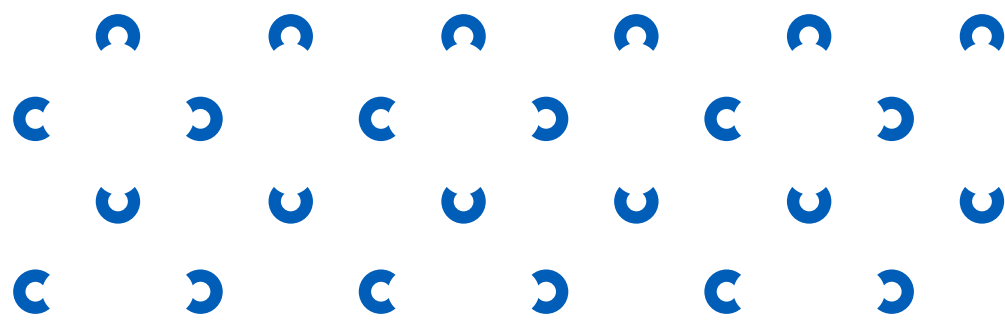


# THE CENTER AT BELVEDERE



# NEWS from THE CENTER

REFRAMING AGING SINCE 1960

MAY/JUNE 2026

## ON EXHIBIT IN MAY & JUNE



Linda Michelson

Charlottesville Camera Club's group photography exhibition on the first floor highlights a range of styles and subjects—

from landscapes and nature studies to fine art photography—reflecting the technical skill and artistic vision of club photographers.



On the second floor, works by members of the Central Virginia Watercolor Guild will be on exhibit. The Guild embraces all water-based media, including gouache and acrylic.

A special collaboration with the Charlottesville Garden Club will transform both galleries into dynamic celebrations of color, texture, and creative interpretation. Garden Club members can choose any artwork as their inspiration for a fresh floral bouquet. Come anytime during opening hours May 13–16 for this unique opportunity to see different mediums in conversation with one another, or attend the reception on Thursday, May 14 to meet the artists.

## Inside

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## AI Technology is Changing Caregiving



Technology evolves at an ever-increasing pace and artificial intelligence is clearly here to stay. While some may feel reluctant to embrace new technologies for a variety of reasons, there are a number of ways AI is making a positive impact on caregiving, helping older adults throughout their healthy aging journeys.

Malina Rivers—a Registered Nurse, Community Outreach Director for BrightStar Care of Charlottesville, and a member of The Center's Board of Directors—rightly

notes that technology is hardly new to health care.

"I feel like I started nursing in the Stone Age!" Malina jokes. "It's hard to imagine providing health care now without technology."

Many common everyday practices in nursing and home care were once new technologies, "starting with electronic charting [and] GPS navigation so you can get to the right house or take someone to a doctor's appointment with the best route," Malina says.

Keeping track of care plans and facilitating communication among families—all while remaining compliant with laws and best practices for privacy—have all benefitted from improvements in technology.

Malina says of the system BrightStar Care uses, "I can put an order in and it automatically sends to every person in that care plan ... I don't have to make 15 phone calls to reach 15 people. Everyone from the pharmacist to the physician to the family can see this."

*See AI on page 12*

## Champion Your Health This Older Americans Month



Since 1963, the United States has observed an official Older Americans Month every May to recognize and celebrate the contributions of older adults to our communities and society. This year, a special theme "Champion Your Health" puts the focus on prevention, wellness, and personal responsibility as the cornerstones of healthy aging.

It really is true: an ounce of prevention is worth a pound of cure. Small consistent actions in your day-to-day life can help you avoid or delay the onset of age-related health issues. This offers incredible opportunities for both enjoying your life to its fullest potential and lowering your health care costs.

Good nutrition, physical activity, sufficient sleep, social connections, and routines like screenings and recommended vaccinations all play a role in your preventative care.

"Aging is inevitable, undeniable, and a native aspect of all biology," says Dr. David Katz, Director of Yale University's Prevention Research Center. "But we maximize the chance of more vital years by taking good care of ourselves."

Dr. Michael Greger from the American College of Lifestyle Medicine agrees: "Day-to-day, we could be doing things that have tremendous power over our health destiny and longevity. The vast majority of premature death and disability is preventable with diet and lifestyle. It's the day-to-day stuff that adds up."

The active pursuit of these strategies towards the goal of optimal well-being is the definition of wellness. Though often used interchangeably with health, this term is distinct in its multidimensional and holistic nature. Health describes a state of being, but wellness is the proactive path you take towards your full potential.

What keeps you on that path? Your personal responsibility. While you can't change your genetics or your past, your ongoing habits and behaviors play an enormous role in your overall health. Making the choices that help you feel your best physically, mentally, and emotionally can change your future.

*See HEALTH on page 6*



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–7:00 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 connection, physical well-being, civic engagement, 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](mailto:lynn@thecentercville.org) or 434.220.9745.

### BOARD OF DIRECTORS

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For more news, follow us on:



# Membership

## Make the Most of Your Membership!

It can be overwhelming to look at 150+ weekly healthy aging opportunities and know where to start. For each month, we round up a few programs worth checking out. Explore different ways to pursue your goals and meet your fellow members. Need more help matching programs to your interests? Come to an in-person session of **Getting the Most Out of Your Membership**, held twice each month.

### come + perform in May

Music has a powerful positive role in healthy aging and overall wellness. Whether you play an instrument or sing, these Center programs will support your physical health and boost your mood in a social environment.

#### First Wind Band

Thursdays, 10:30 am–12:30 pm  
For new musicians. Summer session begins in May. \$45 for members; \$55 for guests on a first-year trial.

#### Second Wind Band

Tuesdays, 10:30 am–12:30 pm  
For experienced musicians. Summer session begins in May. Members only. \$45.

#### The Flashbacks

Fridays, 10:30 am–12:30 pm  
Summer session begins in May. Members only. \$45.

#### Karaoke in the Auditorium

Free and open to all  
2nd & 4th Tuesdays, 2:00–4:00 pm

#### Acoustic Jam Session

Free and open to all  
Fridays, 2:30–4:15 pm

#### Barbershop Belles and Beaux

Included in Center membership  
Fridays, 2:30–4:00 pm

### come + refocus in June

As we approach the middle of the year, June is a perfect time to reset your routines and refocus on healthy aging. These programs provide opportunities to refresh daily habits, spend more time outdoors, and make your wellness a top priority once more.

#### Calm Yoga

Members only; registration required  
Mondays, 8:30–9:30 am  
Saturdays, 10:00–11:00 am  
\$10 per class.

#### Core Stability and Functional Training

Included in Center membership; registration required  
Tuesdays, 2:15–3:15 pm

#### Healing Yourself

Free and open to all  
Wednesday, June 24, 10:00–11:30 am

#### Healthspan Talks

Free and open to all  
Tuesday, June 9, 9:00–10:00 am

#### Healthy Recipe Group

Included in Center membership  
Friday, June 12, 10:00–11:00 am

Questions about membership? Contact Membership Director Suzanne Orejuela at 434.974.7756 or [membership@thecentercville.org](mailto:membership@thecentercville.org).

### THE CENTER COUNCIL

All Center members are automatically Council members! It's all about communication and engagement. Meetings are at 1:00 pm on the first Monday of most months, last one hour, and no prior registration is required. Attend one meeting to see what it's all about or become a regular and attend monthly. Sit and listen or participate in lively discussions. Try out a Council meeting soon:

**Monday, May 4:** Meet the newest members of The Center Board of Directors.

**Monday, June 1:** What's up for summer at The Center?

**No Council meeting in July:** Next meeting will be August 3.

## TRY IT OUT TUESDAY

Learn about everything The Center has to offer on the first Tuesday of every month at 10:00 a.m.



# Programs

## SPECIAL EVENTS

### CENTER STAGE PLAYERS PERFORMANCES

*Free and open to all*

**Saturday, May 2, 12:30-2:00 pm**

**Wednesday, May 6, 4:00-5:30 pm**

These live performances bring joy, laughter, love, and nostalgia to the stage. Skits, a one-act play, songs, and dance celebrate life and the unique creatures we are.

### WEDNESDAY MUSIC CLUB

*Included in Center membership*

**Wednesday, May 6, 10:15-11:30 am**

Hornist Jeremy Ulm, pianist John Mayhood, and flutist Kelly Sulick perform "Dialogues," a chamber music program.

### SENIOR SAFETY DAY

*In partnership with Charlottesville Albemarle TRIAD*

*Free and open to all*

**Saturday, May 9, 9:00 am-1:00 pm**

Learn more about the many ways you can keep yourself safe! Along with presentations about fraud, falls, and home safety, representatives from more than 20 organizations will be on hand to share information related to physical, financial, mental, and legal issues that can impact seniors.

### ARTIST RECEPTION

*Free and open to all*

**Thursday, May 14, 4:00-7:00 pm**

Admire live bouquets crafted by the Charlottesville Garden Club to accompany the visual artworks that inspired them. Meet the artists and enjoy this annual celebration of spring blooms.



### DANCE WITH SENTIMENTAL JOURNEY

*Open to all*

**Friday, May 29, 7:00-9:00 pm**

Dance to the music made famous by Glenn Miller, Tommy Dorsey, Frank Sinatra, Duke Ellington, Benny Goodman, Ella Fitzgerald, and many others of the great big band era. Sentimental Journey has a library of over 400 arrangements including swing, waltzes, Latin, and contemporary big band. \$20.

### RHYTHM AND GRACE: A TRIBUTE TO THE QUEENS OF SOUL AND R & B

*Free and open to all*

**Tuesday, June 23, 6:00-7:30 pm**

Richelle Claiborne and the Ivan Orr Band present an unforgettable evening honoring powerhouse Black female vocalists like Aretha Franklin, Tina Turner, and Etta James.

### THURSDAYS AROUND 5

*Free and open to all*

**Thursday, June 25, 5:02-7:00 pm**

Our beloved free live music series returns with a performance by Michael Clem.

## 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](mailto: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.

### CHINESE BRUSH PAINTING

*Members only; registration required*

**Saturdays, May 2-30, 11:45 am-1:45 pm**

**(4 sessions)**

Begin learning the Sumi-é style of painting, which strives to capture the essence of our planet's beauty. Instructor Nga Katz will show you how to use your brush, movement, and ink to draw bamboo, orchids, plum blossoms, and other lovely traditional flowers. Will not meet May 23. Class fee: \$80. Materials fee: \$50.



### THE MAGIC OF CLOUDS

*Members only; registration required*

**Tuesdays, May 5 & 12, 1:30-4:30 pm**

**(2 weeks)**

Uncover the true nature of clouds and atmospheric effects so you can paint them with confidence using any medium. Understand different types of clouds and avoid painting the dreaded "cotton balls" using the nuances of shading and coloring. Class fee: \$60. See required materials online.

### DRAWING AND PAINTING WITH WAX CRAYONS

*Members only; registration required*

**Thursdays, May 7-28, 10:00 am-12:00 pm**

**(4 weeks)**

Think crayons are just for children? Wrong! Wax crayons can create lovely and sophisticated compositions. Instructor Vivian Jones-Schmidt will show you how to use crayons to achieve the effects you're looking for: line, form, and color. Class fee: \$80. See required materials online.

### CARD MAKING WITH SHERRY

*Members only; registration required*

**Thursday, May 7, 12:30-2:30 pm**

Craft seasonal cards to give to friends and loved ones. Bring your own alcohol markers and colored pencils. Class fee: \$20. Materials fee: \$15.

### LOVELY LILAC PAINTING

*Members only; registration required*

**Thursday, May 14, 9:30-11:30 am**

**Thursday, June 8, 9:30-11:30 am**

We may not be able to capture the scent of lilacs through painting, but we can preserve their beauty on a 6" x 6" canvas. Follow

instructor Cindy Vito step by step to your finished acrylic painting. No experience necessary. Class fee: \$20. Materials fee: \$20.

### CREATIVE COLLAGE

*Members only; registration required*

**Friday, May 15, 2:00-4:00 pm**

Explore the art of creating collages in a supportive and encouraging environment with instructor Sue Oliveri. Work with many cool images, textured papers, colors, and design possibilities. No experience necessary. Class fee: \$20. Materials fee: \$10.

### MINDFUL DOODLING

*Members only; registration required*

**Tuesdays, May 19 & 26, 9:30-11:30 am**

**(2 weeks)**

**Tuesdays, June 2 & 9, 9:30-11:30 am**

**(2 weeks)**

Relax, spark your imagination, and express your thoughts and ideas with more clarity through visual thinking. Learn some basic drawing skills and consider how to think and communicate using simple pictures and words. No experience necessary, but all skill levels are welcome. Class fee: \$40. See required materials online.

### BEGINNER OIL PAINTING II

*Members only; registration required*

**Tuesdays, May 19-June 16, 1:30-4:30 pm**

**(4 weeks)**

Discover the joys of painting with this classic and timeless medium: oil paints! Play with the paint to create form, shapes, shadows, and lighting effects. Learn basic color mixing and the tools of the trade. Will not meet June 9. Class fee: \$120. Materials fees vary; see details online.

### SPOTLIGHT PAINTING:

#### MASTER JOHN

#### SINGER SARGENT

*Members only; registration required*

**Thursdays, June 4-**

**July 9, 9:30 am-12:30 pm**

**(6 weeks)**

Take a deep dive into the famous portraits and methods of master painter John Singer Sargent. Examine his color palette, brushes, and techniques as you create your own version of one of his paintings. For intermediate to advanced oil painters. Class fee: \$180. See required materials online.



### GEOMETRIC DRAWING

*Members only; registration required*

**Mondays, June 22-August 3,**

**10:00 am-12:00 pm (7 weeks)**

Love to work with shapes and colors? With a compass and ruler, instructor Vivian Jones-Schmidt will help you construct triangles, squares, rectangles, and circles before exploring how these forms underlie the real world from the patterns of flower petals to the carpels of pinecones. Bring together your learning by designing a stained glass window pattern. Open to all skill levels. Class fee: \$140. See required materials online.

## BEGINNER DRAWING AND WATERCOLOR I

Members only; registration required

**Tuesdays, June 23–August 18,  
10:00 am–1:00 pm (8 weeks)**

Start with basic drawing exercises before moving into step-by-step instruction in watercolor techniques, such as color mixing, washes, and layering. Experienced instructor Vivian Jones-Schmidt teaches from curriculum designed by Linda Abbey. No experience necessary. Class fee: \$240. Materials fee: \$42. See additional required materials online.

## LIFELONG LEARNING



### IT HAPPENS: GET TECH HELP HERE

Free and open to all

**1st Saturday each month, 12:30–1:30 pm**

Have you ever been frustrated or confused by technology and are tired of asking your kids for help? Come see Sunay Gupta for all your technology needs. The first 15-30 minutes will be a presentation on a specific topic and then one-on-one help will be available for anything troubling you.

### GOOD LIFE SERIES

Free and open to all; registration required

**1st Tuesday each month, 11:00 am–12:30 pm**

The May 5 topic is new developments in funeral options and planning. The June 2 topic is navigating long-distance care for loved ones.

### INTRODUCTION TO CONSCIOUS COMMUNICATION

Free and open to all

**Tuesdays, May 5–June 30, 12:00–1:00 pm\*  
(9 weeks)**

Communicating with clarity, empathy, and care can bring you more connection with yourself and others. This interactive series of workshops will grant you skills you can apply in personal relationships, family settings, schools, businesses, and beyond. \*Note: The first session on May 5 will end at 1:30 pm.

### BOOK GROUP

Included in Center membership

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

The May 6 book is *Ines of My Soul* by Isabel Allende. The June 3 book is *The Light Between Oceans* by M. L. Stedman.

### VIRGINIA IN THE REVOLUTIONARY WAR WITH RICK BRITTON

In partnership with OLLI

Members only

**Thursdays, May 7–June 4, 3:00–4:30 pm  
(5 weeks)**

Now that our nation is celebrating the 250th anniversary of the American Revolution, it's time to explore and discuss the importance of the Old Dominion's considerable contributions. Join historian Rick Britton as he takes you back in time. \$10.

### MEDICARE PROGRAMS

Free and open to all; registration required

**Thursday, May 7, 1:00–2:00 pm**

**Saturday, May 16, 10:00–11:00 am**

**Thursday, June 4, 1:00–2:00 pm**

**Wednesday, June 10, 11:00 am–12:00 pm**

**Saturday, June 27, 10:00–11:00 am**

### MEDICARE AND SOCIAL SECURITY PLANNING

Free and open to all; registration required

**Wednesday, May 13, 11:00 am–12:30 pm**

Part A, B, C, D... what does it all mean? When should you enroll in Medicare and Social Security? Find the answers to these questions and more with senior insurance advisor Sharon Accardo and long-term care consultant and financial planner Tracy Meade.

### MONEY AND YOU

Free and open to all; registration required

**2nd Tuesday each month, 10:00–11:30 am**

Jorgen Vik, partner with SKV Group, presents rotating financial topics each month. The May 12 topic is smart and not so smart ways to spend your IRA. The June 9 topic addresses the financial challenges of widow(er)hood.

### WRITING ROMANCE FOR FUN AND PROFIT

Free and open to all

**Tuesday, May 12, 12:30–2:00 pm**

Find your voice and spark your imagination through the art of romantic storytelling. Learn the fundamentals of crafting compelling characters, engaging plots, and satisfying endings. Whether you want to write for personal enjoyment or publication, this is a fun and supportive environment for creative lifelong learners. No experience necessary.

### SENIOR STATESMEN OF VIRGINIA

Free and open to all; registration required

**2nd Wednesday each month, 2:30–4:00 pm**

The May 13 session will offer a Virginia Congressional update. At the June 10 meeting, The Center's Executive Director Melanie Benjamin will discuss the Charlottesville Area Alliance.



### CHINA'S LITTLE WARS

Free and open to all

**Thursday, May 14, 10:00–11:30 am**

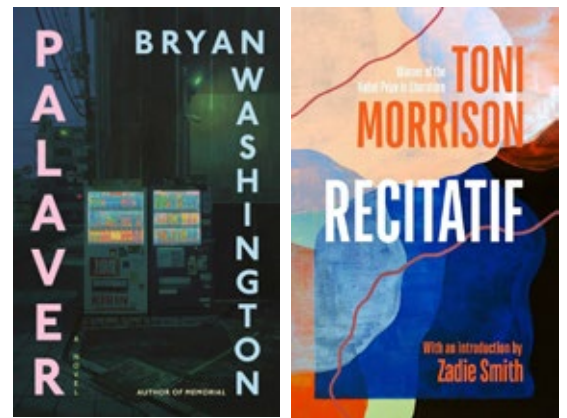
Former Senior Intelligence Officer Carl Pales and retired U.S. Army Colonel Steve Rundle provide an overview of three small wars China fought with its neighbors during the Cold War. Learn about national and international ramifications of the Sino-India border conflict in 1962, clashes along the China-USSR border in 1969, and the Chinese invasion of Vietnam in 1979.

### WORLD WAR II DISCUSSION GROUP

Free and open to all; registration required

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

The May 14 topic is WWII European escape and evasion. The June 11 topic is the fate of the U.S.S. *Indianapolis*.



### AFRICAN AMERICAN AUTHORS BOOK CLUB

Free and open to all

**2nd Thursday each month, 5:00–6:30 pm**

The May 14 book is *Palaver* by Bryan Washington. The June 11 book is *Recitatif* by Toni Morrison.

### BOTANICAL GARDENS OF THE PIEDMONT TOUR

Free and open to all

**Friday, May 15, 9:15–11:15 am**

Jill Trischman-Marks, Botanical Garden of the Piedmont's Executive Director, leads a walk highlighting current projects, seasonal updates, and future plans. Learn about habitat restoration, native plant preservation, sustainable design practices, and more.

### SCIENCE SEMESTER BOOK DISCUSSION

Included in Center membership; registration required

**3rd Tuesday each month, 1:30–3:30 pm**

The May 19 book is *The Code Breaker* by Walter Isaacson. The June 16 book is *The World in Six Songs* by Daniel Levitin.

### LONG-TERM CARE PROGRAMS

Free and open to all; registration required

**Crafting Your Extended Care Plan**

**Friday, May 15, 11:00 am–12:30 pm**

**LTC Insurance: Submitting a Claim**

**Thursday, May 21, 11:00 am–12:30 pm**

**A Guide to Your LTC Policy**

**Monday, June 1, 1:00–2:30 pm**

**Moving Forward with Anita Dunbar**

**Tuesday, June 16, 5:30–7:00 pm**

### MYSTERY BOOK CLUB

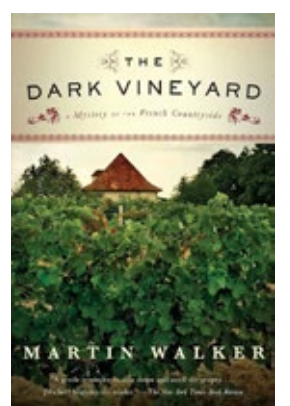
Included in Center membership

**Monday, May 18,  
12:00–1:00 pm**

Discuss *The Cold Dish* by Craig Johnson.

**Monday, June 22,  
12:00–1:00 pm**

Discuss *The Dark Vineyard* by Martin Walker.



### WOMEN & THE FIGHT FOR INCLUSION

In partnership with Albemarle Charlottesville Historical Society

Free and open to all; registration required

**Thursday, May 21, 5:30–7:00 pm**

This panel discussion will look at the stories of local women, the long fight for co-education at the University of Virginia, and national efforts such as the Equal Rights Amendment. Catherine Allgor, President Emerita of the Massachusetts Historical Society, moderates speakers Jennifer McClellan, Virginia District 4 Congresswoman; Phyllis Leffler, Professor Emerita of History at UVA; and Chloe Fridley, Director of Education at Ivy Creek Foundation.

## LATIN AMERICA AND THE UNITED STATES

In partnership with UNA-USA Blue Ridge  
Free and open to all; registration required

**Tuesday, May 26, 5:00–6:00 pm**

Professor Emeritus Herbert “Tico” Braun shares a lifetime of work to better understand the relationship between Latin America and the U.S. Born and raised in Colombia, he has authored books on history, culture, and personal family experiences, and taught Latin American history at UVA for more than 40 years.



## CAT WORKSHOP AND FIELD TRIP

Free and open to all; registration required

**Wednesday, May 27, 10:00 am–1:45 pm**

**Tuesday, June 23, 1:00–4:45 pm**

Did you know The Center has a bus stop right at our front door? If you're interested in driving less, come learn more about our local public transportation with Partnership for Accessible Transportation Help (PATH). PATH staff will demonstrate how to plan your route on Charlottesville Area Transit (CAT) and guide you through an optional trip to a destination like Walmart, The Shops at Stonefield, or the Downtown Mall.

## THE DOCTRINE OF DISCOVERY: UNMASKING THE DOMINATION CODE

Free and open to all; registration required

**Wednesday, May 27, 5:00–7:00 pm**

This documentary unveils how little-known Vatican documents from the 15th century resulted in a tragic global momentum of domination and dehumanization. Discussion follows.



## NO-TILL GARDENING: AN EASIER WAY TO GROW

In partnership with Piedmont Master Gardeners

Free and open to all; registration required

**Tuesday, June 2, 5:30–7:00 pm**

Master Gardener Fern Campbell describes the principles and benefits of this efficient approach to gardening. By prioritizing soil biology over mechanical turning, you can build long-term fertility in your garden with less work and contribute to a more resilient ecosystem.

## FRENCH CLASSES

Members only; registration required

**Fridays, June 5–July 10 (4 weeks)**

Advanced speakers meet from 10:00–11:30 am. Intermediate students meet from 11:30 am–1:00 pm. Beginners meet from 1:00–2:30 pm. Class fee: \$60.

## WHAT IS IN A NAME? PERKS AND PITFALLS OF PEN NAMES

Free and open to all

**Tuesday, June 16, 12:30–2:00 pm**

Writing under a different name can support creativity and privacy. Consider why authors use pseudonyms, how branding and copyright affect this aspect of writing, and what adopting your own pen name could do for your creativity and self-expression.

## AGING IN AMERICA: SURVIVE OR THRIVE

Free and open to all; registration required

**Wednesday, June 24, 5:00–7:00 pm**

This documentary explores the challenges and opportunities of a rapidly aging population. Discussion follows.

## PHYSICAL WELL-BEING

### BUILDING BETTER BONES

Members only; registration required

**Wednesdays, May 6–June 10, 5:30–7:00 pm (5 sessions)**

How can you improve your bone density? There are a variety of ways to achieve this goal and they're not all medication-based. Take control of your bone and muscle health in this seminar series, featuring expert voices from across medicine, physical therapy, and more. Will not meet June 3. Class fee: \$50.

### HEALTHSPAN TALKS

Free and open to all; registration required

**2nd Tuesday each month, 9:00–10:00 am**

Darcy Higgins, Doctor of Physical Therapy, discusses rotating topics to help you move better in your day-to-day life. The May 12 topic is diaphragmatic breathing and stress management. The June 9 topic is core stability and how to get it.

### HEARING HEALTH

Free and open to all; registration required

**3rd Wednesday each month, 10:00–11:00 am**

Audiologists from Evolution Hearing present educational talks to support your hearing. The May 20 topic is what to do when hearing aids aren't enough. The June 17 topic will compare apples to oranges in hearing aids.

## USING TECHNOLOGY TO AGE SAFELY AT HOME

Free and open to all; registration required

**Tuesday, May 19, 1:00–2:00 pm**

Jeanne McCusker from Home Instead discusses everything from simple technologies to advanced AI solutions that help keep you safe in your own home.

## SUMMERTIME SALAD IDEAS

Included in Center membership; registration required

**Thursdays, June 4–25, 11:00 am–12:30 pm (4 weeks)**

Take advantage of fresh seasonal produce to incorporate more fruits, vegetables, and whole grains into your diet. Merope Pavlides shares creative ways to build healthy, delicious salads. Materials fee: \$20.

## MINDFULNESS

### HEALING YOURSELF

Free and open to all; registration required

**4th Wednesday each month, 10:00–11:30 am**

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 relax. Explore holistic techniques such as meditation, reiki, and yoga.

## SOUND BATH

Members only; registration required

**Wednesday, June 24, 4:15–5:15 pm**

This meditative experience uses healing vibrations of instruments that support feelings of deep peace. Get into a relaxed position, let go of distractions, and tune into the present moment. Class fee: \$10.

## SOCIAL/RECREATIONAL



## KAYAKING AND CANOEING

Free and open to all

**Saturday, May 2, 12:30–2:30 pm**

Get on the water for a fun afternoon at Walnut Creek. Bring your own equipment and pack a picnic lunch. Meet the group in the boat ramp parking lot.

## PRIDE CINCO DE MAYO DANCE

Free and open to all

**Tuesday, May 5,**

**5:00–7:00 pm**

Come join the fiesta and show off your best moves in a welcoming environment. Bring a snack to share. Single? Come meet some folks. Coupled? Come dance with your honey. Bring family and friends—all are welcome!



## STANDARD BALLROOM DANCE

Open to all; registration required

**Wednesdays, May 6–June 10, 4:30–5:30 pm (6 weeks)**

Learn the Viennese Waltz with instructor Steven Babusko. Class fee: \$60 for members; \$90 for guests.

## LATIN BALLROOM DANCE

Open to all; registration required

**Wednesdays, May 6–June 10, 5:30–6:30 pm (6 weeks)**

Learn the Rumba with instructor Steven Babusko. Class fee: \$60 for members; \$90 for guests.



## CINEMA DISCUSSION GROUP

Included in Center membership

**2nd Wednesday each month, 4:30–5:30 pm**

The May 13 topic is Peter Bogdanovich's poignant coming-of-age drama *The Last Picture Show*. The June 10 topic is Arthur Penn's *Bonnie and Clyde*, considered one of the first films of the New Hollywood era.

## MEMBER APPRECIATION SOCIALS

Included in Center membership; registration required

**Tuesday, May 19, 2:00–3:00 pm**

**Thursday, June 25, 2:00–3:00 pm**

Gather with fellow Center members and enjoy a seasonal treat. In May, make red, white, and blue trail mix. In June, welcome summer with a banana split.



## SPEED FRIENDING

Free and open to all; registration required

**Thursday, May 28, 2:30–4:30 pm**

Meet new people and spark genuine connections in a fun, fast-paced social environment with no romantic pressure. Bring your own stories or use provided conversation starters. Snacks and a beverage from The Center Café are included.



## SUMMER LUNCHEON

Open to all; registration required

**Wednesday, June 17, 12:00–1:00 pm**

Enjoy lunch with our community with food from Mission BBQ. Members \$20; Guests \$25.

## PRIDE HIKE

Free and open to all

**Tuesday, June 2,**

**10:00 am–12:00 pm**

Lace up your sneakers for a 3-mile urban loop from the paved John Warner Parkway trail through Botanical Gardens of the Piedmont, across the creek, and back south through a new trail ending at the Dogwood Vietnam Memorial. Meet the group at the public parking lot in front of McIntire Rescue Squad.

## A NOTE ABOUT OUR PROGRAM NOTES

This just a partial list of the 160+ programs offered every week at The Center! Weekly recurring programs are shown on the pull-out calendar, where you will find most of our fitness classes. Check MyActiveCenter.com or The Center's website for programs added after our print deadline.

Can't make a class you that you signed up for? Please email [cancel@thecentercville.org](mailto:cancel@thecentercville.org) so that someone else can fill that spot and enjoy the program.

*Subscribe* to our "It's Happening" e-newsletter at [thecentercville.org](http://thecentercville.org) and get weekly Center news updates

## HEALTH continued from page 1

Being your own best advocate in health care settings is also a way to flex your personal responsibility. Being prepared, asking questions, and communicating your needs helps ensure better outcomes at appointments and beyond.

Prevention, wellness, and taking responsibility for managing your health are the name of the game this Older Americans Month. If they sound like familiar concepts, it's no accident: they are part of The Center's culture day in and day out.

The wealth of programs our generous community makes available, the social and physical environment, and the positive image of aging we promote all support accountability and healthy lifestyle choices, empowering people to lead as many years in good health as they can.

When individuals stay healthy and independent, the benefits ripple out from greater community engagement to lower demand on health care systems.

There are so many opportunities to champion your health and become your own best advocate at The Center. Looking for a great place to start? Check out the new Building Better Bones seminar series on page 12. ■

## Welcome Elayna Cramer!

This spring, we welcomed a new face to The Center's programming team. Elayna Cramer is a recent Californian transplant excited to take the next step in her nonprofit career.

Prior to her cross-country move, Elayna worked as a volunteer coordinator at Father Joe's Villages, San Diego's largest homeless services provider. She is passionate about community building and engagement, helping others, and mental health advocacy. In fact, one of her key goals at The Center is to implement more programs focusing on mental health. If you have ideas (or just want to compare favorite Taylor Swift songs), drop by her desk upstairs.

Elayna says, "I hope to gain a sense of community at The Center and look forward to promoting holistic healthy aging and watching valuable friendships being made!"

Outside of work, she enjoys reading, Pilates, and time outdoors with partner Lars.

Do you know someone who belongs at The Center? There are several open positions on our team! See the details at [thecentercville.org/jobs](http://thecentercville.org/jobs). ■



## DONATIONS MADE IN HONOR OF (February 1–March 31, 2026)

**A Group for Men (Tuesday Morning)**  
by Michael Philippi

**Lee Arnette**  
by Ann Hays

**Jean Baker**  
by Julie Murphy

**Lynn Divers**  
by Elly & Bill Tucker

**Michael Elswick**  
by Ann Hays

**Helen Ida Moyer**  
by Ann Hays

**Clay Sisk**  
by Anonymous  
Betsy & Donald Bean  
Karla Berger  
Bonnie and Richard Brewer  
Lucy Burnette  
John Jackson  
Martha Lee Sikes  
Bobbie & Ronald Thompson  
Martha & George Truxel

**Robert Mathison Sunday  
Wednesday AA Group**  
by Anonymous

## DONATIONS MADE IN MEMORY OF (February 1–March 31, 2026)

**William Creasy**  
by Janice Creasy

**John Gainer**  
by Betsy & Donald Bean

**Joyce Harris**  
by John Jackson

**William L. Hodson, Jr.**  
by Suzanne Velazquez

**Ruth Kutscher**  
by Karen Katz

**Mary & Joseph Makely**  
by Anonymous

**Frances Smith**  
by Betsy & Donald Bean  
Peggy Slez

## WE REMEMBER

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

**Doug Burnette**

**John Gainer**

**Frances Smith**

**Elva Hart**

**Peter Kashatus**

**Arnold Popkin**

**John Rady**

**Joe Ruff**

# Pull-Out Program Calendar

## THURSDAY

9:00 Tai Chi, Party Bridge  
**Ivy Creek Hikers**  
 Empowering Yoga \$  
 NIA Moving to Heal \$, **Retreads**  
 9:15 PRIMETIME FITNESS \$/Ø  
 10:00 Another Group for Men  
 Writing for Self Expression  
 & Insight  
 10:30 **ARTHRITIS EXERCISE**  
 Tap Dance Level 3 \$  
 First Wind Band  
 10:45 Discovering Your Strength \$  
 11:45 BALANCE & STABILIZATION \$/Ø  
 12:00 **Music in the Atrium**  
 Sheepshead  
 12:30 More Wise Women  
 1:00 **NIA-Moving to Heal**  
 Woodcarvers, Zumba \$  
**Conversational French**  
 2:00 Backgammon  
 2:15 Strong & Stable \$  
 2:30 **International Folk Dance**  
 American Mah Jongg  
 3:30 Tai Chi \$  
 4:30 **Tap Your Troubles Away \$**  
 5:30 **Square Dancing**  
**After-Work Wonders**  
 5:45 **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 \$/Ø**  
 12:15 Beginners Line Dance  
 12:30 American Mah Jongg  
 12:45 **Piano Music in the Atrium**  
 1:00 Euchre  
 Writing for Pleasure  
 Still Sharp Singers  
 1:45 Adv./Int. Line Dance  
 2:30 Barbershop Belles & Beaux  
**Acoustic Jam Session**  
**Music in the Atrium**  
**Bingo \$**

## SATURDAY

8:45 Empowering Yoga \$  
 9:00 Oil Painting Group  
 FIT TO GO  
 10:00 MOVE TO THE RHYTHM  
 DANCE PARTY \$/Ø  
 Calm Yoga \$  
**Chess (All Levels)**  
 11:30 Mat Pilates for Active Aging

## The Center at Belvedere

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

<p><b>4</b> 9:30 Spotlight Study Master Painter: John Singer Sargent \$            10:00 <b>Hearing Screenings</b>            11:00 Summertime Salad Ideas            12:30 More Wise Women            12:45 Girl Talk            1:00 <b>Mastering Medicare</b>            Apple/Mac Users Group            1:30 ReConnect Support Group II            3:00 Socrates Café            Virginia in the Revolutionary            War \$            5:00 <b>NAMI Support Group</b>            5:30 <b>Jazz Jam</b></p>	<p><b>5</b> 10:00 <b>Aphasia Conversation Café</b>            Advanced French \$            11:00 <b>Aging in Place</b>            11:30 Intermediate French \$            1:00 Beginner French \$</p>	<p><b>6</b> 12:30 <b>IT Happens: Get Tech Help Here</b></p>
<p><b>11</b> 9:30 Spotlight Study Master Painter: John Singer Sargent (cont.)            10:00 <b>Dementia Caregiver Support Group</b>            11:00 Summertime Salad Ideas (cont.)            12:00 <b>WWII Discussion Group</b>            1:00 Mexican Train Dominoes            2:15 Varieties of Spiritual Experience            4:00 <b>Tremor Support Group</b>            5:00 <b>NAMI Support Group</b>  <b>African American Authors Book Club</b></p>	<p><b>12</b> 10:00 <b>Memory Café</b>            Advanced French (cont.)            11:30 Intermediate French (cont.)            1:00 Beginner French (cont.)</p>	<p><b>13</b> 11:00 <b>Pride Lunch</b>            12:30 Women Connected</p>
<p><b>18</b> 9:30 Spotlight Study Master Painter: John Singer Sargent (cont.)            11:00 Summertime Salad Ideas (cont.)            12:30 More Wise Women            12:45 Girl Talk            1:00 Apple/Mac Users Group  <b>ADHD Support Group</b>            3:00 Socrates Café            5:00 <b>NAMI Support Group</b></p>	<p><b>19</b> <b>Center Closed</b></p>	<p><b>20</b> <b>Center Closed</b></p>
<p><b>25</b> 9:30 Spotlight Study Master Painter: John Singer Sargent (cont.)            11:00 <b>Navigating Senior Living Options</b>            Summertime Salad Ideas (final)            2:00 Member Appreciation Social            2:15 Varieties of Spiritual Experience            5:02 <b>Thursdays Around 5 with Michael Clem</b></p>	<p><b>26</b> 10:00 Writers Critique Workshop            Advanced French (cont.)            11:30 Intermediate French (cont.)            1:00 Beginner French (cont.)</p>	<p><b>27</b> 10:00 <b>Stop by Saturday</b>            10:00 <b>Medicare Made Simple</b>            12:30 Women Connected</p>

# May 2026

**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 [thecenterville.org](http://thecenterville.org).

MONDAY	TUESDAY	WEDNESDAY
<p>7:30 <b>Golf</b>            8:30 Calm Yoga \$            9:00 <b>Hiking</b>            Sit to be Fit \$            9:30 Monday Group for Men            9:45 Chair Yoga \$            10:00 Writing for Healing &amp; Growth            Getting Better at Bridge            Tap Dance Level 1 \$  <b>Grateful Threads Quilters</b>            10:15 Maximize Your Strength \$            11:00 <b>Silver Swans Ballet II</b>            Poker            11:15 Tap Dance Level 2 \$            11:30 Discovering Your Strength \$            11:45 BALANCE &amp; STABILIZATION \$/Ø            12:15 <b>Silver Swans Ballet I</b>            12:30 Chess            Royal Siamese Mah Jongg            12:45 Chinese Mah Jongg            1:00 Beginner Recorder Lessons  <b>Ageless Grace</b>  <b>English Country Dance</b>  <b>Music in the Atrium</b>  <b>Member Social</b>            Artwork in Progress            1:30 Bocce Ball &amp; Cornhole            1:45 Strengthen Your Health &amp; Life \$            3:00 Meditative Stretch \$            3:30 Tai Chi \$, <b>Parkinson's Yoga Video</b></p>	<p>9:00 Empowering Yoga \$            Tai Chi            Horticulture Club  <b>Retreads</b>            9:15 PRIMETIME FITNESS \$/Ø            9:45 Strong &amp; Stable \$            10:00 A Group for Men            10:30 <b>ARTHRITIS EXERCISE</b>            Second-Wind Band \$            11:30 Floor Barre \$            11:45 Introduction to Movement            12:30 Party Bridge            12:45 <b>Piano Music in the Atrium</b>            1:00 <b>English Country Dance</b>            Ageless Grace            2:15 Core Stability &amp; Functional Training            2:30 <b>Conversational Spanish (Int./Adv.)</b>            3:30 MOVE TO THE RHYTHM DANCE PARTY \$/Ø            4:45 FIT TO GO            5:00 Line Dance (Int./Adv.)            5:45 <b>Ping Pong</b>            7:00 <b>Families Anonymous</b></p>	<p>8:30 Hatha Yoga \$            9:00 <b>Hiking</b>            Fitness Room Orientation            9:15 PRIMETIME FITNESS \$/Ø            9:30 Crafty Ladies            9:45 Tone &amp; Groove \$            10:00 Push Card Game            10:30 Basic Qigong &amp; Tai Chi Practice            11:00 Maximize Your Strength \$            12:00 Canasta, Crafts DIY            Advanced Line Dance            Dollhouse Miniatures  <b>Senior Bowling \$</b>            12:30 <b>Square Dance Lessons</b>            Wednesday Group for Men            TOPS, American Mah Jongg            1:00 <b>Ageless Grace</b>            Scrabble            Recorder Lessons (Int.)            1:45 Strengthen Your Health &amp; Life \$            2:00 Knit-Wits, Center Stage Players, Ping Pong            2:30 <b>Conversational Spanish (Adv. Beg.)</b>            3:00 Meditative Stretch \$            3:15 <b>Bereavement Support Group</b>            3:30 <b>Parkinson's Yoga Video</b>            5:00 Line Dance (Beg.)            5:30 <b>Slow &amp; Stretchy Yoga</b>  <b>International Folk Dance</b>            6:00 <b>AA Meeting</b></p>
<p><b>4</b> 9:00 Adv. Italian (cont.)            10:00 Intro to Perspective Drawing (cont.)            10:30 Int. Italian (cont.)            12:00 Beg. Italian (cont.)            1:00 Council Meeting</p>	<p><b>5</b> 9:00 Injury &amp; Pain Screenings            9:30 <b>Coffee &amp; Caregiving</b>            10:00 <b>Try it Out Tuesday</b>            Beg. Drawing &amp; Watercolor II (cont.)            11:00 <b>Good Life Series</b>            12:00 Bunko  <b>Intro to Conscious Communication</b>            1:00 Ladies Connected            1:30 The Magic of Clouds \$            2:00 Chair Volleyball            5:00 <b>Trivia</b>  <b>Pride Cinco de Mayo Dance</b></p>	<p><b>6</b> 9:30 Kingfishers            10:15 Wednesday Music Club: Dialogues            10:45 Wise Women, Too            11:00 Book Group  <b>Veterans Coffee Hour</b>            4:00 <b>Center Stage Players Performance</b>            4:30 <b>Standard Ballroom Dance Lessons (Viennese Waltz) \$</b>            5:30 <b>Latin Ballroom Dance Lessons (Rumba) \$</b>            Building Better Bones \$</p>
<p><b>11</b> 9:00 Adv. Italian (final)            Fitness Room Orientation            10:00 Intro to Perspective Drawing (cont.)            10:30 Int. Italian (final)            12:00 Beg. Italian (final)            1:00 <b>Piedmont Pastelists</b>            2:00 Current Events</p>	<p><b>12</b> 9:00 <b>Healthspan Talks: Diaphragmatic Breathing &amp; Stress Management</b>            10:00 <b>Money and You</b>            Wise Women Connect  <b>Travel Chat</b>            Beg. Drawing &amp; Watercolor II (cont.)            12:00 <b>Intro to Conscious Communication (cont.)</b>            12:30 <b>Writing Romance for Fun &amp; Profit</b>            1:00 <b>Bookmobile</b>            1:30 The Magic of Clouds (final)            2:00 <b>Karaoke</b>            4:00 <b>Singles Schmooze</b></p>	<p><b>13</b> 10:00 <b>Welcome Wednesday</b>            10:30 <b>Parkinson's Caregiver Support Group</b>            11:00 <b>Medicare and Social Security Planning</b>            2:30 <b>Senior Statesmen of VA</b>            4:30 Cinema Discussion Group  <b>Standard Ballroom Dance Lessons (cont.)</b>            5:30 <b>Latin Ballroom Dance Lessons (cont.)</b>            Building Better Bones (cont.)            6:00 <b>Moonlighter's Quilting</b></p>
<p><b>18</b> 10:00 Intro to Perspective Drawing (final)            12:00 Mystery Book Club</p>	<p><b>19</b> 9:00 Injury &amp; Pain Screenings            9:30 Mindful Doodling \$  <b>Alzheimer's Caregiver Support Group</b>            10:00 Beg. Drawing &amp; Watercolor II (cont.)            12:00 Bunko, <b>Intro to Conscious Communication (cont.)</b>            1:00 Ladies Connected  <b>Using Technology to Age Safely at Home</b>            1:30 Science Semester Book Discussion            Beg. Oil Painting II \$            2:00 Chair Volleyball            Member Appreciation Social            5:00 <b>Trivia, Albemarle Quilt Guild</b></p>	<p><b>20</b> 10:00 <b>Hearing Health</b>            10:45 Wise Women, Too            4:30 <b>Standard Ballroom Dance Lessons (cont.)</b>            5:30 <b>Latin Ballroom Dance Lessons (cont.)</b>  <b>Welcome Wednesday</b>            Building Better Bones (cont.)</p>
<p><b>25</b> <b>Center Closed</b></p>	<p><b>26</b> 9:30 Mindful Doodling (final)            10:00 Wise Women Connect            Beg. Drawing &amp; Watercolor II (final)            12:00 <b>Handle with Love and Care Support Group</b>  <b>Intro to Conscious Communication (cont.)</b>            1:00 <b>Bookmobile</b>            Mexican Train Dominoes            1:30 Beginner Oil Painting II (cont.)            2:00 <b>Karaoke</b>            3:00 <b>Android Phone Training</b>            4:00 <b>Economy Perspective</b>  <b>Singles Schmooze</b>            5:00 <b>Untied Nations Program</b></p>	<p><b>27</b> 10:00 <b>Healing Yourself</b>  <b>CAT Workshop and Field Trip</b>            10:30 <b>Parkinson's Caregiver Support Group</b>            4:30 <b>Stroke Support Group</b>  <b>Standard Ballroom Dance Lessons (cont.)</b>            5:00 <b>Documentaries and Discussion</b>            5:30 <b>Latin Ballroom Dance Lessons (cont.)</b>            Building Better Bones (cont.)</p>

# Pull-Out Program Calendar

## THURSDAY

9:00 Tai Chi  
Party Bridge  
Empowering Yoga \$  
NIA Moving to Heal \$  
**Retreads**  
**Ivy Creek Hikers**

9:15 PRIMETIME FITNESS \$/Ø

10:00 Another Group for Men  
Writing for Self Expression  
& Insight

10:30 **ARTHRITIS EXERCISE**  
Tap Dance Level 3 \$  
First Wind Band

10:45 Discovering Your Strength \$

11:45 BALANCE & STABILIZATION \$/Ø

12:00 **Music in the Atrium**  
Sheepshead

1:00 **NIA-Moving to Heal**  
Woodcarvers  
Zumba \$  
**Conversational French**

2:00 Backgammon

2:15 Strong & Stable \$

2:30 **International Folk Dance**  
American Mah Jongg

3:30 Tai Chi \$

4:30 **Tap Your Troubles Away \$**

5:30 **Square Dancing**  
**After-Work Wonders**

5:45 **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 \$/Ø

12:15 Beginners Line Dance

12:30 American Mah Jongg

12:45 **Piano Music in the Atrium**

1:00 Euchre  
Writing for Pleasure  
Still Sharp Singers

1:45 Adv./Int. Line Dance

2:30 Barbershop Belles & Beaux  
**Acoustic Jam Session**  
**Music in the Atrium**  
**Bingo \$**

## SATURDAY

8:45 Empowering Yoga \$

9:00 Oil Painting Group  
FIT TO GO

10:00 MOVE TO THE RHYTHM  
DANCE PARTY \$/Ø  
Calm Yoga \$  
**Chess (All Levels)**

11:30 Mat Pilates for Active Aging

## The Center at Belvedere

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

<p><b>1</b> 10:00 <b>Diabetes Discussion Group</b> <b>Aphasia Conversation Café</b> 11:00 <b>Aging in Place</b></p>	<p><b>2</b> 11:45 Chinese Brush Painting \$ 12:30 <b>Center Stage Players Performance</b> <b>IT Happens: Get Tech Help Here</b> <b>Pride Kayaking and Canoeing</b></p>
<p><b>7</b> 10:00 <b>Hearing Screenings</b> Drawing/Painting with Wax Crayons \$</p> <p>12:30 Card Making with Sherry \$ More Wise Women</p> <p>12:45 Girl Talk</p> <p>1:00 <b>Mastering Medicare</b> Apple/Mac Users Group</p> <p>1:30 ReConnect Support Group II</p> <p>3:00 Socrates Café Virginia in the Revolutionary War \$</p> <p>5:00 <b>NAMI Support Group</b></p> <p>5:30 <b>Jazz Jam</b></p>	<p><b>9</b> 9:00 <b>Senior Safety Day</b> 11:00 <b>Pride Lunch</b> 11:45 Chinese Brush Painting (cont.) 12:30 Women Connected</p>
<p><b>14</b> 9:30 Lovely Lilac Painting \$</p> <p>10:00 <b>Dementia Caregiver Support Group</b> <b>China's Little Wars</b> Drawing/Painting with Wax Crayons (cont.)</p> <p>12:00 <b>WWII Discussion Group</b></p> <p>1:00 Mexican Train Dominoes</p> <p>2:15 Varieties of Spiritual Experience</p> <p>3:00 Virginia in the Revolutionary War \$</p> <p>4:00 <b>Tremor Support Group</b> <b>Artist Reception</b></p> <p>5:00 <b>African American Authors Book Club</b> <b>NAMI Support Group</b></p>	<p><b>15</b> 9:15 <b>Botanical Gardens of the Piedmont Garden Tour (Pride)</b></p> <p>10:00 <b>Memory Café</b></p> <p>11:00 <b>Crafting Your Extended Care Plan</b></p> <p>12:00 Lunch Box Readings</p> <p>2:00 Creative Collage \$</p>
<p><b>21</b> 10:00 Drawing/Painting with Wax Crayons (cont.)</p> <p>11:00 <b>Long Term Care Insurance: Submitting a Claim</b></p> <p>12:30 More Wise Women</p> <p>12:45 Girl Talk</p> <p>1:00 Apple Mac Users Group</p> <p><b>ADHD Support Group</b></p> <p>3:00 Socrates Café Virginia in the Revolutionary War \$</p> <p>5:00 <b>NAMI Support Group</b></p>	<p><b>22</b> 10:00 Writers Critique Workshop</p> <p><b>23</b> <b>Center Closed</b></p>
<p><b>28</b> 10:00 Drawing/Painting with Wax Crayons (final)</p> <p>11:00 <b>Navigating Senior Living Options</b></p> <p>2:15 Varieties of Spiritual Experience</p> <p>2:30 <b>Speed Friending</b></p> <p>3:00 Virginia in the Revolutionary War \$</p>	<p><b>29</b> 1:30 <b>Still Sharp Singers Spring Concert</b> 7:00 <b>Dance with Sentimental Journey \$</b></p> <p><b>30</b> 10:00 <b>Stop by Saturday</b> 11:45 Chinese Brush Painting (final)</p>

# June 2026

**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 [thecenterville.org](http://thecenterville.org).

## MONDAY

7:30 **Golf**  
 8:30 Calm Yoga \$  
 9:00 **Hiking**, Sit to be Fit \$  
 9:30 Monday Group for Men  
 9:45 Chair Yoga \$  
 10:00 Writing for Healing & Growth  
 Getting Better at Bridge  
 Tap Dance Level 1 \$  
**Grateful Threads Quilters**  
 Maximize Your Strength \$  
 10:15 **Silver Swans Ballet II**, Poker  
 11:15 Tap Dance Level 2 \$  
 11:30 Discovering Your Strength \$  
 11:45 BALANCE & STABILIZATION \$/Ø  
 12:15 **Silver Swans Ballet I**  
 12:30 Chess  
 Royal Siamese Mah Jongg  
 12:45 Chinese Mah Jongg  
 1:00 Beginner Recorder Lessons  
**Ageless Grace**  
**English Country Dance**  
 Artwork in Progress  
**Music in the Atrium**  
**Member Social**  
 1:30 Bocce Ball & Cornhole  
 1:45 Strengthen Your Health & Life \$  
 3:00 Meditative Stretch \$  
 3:30 Tai Chi \$, **Parkinson's Yoga Video**

## TUESDAY

9:00 Empowering Yoga \$  
 Tai Chi  
 Horticulture Club  
**Retreads**  
 9:15 PRIMETIME FITNESS \$/Ø  
 9:45 Strong & Stable \$  
 10:00 A Group for Men  
 10:30 **ARTHRITIS EXERCISE**  
 Second-Wind Band \$  
 Floor Barre \$  
 11:45 Introduction to Movement  
 12:30 Party Bridge  
 12:45 **Piano Music in the Atrium**  
 1:00 **English Country Dance**  
 Ageless Grace  
 2:15 Core Stability & Functional  
 Training  
 2:30 **Conversational Spanish**  
**(Int./Adv.)**  
 3:30 MOVE TO THE RHYTHM  
 DANCE PARTY \$/Ø  
 4:45 FIT TO GO  
 5:00 Line Dance (Int./Adv.)  
 5:45 **Ping Pong**  
 7:00 **Families Anonymous**

## WEDNESDAY

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

<p><b>1</b> 1:00 Council Meeting <b>A Guide to Your Long Term Care Policy</b></p>	<p><b>2</b> 9:00 Injury &amp; Pain Screenings                      9:30 <b>Coffee &amp; Caregiving</b>                      9:30 Mindful Doodling \$                      10:00 <b>Try it Out Tuesday</b>  <b>Pride Hike</b>  <b>Beginner Watercolor &amp; Drawing Reception</b>                      11:00 <b>Good Life Series</b>                      12:00 Bunko  <b>Intro to Conscious Communication (cont.)</b>                      1:00 Ladies Connected                      1:30 Beginner Oil Painting II (cont.)                      2:00 Chair Volleyball                      5:00 <b>Trivia</b>                      5:30 <b>Piedmont Master Gardener Talk</b></p>	<p><b>3</b> 9:30 Kingfishers                      10:45 Wise Women, Too                      11:00 Book Group  <b>Veterans Coffee Hour</b>                      4:30 <b>Standard Ballroom Dance Lessons (cont.)</b>                      5:30 <b>Latin Ballroom Dance Lessons (cont.)</b></p>
<p><b>8</b> 9:00 Fitness Room Orientation                      9:30 Lovely Lilac Painting \$                      1:00 <b>Piedmont Pastelists</b>                      2:00 Current Events</p>	<p><b>9</b> 9:00 <b>Healthspan Talks: What is Core Stability &amp; How Do I Get It?</b>                      9:30 Mindful Doodling (final)                      10:00 <b>Money and You</b>                      Wise Women Connect  <b>Travel Chat</b>                      12:00 <b>Intro to Conscious Communication (cont.)</b>                      1:00 <b>Bookmobile</b>                      1:30 Beginner Oil Painting II (final)                      2:00 <b>Karaoke</b>                      4:00 <b>Singles Schmooze</b></p>	<p><b>10</b> 10:00 <b>Welcome Wednesday</b>                      10:30 <b>Parkinson's Caregiver Support Group</b>                      11:00 <b>Navigating Medicare</b>                      2:30 <b>Senior Statesmen of Virginia</b>                      4:30 Cinema Discussion Group  <b>Standard Ballroom Dance Lessons (final)</b>                      5:30 <b>Latin Ballroom Dance Lessons (final)</b>                      Building Better Bones (final)                      6:00 <b>Moonlighter's Quilting</b></p>
<p><b>15</b></p>	<p><b>16</b> 9:00 Injury &amp; Pain Screenings                      9:30 <b>Alzheimer's Caregiver Support Group</b>                      12:00 Bunko  <b>Intro to Conscious Communication (cont.)</b>                      12:30 <b>Perks and Pitfalls of Pen Names</b>  <b>Pride Movie: Milk</b>                      1:00 Ladies Connected                      1:30 Science Semester Book                      Discussion: <i>The World in Six Songs</i>                      2:00 Chair Volleyball                      5:00 <b>Trivia, Albemarle Quilt Guild</b>                      5:30 <b>Moving Forward to the Future</b></p>	<p><b>17</b> 10:00 <b>Hearing Health</b>                      10:45 Wise Women, Too                      12:00 <b>Summer Luncheon \$</b>                      5:00 Sound Bath \$                      5:30 <b>Welcome Wednesday</b></p>
<p><b>22</b> 9:00 Fitness Room Orientation                      10:00 Geometric Drawing \$                      12:00 Mystery Book Club                      2:00 Current Events</p>	<p><b>23</b> 10:00 Wise Women Connect                      Beg. Drawing &amp; Watercolor 1 \$                      12:00 <b>Handle with Love &amp; Care Support Group</b>  <b>Intro to Conscious Communication (cont.)</b>                      1:00 <b>Bookmobile</b>                      Mexican Train Dominoes  <b>CAT Workshop and Field Trip</b>                      2:00 <b>Karaoke</b>                      4:00 <b>Singles Schmooze</b>                      6:00 <b>Rhythm and Grace: A Tribute to the Queens of Soul and R&amp;B</b></p>	<p><b>24</b> 10:00 <b>Healing Yourself</b>                      10:30 <b>Parkinson's Caregiver Support Group</b>                      4:30 <b>Stroke Support Group</b>                      5:00 <b>Documentaries and Discussion</b></p>
<p><b>29</b> 10:00 Geometric Drawing (cont.)</p>	<p><b>30</b> 10:00 Beg. Drawing &amp; Watercolor (cont.)                      12:00 <b>Intro to Conscious Communication (final)</b></p>	

# Travel

## DAY TRIPS

### TEPHRA ICA ARTS FESTIVAL

**Sunday, May 17, 9:15 am–5:45 pm**

Spend a spring day enjoying one of Northern Virginia's most celebrated outdoor arts festivals featuring more than 200 artists, live music, and local food vendors. Meet the artists and browse fine art in a relaxed, walkable setting. Lunch is on your own. Members \$100; Guests \$136.



### OLD CITY CEMETERY MUSEUM & ARBORETUM

**Tuesday, May 19, 9:00 am–5:00 pm**

Explore a 27-acre historic site featuring museums, gardens, antique roses, and over 600 trees. The cemetery, gardens, and "history park" are located in the heart of Lynchburg, Virginia. Established in 1806, Old City Cemetery is the oldest municipal cemetery in Virginia still in use today. The grounds are also filled with hundreds of varieties of native and heirloom plants, including the largest public collection of antique roses in Virginia. Members \$106; Guests \$140.

### PEAKS OF OTTER IN SPRING

**Thursday, May 28, 9:30 am–5:30 pm**

Relax at this historic lodge in the heart of the Blue Ridge Mountains. Following lunch on your own at Lake View Restaurant, stroll around Abbott Lake for a view of the blooming mountain laurels or, for an additional onsite fee, take a shuttle up to the mountaintop for the grand scenic view. Members \$103; Guests \$144.

### GREEN BANK OBSERVATORY

**Tuesday, June 2, 8:00 am–5:45 pm**

Discover one of the world's most unique science destinations. Tour the Green Bank Telescope, explore interactive exhibits, and learn how scientists "listen" to the universe. Lunch with a soup and salad buffet is included. Members \$129; Guests \$165.



### PENTAGON OR 9/11 MEMORIAL

**Tuesday, June 9, 8:00 am–6:00 pm**

Choose to tour the Pentagon, one of the world's largest office buildings and headquarters of the Department of Defense, or visit the National 9/11 Pentagon Memorial, which honors the 184 lives lost in the 2001 attack. Lunch is on your own at the Pentagon City Mall where shopping is also available. Members \$122; Guests \$158.

### NATIONAL AIR AND SPACE MUSEUM

**Tuesday, July 7, 8:00 am–6:00 pm**

Lifelong learning hits the stratosphere as we visit The Steven F. Udvar-Hazy Center in Chantilly, Virginia. Stroll through thousands of aviation and space artifacts, including the Space Shuttle *Discovery*, a Blackbird SR-71, and the Concorde. A docent-led tour will highlight the museum's collection and trace the history of air and space travel. Lunch on your own at the museum's on-site Shake Shack. Members \$93; Guests \$129.

## GETAWAYS

### BRANDYWINE VALLEY AND LONGWOOD GARDENS

**May 6–8, 2026**

World-class gardens, museums, and historic estates await on this lovely weekend getaway. The charming Mendenhall Inn is a convenient base for visiting the elegant Nemours Estate; the breathtaking Longwood Gardens; and the magnificent Winterthur Museum, Garden & Library.



### ALASKAN CRUISE

**August 4–14, 2026**

Whether you seek adventure, relaxation, or cultural enrichment, an Alaskan cruise offers an unforgettable journey through one of the world's most spectacular natural wonders. Board Norwegian Cruise Line's Joy to sail round trip from Seattle to Ketchikan, Juneau, Skagway, and Victoria in British Columbia.

### ROCKIES TO THE RED ROCKS

**September 20–28, 2026**

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

### FALLINGWATER AND PITTSBURGH

**October 7–9, 2026**

Come admire Frank Lloyd Wright's Fallingwater, the iconic Pennsylvania home built over a waterfall on Bear Run Stream. Before touring this World Heritage Site, visit Pittsburgh to see the Flight 93 National Memorial, ride the historic Duquesne Incline, and tour the Heinz History Center. Package includes round trip transportation, two nights' lodging, two breakfasts, two dinners, and admission to estates and gardens.



### NEW YORK FOR THE HOLIDAYS

**December 13–16, 2026**

Pack your bags to explore the Big Apple in all its winter glory, with a stay in Midtown Manhattan. Enjoy world-class entertainment and iconic sightseeing experiences, including the 9/11 Memorial and Museum, a Broadway play, Rockefeller Plaza, Morgan Library & Museum, The Christmas Spectacular with the Rockettes at Radio City Music Hall, and more.

## Coming in 2027

### SPLENDORS OF THE CARIBBEAN YACHT CRUISING

**January 2–11, 2027**

### PORTUGAL AND DOURO RIVER CRUISE

**April 7–17, 2027**

### TOTAL SOLAR ECLIPSE IN EGYPT ON THE NILE

**July 29–August 9, 2027**

### DANUBE RIVER CRUISE AND OKTOBERFEST

**September 19–29, 2027**

## PRESENTATIONS

### TRAVEL CHAT

**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.

Trip prices include a 3% credit card processing fee. Pay by cash or check for a 3% discount.

**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 Hahn at [linda@thecentercville.org](mailto:linda@thecentercville.org).

**Travel Office Hours:**

Monday–Friday 9:30 am–2:30 pm

# Experts Lead New Seminar Series on Bone Health



We all know healthy aging requires a multidimensional approach. That's why The Center has such a variety of programming. What's rarer are programs that directly support your physical health in more than one way.

A new addition this spring will get you out of the gym and into the classroom to improve your bone health.

Building Better Bones is a series of five seminars bringing together expert voices from across medicine and movement disciplines. Each session will include educational presentations and time for Q&A. An important goal of the series is for participants to feel empowered to talk knowledgeably with their doctors and make treatment decisions that are in their best interest.

Fitness Manager Jane Saltzman has been fielding questions about bone health for years in her classes at The Center. "I've got students who, after a diagnosis of osteopenia or osteoporosis, are very driven to take charge and do what they can to improve beyond taking

medication," she says. "They are very intentional about lifestyle choices, from adding strength training to changing the way they eat."

Many Center members experience challenges from osteopenia and osteoporosis, while others still worry about developing these conditions because of their family history or other risk factors.

The good news is that excepting cases such as genetic conditions, "bone density is something we can control," according to Jane.

She says, "We're obviously not a research institute, but I want to be as up to date as possible ... and new studies and information are showing us ways to transform bone health management."

So, how can you rebuild your bone density?

"A HUGE part of that is building muscle strength," Jane says.

Thus, Building Better Bones will kick off with a joint session from Darcy Higgins, Doctor of Physical Therapy, and Ruth Meyer, a kinesiotherapist.

See *BONES* on page 16

*AI continued from page 1*

The next steps are incorporating AI.

"We started small with our field team and we're developing educational segments," Malina says. For example, the head of a team might prompt AI to generate a training video on best practices for hand washing using Medicare guidelines.

"There is a drawback to that," she acknowledges. "Garbage in, garbage out. It needs to come from a professional you trust." Nobody wants to create the next WebMD, Malina notes.

But successful tests might pave the way for creating useful resources that patients can reference.

"Maybe you're setting up your medications or starting self-catheter care," Malina says. "They can go back to reference [their personalized video] or ask questions and [the AI] will answer them."

In an industry with a nearly 80% turnover rate, technologies like this—and like electronic charts, GPS, and text messages—can make a difference in the quality and continuity of care.

BrightStar isn't the only home care agency adopting AI tools. Home Instead has begun using Sensi, "the world's first in-home 24/7 virtual care agent" according to its official website, which employs audio AI technology.

Home Instead owner Jeanne McCusker explains, "It's like a smoke detector, but for care."

Sensi pods are small devices placed throughout the home for a "HIPAA-compliant closed system [that can] detect certain keywords, phrases, and sounds associated with health care."

Millions of data points gathered over the past decade have fed into Sensi's algorithm, defining what noises the technology picks up and what information it sends to that household's care team.

Yelling "Help!" triggers the Sensi system to register an emergency, but so can a loud thud—the noise one might make in a fall.

The AI technology also helps identify patterns. Caregivers can get updates like a

patient having a 400% increase in cough, improving their ability to attend to health needs quickly.

"Most people aren't getting 24 hours of care," Jeanne says. "[Sensi] has been a game changer."

AI is even helping local doctors improve education and advocacy in the community.

Dr. Justin Mutter, Director of the UVA Center for Health Humanities & Ethics, says, "As a practicing geriatrician, I've seen over and over and over again significant gaps in our social and health care systems, and caregiving is the biggest."

"Because Medicare doesn't support caregiving, people are trying to figure it out on their own from a financial standpoint, from a physical standpoint, from mental health ... This is, to my mind, the biggest issue facing older adults."

Dr. Mutter has personal experience underlining his professional opinion, in helping manage his mother's care during her final years.

"I'd be in for a meeting with the whole team, we mapped the whole plan, and we're all on the same page," he describes. "While I'm driving [home], Dad calls and they just changed the plan again. It takes constant advocacy."

After speaking at an event at The Center, Dr. Mutter connected with Jason Eversole, a community member developing solutions for his own family's challenges navigating dementia and Parkinson's Disease.

Together they—along with experienced caregiver Brigid Eversole and emergency physician Dr. Kathryn Mutter—founded Alula, a platform that becomes a digital command center for families and care teams.

"We wanted to take all of our experience and turn it into an information system that supports people, so they don't have to experience what we did," Dr. Mutter says.

"My family was taking care of my wife's parents through Parkinson's and dementia. ... We were trying to coordinate with four siblings across the globe," Jason says of his experience. "We were the funnel. All the calls come

to us [and] we have our own kids and jobs [but] they want to understand what's going on and be involved to the extent that they can."

Building the Alula platform with his wife and the Mutters allowed Jason to alleviate some of that burden with communication and task management tools.

Now a sibling who lives in London is a "rock star," Jason says. "Everyone sees [the tasks], it says what's remote friendly, and she's the one jumping on it."

The team also built a robust knowledge base for the platform.

"We created a library and an educational component to the platform where people can really come and learn," he says. "There's a lot of clickbait out there and we're trying to remedy that."

The more advanced technology available now ensures the platform can register everything from schedules and skill sets to communication styles and patterns. The predictive language models of AI make it possible for caregivers to receive prompts about checking in with another member of the care team or what questions they should take to an upcoming doctor's appointment. Medication reminders aren't just alarms, but conversations that generate extra feedback a physician might need.

"Good technology should just disappear," Jason says. "We just want to help people understand what they need to know and how to advocate for themselves."

The next steps for Alula include developing a matchmaking system for families to hire independent caregivers.

These various AI platforms and tools are just a few of the ways technology is changing the way people age at home. Jeanne McCusker will be presenting more on this topic at The Center on Tuesday, May 19 at 1:00 pm. Register for Using Technology to Age Safely at Home on MyActiveCenter now. ■

# Volunteering

## From Tech to Travel, Whit Hollowell Does it All

For Whit Hollowell, volunteering has always been part of life. Long before retirement, he was quick to lend a hand. “I’ve always been a volunteer, even back in high school,” he says. “Our neighbor ran the family farm and I was always the one who said, ‘Yeah, I’ll come help you with that.’ I’ve always liked seeing what’s going on behind the scenes.”

That mindset carried naturally into retirement. When Whit and his wife attended Try It Out Tuesday at The Center, volunteering found him almost by accident. While the group headed to the gym, his wife went to ask about volunteer opportunities. “She came back and said ‘You’re helping with the technology class,’” Whit recalls with a laugh.

Today, Whit assists with technology help sessions, offering one-on-one support to members learning to use their iPhones, iPads, and sometimes PCs. But much of his volunteer time is spent in the Travel Office, helping members sign up for trips and assisting with planning day trips, overnight travel, and international journeys. He’s led excursions to Luray Caverns and Green Bank Observatory in the past two years.

Volunteering has given Whit’s retirement a sense of structure and purpose. “Volunteering is something I do because I want to,” he explains. “In my work career, sometimes you had to do things you didn’t want to. Here, I have fun doing it.” His schedule now includes Tuesdays in the Travel Office and technology assistance every other Thursday. “It gives my week some anchor points,” he says. “And honestly, it helps me remember what day of the week it is. As a retiree, that becomes important.”

The work is also deeply rewarding. Sometimes that means helping someone set up email on their phone so they can stay connected while traveling. Other times, it’s seeing members finally take trips they once thought were out of reach. Whit recalls a couple who had just joined The Center and quickly signed up for five trips.

Another traveler, a lifelong Beatles fan, recently joined a March trip to follow in the Fab Four’s footsteps from London to Liverpool. “She said she always thought the closest she’d get to the Beatles was standing on the shore at Virginia Beach looking across the water,” Whit says. “Now she’s actually gotten to go on this trip.”

Volunteering has also helped Whit stay mentally engaged. In the Travel Office, he works with a database system — something he studied during his career but never had a chance to use regularly. “Now I actually get to practice it,” he says.

Just as important are the social connections. Along with his involvement in the Charlottesville Rotary, volunteering at The Center has become a central part of Whit’s life outside of family. “I enjoy talking about The Center,” he says. “People ask about it and I tell them about everything going on here. To me, this place is amazing.”



Whit Hollowell bakes bread in Cyprus—one of many great experiences with the Travel Office.

That sense of activity and community has changed how he thinks about aging. “I’m having so much fun doing what I’m doing that I don’t really think about aging,” he says. Instead, he focuses on staying busy, helping others, and enjoying life. “Volunteering has definitely given me a sense of purpose,” Whit says. “I enjoy helping people. It builds community.” ■

### Want to volunteer?

*There are many opportunities to help.*

Front Desk • Fitness Room • Travel • Membership

Contact [mbarthlow@thecentercville.org](mailto:mbarthlow@thecentercville.org)

### MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (February 1–March 31, 2026)

Anonymous

Catherine Anninos

Kimberlee & David Barrett-Johnson

Priscilla & Ludy Benjamin

Mr. and Mrs. Richard Booth

Rebecca & Philip Deemer

Clarece & Brian Edson

Michael Elswick

Five Star Painting of Charlottesville

Gardner Charitable Fund

Ann Hays

Iron Eagle Advisors

Helen Ida & LeRoy Moyer

The Rimora Foundation

Joan Robertson

Yvette Schmalz-Riedt

Smith Vicars Family Foundation

Sunnyside Communities

Linda Verhagen

Carolyn & Joseph Warden



## Celebrating a Resounding Success!

We're thrilled to share some wonderful news: thanks to the generosity of the Smith Vicars Family Foundation, everyone who contributed to the Quilt Raffle, and so many individual donors, we successfully met the Perry Foundation's matching challenge! This means that the much-needed acoustic improvements to the Hunter J. Smith Performing Arts Auditorium are officially moving forward. Your support is helping ensure that spoken word presentations and all programs in the Auditorium will sound better than ever, making The Center an even more vibrant place for our community. Thank you for making this inclusive endeavor a success! ■

*Thank You*

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



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# Anyone Can Be a Center Champion

As you may already know, 60% of The Center's operational budget comes from philanthropic giving. That's more than half of what we need to keep The Center's lights on and programs running. Philanthropy plays a critical role in ensuring that older adults in our community can access the programs, connections, and resources that support healthy aging.

Gifts from generous supporters help subsidize membership costs, provide scholarships, and ensure high-quality programming for everyone. Based on our most recent audit, each membership costs The Center nearly \$1,500 dollars. With membership dues of \$288, The Center must have revenue to cover the \$1,200 remainder. Most of that is covered through philanthropic contributions.

To recognize and celebrate those who provide this essential support to our healthy aging mission—our **Center Champions**—The Center's Board of Directors created three giving societies. In recognition of their important role, giving society members receive special acknowledgment and invitations to round table discussions and other special Center events, along with recognition in The Center's annual report, on the donor wall at The Center at Belvedere, and in this very newsletter.

## 1180 Society

Named for the address of our previous building—1180 Pepsi Place—the 1180 Society recognizes donors who make unrestricted gifts of **\$1,000 or more within a fiscal year (April 1–March 31)**. The generosity of 1180 Society members provides critical resources that keep The Center running smoothly, representing as much as 80% of each year's philanthropic support. New and renewing 1180 Society members are recognized in the newsletter after reaching 1180 Society giving within the fiscal year.

## Robey Legacy Society

Supporters who include The Center in their estate, will, or financial plans become members of the Robey Legacy Society. Although Frances Jean Robey was not a Center member herself, she was moved by the stories a friend shared about The Center's impact on her life and the community. Those stories inspired Jean to leave her entire estate to The Center! Planned gifts, like Jean's, can be tailored for any purpose or amount and help us ensure that The Center's healthy aging resources will be able to support future generations of older adults.

## Sustainers Circle

Donors who make a **monthly gift of \$5 or more** become members of the Sustainers Circle. Monthly giving provides reliable support that helps sustain The Center's operations all year long. Many Sustainers appreciate the convenience of spreading their giving throughout the year and



monthly gifts can be adjusted at any time. Some Sustainers even do so through IRA giving for further convenience! Sustainers are recognized on the Giving Wall and in this newsletter annually. You can see a list of our current Sustainers below.

**This spring, monthly gifts will go even further.** A generous donor has offered a **\$5,000 Sustainers Match Challenge**, matching new or increased monthly gifts through December 31. Becoming a Sustainer is a powerful way to double the impact of your commitment and provide regular, dependable contributions to The Center. Gifts can be set up through Bill Pay, ACH, Credit Card, or, for those 70 ½ or older made as a Qualified Charitable Distribution through your IRA.

Donors who contribute \$83.34 per month or more also qualify for membership in the 1180 Society.

Feeling inspired to become a **Center Champion**? Learn more or make your gift at [thecentercville.org/giving](http://thecentercville.org/giving) or contact Philanthropy Director Lynn Divers at [lynn@thecentercville.org](mailto:lynn@thecentercville.org).

Together, our community's philanthropy ensures The Center can continue enriching the lives of individuals and families for years to come. ■

## The Center celebrates members of the Sustainers Circle!

Anonymous (4)

Mr. & Mrs. Stephen Altenderfer

Mr. & Mrs. Collins Beagle

Ms. Melanie Benjamin & Mr. Brian Geiger

Betty Bollendorf

Mr. Keith Cain

Elena Cardenas

Linda Currence

Patricia Daniele

Sara Dickey & Robert Jackson

Nancy & Michael DiFeo

Lynn Divers

Patricia Doorley

Mr. Robert Drake

Margaret Dryer

Kathryn Dugger

Mr. & Mrs. Lawrence Eicher

Marla England

Mrs. Anne Farrell

Nancy Fischer

Shirley Fleishman & David Bates

Dorothy Fleishman

Mr. & Mrs. Donald Foss

Dr. & Mrs. Nathan Freed

Mr. & Mrs. Bill French

Nettie Frye

Nancy Crusse Gough

Paula Grazzini

Jane Hackett

James Hassmer

Joanna Hepker

Mr. & Mrs. Mark Hofmann

Debbie & Whit Hollowell

Beverly Jacobs

Bill Johnson

Patty Jonach

Mr. & Mrs. Michael Joyce

Kathleen Clara Keating

Mr. Barry Keith

Jennifer King

Mr. & Mrs. Dennis Lynch

Mr. & Mrs. William Marley

Maureen McCusty

Joy & Bill McLaughlin

Walt & Page Megonigal

Barbara A. Millar & Peter M. Thompson

Helen Ida & Leroy Moyer

Dr. Indraneel Paul

Susan Pfannenbecker

Celia Pfautz

Mr. & Mrs. Gene Philippi

Phyllis Price

Dr. Amy Richardson

Mr. Sid Robinson

Jennifer Rose & David Schmidt

Mrs. Roseann Rosenberg

Mrs. Jan Russell

Tanya Pustay-Samples & David Samples

Ms. Kathryn Skinner

Ms. Peggy Slez

Marianne Story

Frances Taylor

Jeannine "JJ" Towler

Tally Trimble

Mr. & Mrs. Tony Wasch

Mr. & Mrs. Michael West

Tammy Wilt & Angela Orebaugh

L. Lee Wouters



Temi Anderson



Dawn Heneberry



Jane Twohy Tirrell

## Welcome New Board Members, Thank You to Retiring Members!

Three new directors were elected to The Center’s Board at its March meeting, each of whom brings valuable knowledge and experience to enhance the work of our mission.

First, though, we want to recognize and thank **Patti Cary, Cecil Floyd, and Gregg Winston** who are rotating off the Board after years of dedicated service.

“Volunteer board service for a nonprofit like The Center is a big commitment,” says Executive Director Melanie Benjamin. “Being an engaged and active participant takes time, effort, and attention, and we so appreciate the real value to the community our Board members bring in their work to advance our mission.”

New director **Temi Anderson** is an attorney with Bateman Law Group and also lectures at the University of Virginia School of Law. A West Point graduate, Temi began her career in military intelligence and served in Operation Enduring Freedom and Operation Iraqi Freedom. After retiring from the military in 2022 as a lieutenant colonel, she began volunteering in the Charlottesville community.

**Dawn Heneberry** has a 45-plus-year career in the financial services industry, most recently at Cary Street Partners Wealth Management. Her experience includes investment management, financial planning, and trust and estate administration, as well as leading and developing teams. Dawn is a longtime supporter of The Center and served as chair of the capital campaign for The Center at Belvedere.

**Jane Twohy Tirrell** has almost two decades of experience in the nonprofit world, having served for 17 years as Finance and Administrative Coordinator for Foothills Child Advocacy Center. Prior to that, Jane had a 33-year career in banking, eventually retiring as a Vice President with BB&T Bank. Jane is also an active member of The Center, participating enthusiastically in strength, yoga, and art classes, and she is a passionate supporter of its mission. ■

*BONES continued from page 12*

“They don’t have different philosophies, but they do have different approaches,” Jane explains. Ruth’s focus is more exercise-based and she will have a handout for students about specific exercises geared toward building your bone density.

Darcy’s expertise is in functional movement—the little things we do day to day that allow us to move through our lives and maintain our independence.

Jane offers examples: “how you walk, how you sit and stand, how you get in the car, how you wait in line at the grocery store, how you sit through a concert.”

With these various styles of movement and muscle strength as a foundation, the rest of the series brings in multiple MDs.

Dr. Megan Swanson will discuss orthopedics, Dr. Mark Niehaus will share how to talk to your primary care physician, and Dr. Jason Itri will bring a functional medicine perspective to discuss the link between nutrition and bone health.

Darcy and Ruth will return for a final wrap-up on activity and exercise at the series’ end.

“The more knowledge we can all have, the better advocating we can do for ourselves and our loved ones,” Jane says.

Building Better Bones begins on Wednesday, May 6 from 5:30–7:00 pm, meeting weekly (except for June 3) until June 10. Center members can register on MyActiveCenter for a \$50 class fee.

Questions? Reach out to Jane at [jane@thecentercville.org](mailto:jane@thecentercville.org). ■

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## Rhythm and Grace:

A Tribute to the Queens of Soul and R&B

Tuesday, June 23, 6:00–7:30 pm

Come and groove to the soaring ballads and joyful anthems of your favorite powerhouse Black female vocalists from the ‘80s and ‘90s. Vocalist Richelle Claiborne performs hits by Aretha Franklin, Billie Holiday, Tina Turner, Nina Simone, Etta James, Roberta Flack, and more! Featuring Raymond Brooks on drums, Vic Brown on bass, Will Evans on trumpet, Ivan Orr on keyboard, and Tucker Rogers on guitar.

Free and open to all



THE  
CENTER  
Café

Monday–Friday  
8:30 am–3:00 pm



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