00 Book Group  |
| <b>8</b>  | 10:00 <i>Intro to Paddleboar</i><br>10:30 <b>Parkinsons Caree</b><br>11:00 <b>Medicare 101</b><br>3:00 Nutrition with UVA<br>1:30 <b>Senior Statesmen</b> |
| <b>15</b> | 10:00 <b>Welcome Wednes</b><br><b>Hearing Health</b>  |
| <b>22</b> | 10:30 <b>Parkinsons Caree</b><br>2:00 <b>Starting the Conv</b>  |
| <b>29</b> |   |

**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](http://thecentercville.org).

540 Belvedere Blvd. | Charlottesville, VA 22901  
[www.thecentercville.org](http://www.thecentercville.org) | 434.974.7756

## THURSDAY

## FRIDAY

oga \$  
 \$  
 ash  
 oker  
**Music in the Atrium,**  
 ons  
 crabble,  
 gg  
 \$, Advanced Line Dance  
 alth & Life \$  
 ne), **Game Night**  
**Dance (Beg)(June)**  
 els)(June)

9:00 *Ivy Creek Walking Group*, Party Bridge  
 9:15 PRIMETIME FITNESS \$  
 9:30 Chess 101  
 10:00 **AA Meeting**, *Retreads Softball*  
 10:30 *Chair Yoga*, First Wind Band,  
 Tap Dance Lessons (Int)\$  
 ARTHRITIS EXERCISE \$  
 11:30 Tap Dance Lessons (Adv) \$  
 11:45 BALANCE & STABILIZATION \$  
 12:00 *NIA-Moving to Heal* \$, **Music in the Atrium**  
 Unwind Yoga \$, Sheepshead  
 1:00 Apple/Mac Class  
 Woodcarvers  
 1:15 Cardio Strength \$  
 1:30 **Drumming Group**  
 2:00 Backgammon  
 2:15 Core Stability \$  
 2:30 **International Folk Dance**  
 3:30 Tai Chi  
 7:00 **Square Dancing**

8:30 TAI CHI \$, Basic Hatha Yoga \$  
 9:00 **Croquet**  
 9:15 PRIMETIME FITNESS \$  
 9:30 Friday Art Group  
 9:45 Tone & Groove \$  
 10:00 Rummikub  
 10:45 Flashbacks  
 11:00 Balance with Beth \$  
*Friday Fitness*  
 12:15 Writing for Pleasure  
 12:15 Beginners Line Dance  
 1:00 Euchre, Still Sharp Singers,  
 Mah Jongg (American)  
 1:45 **Improvers/Int. Line Dance**  
 2:30 **Acoustic Jam Session**  
 2:30 **Bingo** \$, Barbershop Belles & Beaux

the Harp

**5** 9:30 **Oil Painting Fundamentals** \$  
 11:00 **Joy of Acting II (cont'd)** \$  
 3:00 **Socrates Café**  
 5:00 **Fitness Room Orientation**  
 6:00 **Jazz Jam Session**  
**NAMI Family Support Group**

**6**  
 1:00 **Landscape Painting with Oils** \$

giver Support Group  
 lar Energy

**12** 9:30 **Oil Painting Fundamentals** \$ (cont'd)  
 11:00 **Joy of Acting II (cont'd)** \$  
 1:00 **Move for Health**  
 2:30 American Mah Jongg Beg. Practice  
 3:30 **Fitness Room Orientation**  
 4:00 **Essential Tremor Support group**  
 5:01 **Thursdays Around 5**  
 6:00 **African American Authors Book Club**  
 6:30 Camera Club

**13**  
 1:00 **Landscape Painting with Oils** \$ (cont.)

sday

**19** 9:30 **Oil Painting Fundamentals** \$ (final)  
 11:00 **Joy of Acting II (cont'd)** \$  
 10:00 *Intro to Kayaking*  
 2:30 American Mah Jongg Beg. Practice (cont'd)  
 3:00 **Socrates Café**  
 5:00 **Fitness Room Orientation**  
 6:00 **NAMI Family Support Group**  
 7:00 **Saxophone Ensemble**

**20**  
 11:00 **Has Your Get Up & Go Got Up & Left?**  
 1:00 **Landscape Painting with Oils** \$ (cont.)

giver Support Group  
 Sleep  
 me

**26** 9:30 **Oil Painting Fundamentals** \$ (cont'd)  
 12:30 **Card Making** \$  
 2:30 American Mah Jongg Beg. Practice (cont'd)  
 3:00 **Caregivers Discussion Group**  
 3:30 **Fitness Room Orientation**  
 5:02 **Thursdays Around 5**

**27**  
 1:00 **Landscape Painting with Oils** \$ (cont.)



rding \$  
 giver Support Group

**2** 9:30 **Oil Painting Fundamentals** \$ (cont'd)  
 2:30 American Mah Jongg Beg. Practice (cont'd)  
 3:00 **Socrates Café**  
 5:00 **Fitness Room Orientation**  
 6:00 **Jazz Jam Session**  
**NAMI Family Support Group**  
**Are You Ready to Retire? (cont'd)**

**3**  
 1:00 **Landscape Painting with Oils** \$ (cont.)

giver Support Group  
 Interns

**9** 9:30 **Oil Painting Fundamentals** \$ (cont'd)  
 1:00 **Move for Health**  
 2:30 American Mah Jongg Beg. Practice (final)  
 3:30 **Fitness Room Orientation**  
 4:00 **Essential Tremor Support Group**  
 5:03 **Thursdays Around 5**  
 6:00 **Are you Ready to Retire?**  
**Medicare & Social Security Planning 101**  
**African American Authors Book Club**  
 6:30 Camera Club

**10**  
 10:00 **Beginners Bridge Lessons** \$  
 1:00 **Landscape Painting with Oils** \$ (cont.)

sday

**16** 9:30 **Oil Painting Fundamentals** \$ (cont'd)  
 3:00 **Socrates Café**  
 5:00 **Fitness Room Orientation**  
 6:00 **Are You Ready To Retire? (final)**  
**NAMI Family Support Group**  
 7:00 **Rivanna Winds**

**17**  
 11:00 **Has Your Get Up & Go Got Up & Left?**  
 1:00 **Landscape Painting with Oils** \$ (cont.)

giver Support Group  
 ersation

**23** 9:30 **Oil Painting Fundamentals** \$ (final)  
 3:00 **Caregivers Discussion Group**  
 3:30 **Fitness Room Orientation**  
 5:04 **Thursdays Around 5**

**24** 10:00 **Beginners Bridge Lessons** \$  
 1:00 **Landscape Painting with Oils** \$ (final)  
 2:00 **Ice Cream Social**

**30**

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CHARLOTTESVILLE, VA





# VOLUNTEERING

## BOBBI HUGHES

Coordinator of Volunteer Resources  
434.220.9755 • bobbi@thecentercville.org

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

Without volunteers, there would be no Center—it's as simple as that. To meet our mission, we rely on their contributions of time, skill, and experience in many capacities: at the welcome desk and in the travel and fitness centers, at special events, for administrative work, for landscaping help, and more. The Center's volunteer program also connects people with volunteer needs at other nonprofits in the community, ensuring that everyone can find a way to contribute that suits their interest and schedule.

The Center had almost 400 volunteers this past fiscal year, and we are incredibly grateful for their contributions to The Center and our community. We celebrated these dedicated individuals with several events in April during National Volunteer Appreciation Month. (Thank you to corporate partner Craig Builders for its generous support of these events!) A special shout out to those on the list at right, who tallied 250 or more volunteer hours from April 2021–March 2022. The dedication of our volunteers is also amazing—dozens of them have been donating their time in support of healthy aging for more than ten years!

Are you interested in volunteering? An easy way to get started is by contacting Bobbi Hughes at The Center, or visit the volunteer section on our website. Whether you are looking for something specific or are open to different possibilities, she can help you find a position that's right for you, either at The Center or with another community organization. There are always opportunities available, from one-time events to regular weekly gigs.

## 250 or More VOLUNTEER HOURS 4/21-3/22

Betsy Bean\*  
Betty Mkungusi  
Peggy Slez  
Dan Nunziato  
Beth Lee\*  
Clay Sisk\*  
Paul Jacob  
Clarece Edson\*  
Rea Everitt  
Joann Pearson\*  
Helene Bradley  
Mary Wilson  
Mary DiGiulian  
Marian Laman  
Betty Bollendorf\*  
Jim Hassmer\*  
Jane Whitworth\*  
Rene Bond\*  
Deborah Franklin  
Michael Wilson  
Shobha Deshmukh-Gill  
John Jackson  
Roseann Rosenberg  
Susan Goering

\* Has volunteered for 10 years or more.

## Rolling out more evening hours!

We're adding Wednesdays to the evening lineup. That's three days a week (Tue/Wed/Thur) to enjoy working out, hanging out, or trying out new things until 8:00 PM.



### DONATIONS MADE IN MEMORY OF (February 1–March 31, 2022)

#### Rick Watson

by Margaret Ball  
by Helen & Jim Cauthen  
by Heather Dickey  
by Margaret M. Grove  
by Independent Insurance  
Agents of Virginia (IIAV) VFSC  
by Sandra Palumbo  
by Barbara Patterson &  
Larry Wales  
by Peter M. Thompson

#### Ronald Deavers

by Jeannette Deavers

#### Stephanie Amato Brickhouse

by Brenda & Curtis Hathaway

#### Steve Shawley

by Penelope & John Cronin  
by Constance Horner  
by Jennifer King  
by Catherine & Keith Koehler  
by Richard Swift  
by Peter M. Thompson  
by Phil Trailies

#### Muff and Russ Cummings

by Patricia & Madison Cummings

#### Ralph L. Feil

by Lynda & Ron Tweel

### DONATIONS MADE IN HONOR OF (February 1–March 31, 2022)

#### Betsy Bean

by Jeannette Deavers

#### Zohra Siddiqui

by Betsy Bean

#### Doris Gelbman and Jorgen Vik

by Carl Newman

#### Jan and John Stalfort

by Louise & Dickie Tayloe

#### Helen Ida Moyer

by Diane & Hank Bisgaier

#### Clay Sisk

Since 2016, The Center's Apple Mac User Group has made a generous birthday donation in their volunteer leader Clay Sisk's honor. Clay has provided countless hours of instruction on Apple devices and has been earned his title as "technically awesome".

2022 contributors include: Mary Barnabei, Julie Bateman, Carol Cutler, Vicky Eicher, Sue Erickson, Lynda Fanning, Liz & Jim Fergus, Nancy Fischer, Lynn Forsyth, Debbie French, Gay Goodwin, Carroll Hartman, Ann & Peter Kashatus, Mary Leachtenauer, Gail Lloyd, Maxine Lorence, Peggy Lowry, Martha Roberts, Joyce Root, Richard Self, Martha Lee Sikes, Hedy Southard, Bobbie Jean Thompson

Subscribe to our E-Newsletter at  
[thecentercville.org](http://thecentercville.org)

and get weekly Center news updates



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

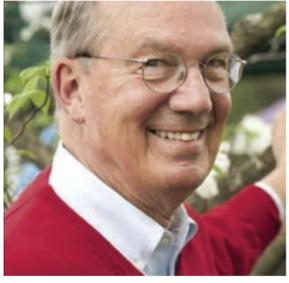
Bring this ad to Wild Birds Unlimited Charlottesville and get 20% off one regularly priced item! Offer good until June 30, 2022. Limit one coupon per customer.



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# Feil Fund Provides Center Scholarships

*Endowment contributes to healthy aging for all*



Ralph Feil

Ensuring that every area older adult can pursue healthy aging is fundamental to The Center's mission and values. That's why we provide scholarships to 100% of community members who request scholarship assistance. And to help meet these scholarship requests, income recently drawn from The Center's Ralph L. Feil Endowed Scholarship Fund will provide 25 older adults with scholarships to pursue their healthy aging and wellness goals.

Named to honor the legacy of community leader and Center friend Ralph Feil, the Fund was created to provide reliable income to support Center scholarships. To create an endowment, a sum of money is given to a nonprofit, like The Center, which has agreed to manage these assets and allow them to grow to support a defined purpose, such as scholarships, in perpetuity. Once an endowment is established, nonprofits draw from the interest accrued while leaving the original principal intact.

The support needed to meet Center scholarship requests regularly exceeds \$30,000 a year, and comes from contributions made by individuals, foundations, churches, and corporations. However, when requests for scholarships have exceeded donated funds, The Center has redirected money from its operations to ensure all the needs were met. "That is why

the Feil Fund is such a game changer for the organization," says executive director Peter Thompson. "Endowments like this provide predictable income, which in this case can be directly applied to support annual scholarship requests."

Last year The Center provided 205 people with scholarships, which represents 13% of the membership census. Along with supporting all or part of the costs associated with an annual membership, scholarships may also be used to cover the program fees necessary for approximately 20% of Center programs.

"Requests for scholarships have doubled in the last five years," notes membership coordinator KevReyl Wells, "and we expect that requests will continue to grow." The ability to pay should never be a barrier to wellness; with the aid of endowments like the Feil Fund and continued support from community members, The Center will remain able to meet the healthy aging needs of all older adults.

If you would like to learn more about how to create an endowment at The Center or want to make a gift to support scholarships, contact philanthropy director Melanie Benjamin at [melanie@thecentercville.org](mailto:melanie@thecentercville.org). For more information on requesting scholarship support, contact membership coordinator KevReyl Wells at [KevReyl@thecentercville.org](mailto:KevReyl@thecentercville.org), or call 434.974.7756.

## DEI Committee News

The leadership at The Center at Belvedere continues to shine a spotlight on organizational practices that are potentially impacting a lack of diversity across the organization. Working together, members of the staff, DEIC, and a special committee of the Board of Directors have begun implementing a racial equity action plan with milestones and metrics to drive change.

Our vision for the community is to understand and embrace the power of healthy aging to positively transform ALL lives! Our vision can never fully be realized until people from all walks of life have a place to feel welcome, connect, and contribute. The Center wants to be this place for the community.

In keeping with the DEIC's goal to "expose and educate," the committee highlighted 28 local African Americans—past and present—for Black History Month to recognize their contributions to the community. One of the people honored was educator, motivator, and entertainer Charles Alexander, who gave a presentation at the end of the month about his experience as one of the 12 African American students who integrated Charlottesville public schools in 1959. The entire list of honorees can be found on the Center's website.

Another event for Black History Month was a panel discussion with African American artists involved with Early Music Access Project's "Sacred Music of Monticello." Countertenor Patrick Dailey, soprano Brianna J. Robinson, organist Nicole Keller, and baritone-composer James Dargan spoke about their experiences growing up in the Black church. The group sang spirituals associated with Monticello's enslaved people, arranged by Mr. Dargan, who also spoke about the ways various Black sacred traditions have informed his compositional style.

For Women's History Month in March, the committee focused on the accomplishments of a multi-ethnic group of women who have paved the way for necessary change in our world: the eradication of racial and gender inequality. Sharing information about these women is yet another step to educate and highlight diversity, equity and inclusion as a core value of The Center at Belvedere.

Leadership and the DEIC are committed to promoting awareness, understanding, and respect for issues around diversity, equity, and inclusion through programs, events, art, and education. Stay tuned for more information in this newsletter, in the weekly e-news, and on the website.

Virginia Porter

*Diversity, Equity, and Inclusion Committee*

### COMMITTEE MEMBERS

|                           |                                 |                             |
|---------------------------|---------------------------------|-----------------------------|
| Kathy Rouse, <i>Chair</i> | Enid Krieger, <i>Vice-Chair</i> | Jean Foss, <i>Secretary</i> |
| Jim Bundy                 | Berta Hysell                    | Carolyn Merrick             |
| Jim Hassmer               | Paul Jacob                      | Virginia Porter             |
| Bobbi Hughes              | Joyce Lewis                     | Mike Wilson                 |

## Come Cruise with Us!

We're ready to set sail in September for The Center Soirée: Anchors Aweigh—an evening fundraiser to support programming and scholarships at The Center.

We hope that you'll join us aboard the S.S. Center at Belvedere on Saturday, September 10, from 5:30–9:00 pm in support of healthy aging in our community. Enjoy all the fun of a cruise ship without the uncertainties of travel!

With three themed "bistros"—each with live music, cuisine, and signature cocktails to match—you can choose from dancing, games, demonstrations, displays, and activities for the health of brain and body ... or you can do it all. The more you do, the better your chance to win prizes. The only thing you won't want to do is miss it!

Pre-sale boarding passes will be available on our website at [thecentercville.org](http://thecentercville.org) in late spring. Boarding passes (\$250 each) include a tax-deductible portion of \$115.

**Support your Center and cruise for a cause.**



### MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (February 1–March 31, 2022)

|   |  |
|---|--|
| Anthology of Charlottesville                              | David Lea Jr.  |
| Christine Barnicle  | Margaret & William Marley                              |
| Ruthe Battestin   | G. Paul & Linda Matherne                               |
| Priscilla & Ludy Benjamin                                 | Chris & Greg Menke                                     |
| Betty Bollendorf  | Steven Peters  |
| Dotty & Larry Brown                                       | Ralph Miller/RAM Charitable Foundation                 |
| Katie Caverly & J.P. Christen/<br>IKOR of Charlottesville | RoseWood Village Assisted Living and Memory Care       |
| Diana & Samuel Clark                                      | Our Lady of Peace                                      |
| Commonwealth Senior Living of Charlottesville             | Janet Overman  |
| Craig Builders  | Joanne Robinson  |
| Jo Glover & Christopher Lorish                            | Virginia & Sameer Tahboub                              |
| Kelly & Sean Greer  | The Colonnades   |
| Hantzmon Wiebel LLP                                       | The Rimora Foundation                                  |
| Jean Hart   | Martha & George Truxel                                 |
| Brenda & Curtis Hathaway                                  | Linda Verhagen   |
| Cindy & Richard Hewitt/Hewitt Family Fund in the CACF     | Virginia National Bank                                 |
| Julie Horne   | Carolyn & Joseph Warden                                |
| I.J. & Hilda M. Breeden Foundation                        | Carol & Jack Weber/Carol & Jack Weber Fund in the CACF |
| Jennifer King/Chase Investment Counsel                    |  |



# TRAVEL

**LINDA HAHN**  
TRAVEL COORDINATOR

[linda@thecentercville.org](mailto:linda@thecentercville.org)  
434.220.9736

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

**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.

Traveling for the holidays or bringing family home to you? Contact Linda for all of your personal travel needs!

## DAY TRIPS

### VIRGINIA INTERNATIONAL TATTOO

Sunday, May 1

Travel to the Scope Arena in Norfolk for an inspiring day at the Tattoo! This an all-new international cast, a musical tribute to “March King” John Phillip Sousa, military bands and singers, massed pipes and drums, dancers, and precision drill teams. Lunch is on your own. Members \$140; Guests \$160.

### GREENBRIER BUNKER TOUR

Wednesday, May 11

WAIT LIST

### RIVERSIDE CENTER – NUNSENSE

Wednesday, May 18

In this side-splitting musical phenomenon starring Sally Struthers, you’ll meet the Little Sisters of Hoboken. When they discover that their cook, Sister Julia, Child of God, has accidentally poisoned 52 of the sisters, they are in dire need of funds for the burials. The sisters decide that the best way to raise money is to put on a variety show in the school auditorium currently set up for a production of “Grease”. Lunch is included. Members \$140; Guests \$160.

### NATIONAL D-DAY MEMORIAL FOR VETERAN MEMBERS

Thursday, May 19

The National D-Day Memorial in Bedford, VA is a moving tribute to the American and Allied Forces that fought in the largest amphibious invasion of all time. It is home of The Bedford Boys, who were among the first to land on Omaha Beach on D-Day, June 6, 1944. This is a complimentary trip for all interested Veterans and is sponsored by the SKV group. Space is limited. Please contact Linda Hahn, Travel Coordinator at The Center if you are a Veteran and member of the Center to book your reservation. [Linda@thecentercville.org](mailto:Linda@thecentercville.org) or 434-974-6538



### MONACAN INDIAN NATION POW WOW

Sunday, June 5

Travel to Amherst County for this annual event, a gathering of Native Americans celebrating their culture and traditions. Enjoy dancing and drumming, storytelling, the birds of prey exhibit, and more. The Pow Wow also includes native arts and crafts for purchase. Lunch is on your own. Members \$55; Guests \$75

### THE QUARRY GARDENS AT SCHUYLER

Wednesday, June 8

Enjoy a private tour of the Quarry Gardens at Schuyler, which are nestled into a 600-acre property owned by Armand and Bernice Thiebolt. This is a landscape carved by industry and renewed by nature: 40 acres of private gardens with trails through plant communities around a group of retired soapstone quarries. Members \$50; Guests \$70

### VIRGINIA MUSEUM OF FINE ARTS

Thursday, July 7

Whistler to Cassatt: American Painters in France is a spectacular exhibition of more than 100 paintings by James Whistler, Mary Cassatt, John Singer Sargent, Childe Hassam, and many others. You can also enjoy exhibitions of Japanese woodblock prints by Kawase Hasui and the paintings and sculptures of Tsherin Sherpa. Price includes a guided tour of the Whistler to Cassatt exhibit. Lunch is on your own. Center members \$68; Guests \$88; VFMA Members \$58

### SHENANDOAH VALLEY MUSIC FESTIVAL - MARTY STUART AND HIS FABULOUS SUPERLATIVES

Friday, July 22

Travel to Orkney Springs to enjoy the music of the legendary Marty Stuart and His Fabulous Superlatives with reserved pavilion seating tickets. Dinner is on your own; you may bring a picnic or make reservations at Shrine Mont. Contact the travel office for details about making dinner reservations. Members \$110; Guests \$130



### TUSCANY

September/October

Spend a week in the Chianti Hills region, the heart of Tuscany, in the Villa Teresa, built as a country residence for a Florentine noble family. Six days of tours around the region, all transportation, meals, and gratuities are included. Contact the travel office for availability.

### CYPRUS: CULTURAL, HISTORICAL AND CULINARY TOUR

November 9–19

Settled for more than 10 millennia and renowned since ancient times for its mineral wealth, superb wines and produce, and natural beauty, Cyprus stands at a cultural, linguistic, and historic crossroads between Europe and Asia. Travel to this island in the eastern Mediterranean Sea to explore its rich history, delicious food, and vast countryside.

### SOUTHERN CARIBBEAN CRUISE

January 14–26, 2023

January in the Caribbean? Yes, please. Enjoy cruising aboard Royal Caribbean International’s *Enchantment of the Seas*, sailing round trip from Baltimore to St. Croix, U.S.V.I.; Philipsburg, St. Maarten; St. Johns; Antigua; Bridgetown, Barbados; Basseterre, St. Kitts & Nevis. Includes roundtrip travel, all meals, entertainment, port fees, taxes, and gratuities.

## GETAWAYS



### ALASKA AND THE YUKON

August 6–17

Enjoy the majesty of Alaska on this dream vacation! Travel from Anchorage to Denali National Park and Fairbanks before heading into the Yukon. Visit Dawson City and Whitehorse while traveling through the land of the gold rush before ending in Skagway, where you will board Holland America Line’s *Zuiderdam* to sail to Glacier Bay and Ketchikan, and cruise through the inside passage before ending in Vancouver, BC.

### ICELANDIC ADVENTURE

August 22–September 1

This 10-day Icelandic adventure takes you across the Southern part of Iceland. Experience waterfalls, glacial lakes and beaches, gorgeous vast landscapes, and Iceland’s famous thermal lagoons as you travel between Snaefellsnes Peninsula to Vatnajökull National Park.

# COME ALONG!

## WE REMEMBER

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

|                     |                     |
|---------------------|---------------------|
| Betty Allen         | Patricia Jamme      |
| Jean Barnett        | Betsy Meade Kelly   |
| Lawrence Cabell     | Sarah Neathery      |
| Virginia Castiel    | Robert Peterson     |
| Dorothy Davis Craig | John Post           |
| Joyce Creber        | Nancy Regar         |
| Robert Crow         | Steve Shawley       |
| Patsie Cutright     | Marguerite Shepherd |
| Ilma Deane          | Doris Shular        |
| Constance Gamble    | Barbara Spellman    |
| Darthy Gardner      | Harry Sperry        |
| Virginia Germino    | Beckie Sprouse      |
| Walter Haney        | G. McNeir Tilman    |
| George Havenner     | Rick Watson         |
| Robert Holman       | Marjorie Wolfrey    |

Thank YOU

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PREMIER partner



GOLD partners

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Hantzmon Wiebel CPA and Advisory Service  
RoseWood Village Assisted Living  
& Memory Care

SILVER partners

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The Heritage Inn: An Assisted Living  
and Memory Care Community  
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Our Lady of Peace  
Robinson, Farmer, Cox Associates, PLLC  
SKV Group  
Sentara Martha Jefferson Hospital  
Southern Development Homes

COMMUNITY partners

Virginia National Bank  
Wild Birds Unlimited

To learn more about sponsorship opportunities, please contact  
Lynn Divers at 434.220.9745 or [lynn@thecentercville.org](mailto:lynn@thecentercville.org).

The Center at Belvedere  
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Charlottesville, VA 22901

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## The Power of Corporate Partnerships

By investing in healthy aging, The Center's corporate partners make a powerful difference in our hometown—because this is an investment that benefits our entire community. Corporate partners are businesses that align with The Center's work to help people live more years in good health, which also results in broader social and economic benefits. This starts with financial underwriting that helps transform lives by supporting Center programs and resources.

With more than 60% of The Center's operational budget coming from philanthropic sources, businesses with a sense of social responsibility are important partners in our mission. They support The Center year-round through regular giving and involvement. Along with a financial investment, many provide volunteers as well as information in their fields of expertise for members, staff, and guests.

This year, 22 local businesses and counting are investing in our community through corporate partnerships with The Center. We are grateful for the support, involvement, and enthusiasm of these businesses, who help sustain the programs and resources necessary for meeting our mission.

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



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