



THE CENTER AT BELVEDERE

NEWS from THE CENTER

REFRAMING AGING SINCE 1960

MAY/JUNE 2025

FUN NEW ADDITIONS FROM OUR NEIGHBORS!

Two recent additions are making movement at The Center fresh and fun for spring!



You may have noticed a sidewalk installation connecting the roadside sidewalk to our back terrace the first week of April. This has made it possible to walk a complete loop around our building. Thank you to neighborhood builder Greenwood Homes for taking on this project. “Greenwood shares The Center’s vision of living better longer,” a spokesperson for the company said.

Indoors, the fitness wing has a number of new yoga props. While we were sad to see local nonprofit Common Ground Healing Arts shutter, we are very grateful to Alicia Lenahan for donating some of their equipment to us, including blocks, mats, bolsters, sandbags, straps, and more. Center Fitness Manager Jane Saltzman says, “Everything is in great condition! This has really enhanced the classes and the instructors’ options when teaching.”

It lifts our hearts to be part of such a caring community. If you have an in-kind donation to make to The Center, please contact a member of our Philanthropy team.

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Honor Men’s Mental Health Awareness Month This June



Our concept of health has expanded so much over the decades. No longer is staying healthy a simple checklist of exercise, diet, and an annual doctor’s visit. We are seeing a shift in focus to a more holistic view that recognizes the relationship between our mental and emotional states and our physical well-being.

But while good mental health is closely linked to good physical health for everyone, regardless of gender, lingering societal expectations can make it harder for men to reach out for help. In recognition of the greater risks and social hurdles many men face in caring for their mental health, the organization Mental Health America marks Men’s Mental Health Awareness Month every June.

Engaging in conversations about mental health can be hard, but it’s important; it’s part of healthy aging. Many people continue to believe that men aren’t emotional or aren’t supposed to show emotion in the name of being strong. This comes with a host of impacts and ultimately results in men’s mental health problems going underreported and men receiving less mental health support.

Center member and fitness instructor Pete Cross shares, “It is a popular belief that women routinely share personal feelings easier than men do. It is common for men to lead ‘closed’ lives where they have no close friends with whom to share the more personal parts of their lives.”

“Physical health is easier to understand and deal with,” Pete says. “Mental health is often much more challenging.” But prioritizing joy and connection can reduce stress and the risk of chronic health conditions. Studies have found that positive psychological well-being can reduce the risks of heart attacks and strokes. Seeing a therapist to treat depression and anxiety should be no different to seeing a doctor for a broken bone or a case of the flu.

See **Men’s Mental Health** on page 12

Grow Lettuce, Save Cabbage

Victory gardens can keep groceries more affordable



If you thought victory gardens were a thing of the past, maybe toss that idea on the compost pile. The vegetable, fruit, and herb gardens once planted as an act of patriotism have been experiencing a resurgence, first during the Covid pandemic and now as food prices continue to rise. Victory gardens first sprouted in the U.S. during World War I, when the National War Garden Commission encouraged Americans to grow their own produce. This allowed commercially produced food to be sent overseas to support troops and aid with Europe’s food shortage. The call for self-sufficiency returned with World War II as a way for citizens to help with the war effort and supplement their food rations. An estimated 20 million victory gardens—in backyards and schoolyards, on balconies and rooftops, and even on the White House lawn—produced more than 40% of the country’s fruits and vegetables during WWII.

See **Cabbage** on page 16



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

Hours

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

About THE CENTER AT BELVEDERE

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

News from The Center is a publication of The Center.

Healthy Aging for All

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

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

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For more news, follow us on:



MEMBERSHIP

SUZANNE OREJUELA
MEMBERSHIP DIRECTOR

434.974.7756

membership@thecentercville.org

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

WELCOME NEW MEMBERS!

James Alston	Julia Harris	Mary Susan Payne
Christine Atkins	Arnom Harris	Barbara Pearson
Eleanor Baldwin	Peter Henderson	Kenneth Peoples
Diane Bates	David Hendon	Patrick Punch
David Beazley	Ronald Henrichs	Lynn Rush
Stephanie Blackton	Edward Hope	Richard Ryan
Cathie Branchaud	Eve Jakum	Elaine Shaw
Peggy Burke	Abigail Jones	Susan Smith
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Jean Canar	David Keeling	Barbara Stone
John Carbaugh	Barbara Keeling	Circe Strauss
Gail Davis	Irene Kendig	Linda Swartz
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Carleen Delio	Susan Krieg	Cindy Theissen
Richard Delio	Patricia Locke	Jamie Townsend
Janet Dob	Diane Lohrer	James Townsend
William Duffy	Donald Long	Beverly Upchurch
James Dunbar	Tom Markham	Beverly Upton
Gary Duncan	Midori Mathias	Tom Walsh
Glynis Edgar	Noel Mathias	Judy Watson
Jim Eggenberger	Beatrice McGowan	Fran White
Charles Foster	James Mernin	Teresa Willis
Steve Fox	Leslie Middleton	Nan Woodard
Mary Fox	Cindy Miley	Edna Zaenker
Laura Fraser	Douglas Miller	Richard Zigler
Michael Fraser	Joseph Mirra	Tina Zigler
Sylvia Genchi	Genevieve Moene	
Patricia Goodman	Joan Mulvihill	
Michele Gordon	Sarah Ozturk	

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



COUNCIL NOTES

“The times they are a-changing,” as Bob Dylan once famously sang. To help members understand and navigate change at The Center, Council meetings are held on the first Monday of each month, at 1 pm. All program leaders and Center members are invited to attend and actively participate in the exchange of members’ ideas, concerns, and suggestions. Lively and informative discussions last about an hour in a safe, respectful setting to voice opinions.

The agendas for **upcoming meetings on May 5 and June 2** will include an overview of The Center’s financial position at the end of FY2025 (March 31), and an ongoing staff presence available at the meeting to authoritatively answer questions about the new membership model and use of My Active Center. There is no registration requirement for attending a meeting and members are free to attend meetings as they choose.

For more information or a copy of the Council bylaws, please contact newly-elected Council President Gary Moody (gary.moody@yahoo.com); Vice President Peggy Slez (mjslez@gmail.com); or Program Manager Rosanna Breen, the staff-Council liaison (rosanna@thecentercville.org). Information about the Council can also be found on The Center website (thecentercville.org) under the ABOUT tab.

—Peggy Slez, Council Vice President

Subscribe!

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

PROGRAMS

The Center uses the online scheduling tool **My Active Center (MAC)** for most program registration. Visit myactivecenter.com to set up an account. For orientations or special events that require ticket purchase, please visit thecenterville.org.

SPECIAL EVENTS

SPRING BAND CONCERT

Free and open to all

Saturday, May 3, 3:00–4:30 pm

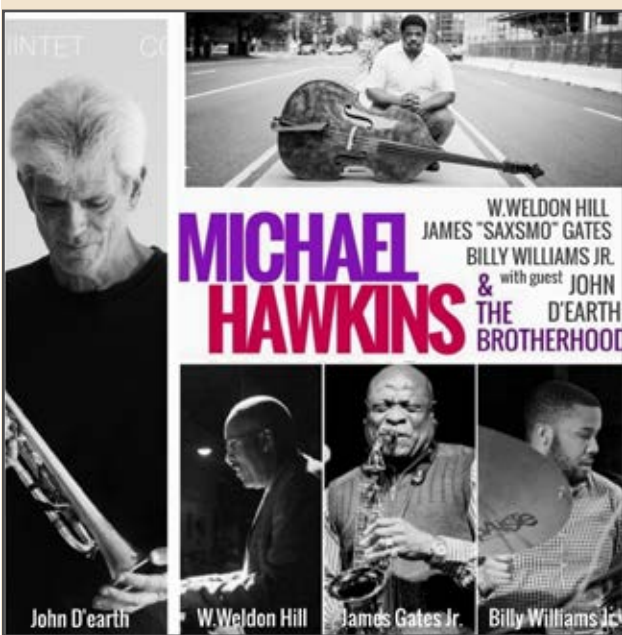
Enjoy a delightful afternoon with The Flashbacks and the Second- and First-Wind Bands, all under the direction of Bob Dunnenberger. Donations are very much appreciated.

WEDNESDAY MUSIC CLUB

Free and open to Center and WMC members

Wednesday, May 7, 10:15–11:30 am

Baritone Wesley Diener, a recipient of the Club's University Music Major Scholarship who is now based in Chicago, will present "Songs from the Heart."



MICHAEL HAWKINS & THE BROTHERHOOD WITH GUEST JOHN D'EARTH

In partnership with Charlottesville Jazz Society and WTJU

Open to all; free for Center members

Thursday, May 8, 6:00–8:00 pm

Exciting and charismatic bassist Michael Hawkins has toured and performed with some of the biggest names in music, including jazz legends Jimmy Heath, Eric Alexander, and Cyrus Chestnut. His group, The Brotherhood, features the top bebop jazz players in Virginia: pianist Weldon Hill, drummer Billy Williams, and saxophonist James "Saxsmo" Gates. Trumpeter John D'earth will join the band for this Charlottesville performance. CJS supporters and the general public can purchase tickets online at cjs.ticketbud.com.

SENIOR SAFETY DAY

In partnership with Charlottesville Albemarle Triad

Free and open to all

Saturday, May 10, 9:00 am–1:00 pm

Find out how you can keep yourself safe! Over 20 local resources for senior safety will be on-site to answer questions and share information. You can also attend presentations on related topics.

ARTFUL GARDENS BOUQUET DISPLAY

Free and open to all

May 14–17 during business hours

This collaborative exhibition between the Mid-Atlantic Pastel Society, the Art Guild of Greene County, and the Charlottesville Garden Club displays dozens of fresh bouquets beside the works of art that inspired them.



ARTISTS RECEPTION

Free and open to all

Thursday, May 15, 5:00–7:00 pm

Meet artists from the Mid-Atlantic Pastel Society and the Art Guild of Greene County whose work is on display at The Center in May and June while enjoying refreshments, conversation, and art.

CELEBRATION OF TALES

A Partner Program

Open to all; registration required

Saturday, June 14, 10:00 am–6:00 pm

The power of stories to entertain, inspire, and unite us is something to be treasured and shared. Enjoy storytelling workshops and story swaps for listeners, hobbyists, and professionals at the 3rd annual Celebration of Tales! For a full schedule and all the details, please visit celebrationoftales.org. Child \$10; Adult \$25; Family \$50.

JUNE LUNCHEON

Open to all; registration required

Wednesday, June 18, 12:00–1:00 pm

Grab your friends or gather with new ones to enjoy a delicious lunch of fried or baked chicken, potato salad, green beans, dinner rolls, and strawberry shortcake catered by Wayside Diner. Members \$20; Guests \$25



MAMA'S BLACK SHEEP

Open to all; registration required

Friday, June 27, 6:00–8:00 pm

Come swing to country, rock to pop, groove to soul, and sway to the blues with this genre-ranging duo! Singer-songwriters Ashland Miller (guitar/vocals) and Laura Cerulli (drums/vocals) will move your body and stir your soul with a blend of hit-worthy originals and covers with a unique spin. \$20.

ARTS

ART CLASS POLICIES

- **Cancellations:** Please notify us at least 5 business days in advance of the program's start date by emailing cancel@thecenterville.org or calling our cancellation line at **434.220.9756** and providing (a) your name and phone number, (b) exact program name, and (c) date and time of program. Cancellations made less than 5 days in advance are not eligible for a refund or credit.
- **Materials Fees:** These are paid directly to the instructor at the start of the class or series via check or cash.

CROCHET A THROW PILLOW

For Center members; registration required

Mondays, May 5–June 9, 2:00–4:00 pm (5 weeks)

Learn how to read patterns and expand your techniques as you create a beautiful throw pillow. This class is designed for those who already know how to crochet a chain and a single crochet. See required materials online. \$50.

PAINT LOOSE WITH VIVIAN

For Center members; registration required

Tuesdays, May 6–June 24, 9:30 am–12:30 pm (8 weeks)

This course for beginning watercolor painters is based on curriculum designed by Linda Abbey. While Linda is taking a break, experienced art teacher Vivian Jones-Schmidt will be teaching. As drawing is the foundation for all visual art, drawing basics will be included in the instruction. See required materials online. \$240.



CREATIVE COLLAGE

For Center members; registration required

Wednesday, May 14, 10:00 am–12:00 pm

Enjoy the art of creating collages with instructor Sue Oliveri in a supportive and encouraging environment. Workshop participants will explore their potential for creating artistic collages with many cool images, textured papers, colors, and design possibilities. No experience necessary. Class fee: \$20. Material fees: \$10, payable to the instructor at the start of class.

INTERMEDIATE WATERCOLOR PAINTING

For Center members; registration required

Thursdays, May 29–July 10, 9:00 am–12:00 pm (6 weeks)

Join Joanne Coleman to explore the use of various brushes and optional pen and ink to achieve desired composition, value, color, perspective, and texture as you learn how to paint landscapes, still life, and animals. \$180.

Programs continue on page 4



COLOR MIXING

For Center members; registration required

Tuesdays, June 3-17, 1:30-4:30 pm (3 weeks)

Explore color theory, learn how to ask the three most important questions when mixing a color, and discover tonal values, color temperatures, and how to dial in the color you want. See required materials online. \$90.

QUEENS OF THE SUMMER GARDEN

For Center members; registration required

Monday, May 19, 9:30 am-12:00 pm OR

Monday, June 16, 9:30 am-12:00 pm

Roses are the queens of the summer garden! Cindy Vito guides you through painting two roses in a glass vase on a 6x6 canvas using acrylic paint. Learn to use value to create the impression of a 3D image on a 2D surface. No experience necessary. Class Fee: \$15. Materials Fee: \$20.

PAINT PARTY WITH DAWN BONNER

For Center members; registration required

Monday, June 23, 1:00-4:00 pm

Local artist Dawn Bonner will provide easy, step-by-step instructions for you to create a beautiful seasonal canvas. Bring your creativity and enthusiasm and enjoy a wonderful opportunity to relax, socialize, and explore your artistic side in a welcoming and supportive environment. No experience necessary. Class Fee: \$30. Materials Fee: \$15.



PAINTING NATIONAL PARKS

Members only; registration required

Tuesdays, June 24-August 12, 1:30-4:30 pm (8 weeks)

Explore the National Parks with Katie Hutter and study how master painters including Nancy Howe, Fred MacNeil, and John Lonegan look at nature and build their paintings using value, compositional keys, contrast, and texture to create interest instead of "detail." Class Fee: \$240. Materials Fee: \$20.

LIFELONG LEARNING

LIFE WISHES

Free and open to all; registration required

Saturdays, May 3-17, 10:00 am-12:00 pm (3 weeks)

What if you are in the hospital for a short-term event or nearing the end of your life, and are unable to make your own health care decisions? Cindy Sinchak MSN, RN, CHPN, and Nancy Zamil MPH, RN, NC, have a combined 35 years of hospice nursing experience assisting patients and their families with advanced directives. Come get information and resources to help you honor your life and love for your family by putting your health care wishes in writing.

GOOD LIFE SERIES

Free and open to all; registration required

Age-Related Brain Changes or Dementia?

Tuesday, May 6, 11:00 am-12:00 pm

Americans worry more about developing dementia than they do about cancer or other serious diseases. Guest speaker Bonnie Fisher, MEd, from Hospice of the Piedmont, will discuss when the brain changes we all undergo as we age are "normal" versus something to be concerned about and have medically evaluated.

Maintaining Your Financial Health

Tuesday, June 3, 11:00 am-12:00 pm

Guest speakers Tracy Melton and Jim Ames bring a combined 60 years of experience helping seniors, solo agers, couples, and their families navigate financial wellness and consider smart moves. Come get tips, resources, and checklists for you to consider.



CAT WORKSHOP AND FIELD TRIP

Free and open to all; registration required

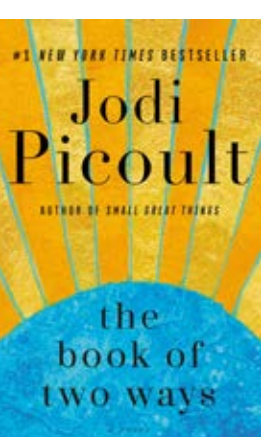
Wednesday, May 7, 9:45 am-12:45 pm

Monday, May 12, 1:45-4:45 pm

Learn about Charlottesville Area Transit (CAT) and The Center's new bus stop! Are you interested in finding transportation options? Possibly driving less and riding more? Join PATH (Partnership for Accessible Transportation Help) for an introduction to CAT and a field trip on the bus. PATH staff will discuss driving alternatives, then demonstrate how to plan your route and ride the CAT bus. Then take the bus from The Center to the Downtown Mall with a PATH travel trainer. You will have about 45 minutes to explore downtown before returning on the bus to The Center. CAT is fully accessible for wheelchairs and walkers. (The bus ride is not required but encouraged.)

BOOK GROUP

Included with Center membership



First Wednesday each month, 11:00 am-12:00 pm

This enthusiastic group meets monthly to discuss predominantly contemporary works of fiction and nonfiction. The selection for May 7 is Jodi Picoult's *The Book of Two Ways*. On June 4, it's *The Tea Girl of Hummingbird Lane* by Lisa See.

MEDICARE PROGRAMS

Free and open to all

Thursday, May 1, 1:00-2:00 pm

with Margo Kreider

Saturday, May 10, 10:00-11:00 am

with Tiffany Zambrana

Wednesday, May 14, 11:00 am-12:00 pm

with Sharon Accardo

Wednesday, May 21, 6:00-7:00 pm

with Margo Kreider

Thursday, June 5, 1:00-2:00 pm

with Margo Kreider

Wednesday, June 11, 11:00 am-12:00 pm

with Sharon Accardo

Saturday, June 14, 10:00-11:00 am

with Tiffany Zambrana

Wednesday, June 18, 6:00-7:00 pm

with Margo Kreider

LONG-TERM CARE INSURANCE AND WHAT IT COVERS

Free and open to all; registration required

Wednesday, May 7, 1:00-2:30 pm

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



1775: WAR COMES TO VIRGINIA

Free and open to all; registration required

Thursday, May 8, 10:30 am-12:00 pm

Commemorate the 250th anniversary of the American War of Independence with a discussion led by retired Army Colonel Steve Rundle. He will explore key military events that took place in Virginia between late 1775 and early 1776, including the engagement at Kemp's Landing, the Battle of Great Bridge, and the burning of Norfolk. Learn about Lord Dunmore's emancipation proclamation and the formation of the all-Black Ethiopian Regiment—pivotal moments that shaped the course of history.

WWII DISCUSSION GROUP

Free and open to all; registration required

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

Explore topics that span everything from particular battles to life on the home front. Every month a club member or guest speaker presents their research; discussion and time to socialize follow. On May 8, the topic is the Battle of Leyte Gulf, the largest naval battle of WWII. The subject on June 12 is PTSD, or what was commonly referred to as combat fatigue.

AFRICAN AMERICAN AUTHORS BOOK CLUB

Free and open to all

Second Thursday each month, 6:00-7:00 pm

The African American Authors Book Club (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 each month to enjoy spirited discussions and camaraderie. The selection for May 8 is *Her Name Is Knight* by Yasmin Angoe. On June 12, it's *Colored Television* by Danzy Senna.

MONEY AND YOU

Free and open to all; registration required

Are You Ready for a Market Decline?

Tuesday, May 13, 10:00-11:30 am

Jorgen Vik and Lauren Kaminski with the SKV Group, LLC, address how you can prepare for the upcoming market drop.

Fixed Income Investing

Tuesday, June 10, 10:00-11:30 am

Jorgen Vik with the SKV Group, LLC, will discuss various types of fixed income and when they may be appropriate to use.



SENIOR STATESMEN OF VIRGINIA

Free and open to all; registration required

General Assembly Update

Wednesday, May 14, 2:30-4:00 pm

Law Enforcement Officers Discuss Violence in the Community

Wednesday, June 11, 2:30-4:00 pm

ELDER LAW WITH DORIS GELBMAN

Free and open to all; registration required

Aging Gracefully: Staying in Your Home

Tuesday, May 20, 10:00-11:30 am

What are the practical, health, and financial considerations that you need in order to stay in your home as you grow older? What resources need to be researched and planned for? Will you need to move or modify your home? What community resources are available to help you stay home and independent longer? What sort of additional costs should one plan for? Get the answers and look at some new and alternative options!

Will not meet in June.

SCIENCE SEMESTER BOOK DISCUSSION GROUP

In partnership with Charlottesville

Newcomers Club

Free and open to all; registration required

3rd Tuesday each month, 1:30-3:30 pm

Enjoy an active exchange of ideas and reactions to books on modern scientific topics, led by Steven Skalak. The read for May 20 is *When Einstein Walked with Godel: Excursions to the Edge of Thought*, by Jim Holt. On June 17, the selection is *Why Evolution is True*, by Jerry Coyne.



FREE AUDIOBOOKS FOR THOSE WITH LOW VISION

Free and open to all; registration required

Wednesday, May 21, 10:00-11:30 am

Learn how people with low vision/blindness can access free audiobooks through the National Library Service and get a demonstration of how the equipment works.

EXTENDED CARE PLANNING

Free and open to all; registration required

Thursday, May 22, 11:00 am-12:30 pm

Tracy Meade, a certified long-term care consultant and financial planner, and Kim Volker, president of Care is There, discuss resources available for long-term care and the role of a geriatric care manager.

DOCUMENTARIES AND DISCUSSION

Free and open to all; registration required

Wednesday, May 28, 5:00-7:00 pm

The Six Triple Eight

Wednesday, June 25, 5:00-7:00 pm

Paper Clips



HOW YOUR GARDEN CAN HELP WITH FOOD INSECURITY

In Partnership with Piedmont Master Gardeners

Free and open to all; registration required

Tuesday, June 3, 6:00-7:00 pm

Food insecurity is a real problem for many people in Charlottesville and Albemarle County. Community gardens—land cultivated by a group of people individually or collectively—can help. Aleen Carey, Executive Director of Cultivate Charlottesville, and leaders of Piedmont Master Gardeners' community garden projects discuss the scope of food insecurity in our area, some of the efforts to address it, and simple things you can do in your own garden to help.

FUNDING YOUR EXTENDED CARE PLAN

Free and open to all; registration required

Thursday, June 5, 11:00 am-12:30 pm

Find out what government agencies pay for extended care and under what circumstances. Tracy Meade, certified long-term care consultant, leads the discussion.

LAST FLIGHT HOME

In Partnership with Blue Ridge Action Team, part of Virginia Compassion and Choices

Free and open to all; registration required

Thursday, June 5, 5:00-7:30 pm

This powerful documentary about a family's journey with end-of-life choices will be followed by conversation led by Kate Adamson, educator and end-of-life doula.

MYSTERY BOOK CLUB

Included with Center membership;

registration required

4th Monday each month, 12:00-1:00 pm

Love the suspense of a good mystery? Join us! The book for May 19 is *The Moonstone* by Wilkie Collins. On June 23, it's Martin Walker's *Bruno, Chief of Police*, the first book in the Bruno series.



MOVING FORWARD TO THE FUTURE

Free and open to all; registration required

Tuesday, June 24, 11:00 am-12:30 pm

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

PHYSICAL WELL-BEING

FITNESS CLASS CANCELLATION POLICY

Recurring Fitness Programs with Fees: Please notify us at least 2 business days prior to the class by emailing cancel@thecenterville.org or calling our cancellation line at 434.220.9756 and providing (a) your name and phone number, (b) exact program name, and (c) date and time of the program.

Cancellations made less than 2 days prior will not be eligible for a refund or credit.

NEW! CORE STABILITY & FUNCTIONAL TRAINING

Included with Center membership;

registration required

Tuesdays beginning May 6, 2:15-3:15 pm

Jane Saltzman, The Center's Fitness Manager, and physical therapist Darcy Higgins have designed a class for those struggling with decreased balance, difficulty getting out of chairs or off the floor, and the loss of strength and endurance. Along with body awareness, the focus is on movement, balance, strength, postures, and breathing patterns that you'll need to perform the activities you love to do.

NEW! SLOW AND STRETCHY YOGA (ONLINE)

Included with Center membership;

registration required

Wednesdays beginning May 7, 5:30-6:45 pm

Lili Powell helps you enjoy the simple pleasures of a good stretch and smiles with Charlottesville neighbors. Practice in a welcoming and safe alignment-based class, with weekly topics that feature essential yoga poses, supplemented with wisdom and meditations aimed at enhancing a healthy body, mood, mind, and spirit.



COGNITIVE SCREENINGS

In partnership with ACAC

Free for Center members; registration required

Wednesday, May 7, 10:00 am-12:00 pm

Speech language pathologists Caleb Wilson and Megan Santacroce provide brief 10 to 15-minute assessments which look at short-term memory, word finding, and your ability to stay focused.

Programs continue on page 6

Programs continued

MOVE FOR HEALTH

Free and open to all; registration required

Tuesday, May 20, 9:30-10:30 am

Join Darcy Higgins, PT, DPT, to learn how better sleep helps with stress management for your body and brain.

HEARING HEALTH

Free and open to all; registration required

When Hearing Aids Aren't Enough

Wednesday, May 21, 10:00-11:00 am

Dr. LeighAnna Morris, audiologist with Evolution Hearing, will discuss cochlear implants—what they are, candidacy criteria, process and procedure, and reasonable expectations. Dr. Alyson Dixon, regional representative for Advanced Bionics, joins in to discuss this groundbreaking technology.

Comparing Apples to Oranges in Hearing Aids

Wednesday, June 18, 10:00-11:00 am

The hearing aid world is confusing. Top of the line, middle level technology, \$7,000, \$595 ... how do you know what to do? Dr. Kristin Koch, audiologist at Evolution Hearing, will educate you about the hearing aids that are available now, how much you need or should spend, what you get for your money, and why it matters.

TIPS FROM A DPT

(Doctor of Physical Therapy)

Free and open to all; registration required

Wednesday, June 4, 10:45-11:45 am

Common Injuries Seen in the Aging and Active Adult

A licensed physical therapist from Ivy Rehab provides tips for improving your health and answers questions relating to rehab or injury.

BE ACTIVATED!

Included with Center membership; registration required

Thursdays, May 29-June 26, 2:15-3:30 pm

(4 weeks)

In this one-of-a-kind program with John Melgaard, learn experientially about your body, its compensation patterns which lead to limitations, and what to do about them. John is a certified Craniosacral Fascial Therapist and CHEK Practitioner, certified in Levels 1 & 2 Be Activated.



STANDARD BALLROOM DANCE LESSONS

Open to all; registration required

Wednesdays, June 25-July 30, 5:30-6:30 pm

(6 weeks)

Learn the Viennese Waltz with Steven Babusko. Members \$60; Guests \$90.

LATIN BALLROOM DANCE LESSONS

Open to all; registration required

Wednesdays, June 25-July 30, 6:30-7:30 pm

(6 weeks)

Learn the Rumba with Steven Babusko. All levels welcome. Members \$60; Guests \$90.

MINDFULNESS

HEALING YOURSELF

Included with Center membership; registration required

Tuesday, May 6, 2:00-3:00 pm

Tuesday, June 3, 2:00-3:00 pm

Research suggests that when the body is relaxed, there is a decrease in anxiety, blood pressure, insomnia, and pain. Learn a simple breathwork exercise and meditation technique with Nancy Zamil, RN and Reiki Master, to help your body into a relaxed state where it can heal itself.



THE CHAKRAS

Included with Center membership; registration required

Tuesday, May 20, 11:00 am-12:30 pm

Tuesday, June 10, 2:00-3:30 pm

The chakras are an ancient holistic healing modality for balancing the body, mind, and spirit. Nancy Zamil explores the history of the chakras, teaching how to identify balance and heal the chakras through nutrition, crystals, and guided meditation.

PREVENTION AND REVERSAL OF CHRONIC DISEASE

Included with Center membership; registration required

Tuesday, May 27, 11:00 am-12:30 pm

Tuesday, Jun 17, 11:00 am-12:30 pm

RN and Reiki Master Nancy Zamil discusses ways to look at your health care goals for sustainable changes using lifestyle medicine interventions.

SOCIAL / RECREATION

MOVIE NIGHT

Free for Center members

1st and 3rd Wednesday each month, 5:00-7:00 pm

May 7: *Becoming Katherine Graham*

May 21: *Sully*

June 4: *What the Hell Happened to Blood, Sweat & Tears*

June 18: *The Lady in the Van*

PRIDE MOVIES

Free and open to all

Thursday, May 8, 5:30-7:30 pm

Fried Green Tomatoes

Thursday, June 26, 5:30-7:30 pm

Stonewall Uprising

PRIDE GAME NIGHT

Free and open to all; registration encouraged

Wednesday, June 18, 5:30-7:30 pm

From Pinochle to Parcheesi, Chess to Canasta, we've got game! Or bring your own, along with a snack to share. Ping pong is also available!

WWII MOVIE MATINEES

Free and open to all; registration encouraged

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

May 22: *Triumph of the Will*

June 26: *Rise of Evil* (first half)

MEMBER APPRECIATION SOCIALS

Members only

Thursday, May 29, 2:00-3:00 pm: Party Mix

Friday, June 27, 2:00-3:00 pm: Ice Cream Social

CINEMA DISCUSSION GROUP

Included with Center membership

2nd Wednesday each month, 5:00-6:00 pm

Movie and cinema fans meet every month to discuss a movie, explore the art of filmmaking, and share ideas. Up for discussion on May 14 is *The Sixth Sense*. On June 11, *The French Connection*.

This is only a partial list of the 160+ programs offered every week at The Center. Recurring programs are included in the calendar on pages 7-10. Check MyActiveCenter.com or The Center's website for programs added after our print deadline.

WE REMEMBER

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

Carroll Berndt

J. Dabney Carr

Gary Green

Margaret M. Grove

Patricia Shawley

DONATIONS MADE IN HONOR OF (February 1-March 31, 2025)

The Art Teachers

by Pat Franco

Betsy Bean

by Nancy and Michael DiFeo

Celia Pfautz

by Patricia and Terry Beltz

The Center Staff

by Karen and John Rowlingson

Jane Saltzman

by Kathryn and Norton Fishman

Clay Sisk

by Anonymous

Martha and George Truxel

Sara Sherrard and Kathleen O'Farrell

Carol Cutler

John Jackson

Bobbie Jean and Ronald Thompson

Diane Ritter

Martha Lee Sikes

Lucy Burnette

DONATIONS MADE IN MEMORY OF (February 1-March 31, 2025)

Charlene Fetter

by Kathleen Osvath

Jim Berry

by Patricia Berry

Patricia and Steve Shawley

by Sally and Joe Gieck

Pull-Out Program Calendar

THURSDAY

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

FRIDAY

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

SATURDAY

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

The Center at Belvedere

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

1 10:00 Hearing Screenings 12:30 Girl Talk More Wise Women 1:00 Mastering Medicare Apple/Mac Users Group 3:00 Socrates Café 6:00 NAMI Support Group Jazz Jam	2 11:00 Aging in Place 1:00 Diabetes Discussion Group	3 10:00 Life Wishes 11:00 Pride Brunch 3:00 Spring Band Concert
8 10:00 Dementia Caregiver Support Group 10:30 1775: War Comes to VA 12:00 WWII Discussion Group 1:00 Mexican Train Dominoes 1:30 Dream Group (cont.) 2:00 Varieties of Spiritual Experience 4:00 Tremor Support Group 5:00 Michael Hawkins and the Brotherhood 5:30 Pride Movie: Fried Green Tomatoes 6:00 African American Authors Book Club NAMI Support Group	9 10:00 Healthy Recipe Group Even War Has Rules	10 9:00 Senior Safety Day 10:00 Medicare Made Simple Life Wishes (cont.)
15 8:30 Artful Gardens Exhibit 12:30 Girl Talk More Wise Women 1:00 Apple Mac Users Group ADHD Support Group 3:00 Socrates Café 5:00 Artist Reception (Mid Atlantic Pastelists and Greene County Art Guild) 6:00 NAMI Support Group	16 8:30 Artful Gardens Exhibit 12:00 Lunch Box Readings	17 8:30 Artful Gardens Exhibit 10:00 Life Wishes (final)
22 11:00 Extended Care Planning 1:30 Dream Group (final) 2:00 WWII Movie Matinee Varieties of Spiritual Experience	23 10:00 Writers Critique Workshop	24 THE CENTER IS CLOSED
29 9:00 Int. Watercolor Painting \$ 12:30 More Wise Women Card Making with Sherry \$ 2:00 Member Appreciation Social: Party Mix 2:15 Be Activated!	30	31 10:00 Stop By Saturday

June 2025

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

MONDAY

7:30 **Senior Golf**
 8:30 Hatha Yoga \$
 9:00 *Hiking*
Senior Golf
 9:15 PRIMETIME FITNESS \$/Ø
 Floor Barre \$
 9:30 Monday Group for Men
 9:45 Chair Yoga \$
 10:00 Writing for Healing & Growth
 Getting Better at Bridge
Grateful Threads Quilters
 10:30 Maximize Your Strength
 11:00 **Silver Swans Ballet II**
 Poker
 11:30 Feel Good Flow \$
 Total Barre \$
 11:45 BALANCE & STABILIZATION \$/Ø
 12:15 **Silver Swans Ballet I**
 12:30 Chess
 12:45 Chinese Mah Jongg
 1:00 *Ageless Grace*
 English Country Dance
 Beginner Recorder Lessons
Music in the Atrium
 Royal Siamese American
 Mah Jongg
 1:45 Strengthen Your Health & Life \$
 2:00 *Member Social*
 3:00 Meditative Stretch \$
 3:30 Tai Chi \$
Parkinson's Yoga

TUESDAY

7:30 **Senior Golf**
 9:00 *Retreads Softball*
 Horticulture Club
Senior Golf
 Empowering Yoga \$
 Tai Chi
 9:15 PRIMETIME FITNESS \$/Ø
 10:00 A Group for Men
 10:15 Tap Dance Lessons (Level 1) \$
 10:30 *ARTHRITIS EXERCISE \$*
 Second-Wind Band \$
 11:00 Tap Dance Lessons (Level 2) \$
 11:45 Stretch for Balance & Strength
 12:30 Party Bridge
 12:45 *Beginning Spanish**
Piano Music in the Atrium
 1:00 English Country Dance
 Scrapbooking
 Ageless Grace
 2:00 *Advanced Beginner Spanish**
 2:15 Core Stability & Functional Training
 3:15 *Keeping Up Your Spanish**
 3:30 MOVE TO THE RHYTHM
 DANCE PARTY \$/Ø
Parkinson's Yoga (Video)
 4:45 FIT TO GO
 6:00 **AA Women's Group**
 Line Dance (Int./Adv.)
 6:15 **Ping Pong**
 6:45 *Families Anonymous*

* Classes meet online the 1st & 3rd Tuesdays; at The Center the 2nd & 4th Tuesdays. Will not meet on June 3 or 10.

WEDNESDAY

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

2 10:00 Sew and Sews
 1:00 Council Meeting
 2:00 Crochet a Throw Pillow (cont.)

3 9:00 Injury & Pain Screenings
 9:30 **Coffee & Caregiving**
 Paint Loose with Vivian (cont.)
 10:00 **Try it Out Tuesday**
Good Life Series
 12:00 Bunko
 1:30 Color Mixing \$
 2:00 **Social Security 101**
 Healing Yourself
 6:00 **Trivia**
 6:00 **Piedmont Master Gardener Series**

4 9:30 **Veterans Coffee Hour**
 Kingfishers
 10:30 Wise Women, Too
 10:45 Tips from a DPT
 (Dr. of Physical Therapy)
 11:00 Book Group
 12:30 Wednesday Group for Men
 5:00 Movie Night: *What the Hell Happened to Blood, Sweat & Tears*
 5:30 **Standard Ballroom Dance Lessons (final)**
 6:30 **Latin Ballroom Dance Lessons (final)**

9 10:00 Sew and Sews
 1:00 **Piedmont Pastelists**
 2:00 Current Events
 Crochet a Throw Pillow (final)

10 9:30 Paint Loose with Vivian (cont.)
 10:00 **Money and You**
 Wise Women Connect
 Paper Crafting \$
Travel Chat with Linda
 APBA Baseball
 1:00 **Bookmobile**
 1:30 Color Mixing (cont.) \$
 2:00 **Karaoke**
 The Chakras
 4:00 *Singles Schmooze*

11 10:00 **Welcome Wednesday**
 10:30 **Parkinson's Caregiver Support Group**
 11:00 **Navigating Medicare**
 2:30 **Senior Statesmen of Virginia**
 5:00 Cinema Discussion Group
 6:00 **Moonlighter's Quilting**

16 9:30 Queens of the Summer Garden
 Rose Painting \$

17 9:30 **Alzheimer's Support Group**
 Paint Loose with Vivian (cont.)
 11:00 Prevention & Reversal of
 Chronic Disease
 1:30 **Science Semester Book Reading and Discussion**
 1:30 Color Mixing (final)
 12:00 Bunko
 6:00 **Albemarle Modern Quilt Guild**
Trivia

18 9:00 Injury & Pain Screenings
 10:00 **Hearing Health**
 10:30 Wise Women, Too
 12:00 **June Luncheon \$**
 12:30 Wednesday Group for Men
 5:00 Movie Night: *The Lady in the Van*
 5:30 **Pride Game Night**
 6:00 **Welcome Wednesday**
Mastering Medicare

23 12:00 Mystery Book Club
 1:00 Paint Party with Dawn Bonner \$
 2:00 Current Events

24 9:30 Paint Loose with Vivian (final)
 10:00 *Wise Women Connect*
 APBA Baseball
 11:00 **Moving Forward to the Future**
 1:00 Mexican Train Dominoes
 Holistic Healing: Chakras for Healing
 1:00 **Bookmobile**
 1:30 Painting National Parks \$
 2:00 **Karaoke**
 4:00 *Singles Schmooze*

25 10:30 **Parkinson's Caregiver Support Group**
 1:00 Navigating Senior Living Options
 5:00 **Documentaries and Discussion**
 5:30 **Stroke Support Group**
 5:30 **Standard Ballroom Dance Lessons \$**
 6:00 **Moonlighter's Quilting**
 6:30 **Latin Ballroom Dance Lessons \$**

Pull-Out Program Calendar

THURSDAY

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

FRIDAY

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

SATURDAY

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

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<p>5 9:00 Int. Watercolor Painting \$ 10:00 Hearing Screenings 11:00 Funding Your Extended Care Plan 12:30 Girl Talk More Wise Women 1:00 Mastering Medicare Apple/Mac Users Group 2:15 Be Activated 3:00 Socrates Café 5:00 Last Flight Home 6:00 NAMI Support Group Jazz Jam</p>	<p>6 11:00 Aging in Place 1:00 Diabetes Discussion Group</p>	<p>7 11:00 Pride Brunch</p>
<p>12 9:00 Int. Watercolor Painting (cont.) 10:00 Dementia Caregiver Support Group 12:00 WWII Discussion Group 1:00 Mexican Train Dominoes 2:00 Varieties of Spiritual Experience 2:15 Be Activated (cont.) 4:00 Tremor Support Group 6:00 African American Authors Book Club NAMI Support Group</p>	<p>13 10:00 Healthy Recipe Group</p>	<p>14 10:00 Medicare Made Simple 10:00 Celebration of Tales</p>
<p>19</p> <p>The Center is closed for Juneteenth.</p>	<p>20 12:00 Lunch Box Readings</p>	<p>21</p>
<p>26 9:00 Int. Watercolor Painting (cont.) 12:30 Card Making with Sherry \$ 2:00 WWII Movie Matinee Varieties of Spiritual Experience 2:15 Be Activated (cont.) 5:30 Pride Movie: Stonewall Uprising</p>	<p>27 10:00 Writers Critique Workshop 2:00 Member Appreciation Ice Cream Social 6:00 Mama's Black Sheep Band \$</p>	<p>28 10:00 Stop By Saturday</p>

May 2025

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

MONDAY

7:30 **Senior Golf**
 8:30 Hatha Yoga \$
 9:00 *Hiking*
Senior Golf
 9:15 PRIMETIME FITNESS \$/Ø
 Floor Barre \$
 9:30 Monday Group for Men
 9:45 Chair Yoga \$
 10:00 Writing for Healing & Growth
 Getting Better at Bridge
Grateful Threads Quilters
 10:30 Maximize Your Strength
 11:00 **Silver Swans Ballet II**
 Poker
 11:30 Feel Good Flow \$
 Total Barre \$
 11:45 BALANCE & STABILIZATION \$/Ø
 12:15 **Silver Swans Ballet I**
 12:30 Chess
 12:45 Chinese Mah Jongg
 1:00 Beginner Recorder Lessons
Ageless Grace
 English Country Dance
Music in the Atrium
 2:00 *Member Social*
 Royal Siamese American
 Mah Jongg
 1:45 Strengthen Your Health & Life \$
 3:00 Meditative Stretch \$
 3:30 Tai Chi \$
Parkinson's Yoga

TUESDAY

7:30 **Senior Golf**
 9:00 Empowering Yoga \$
Retreads Softball
 Horticulture Club
Senior Golf
 Tai Chi
 9:15 PRIMETIME FITNESS \$/Ø
 10:00 A Group for Men
 10:15 Tap Dance Lessons (Level 1) \$
 10:30 **ARTHRITIS EXERCISE**
 Second-Wind Band \$
 11:00 Tap Dance Lessons (Level 2) \$
 11:45 Stretch for Balance & Strength
 12:30 Party Bridge
 12:45 *Beginning Spanish**
Piano Music in the Atrium
 1:00 English Country Dance
 Scrapbooking
 Ageless Grace
 2:00 *Advanced Beginner Spanish**
 2:15 Core Stability & Functional Training
 3:15 *Keeping Up Your Spanish**
 3:30 MOVE TO THE RHYTHM
 DANCE PARTY \$/Ø
Parkinson's Yoga (Video)
 4:45 FIT TO GO
 6:00 **AA Women's Group**
 Line Dance (Int./Adv.)
 6:15 **Ping Pong**
 6:45 **Families Anonymous**

WEDNESDAY

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

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

<p>5 10:00 Sew and Sews 1:00 Council Meeting 2:00 Crochet a Throw Pillow \$</p>	<p>6 9:00 Injury & Pain Screenings 9:30 Coffee & Caregiving Paint Loose with Vivian \$ 10:00 Try it Out Tuesday 11:00 Good Life Series 12:00 Bunko 2:00 Social Security 101 Healing Yourself 2:30 Mah Jongg Lessons (final) 6:00 Trivia</p>	<p>7 9:30 Veterans Coffee Hour Kingfishers 9:45 CAT Workshop and Field Trip 10:00 Cognitive Screenings 10:15 Wednesday Music Club: Songs from the Heart 10:30 Wise Women, Too 11:00 Book Group 12:30 Wednesday Group for Men 1:00 Long Term Care Insurance and What it Covers 5:00 Movie Night: <i>Becoming Katherine Graham</i> 5:30 Standard Ballroom Dance Lessons (cont) <i>Slow & Stretchy Yoga</i> 6:30 Latin Ballroom Dance Lessons (cont)</p>
<p>12 10:00 Sew and Sews 1:00 Piedmont Pastelists 1:45 CAT Workshop and Field Trip 2:00 Current Events Crochet a Throw Pillow (cont)</p>	<p>13 9:30 Paint Loose with Vivian (cont.) 10:00 Money and You Wise Women Connect Paper Crafting \$ Travel Chat with Linda APBA Baseball 1:00 Bookmobile 2:00 Karaoke 4:00 <i>Singles Schmooze</i></p>	<p>14 8:30 Artful Gardens Exhibit 10:00 Welcome Wednesday Creative Collage \$ 10:30 Parkinson's Caregiver Support Group 11:00 Navigating Medicare 2:30 Senior Statesmen of Virginia 5:00 Cinema Discussion Group 5:30 Standard Ballroom Dance Lessons (cont) 6:00 Moonlighter's Quilting 6:30 Latin Ballroom Dance Lessons (cont)</p>
<p>19 9:30 Queens of the Summe Garden Rose Painting \$ 10:00 Mystery Book Club 2:00 Crochet a Throw Pillow (cont.)</p>	<p>20 9:30 Move for Health: Better Sleep and a Better Day (Darcy) Alzheimer's Support Group Paint Loose with Vivian (cont.) 10:00 Elder Law 11:00 The Chakras 12:00 Bunko 1:30 Science Semester Book Reading and Discussion 6:00 Trivia Albemarle Modern Quilt Guild</p>	<p>21 9:00 Injury & Pain Screenings 10:00 Free Audio Books for People with Low Vision Hearing Health 10:30 Wise Women, Too 12:30 Wednesday Group for Men 5:00 Movie Night: <i>Sully</i> 6:00 Welcome Wednesday Mastering Medicare 5:30 Standard Ballroom Dance Lessons (cont) 6:30 Latin Ballroom Dance Lessons</p>
<p>26 THE CENTER IS CLOSED</p>	<p>27 9:30 Paint Loose with Vivian (cont.) 10:00 Wise Women Connect APBA Baseball 11:00 Prevention & Reversal of Chronic Disease 1:00 Bookmobile Mexican Train Dominoes 2:00 Karaoke 4:00 <i>Singles Schmooze</i></p>	<p>28 10:30 Parkinson's Caregiver Support Group 1:00 Navigating Senior Living Options 5:00 Documentaries and Discussion 5:30 Stroke Support Group 5:30 Standard Ballroom Dance Lessons (cont) 6:00 Moonlighter's Quilting 6:30 Latin Ballroom Dance Lessons (cont)</p>



VOLUNTEERING

BOBBI HUGHES

Coordinator of Volunteer Resources
434.220.9755 • bobbi@thecentercville.org

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

Want to volunteer? Many roles can accommodate flexible schedules



One of the most common hurdles that hold older adults back from volunteering is scheduling. Whether you are still working and don't have time for a regular volunteer shift or you just retired and don't want to give up your newfound freedom for an unpaid job, many people think they can't volunteer unless they commit to an ongoing schedule.

Fortunately, many volunteer opportunities are flexible! In fact, flex volunteers are just as important to helping nonprofit organizations run smoothly.

The biggest need The Center has for flexible volunteers is as substitutes. Center volunteers provide 18 full-time jobs worth of support to our healthy aging mission, covering approximately 60% of our day-to-day operations!

If a volunteer is sick, out of town, or has some other emergency, we need to cover their post.

Having substitute volunteers with flexible schedules on our roster makes it easy to always have coverage in our lobby, fitness classes and the equipped fitness room, and other areas as needs arise.

Training as a substitute volunteer is a wonderful way to stay healthy, engaged, and independent without overcommitting yourself.

Another quick and easy way to give back to your community with very little time commitment is through The Center's partnership with Central Virginia Blue Star Families. Write a postcard, note, or letter to a deployed soldier for one of Blue Star Families' bimonthly care packages. Troops tell us they cherish these handwritten notes of appreciation for their service.

For more information about either of these flexible volunteer opportunities, stop by The Center's Volunteer Center or email volunteer@thecentercville.org.

Volunteering Opportunities

... in the community

RECLAIMED HOPE INITIATIVE

is a family-centered support and advocacy organization that provides rest, connection, and healing to families navigating foster care and adoption or supporting children with disabilities. Volunteers assist with various activities and programs. For more information, visit reclaimedhopeinitiative.org.



THANK YOU BOBBI!

After six years as The Center's Coordinator of Volunteer Resources, Bobbi Hughes is returning to a well-earned retirement. We are very grateful for her thoughtful and patient work matching the unique skills and interests of our older adult community with the needs of dozens of area nonprofits. Under Bobbi's guidance, Center members have provided tens of thousands of hours of support to the local community each year. Her last day will be May 8. Feel free to pop upstairs to the Volunteer Center with your well wishes!

MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (February 1–March 31, 2025)

- | | | |
|---|---|--|
| Beverly Almond | Barbara Deal | Bonnie & Charles Moorman |
| Catherine & John Azzone | Sally Pecora Dunn | NAMI Blue Ridge Charlottesville |
| Mary Barnabei | Earlysville VFW Post 2044 | Janet Overman |
| Melanie Benjamin & Brian Geiger | Elite Care Advisors | Mary Reiman |
| Pricscilla & Ludy Benjamin | Frank & Margaret Quayle Fund/Peggy & Frank Quayle III | Rosemary Evans & Kenneth Shade |
| Dani & Robert Bernard | Gelbman Law, LLC | Virginia & Vaden Shields |
| Amber Best Roberts | Bill and Catherine Goodrum | Carol Simon |
| Betty & David Whitcomb Fund/Arline Zaborowski-Whitcomb & David Whitcomb | Paula Grazzini | Smooth Skin Laser |
| The Blake at Charlottesville | Theresa & Lloyd Harriott | Jan and John Stalfort |
| CMA Borches Fund/Elizabeth Borches | Christine Hertz | Stone-Wood Family Foundation/Mickie & David Wood |
| Carol & Jack Weber | Cindy & Richard Hewitt | Cheryl Andrews-Stott & Thomas Stott |
| Carter Bank | Debbie & Whit Hollowell | Tori Terrell |
| Millie & Rip Cathcart | Inez Duff Bishop Charitable Trust | The Barclay at Charlottesville |
| Kathryn Caverly & J.P. Christen | Jen & Brian King | Michelle & Wade Tremblay |
| Diana & Samuel Clark | Davd Lea, Jr. | UVA Community Credit Union |
| Carter Myers Automotive Fund/Ann & Carter Myers | Loving Arms Home Care | Waterstone Mortgage |
| Constance Hallquist | Karen Maxymiv | ArkWise Wealth, a Private Wealth Advisor Practice of Ameriprise Financial, LLC |
| Ann M. Day Foundation/Elizabeth Dinwiddie | Joanne McNergney | Carol & Jack Weber |
| Diane de Onis | Medical Facilites of America, Inc. | Kelly & Michael C. West |
| | Barbara A. Millar & Peter M. Thompson | |

Welcome New Board Members, Thank You to Retiring Members!

April 1 marks a fresh fiscal year for The Center and it brings fresh faces to our Board of Directors.

But first we want to recognize and thank the directors who are rotating off the Board after years of dedicated service. Heartfelt thanks go to Katie Caverly, Deidra Massie, Peggy Slez, and Mary Wilson, each of whom have contributed in specific and meaningful ways to the work of The Center.

“Effective governance for a nonprofit like The Center requires a lot of effort and attention,” says Executive Director Melanie Benjamin. “We are fortunate that those who commit to serving on our Board are true advocates for our mission and find it rewarding to help make a difference in our community.”

New director Jeff Farrar has an extensive financial background, most recently serving as Senior Executive Vice President, Chief Operating, and Chief Financial Officer of American National Bankshares, Inc. in Danville, VA. He is a Certified Public Accountant, a graduate of Virginia Tech, and recipient of an MBA from Virginia Commonwealth University.

Also joining the Board is new Center Council President Gary Moody. Gary’s professional history spans technology, business, finance, and public service. Joining The Center shortly after the pandemic, he was instrumental in creating many Center programs including men’s discussion groups and a group about personal spiritual experiences.

We are so grateful to have their perspectives!



Jeff Farrar



Gary Moody

Men’s Mental Health *continued from page 1*

The Center, in our mission to support every dimension of wellness for every older adult, is here for men’s mental health year-round, providing space for multiple men’s groups that provide our community with camaraderie and emotional support among peers.

And community, as former Surgeon General Dr. Vivek Murthy notes in his “Parting Prescription for America,” is “a potent source of health and well-being” and “a powerful source of life satisfaction and life expectancy.”

Pete says of his own experience with Center men’s groups, “Occasionally, we will hear from one of the participants how this [program] has helped him deal with troubling issues that are repeating themselves daily and contributing to his daily stress.”

He notes, however, that “to create an atmosphere where men—or women—are willing to share very personal information, it is necessary to create a trusting atmosphere ... [so] once a small group starts meeting, it is essential that it becomes a ‘closed’ group so everyone can get to know each other well enough to trust the sharing of intimate information.”

It’s our goal to create a welcoming environment in everything that we do at The Center, but we recognize the value of specific environments in fostering deeper connections that are more difficult to forge in a room that is open to anyone at any time.

If you are interested in facilitating or participating in a men’s group (or a program like Wise Women for our female friends!), please reach out to one of The Center’s Program Managers so they can coordinate group formation, scheduling, and space.

In the meantime, please explore some of the other programs we offer to support emotional well-being and social connections. Clinical psychologist Dr. Dan Elash often leads informative sessions on topics like making peace with your past, managing stress, or gaining a more positive outlook on life. Member socials, yoga, art classes, fishing, and more can also support your mental health while fueling many other dimensions of wellness at the same time!

Check our full calendar online at thecenterville.org and consider the many different ways Center programming can support your mental health and the health of your loved ones. ■

Coffee Talk

Greenberry’s at The Center at Belvedere to become The Center Café on June 1st



When planning for The Center at Belvedere, we thought a lot about amenities that would benefit our community. Along with spaces dedicated to lifelong learning, recreation, arts, and physical fitness, we wanted to provide Center members and visitors a centrally located space that was welcoming and comfortable where they could engage in conversation while enjoying food and beverage options.

“Not having the expertise in designing or operating what we envisioned as a coffee shop-café, we looked to affiliate with a local company with a good reputation and a successful track record,” recalls former Center Board member Richard Brownlee, Professor Emeritus of Business Administration at UVA’s Darden School of Business. “We chose Greenberry’s Coffee Co., and they were great to work with, consulting with our architects and assisting with equipment acquisition.”

“We’ve been a franchisee of Greenberry’s for five years, and it’s been a terrific partnership,” said Executive Director Melanie Benjamin. “Managing through Covid and its aftermath, we’ve learned a lot about what appeals to our members and Belvedere neighbors, as well as what is sustainable for our nonprofit model.”

Now that our original franchise agreement with Greenberry’s is about to end, we feel that we are in a position to move forward with managing our own café, incorporating some changes to improve operations.

Like Greenberry’s, The Center Café will be open five days a week and serve sandwiches, snacks, and beverages, including coffee for our members and guests. Over the summer and fall, we will test new food and beverage options as well as seasonal offerings.

We’ll look forward to hearing your feedback!



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TRAVEL

LINDA HAHN
TRAVEL MANAGER

linda@thecentercville.org
434.220.9736

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

Personal travel needs? Contact Linda for help!

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

DAY TRIPS

HILLWOOD ESTATE AND GARDENS

Wednesday, May 7, 8:00 am–6:00 pm

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



GEORGE WASHINGTON'S MOUNT VERNON

Tuesday, May 20, 9:00 am–6:30 pm

The iconic riverside estate of George Washington is one of the nation's most visited historic sites. Nearly 500 acres of this historic property have been preserved along the banks of the Potomac River. Explore four gardens, walk the forest trail, see demonstrations at the farm site, visit George Washington's tomb, and take a guided mansion tour. Lunch is included. Members \$166; Guests \$206.

THERE GOES THE BRIDE AT SWIFT MILL CREEK THEATER

Wednesday, May 21, 9:30 am–5:30 pm



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

WINE TOUR AND TASTING

Monday, June 9, 10:00 am–3:00 pm

Scenic Keswick is in the heart of Virginia Wine country. At Keswick Vineyards, tour the winery and experience several award-winning wines during a guided tasting with winemaker Stephen Barnard. Continue on to Merrie Mill Farm and Vineyard. Savor a wine flight or glass and relax while enjoying delicious food platters, sandwiches, and pizzas. Lunch is included. Members \$174; Guests \$209.

LIVE! CASINO

Tuesday, June 10, 8:30 am–8:30 pm

A visit to Live! Casino & Hotel and Arundel Mills Mall in Hanover, MD, promises a full day of entertainment. Start by exploring the vibrant gaming floor, where you can try your luck at a variety of slots and table games or catch a live performance. Then head over to Arundel Mills Mall for a shopping spree. Lunch is on your own. Members \$100; Guests \$135.

LURAY CAVERNS

Thursday, July 24, 8:30 am–5:00 pm

Get a glimpse into the natural beauty and rich history of the Shenandoah Valley, beginning with the largest caverns in Eastern America, encompassing cathedral-sized rooms, towering stone formations, and natural wonders at every turn. Then visit the Car & Carriage Museum, home to a collection of vintage vehicles that highlight the evolution of transportation. Finally, get a glimpse of what life was like in a 19th-century farming community at Shenandoah Heritage Village. Members \$108; Guests \$135.



SMITH MOUNTAIN LAKE

Thursday, July 24, 9:00 am–4:30 pm

Called the "Jewel of the Blue Ridge Mountains," scenic Smith Mountain Lake, with 500 acres of shoreline in Bedford County, is a 40-mile-long man-made lake created by the damming of the Roanoke River. Board The Virginia Dare, a 19th-century side-wheeler, for a two-hour charter. The cruise includes an all-you-can-eat taco bar with all the fixings and sweet tea. Members \$144; Guests \$174.

THE SOUND OF MUSIC AT RIVERSIDE CENTER

Wednesday, September 10, 9:30 am–6:30 pm

Rodgers & Hammerstein's final collaboration has become one of the world's most beloved musicals. Featuring a trove of cherished songs, it is the inspirational story of Maria, an ebullient postulant who serves as governess to the seven children of the imperious Captain von Trapp, bringing music and joy to the household. As the forces of Nazism take hold of Austria, Maria and the entire von Trapp family must make a moral decision. Lunch is included. Members \$185; Guests \$225.



NATIONAL ZOOLOGICAL PARK

Tuesday, September 16, 9:00 am–6:00 pm

The Smithsonian's National Zoo in Washington, D.C., is home to more than 2,200 animals, including giant pandas Bao Li and Qing Boa and the Komodo dragons at Reptile Discovery Center. Get a front-row seat to watch keepers working with animals in demonstrations—throughout the day, you can meet elephants, watch sloth bears slurp ants, see sea lions catch fish, and more. Lunch is on your own. Members \$96; Guests \$126.

TANGIER ISLAND

Wednesday, September 24, 9:00 am–6:00 pm

Tangier, a small low-lying island barely visible above the expansive waters of the Chesapeake Bay, is home to a community of watermen and women whose ancestors have lived there since colonial times. Travel on a relaxing boat ride to the island, tour it by golf cart, learn its history at the museum, and enjoy lunch on your own at Lorraine's Seafood Restaurant. Members \$164; Guests \$194.



THE HOMESTEAD TOUR AND TEA

Tuesday, October 7, 8:30 am–6:30 pm

America's first resort has been delighting visitors for over 250 years. Established in 1766, this grand resort in Hot Springs, VA, is a blend of colonial charm and modern luxury. The historical tour will guide you through its elegant architecture, featuring stately Georgian-style design and renowned Palladian wings. After the tour, indulge in a refined high tea experience in one of the Homestead's beautiful, historic rooms. Members \$185; Guests \$220.

GETAWAYS

ICELAND: NATURE AND PHOTO TOUR

August 20-30, 2025

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

FROM THE ROCKIES TO THE RED ROCKS

September 22-28, 2025

Travel Manager Linda Hahn leads a trip through the magnificence of Colorado's rugged Rocky Mountains and Utah's colorful National Park. A two-day journey aboard the famed Rocky Mountaineer provides mesmerizing views of the quiet beauty of Rocky Mountain National Park and the multi-hued canyons of Zion and Bryce, as well as the unique features of Arches. Trip includes roundtrip transfers, airfare, 12 meals, and hotel accommodations.

CANADA AND NEW ENGLAND CRUISE WITH ROYAL CARIBBEAN INTERNATIONAL

October 16-25, 2025

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



NEW YORK, NEW YORK

December 8-11, 2025

So nice they named it twice! This expertly-curated bus tour is your ticket to explore the Big Apple in all its winter glory, with a stay at the luxurious 4-star Hotel Riu Manhattan Times Square. Enjoy the magic of NYC, from world-class entertainment to iconic sight-seeing experiences, including an elegant dinner cruise on

the Hudson, the 9/11 Memorial and Museum, a Broadway show, Rockefeller Plaza, the Christmas Spectacular at Radio City Music Hall, and more.

THE GREENBRIER FOR THE HOLIDAYS

December 14-16, 2025

This world-class resort and National Historic Landmark, set among West Virginia's majestic Allegheny Mountains, has been welcoming guests since 1778. Featuring spectacular holiday displays, an array of seasonal programming, and countless restaurants and bars in which to toast the season, there's no better place to exchange warm wishes. Trip includes a two-night stay in a superior room with breakfast buffet, afternoon tea, Interior History Walking Tour, President's Cottage Museum, and more.

PODSTRANA, CROATIA

May 8-16, 2026

May 15-23, 2026

Embark on a journey to a coastal city with a rich cultural heritage and landscapes that are truly amazing: mountain peaks and southern slopes overlooking crystal clear sea with beautiful beaches. Sightseeing includes trips to UNESCO World Heritage sites, Krka National Park, Mostar in southern Bosnia and Herzegovina, the town of Split, and much more. Roundtrip transfers, airfare, all meals, and day trips are included.

PRESENTATIONS

TRAVEL CHAT WITH LINDA

2nd Tuesday each month, 10:00-10:30 am

Are you thinking about a family trip or an exciting getaway for yourself? Maybe you'd like to know more about all of the wonderful trips The Center has to offer. Linda Hahn, seasoned jetsetter and travel agent, leads an informal monthly discussion in the Atrium.

Still getting used to my active center?

Thank you to all the members who have attended Q&A sessions and trainings as we adopt a new membership model and upgrade to new software. Our team is here to support all of our members through these changes and we will continue to host weekly My Active Center (MAC) trainings for groups of up to 10 members at a time. During training, you will set up your MAC account and learn how to register for programs, how to pay for fee-based programs with a credit card or with credits using the MAC wallet, and how to review your personal activities calendar.

Check the weekly e-news for upcoming small group training dates. If you need one-on-one support, call the Welcome Desk! Volunteers are available to schedule personal training sessions.

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

In Their Own Words: Why Supporting The Center Matters to Our Community



What makes a place feel like home? For many in our community, it's The Center at Belvedere. Since 1960, The Center has been reframing aging, creating opportunities for older adults to connect and increase their years in good health. The Center has been a hub for healthy aging with fitness classes, lifelong learning, social connection, and the visual and performing arts. It's where friendships form, creativity thrives, and wellness is nurtured. But none of this is possible without support from people like you.

Here's why members and friends believe giving to The Center matters:

"I want to be fair to myself and fair to The Center. Taking care of my health—and taking care of The Center—are how I can do both." —*Sarah, member and donor*

"Simply put, I want to pay my fair share."
—*June, member and donor*

The Center isn't just a building; it's a vibrant community. Every class, concert, and connection is powered by the generosity of our community. Philanthropy is responsible for more than 60% of the annual operating revenue needed to fund The Center's healthy aging mission. Because The Center is a place that values older adults, our community values it in return.

"This is an amazing community resource! Everyone should see the value of [The Center] and support it. If you believe in community, how can you not support this place?"
—*Anonymous donor*

"The Center is a national model—there is no other place like this and there should be! I wish we had them all over the United States." —*Quentin, guest*

Supporting The Center means investing in local community health, individual wellbeing, and, yes, even happiness. Several people have shared that they believe The Center is the happiest place on earth!

"Some people tell me they can't afford to give. I give because I can't afford to stay home." —*Sid, member and donor*

"As I age, The Center provides me with unique opportunities to explore, expand, experience, and enhance my world through friendships with other members and interesting program offerings!" —*Pat, member and donor*

"I try to support local [businesses] and this is a nonprofit right here that's also so helpful to me. Why should I support national charities and not one I use and love?"
—*Anonymous donor*

Your gift helps keep the doors open and the programs running. It creates spaces where everyone feels welcome and where healthy aging is not just a dream, but a daily reality.

"When you love something, you support it."
—*Martha, member and donor*

"[I give because of] the back terrace! It's so beautiful to get a tree bath and enjoy nature. Spending time on the terrace fills me." —*Doris, member and donor*

"I want The Center to continue to be around for me as I age—and for others, too." —*Tammy, member and donor*

"I really love going to the Center and the energy of it. There are so many experiences available there, especially the live music and daily yoga classes. The space is wonderful and so clean. The best part is that I don't have to clean it!"
—*Charlotte, member and donor*

No matter why you choose to fund our healthy aging mission, your support ensures that The Center remains a place of joy, connection, and vitality for years to come. Celebrate 65 years of community with a gift that makes a lasting difference.

When you give to The Center, you're supporting a future where healthy aging is possible for all.

If you would like to discuss how your philanthropy can impact healthy aging, contact Philanthropy Director Lynn Divers at lynn@thecentercville.org. ■



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“Among the Vines” by Lorraine Momper

Art Blooms in May and June

Come explore the Center galleries this spring during a very special four-day show! Artful Gardens is a unique collaboration between the Mid-Atlantic Pastel Society, the Art Guild of Greene, and the Charlottesville Garden Club. Fresh bouquets will be on display beside the visual artworks that inspired them from May 14–17. Meet the artists at a reception on May 15 from 5:00–7:00 pm. Their works will remain on display through the duration of May and June.

Welcome New Staff



Rosanna Breen joined The Center's programming team on February 24th. Rosanna has a vast background in multiple industries, but for the last 10 years she worked in the Drug Safety department at a Clinical Research Organization. Born and raised in Vermont, with some time spent in California and Oregon, she has called Virginia home for the last 15 years. Catch her on the softball field with co-ed team the Tailgators or at Superfly Brewing's Friday night trivia! She lives in Earlysville with husband David and dog Luna.



At the end of March, the Philanthropy team welcomed **Dymond Boone**. Dymond's past experience in nonprofit development has included roles at the Lupus Foundation of America and Madison House. She says, "I'm passionate about building relationships and creating meaningful opportunities for giving. My experience at The Center has been incredibly rewarding so far—I've been able to work alongside an amazing team as well as getting to know our members. A day has not gone by where I am not engaged in a warm conversation or learning something new about this community." Outside of

work, Dymond fosters cats, tests her green thumb in the garden, and is very excited for Renaissance Faire season!

The Center at Belvedere
540 Belvedere Boulevard
Charlottesville, VA 22901

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Cabbage *continued from page 1*

The motivation for a modern victory garden is a little different, but the value is immense. Growing your own food contributes to food security and can provide healthier food, naturally, but the benefits go far beyond fresh produce. Gardening fosters holistic well-being, encompassing physical, spiritual, environmental, social, and intellectual dimensions of wellness.

Outdoor gardening can help your body fight disease (the body uses sunlight to make vitamin D); it helps you stay active and build strength (walking and using your gardening tools); it relieves stress and anxiety (weeding can be meditative), promotes sleep, and is linked to improved mental health and cognitive function. And what could be more gratifying than savoring the fruits (or vegetables) of your own labor?

Want to try your hand at home gardening? Here are a few tips and resources to get you started.

- Be realistic and consider what will fit your needs; in other words, think about what you eat that is easy to grow in your space.
- If space is limited, try container gardening on a balcony or patio with vegetables that have dwarf or bush varieties, or start some herbs in your kitchen or a sunny windowsill.
- Start by focusing on high-nutrition, easy-to-grow vegetables like the traditional victory gardens: leafy greens (lettuce, spinach, kale); root vegetables (carrots, beets, onions); fruiting vegetables (tomatoes, peppers, cucumbers); and legumes (peas and beans).
- If your goal is to save money, don't invest more than you need to. Consider volunteering at a Community Supported Agriculture (CSA) farm or find a community garden plot. Tap free resources like the Cville Tool Library (cvilletoolibrary.com) or share tools with neighbors.
- Piedmont Master Gardeners provide information and resources through many channels. Visit piedmontmastergardeners.org to learn more or register for programs.

Upcoming PMG events:

Spring Plant Sale, May 3, 10:00 am–2:00 pm at Albemarle Square Shopping Center

Garden Basics: Growing Tomatoes with Confidence, June 21, 2:00–4:00 pm at Trinity Episcopal Church

- Virginia Cooperative Extension has a horticultural help desk. Call 434.872.4583 or email albemarlevehelpdesk@gmail.com to speak with a Master Gardener volunteer. ■



FIND YOUR CENTER
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