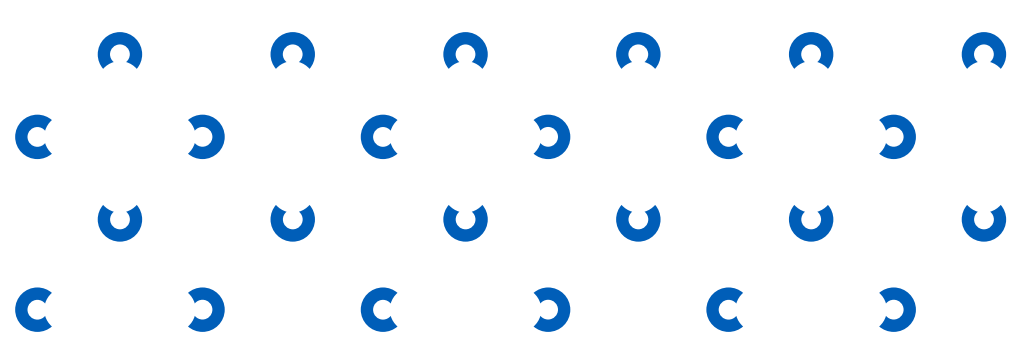




THE
CENTER
AT BELVEDERE



NEWS from THE CENTER

DISCOVER THE POWER OF HEALTHY AGING

MAY/JUNE 2023

Artists on Display in May and June



Paula Eliasek

The Central Virginia Watercolor Guild showcases a captivating “In the Garden” exhibit in the second floor galleries for May and June. A local garden club will create floral designs inspired by the art to accompany

some of the paintings. A reception will take place on Monday, May 22, 12:30–3:30 pm. Artists displaying their work include Deborah Prum, Janice Creasy, and Paula Eliasek.

The Charlottesville Camera Club also displays photographic works in May and June with a reception on Saturday, June 3, 11:00 am–2:00 pm. Artists to exhibit were not yet selected at time of publication, but all will display in the first floor gallery at The Center.

Thank you to Corporate Partner RoseWood Village for its support of art exhibits and receptions at The Center.

Executive Director Search Update

Thank you to everyone who participated in the recent listening sessions and surveys. The Board of Directors is grateful for your feedback in the search for The Center’s next Executive Director. The Board’s Search & Transition Committee has retained The Spark Mill as a search firm. Having facilitated The Center’s strategic planning process in 2021, The Spark Mill brings great knowledge and support of our healthy aging mission to the search process. The next phase of this exciting time at The Center is underway!

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- Volunteering pg 13
- Pull-Out Calendar pg 7
- Travel pg 11
- More!



Community Partners at The Center *propel expanded programming and access*

Who are the younger folks belting it out at karaoke on Tuesday afternoons? What about the group getting their hands dirty in the garden on Tuesday mornings? How does The Center keep up so much programming? Whether they provide programming or volunteer support, community partners contribute a great deal to The Center.

Among the many community partners who connect with The Center is the University of Virginia. UVA Dietitians come to The Center regularly to share healthy recipes with members. Perhaps you sampled nutritious dips in March or you’re looking forward to tasty popsicles and mocktails this June. Nutrition programming has skyrocketed at The Center, but there’s a difference between a nutritionist and a dietitian. Being able to partner with registered dietitians through UVA allows us to offer a greater level of expertise in our programming and ensure our members have access to the most accurate health advice.

UVA also brings us volunteers in their first year of medical school through the Social Issues in

See PARTNERS page 6

May is Mental Health Awareness Month

Twenty percent of people aged 55 and older experience some kind of mental health concern. And if a mental health condition doesn’t affect you directly, it likely impacts someone you know.

In support of families whose loved ones are dealing with mental health struggles, the local Charlottesville chapter of NAMI—the National Alliance on Mental Illness—hosts two of its weekly meetings in person here at The Center.

NAMI started coming to The Center after the height of the COVID-19 pandemic passed. Their previous venue, Region Ten, had yet to reopen, and they were also looking to expand into the greater community.

NAMI volunteer Suzanne Malm says, “It’s wonderful to be in a place where the stigma just melts away and it’s okay to come ... We always feel welcome here and we feel the warmth.”

On the first and third Thursday of each month, support group participants gather in a safe and empathetic setting to share the insights, challenges, and successes of caring for someone with a mental health condition.

Suzanne notes, “It doesn’t have to be the biggies! ... It can be any mental health condition: anxiety, depression ...” as well as conditions such as bipolar disorder, schizophrenia, or borderline personality disorder.

Suzanne stresses the importance of framing all of these as brain disorders, rather than the often stigmatized “mental illness.”

“Like dementia, like Alzheimer’s—it’s all the brain!” Suzanne says. “The brain is the control center ... If the brain is crashing, everything it controls is crashing ... All those other functions are having difficulty.”

Education is just one of many community efforts NAMI makes in addition to its support group meetings.



See MENTAL 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–8:00 pm
Saturday 8:30 am–2:00 pm
Greenberry's: Monday & Friday 7:00 am–4:00 pm
Tuesday–Thursday 7:00 am–8:00 pm
Saturday 7:00 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

Healthy Aging for All

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

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

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MEMBERSHIP

IZZY MENCHERO
MEMBERSHIP & VISITORS SERVICES DIRECTOR
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Join The Center for easy access to hundreds of great programs. Come by The Center, contact Izzy, or visit thecentercville.org.

WELCOME NEW MEMBERS!

- | | | |
|----------------------|--------------------|----------------------|
| Nada Aladhami | Maureen Garmey | Richard Olin |
| Phyllis Anderson | JoAnne Goodnight | Emily Oliver |
| Carol Barbato | Michael Goodwin | Doug Owens |
| Dorothy Bedard | Ruta Graff | Barbara Peters |
| Barbara Berk | Judith Graham | Marguerite Pickering |
| Cynthia Berlin | Rebecca Hall | Michelle Pilon |
| Lester Berlin | Diane Hamilton | Jerald Pinto |
| Linda M. Birch | Joanna Hepker | Rabia Povich |
| Carolyn Booker | Ron Herfurth | Ron Povich |
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| Alba Boyer | Simona Holloway | Karen Purnell |
| David Brumbaugh | Regina Hsu | Joanne Regan |
| Diana Burruss | Polly Huber | Harriet Resio |
| Linda Butler | Sherrie Hunt | Ricki Rosenfeld |
| Yvonne Carey | Thomas Kelly | Audrey Sarate |
| Sonja Casero | Virginia Kirby | Alfred Saunders |
| Joanne Chaplin | Nancy Latham | Suzanne Seidel |
| Jacqueline Coffman | Marlene Lenert | Linda Sparks |
| Steven Coffman | Carol Lum | Charles Suter |
| Laverne Coleman | Lawrence Lum | Mary Till |
| Lynne Conboy | Bernie Martin | Sieglinde Treichel |
| Patricia Coopersmith | Dianne Martin | Thomas Treichel |
| Liz Crocker | Thomas McGrath | Sonam Wang |
| Linda Ann D'Alisera | Jeffrey Messmore | Deborah Washington |
| Rose Osvath Edmond | Larry Miller | David Wasserman |
| Odette Eiger | April Muniz | Nancy Webster |
| Olwen Fabiano | David Munn | Gweneth West |
| Janet Forster | Ruth Nicolai | David Winer |
| John Ganley | Butch Norford | Carol Wise |
| Jim Garmey | Maureen P. O'Brien | Mary Zarski |

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



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



COUNCIL NOTES

With a new fiscal year beginning April 1, The Center welcomes a new slate of officers to Council, including President Greg Menke. Council is an advisory body between members and staff, aiding in planning and establishing policies and guidelines for The Center’s operation. Council also communicates the plans and decisions of the Board of Directors to membership and concerns of membership to the Board.

Greg says, “I am honored to serve as President ... I have been involved with The Center for over ten years...and served as President of the Board [of Directors] during the construction of our incredible facility in Belvedere.”

“It was during [this project] that I gained a better understanding of how much communication, cooperation, and coordination of effort can contribute to the success of any project as well as any organization.”

Members are welcome to attend Council meetings the first Monday of every month at 1:00 pm.

STOP BY SATURDAY

A new addition to our monthly orientation lineup! Learn about everything The Center has to offer on the last Saturday of every month at 10:00 a.m.

programs

Register online at thecentercville.org or call 434.974.7756.

This a partial list of offerings; recurring programs without topic updates are listed in the pull-out calendar. Check the website for programs added after our print deadline!

SPECIAL EVENTS

THURSDAYS AROUND 5

Free and open to all; registration encouraged

South River Strings

Thursday, May 11, 5:01–7:00 pm

This four-piece string band from the Charlottesville area soulfully blends rock, blues, and bluegrass in an eclectic mix of rich harmonies.

Dick Orange and the Jazz Connection

Thursday, May 25, 5:02–7:00 pm

A Sinatra-style singer leads a foot-tapping, sway-inducing repertoire of jazz standards, blues, and Broadway tunes featuring David Weiss on piano, Bob Bowen on bass, and Victor Lee on saxophone. Food Truck: Raclette on the Run.

Stan Hamrick

Thursday, June 8, 5:03–7:00 pm

Take a tour through pop jukebox classics from the '40s through the early '70s including Frank Sinatra, Hank Williams, Johnny Cash, Elvis, The Beatles, The Eagles, and more. Food Truck: Crustworthy.



Dara James

Thursday, June 22, 5:04–7:00 pm

This award-winning singer-songwriter uses his formidable guitar, harmonica, and vocal skills on a variety of blues, folk, and classic rock covers and originals.

JIGSAW PUZZLE SWAP

Free and open to all

Tuesday, May 2, 1:30–7:00 pm

Looking for a new puzzle ... or two or three? This is the event for you. Share and swap puzzles in good condition with all their pieces. Any remaining jigsaw puzzles will be donated to other local nonprofits.

WEDNESDAY MUSIC CLUB: RECORDER QUARTETS: BYRD, BACH AND BEYOND

Free for Center members; registration required

Wednesday, May 3, 10:15–11:30 am

Enjoy the sounds of the Windway Quartet featuring Leslie Crowell, Nancy Garlick, Margaret Newcomb, and Gary White.

THE CENTER PLAYERS PERFORMANCE

Free and open to all; registration encouraged

Thursday, May 4, 2023, 6:00–7:30 pm

Friday, May 5, 2023, 3:00–4:30 pm

The Center Players worked together over a nine-week period to develop performance material (one-act plays, monologues, and/or a full length

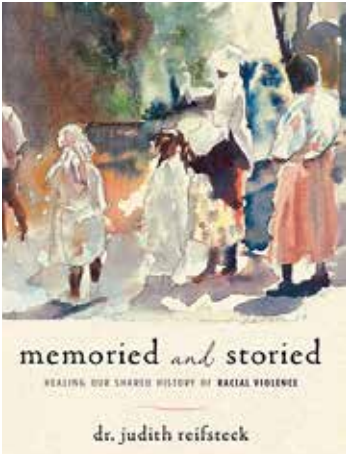
play) to present to the larger community. Directed by Boomie Pedersen and Larry Goldstein.

MEMORIED AND STORIED BOOK EVENT

Free and open to all; registration required

Thursday, May 11, 6:00–7:30 pm

Dr. Judith Reifsteck discusses and signs her book *Memoried and Storied*, telling the story of four lynchings in the southern United States, the lives of these four people before they were captured and terrorized, and how current day community members honor their memory and mourn the mob violence that took them from their families.



BOMB SHELTER CAFE SINGALONG WITH MAGGIE PAXSON

Free and open to all; registration required

Friday, May 12, 1:00–3:00 pm

Inspired by the collective music of embattled communities during WWII, writer, anthropologist, and performer Maggie Paxson performs with the Imperial Palms Orchestra to share songs about hope, love, meaning, and even laughs among troubled times. Lyrics are provided.

SENIOR SAFETY DAY

Free and open to all

Saturday, May 13, 9:00 am–1:00 pm

Browse information tables for safety resources in our community and attend presentations on topics such as emergency preparedness and avoiding scams, fraud, and elder abuse.

CVILLE BAND PERFORMANCES

Free and open to all

Saxophone Ensemble

Thursday, May 18, 7:00–8:00 pm

Clarinet Ensemble

Thursday, June 15, 7:00–8:00 pm

ARTIST RECEPTIONS

Free and open to all

Central Virginia Watercolor Guild

Monday, May 22, 12:30–3:30 pm

Charlottesville Camera Club

Saturday, June 3, 11:00 am–2:00 pm

ARTS

CELEBRATION OF TALES

Open to all; registration required

Saturday, June 10, 10:00 am–6:00 pm

Warm and renew your body, heart, and mind through stories masterfully told in the first annual Celebration of Tales. Stories ranging from the richness of African American folklore to a Mayan epic will help us form deep connections with each other and world around us. Prices vary.

ADVANCED BEGINNER OILS

Open to all; registration required

Mondays, May 1–22, 1:00–4:00 pm (4 weeks)

Level up your oil painting with more advanced techniques, brush strokes, and color mixing with Katie Hutter. Create strong compositions using classical techniques and the magic of light and shadow. Prime members free; Standard members \$25; Guests \$40. See list of required materials online.

BEGINNER TO ADVANCED SCRAPBOOKING

Open to all; registration required

Tuesdays, May 2–23, 1:30–4:00 pm (4 weeks)

Learn how to preserve memories and photos in ways that POP and please the eye and heart. In this four-week class you will make solid progress on an album project. Prime members free; Standard members \$30; Guests \$40. Materials fees vary.

TREES, ROCKS, WATER, SKY IN OILS

Open to all; registration required

Thursdays, May 4–June 22, 9:00 am–12:00 pm (8 weeks)

Katie Hutter leads painters of all levels through two weeks each of sketching and painting a different element of nature: trees, rocks, water, and sky. Prime members free; Standard members \$50; Guests \$80. See required materials online.

INTERMEDIATE OIL PAINTING

Open to all; registration required

Fridays, May 5–June 23, 1:00–4:00 pm (8 weeks)

Ann Cheeks demonstrates and teaches techniques for painting expressive landscapes. Tap into your emotions toward your chosen subject to create one or two works of art and several small studies. Prime members free; Standard members \$30; Guests \$45. Materials fee is \$50, payable to instructor at start of class.

PAPER PAINTING MINIS

Open to all; registration required

Saturday, May 6, 9:30 am–12:30 pm

Jan Settle teaches a technique of creating artworks with small pieces of painted paper glued to a canvas. Learn to arrange colors in a pleasing design and how to apply a preserving finish to the canvas. Prime members free; Standard members \$10; Guests \$20. Materials fee is \$20, payable to instructor at start of class.

FELT A MINI TEDDY BEAR

Open to all; registration required

Saturday, May 13, 10:00 am–1:30 pm

Creating an adorable teddy bear using needle felting with fiber artist Donna Westermann. No experience necessary. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$12, payable to instructor at start of class.

PAINT, DRIP, AND ROLL

Open to all; registration required

Tuesdays, May 16–June 13, 1:30–4:30 pm (5 weeks)

Draw, paint, scrape, roll, collage, stamp, write, drip ... Get curious and experiment with water-based materials and rule-breaking techniques to create fascinating abstracted works of art. Prime members free; Standard members \$30; Guests \$45. Materials fee is \$50, payable to instructor at start of class.



QUILLING WITH CORY

Open to all; registration required by May 12
Monday, May 22, 10:00 am–12:00 pm
Learn the history of quilling with instructor Cory Ryan, and use unique formed shapes to create a complete design on a notecard. No experience necessary. Prime members free; Standard members \$15; Guests \$25. Materials fee \$16 due to instructor at start of class.

INTRO TO ABSTRACTS

Open to all; registration required
Saturday, May 27, 9:30 am–12:30 pm
Learn the basics of painting abstracts using bright and vibrant acrylics on canvas with instructor Jan Settle. Create a unique painting with loose, free strokes and various materials. Prime members free; Standard members \$10; Guests \$20. Materials fee is \$25, payable to instructor at start of class.

OPEN STUDIO

Open to all; registration required for each session
Tuesday, May 30, 9:30 am–12:30 pm
Saturday, June 24, 9:30 am–12:30 pm
Join Jan Settle in the Art Studio with your own reference photos. Use available brushes, acrylic paints, and canvases to create with freeform encouragement, assistance, and tips. Prime members free; Standard members \$10; Guests \$20. Materials fee is \$25 per session, payable to instructor at start of class.

PAINTING WITH ALCOHOL INK

Open to all; registration required
Saturday, June 3, 9:30 am–12:30 pm
Paint with the vibrant colors of alcohol ink on synthetic yupo paper with instructor Jan Settle. Complete several small, abstract, and colorful paintings. Prime members free; Standard members \$10; Guests \$20. Materials fee is \$25, payable to instructor at start of class.

INTRO TO ABSTRACTS: PAINTING LOOSE AND FREE

Open to all; registration required
Tuesdays, June 6 & 13, 9:30 am–12:30 pm (2 weeks)
Enjoy the freedom of painting loose using bright and vibrant acrylics on canvas to create abstract works of art with instructor Jan Settle. Prime members free; Standard members \$15; Guests \$25. Materials fee is \$25, payable to instructor at start of class.

PAINTING WITH ALCOHOL INK LEVEL II

Open to all; registration required
Saturday, June 10, 9:30 am–12:30 pm
Continue your alcohol ink painting lessons with Jan Settle to create colorful, vibrant landscapes. Use blending fluid and brushes to create textures and shapes. Prime members free; Standard members \$10; Guests \$20. Material fee is \$25, payable to instructor at start of class.

MANDALA DOT ART

Open to all; registration required by June 12
Tuesday, June 20, 1:00–3:00pm
Mandala dot art forms designs with various sizes of dots. Learn how to use the proper tools and create your own mandala painting with instructor Cory Ryan. No experience necessary. Prime members free; Standard members \$15; Guests \$25. Materials fee is \$25, payable to instructor at start of class.



ABSTRACT MINIS

Open to all; registration required
Saturday, June 17, 9:30 am–12:30 pm
Create a colorful and vibrant 6”x6” or 8”x8” canvas abstract painting with instructor Jan Settle. Prime members free; Standard members \$10; Guests \$20. Materials fee is \$20, payable to instructor at start of class.



ACRYLIC BASICS AND COLOR THEORY

Open to all; registration required
Tuesdays, June 20 & 27, 9:30 am–12:30 pm (2 weeks)
Jan Settle teaches the basics of using acrylic paint, brushes, and other supplies, as well as beginners color theory including mixing colors, the color wheel, and more. Prime members free; Standard members \$15; Guests \$25. Materials fee is \$25, payable to instructor at start of class.

LIFELONG LEARNING

GOOD LIFE SERIES

Free and open to all
Virginia Navigator Training
Tuesday, May 2, 11:00 am–12:00 pm
Learn how to use the Virginia Navigator family of websites. These sites are specifically designed for older adults, family caregivers, and aging service providers to connect with local programs and services for social and community engagement, brain health, general health care, and elder abuse.
InnovAge PACE & Community-Based Care
Tuesday, June 6, 11:00 am–12:00 pm
Betty Sharp, Outreach Specialist for InnovAge PACE, the Program of All-Inclusive Care for the Elderly, will discuss how this model of care helps many individuals stay healthy and independent at home. Fred Jung, founder of Blue Ridge Elder Care, will then provide an overview of other options for community-based care and its financing.

READING CARL JUNG

Free and open to all; registration encouraged
Tuesdays, May 2, May 16, May 30, 1:00–2:30 pm
Student of Jungian Psychology, Leila Ryland Swain, leads a discussion in assigned reading from selected works by Jung, including “The Undiscovered Self.” Understand Jung’s psychological concepts such as “archetypes” and the “Self,” and relate them to your own experiences.

WHAT IS S.H.E.? DOMESTIC VIOLENCE 101

Free and open to all; registration required
Friday, May 5, 11:00 am–12:00 pm
This presentation focuses on the dynamics of domestic/intimate partner violence, including definitions, prevalence, prevention, volunteer opportunities in our community, and information regarding the services provided by the Shelter for Help in Emergency (S.H.E), an outreach and emergency shelter.

INTRO TO TECH

Free and open to all; registration required
Saturday, May 6, 12:00 pm–1:30 pm
Saturday, June 3, 12:00 pm–1:30 pm
Improve your understanding of modern technology, including computers and cell phones, in this intro seminar with robotics team leaders from Albemarle High School.

VETERAN BURIAL BENEFITS AND ELIGIBILITY

Free and open to all; registration required
Monday, May 8, 10:00–11:00 am
Thursday, June 8, 10:00–11:00 am
Army veteran and Administrative Supervisor at the Virginia Veterans Cemetery Rene Sanchez educates veterans on the burial benefits available to them, their spouses, and eligible dependents. Learn documentation requirements, military protocol, coordination with the funeral provider of your choice, and burial options provided at any of the three state cemeteries.

MONEY AND YOU

Free and open to all; registration required
5 Common Misunderstandings about Social Security
Tuesday, May 9, 10:00–11:30 am
Whether you already collect or plan to do so soon, there many misconceptions about the social security system. Jorgen Vik, Partner with SKV Group, will guide you through solvency, survivor rules, spousal rules, and more.
Retirement Accounts & Taxes
Tuesday, June 13, 10:00–11:30 am
The rules for withdrawals from retirement accounts can be confusing. Which rules apply to what types of accounts? What happens to accounts when you pass away? Jorgen Vik, Partner with SKV Group, leads a discussion.

GAY AT THE CIA

Free and open to all; registration encouraged
Wednesday, May 10, 5:30–7:00 pm
From the 1940s through 1995, LGBTQ Americans faced explicit and pervasive restrictions on their ability to obtain a security clearance and serve our country as a federal employee. Andy Dunn, formerly the CIA’s most senior openly gay official, discusses the history of this discrimination and his own experiences.

LET’S TALK BOOKS

Free for Center members
Wednesday, May 17, 1:00-2:00 pm
Wednesday, June 21, 1:00-2:00 pm
Exchange book recommendations and discuss favorite authors with fellow book lovers.

ELDER LAW WITH DORIS GELBMAN

Free and open to all
Paying for Long-Term Care
Tuesday, May 16, 10:00–11:30 am
Long-term care includes assistance in your home, independent living, assisted living, nursing home care, and end-of-life care. Explore each setting, what they cost, and various ways of offsetting that cost.
Why Do I Need a Special Lawyer Now That I’m Older?
Tuesday, June 20, 10:00–11:30 am
There are all kinds of lawyers: criminal, divorce, bankruptcy, corporate ... Elder Law is a relatively new distinction, not generally taught in law schools. If you’ve wondered whether you need an Elder Law attorney, here’s your chance to find out.



VIRGINIA POW CAMPS IN WWII (ONSITE AND ONLINE)

Free and open to all; registration required
In partnership with Albemarle Charlottesville Historical Society
Saturday, May 20, 12:00–2:00 pm
Dr. Kathryn Roe Coker discusses her new book, *Virginia POW Camps in World War II*. Explore the daily lives and lasting effects of the 17,000 German and Italian POWs who were brought to Virginia to be held and put to work on more than 20 camps across five military installations across the Commonwealth.

CRAFTING YOUR EXTENDED CARE PLAN

Free and open to all; registration encouraged
Thursday, May 18, 6:00–7:00 pm
Monday, June 5, 11:00 am–12:00 pm
Give yourself, your family members, and care-givers peace of mind by taking the time to set up a plan for your long-term care with Kim Volker, COO of Care is There, and Tracy Meade, certified long-term care consultant and financial planner.

MEDICARE AND SOCIAL SECURITY PLANNING 101

Free and open to all; registration required
Tuesday, May 23, 6:00–7:30 pm
Part A, B, C, D... what does it all mean? When should you enroll in Medicare and Social Security? Find out the answers to these questions and more with senior insurance advisor Sharon Accardo and Tracy Meade, CLTC and Financial Planner.



SHOULD YOU CONSIDER A REVERSE MORTGAGE?

Free and open to all; registration encouraged
Wednesday, May 24, 11:00 am–12:00 pm
Gain an understanding of what protections and benefits are in a new reverse mortgage. Karren Tyler of Waterstone Mortgage presents.

CANDIDATE FORUM

Free and open to all; registration encouraged
In partnership with Senior Statesmen of Virginia
Wednesday, June 14, 1:30–3:30 pm
The Center hosts a Democratic Candidate Forum with Virginia Senator Creigh Deeds and Virginia Delegate Sally Hudson as they run for the Senate seat in the District 11 Primary.

PRIDE BOOK EVENT

Free and open to all
Thursday, June 15, 6:00–7:30 pm
Author Chris Glendenning presents her book *Searching for Gods that Deserve Us*, a lesbian love story told from different viewpoints.

LIFE WISHES

Free and open to all; registration required
Wednesdays, May 10–31, 3:00–5:00 pm
(4 weeks)
What happens if you are in the hospital for a short-term event or nearing the end of your life, and you are unable to make your own health care decisions? Who do you want to make those decisions? Experienced hospice nurses Cindy Sinchak and Nancy Zamil provide information and resources to help.

CHARLOTTESVILLE CAMERA CLUB

Free for Center members
Getting Around
Thursday, May 11, 6:30–8:00 pm
Join the Charlottesville Camera Club for photos of planes, trains, automobiles, and more.
Keep It Simple
Thursday, June 8, 6:30–8:00 pm
Photos at this meeting of the Charlottesville Camera Club will be packed with power despite minimal content.

THE FAMILY LOVE LETTER

Free and open to all; registration required
Wednesday, May 17, 6:00–7:00 pm
Foster sensitive conversations with your family about preserving, protecting, and transferring the legacy you will one day leave behind. Your personalized family love letter will help you make thoughtful choices and prevent rash decisions or mistakes in a time of grief and confusion.

WHO WILL INHERIT THE MESS?

Free and open to all; registration required
Monday, June 26, 1:00–2:00 pm
Would you like a tax efficient estate that makes it easy for the executor of your estate and avoids unnecessary family conflict? This interactive workshop will help you understand the importance of accurate and up-to-date estate documents, the difference between a will and a trust, and why asset titles and beneficiaries matter.

PHYSICAL WELL-BEING

HEARING SCREENINGS

Free and open to all
Thursday, May 4, 10:00 am–12:00 pm
Thursday, June 1, 10:00 am–12:00 pm
Dr. Anne Delaney of Delaney Hearing Center offers free drop-in hearing screenings on the first Thursday of each month.

STAY OUT OF PHYSICAL THERAPY

Free and open to all; registration required
Saturdays, May 6 & May 20, 1:00–2:00 pm
Physical therapist Nicholas Law teaches simple exercises anyone can perform at home to maximize strength and musculoskeletal health, and stay out of the physical therapist's office. Learn with instruction, practice, and feedback.

HEARING HEALTH

Free and open to all; registration required
Nutrition and Hearing Health
Wednesday, May 17, 10:00–11:00 am
Recent studies confirm that diets high in sugars and carbohydrates can negatively impact hearing health. Dr. Kristin Koch of Evolution Hearing shares beneficial eating strategies and overall goals to improve healthy hearing.
Top 10 Questions to Ask Before Purchasing Hearing Aids
Wednesday, June 21, 10:00–11:00 am
Audiologist Dr. Kristin Koch presents the most important questions you should ask before making an investment in your hearing health.

MOVE FOR HEALTH

Free and open to all
Core Stability
Tuesday, May 16, 10:30–11:30 am
What is core stability and how do you get it? Darcy Higgins, Doctor of Physical Therapy, presents.
Healing Well After Injury or Surgery
Tuesday, June 20, 10:30–11:30 am
Dr. Darcy Higgins helps you understand the body's healing process.



BEGINNING MEDITATION

Open to all; registration required
Monday, May 22, 9:00 am–12:00 pm
Relax and destress, promote a positive frame of mind, and gain insights on life challenges. Holistic healing instructor Barbara Martin leads a mindfulness-based class with simple meditation and relaxation techniques. Prime members free; Standard members \$15; Guests \$25.

HAVE YOU HEARD?

Free and open to all; registration required
Tuesday, May 23, 10:00–11:00 am
Hearing loss contributes to isolation, depression, and dementia and is even associated with memory problems. Dr. Anne Delaney of Delaney Hearing Center shares information on hearing loss and hearing aid options.

BLOOD PRESSURE CLINIC

Free and open to all; registration encouraged
Thursday, May 25, 1:00–3:00 pm
Thursday, June 22, 1:00–3:00 pm
RNs from Medi Home Hospice offer free blood pressure checks and provide information.

DON'T OPERATE; REGENERATE!

Free and open to all; registration required
Friday, May 26, 12:00–1:00 pm
Friday, June 23, 12:00–1:00 pm
What causes arthritis and chronic degenerative diseases? Chiropractor Dr. Shawn Pallotti shares simple at-home preventative measures to fight against arthritis and act as an alternative to surgery.

REGISTERED DIETITIAN Q&A

Open to all; registration required
First and Third Tuesday of each month
4:30–5:30 (will not meet June 27)
Gain a greater understanding of general nutrition and how nutrition needs change as we age, and become better equipped to create well-balanced meals. Join UVA Health Dietitian Olivia Obertello. Free for members; Guests \$10.

POOLSIDE SNACKS WITH UVA DIETITIANS

Free for Center members; registration required
Wednesday, June 7, 3:00–4:30 pm
UVA Dietitians share ideas and healthy recipes to enjoy this summer. Learn to make a summer fruit granita, a coconut mocktail, and coconut popsicles.

PUTTING TYPE 2 DIABETES IN REMISSION

Free and open to all; registration required
Monday, June 12, 10:00–11:00 am
UVA professor and NIH-funded investigator Dr. Cox teaches how to manage type 2 diabetes with lifestyle interventions and continuous glucose monitoring.

MACULAR DEGENERATION

Free and open to all; registration required
Wednesday, June 21, 2:30–4:00 pm
Macular degeneration is a leading cause of vision loss in people over 60, but has no noticeable symptoms in its early stages. Dr. Subramanian of Bright Focus Foundation shares ways you can reduce your risk and prevent vision loss.

SUPPORT GROUPS

NEW! DROP-IN BEREAVEMENT SUPPORT GROUP

Free and open to all
First & Third Mondays, 3:00–4:00 pm
Second & Fourth Wednesdays, 9:00–10:00 am
Rev. Robert Lewis, ordained minister with Hill and Wood, facilitates an informal support group to share experiences, advice, and support after the loss of a loved one.

SOCIAL/RECREATIONAL

MOVIE NIGHT

Free and open to all; registration encouraged
First & Third Wednesdays, 5:00 pm
May 3 – *Unbranded*
May 17 – *My Left Foot*
June 7 – *The Biggest Little Farm*
June 21 – *Yesterday*



PRIDE MOVIE: TORCH SONG TRILOGY

Free and open to all
Thursday, May 4, 5:30–7:30 pm
This 1988 film adaptation of Harvey Fierstein’s Tony Award-winning Broadway play traces three distinct episodes over a 10-year period in the life of a middle-aged gay man as he tries to find a lasting relationship.



PET AND PLAY

Free and open to all
Thursday, May 18, 3:00–4:00 pm
Meet adoptable dogs from the Charlottesville-Albemarle SPCA.

MAY LUNCHEON

Open to all; registration required by May 19
Wednesday, May 24, 11:45 am–12:45 pm
Celebrate warmer weather with a delicious meal. Farm Bell Kitchen caters a menu of roasted or fried chicken, homemade chips, fresh fruit, and Southern sweets including homemade brownies, pecan pie brownies, and iced lemon tea cakes. Members \$15; Guests \$18.

JUMPIN’ JUNE LUNCHEON

Open to all; registration required by June 21
Wednesday, June 28, 11:30 am–1:30 pm
Jump for joy as Wayside Chicken caters a good Southern meal with baked or fried chicken, veggie burgers, mashed potatoes, fruit salad, green beans, and fudge brownies. Members \$15; Guests \$18.



ICE CREAM SOCIAL

Free for Center members; registration required
Wednesday, June 14, 2:00–3:00 pm
Cool down with a sweet treat and your fellow Center members. Enjoy vanilla, chocolate, or strawberry ice cream with all the toppings!

ROUND DANCE DEMONSTRATION

Free and open to all; registration encouraged
Tuesday, June 6, 1:15–2:15 pm
Tuesday, June 13, 1:15–2:15 pm
Instructors Eileen Rudert and Chip Hopper lead a demonstration of round dance, a style of choreographed ballroom dancing.

ROUND DANCE LESSONS (BEGINNER AND INTERMEDIATE)

Open to all; registration required
Tuesdays, June 20–August 22
(no class 7/4 or 8/4), 1:15–3:15 pm
Pair the steps of ballroom dancing with the calls and cues of square dancing. Learn figures for the Waltz, Foxtrot, Cha-cha, Jive, Two-step, and more to music in various genres to keep the circle going. Beginners learn in the first hour and intermediate dancers practice in the second hour. Prime members free; Standard members and guests \$80.

PRIDE MOVIE: STONEWALL UPRISING

Free and open to all
Wednesday, June 28, 2:00–4:00 pm
When police raided the Stonewall Inn, a popular gay bar in the Greenwich Village section of New York City on June 28, 1969, the street erupted into violent protests that lasted for the next six days. The Stonewall riots, as they came to be known, marked a major turning point in the modern gay civil rights movement in the United States and around the world.

Remember ... this is only a partial list of Center offerings. Don't forget to check the website for programs added after our print deadline!

MENTAL HEALTH, continued from page 1

Suzanne says, “A lot of people don’t understand what’s bipolar or what’s dialectical behavior therapy. There are so many acronyms!”
“We [also] share resources with the community,” she adds. “What’s Region Ten and what do they do? How does your child get a counselor? Here’s where you can go to learn whether medication is necessary.”
While first and third Thursdays are held at The Center, on other weeks, the support group meets online over Zoom. NAMI hosts guest speakers on the second Thursday of the month.
“We’ve had a psychiatrist for ‘Ask the Doctor,’ [and] two police officers came to talk about what it’s like when somebody has to be taken in. What does a crisis intervention actually look like?” Suzanne says.
On the fourth Thursday, the group gathers online to explore a specific discussion topic. “[Maybe] somebody says, ‘I want to know more about housing or medication or self-care,’” Suzanne explains. “‘How do I deal with the guilt? How do I deal with the grief and the loss of the person that was?’”
Suzanne also frequently invites people to chat one-on-one and fields a “warmline” for confidential, non-emergency support.
“Some people can’t go to a meeting or talk in front of other people,” she says. “We’re not degreed therapists ... [but] we have lived experience. I’ve talked to some of the most wonderful people who just needed to share.”
Tirelessly pursuing grants, NAMI has several irons in the fire for future endeavors from outreach to underserved communities, to a volunteer group supporting waiting family members in the UVA Hospital Emergency Room, to a suicide prevention program helping people understand signs, symptoms, and what to do.
But the best way to start getting engaged and support your family’s mental health starts at The Center.
NAMI Family Support Group meets at 6:00 pm on Thursdays, May 4, May 18, June 1, and June 15, with an informal social gathering planned for Thursday, June 29. Meetings are free and open to all. ■

PARTNERS, continued from page 1

Medicine program. SIM gives students real-world experience outside the hospital setting and contributes thousands of hours of service to a huge range of health and human services agencies throughout the Charlottesville area.
Delores Rocha, SIM coordinator at The Center, says, “The medical students ... come with open hearts and a willingness to learn from the senior community. In turn, the senior community feels valued and heard.”
You may have seen SIM volunteers at The Center throughout the past year, whether you joined them at karaoke or enjoyed the holiday decorations they put up in December.
One of The Center’s most popular community partnerships is with the Piedmont Master Gardeners. Monthly talks about how to create a bird-friendly yard or test your soil for nutrients draw big audiences, and the pollinator garden is a space for all to enjoy daily. The Master Gardeners come to The Center every Tuesday morning to help maintain the garden, and they are always ready to welcome new volunteers!
These are just a small sampling of the community partnerships that contribute to Center programs, and we are always open to more. If you have a community organization that would like to work with The Center, contact programs@thecentercville.org. ■

Pull-Out Program Calendar

THURSDAY

8:30 TAI CHI \$
9:00 *Ivy Creek Hikers*, Party Bridge, *Retreads Softball*
9:15 PRIMETIME FITNESS \$
10:00 **AA Meeting**
Tap Dance (Int.) \$
10:30 *Chair Yoga*, First Wind Band \$, ARTHRITIS EXERCISE \$
11:15 Tap Dance Lessons (Adv.) \$
12:00 *NIA-Moving to Heal* \$
Music in the Atrium
Sheepshead
Massage Appts. with Rachel Available \$
12:15 BALANCE & STABILIZATION \$
1:00 Apple/Mac Class
Woodcarvers
1:15 Cardio Strength \$
2:00 Backgammon, Cribbage
2:30 **International Folk Dance**
3:30 Tai Chi \$
5:00 **Tap Your Troubles Away** \$
7:00 **Square Dancing**

FRIDAY

8:30 TAI CHI \$, Hatha Yoga \$
9:00 *Level 1 Walking*
9:15 PRIMETIME FITNESS \$
9:30 Friday Art Group
9:45 Tone & Groove \$
10:00 Rummikub
10:45 Flashbacks \$
11:00 Balance with Beth \$
Friday Fitness
Ping Pong
Floor Barre \$
12:00 **Music in the Atrium**
12:15 Beginners Line Dance, Core Stability \$
1:00 Euchre, Still Sharp Singers
Mah Jongg (American)
Writing for Pleasure
1:45 **Improvers/Int. Line Dance**
2:30 **Acoustic Jam Session**
Bingo \$
Barbershop Belles & Beaux
3:30 **Parkinson's Yoga** \$

SATURDAY

9:00 **Lawn Games Available until 2:00**
10:00 **Chess (All Levels)**
MOVE TO THE RHYTHM DANCE PARTY \$
Informal Board Games until 12:00
11:00 Floor Barre \$

The Center at Belvedere

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

4	9:00 Trees, Rocks...in Oils \$ 10:00 Hearing Screenings Guide to Healthy Living \$ 11:00 The Center Players , <i>final</i> 11:30 CAD Nutrition \$ 1:00 Mastering Medicare Drawing with Katie \$ 3:00 Socrates Café 5:30 Pride Movie 6:00 NAMI Support Group Kirtan The Center Players Performance	5	11:00 Domestic Violence 101 1:00 Intermediate Oil Painting \$ 3:00 The Center Players Performance	6	9:30 Paper Painting Minis \$ 12:00 Intro to Tech 1:00 Stay Out of Physical Therapy
11	9:00 Trees, Rocks...in Oils , <i>cont.</i> 10:00 Guide to Healthy Living , <i>cont.</i> 11:30 CAD Nutrition , <i>cont.</i> 1:00 Drawing with Katie , <i>cont.</i> 3:30 Fitness Room Orientation 4:00 Essential Tremor Support Group 5:01 Thursdays Around 5 6:00 African American Book Club Memoried & Storied Book Event 6:30 Charlottesville Camera Club	12	1:00 Bomb Shelter Cafe Singalong Intermediate Oil Painting , <i>cont.</i>	13	9:00 Senior Safety Day (until 1:00) 10:00 Felt a Mini Bear Intermediate Monotype Printmaking \$ Felt a Mini Bear \$
18	9:00 Trees, Rocks...in Oils , <i>cont.</i> 10:00 Guide to Healthy Living , <i>cont.</i> Medical Cannabis 11:30 CAD Nutrition , <i>cont.</i> 1:00 Drawing with Katie , <i>cont.</i> Essential Oil Sugar Scrub \$ 3:00 Socrates Café Pet & Play 5:00 Fitness Room Orientation 6:00 NAMI Support Group Crafting Your Extended Care Plan 6:30 Cajun & Zydeco Dance 7:00 Saxophone Ensemble	19	8:00 Birding at Foxhaven 11:00 Has Your Get Up & Go Got Up & Left? 1:00 Intermediate Oil Painting , <i>cont.</i>	20	11:00 Kirtan 10:00 Intermediate Monotype Printmaking , <i>final</i> Line Dance (Int./Adv.) 12:00 VA POW Camps in WWII 1:00 Stay Out of Physical Therapy
25	9:00 Trees, Rocks...in Oils , <i>cont.</i> 10:00 Guide to Healthy Living , <i>final</i> 11:30 CAD Nutrition , <i>final</i> 1:00 Drawing with Katie , <i>final</i> Blood Pressure Clinic 3:00 Caregivers Discussion Group 5:02 Thursdays Around 5	26	12:00 Don't Operate: Regenerate! 1:00 Intermediate Oil Painting , <i>cont.</i>	27	9:30 Intro to Abstracts \$ 10:00 Stop By Saturday

June 2023

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

MONDAY

7:30 *Senior Golf \$*
8:30 Hatha Yoga \$
9:00 *Hiking*
9:15 PRIMETIME FITNESS \$, Floor Barre \$
9:45 Tone & Groove \$
10:00 Writing for Healing & Growth \$
Sew & Sews, Getting Better at Bridge, **Grateful Threads Quilters**
10:30 *Chair Yoga, Core Stability \$*
11:00 **Silver Swans Ballet II \$**, Poker
11:30 Cardio Strength \$
11:45 BALANCE & STABILIZATION \$
12:15 **Silver Swans Ballet I \$**
12:30 Chess
1:00 Mah-Jongg (Chinese)
Ageless Grace \$
English Country Dance
Music in the Atrium
1:45 Strengthen Your Health & Life \$
2:00 Member Social
2:45 Stretch Your Limits \$
3:30 Tai Chi \$

TUESDAY

9:00 *Retreads Softball*
9:15 PRIMETIME FITNESS \$
10:15 Tap Dance Lessons (Beg) \$
10:30 ARTHRITIS EXERCISE \$
10:45 Second-Wind Band \$
11:00 Tap Dance Lessons (Beg/Int) \$
11:00 **Massage Appointments with Chase (available until 4:00) \$**
11:45 Stretch for Balance & Strength \$
12:30 Party Bridge
12:45 *Beginning Spanish (will not meet June 27)*
1:00 **English Country Dance**
1:15 **Round Dance Lessons \$**
Cardio Strength \$
2:00 *Advanced Beginner Spanish (will not meet June 27)*
GO for Beginners
2:15 Core Stability \$
3:00 **Nail Care Services \$**
3:15 *Keeping Up Your Spanish (will not meet June 27)*
3:30 MOVE TO THE RHYTHM DANCE PARTY \$, **Parkinson's Yoga \$**
5:00 **Fit to Go**
6:00 **AA Women's Group, No-Fall Aikido \$**
Line Dance (Int./Adv.)
6:45 **Families Anonymous**
7:00 **Adult Aikido \$**

WEDNESDAY

8:30 Hatha Yoga \$
9:00 *Hiking*, Fitness Room Orientation
11:00 **Massage Appointments with Chase (available until 4:00) \$**
9:15 Primetime Fitness \$
9:30 Crafty Ladies
9:45 Tone & Groove \$
10:00 *Senior Bowling \$*, Push Card Game
11:00 SENIOR FITNESS, Poker
12:00 **Tops, Canasta, Music in the Atrium**, Crafts DIY, Advanced Line Dance
12:30 **Square Dance Lessons**
1:00 *Ageless Grace \$*, Scrabble
American Mah-Jongg
1:30 Recorder Lessons \$
1:45 Strengthen Your Health & Life \$
2:00 Knit-Wits
2:30 Ping Pong
Conversational Spanish (Beg.)
3:00 Foam Rolling \$
4:15 **Stretch for Balance & Strength \$**
5:00 Line Dance (Beg.)
5:30 Tai Chi \$
6:00 **AA Meeting**
6:30 **International Folk Dance**

5	11:00	Crafting Your Extended Care Plan	6	9:30	Coffee & Caregiving	7	9:30	Veterans Coffee Hour	
	12:30	Intermediate Landscape Oil Painting \$							Kingfishers
	1:00	Council Meeting						11:00	Book Group
	2:00	Bunko		10:00	Try it Out Tuesday		3:00	Poolside Snacks with UVA Dietitians	
	3:00	Drop-in Bereavement Support Group		11:00	Good Life Series		5:00	Movie Night	
			1:00	Name That Tune		5:30	Grief and Death		
			1:15	Round Dance Demo		6:00	Latin Ballroom Dance, final		
			1:30	Paint, Drip & Roll, cont.		7:00	Standard Ballroom Dance, final		
			2:00	Diabetes Discussion Group					
			6:00	Trivia					
			6:30	Piedmont Master Gardeners Talk					
			6:45	Has Your Get Up & Go Got Up & Left?					
12	10:00	Put Type 2 Diabetes in Remission	13	9:30	Intro to Abstracts, final	14	9:00	Drop-in Bereavement Support Group	
	12:30	Intermediate Landscape Oil Painting, cont.		10:00	Money & You		10:00	Welcome Wednesday	
					Paper Crafting \$		10:30	Parkinson Caregiver Support Group	
	1:00	Piedmont Pastelists		1:00	Bookmobile		11:00	Medicare 101	
		Pride Game Day		1:15	Round Dance Demo		1:30	Senior Statesmen Candidate Forum	
	2:00	Current Events		1:30	Paint, Drip & Roll, final		2:00	Ice Cream Social	
					Scrapbooking, cont.		5:30	Songwriter Open Mic Night	
								Grief and Death, cont.	
				2:00	Karaoke		6:00	Moonlighter's Quilting	
				4:00	Singles Schmooze			Latin Ballroom Dance \$	
				4:30	Registered Dietitian Q & A \$		7:00	Standard Ballroom Dance \$	
				6:30	Civil War Round Table				
19	Center Closed for Juneteenth		20	9:30	Alzheimer's Support Group	21	10:00	Hearing Health	
					Acrylic Basics \$		1:00	Let's Talk Books	
							2:00	Managing Guilt	
				10:00	Elder Law		2:30	Macular Degeneration	
				10:30	Move for Health		5:00	Injury & Pain Screening	
				1:00	Mandala Dot Art \$			Movie Night	
				1:30	Scrapbooking, cont.		5:30	Pride Game Night	
6:00	Trivia		Grief and Death, cont.						
					6:00	Welcome Wednesday Evening Ed.			
						Latin Ballroom Dance, cont.			
						Mastering Medicare			
						Veterans Social			
						7:00	Standard Ballroom Dance, cont.		
26	1:00	Who Will Inherit the Mess?	27	9:30	Acrylic Basics, final	28	9:00	Drop-in Bereavement Support Group	
	12:30	Intermediate Landscape Oil Painting, final		10:00	Long Term Care Insurance Q & A		10:30	Parkinson Caregiver Support Group	
		1:00		Landscape Oil Painting for Beginners \$	11:30		Luncheon \$		
				Bookmobile	1:30		Dollhouse Miniatures		
				1:30	Scrapbooking, final		2:00	Pride Movie: Stonewall Uprising	
			2:00	Karaoke		Grief and Death, cont.			
			4:00	Singles Schmooze	6:00	Latin Ballroom Dance, cont.			
						Moonlighter's Quilting			
						7:00	Standard Ballroom Dance, cont.		

Pull-Out Program Calendar

THURSDAY

8:30 TAI CHI \$
9:00 *Ivy Creek Hikers*, Party Bridge, *Retreads Softball*
9:15 PRIMETIME FITNESS \$
10:00 **AA Meeting**
Tap Dance (Int.) \$
10:30 *Chair Yoga*, First Wind Band \$, ARTHRITIS EXERCISE \$
11:15 Tap Dance Lessons (Adv.) \$
12:00 *NIA-Moving to Heal* \$
Music in the Atrium
Sheepshead
Massage Appts. with Rachel Available \$
12:15 BALANCE & STABILIZATION \$
1:00 Apple/Mac Class
Woodcarvers
1:15 Cardio Strength \$
2:00 Backgammon, Cribbage
2:30 **International Folk Dance**
3:00 **Drumming Group**
3:30 Tai Chi \$
5:00 **Tap Your Troubles Away \$**
7:00 **Square Dancing**

FRIDAY

8:30 TAI CHI \$, Hatha Yoga \$
9:00 *Level 1 Walking*
9:15 PRIMETIME FITNESS \$
9:30 Friday Art Group
9:45 Tone & Groove \$
10:00 Rummikub
10:45 Flashbacks \$
11:00 Balance with Beth \$
Friday Fitness
Ping Pong
Floor Barre \$
12:00 **Music in the Atrium**
12:15 Beginners Line Dance, Core Stability \$
1:00 Euchre, Still Sharp Singers
Mah Jongg (American)
Writing for Pleasure
1:45 **Improvers/Int. Line Dance**
2:30 **Acoustic Jam Session**
Bingo \$
Barbershop Belles & Beaux
3:30 **Parkinson's Yoga \$**

SATURDAY

9:00 **Lawn Games Available until 2:00**
10:00 **Chess (All Levels)**
MOVE TO THE RHYTHM DANCE PARTY \$
Informal Board Games until 12:00
11:00 Floor Barre \$

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434.974.7756

1	9:00 10:00 1:00 3:00 6:00	Trees, Rocks...in Oils \$ Hearing Screenings Mastering Medicare Socrates Café NAMI Support Group Kirtan Jazz Jam	2	1:00	Intermediate Oil Painting, <i>cont.</i>	3	9:30 11:00 12:00	Painting with Alcohol Ink \$ Charlottesville Camera Club Artist Reception (until 2:00) Intro to Tech
8	9:00 10:00 3:30 4:00 5:03 6:00 6:30	Trees, Rocks...in Oils, <i>cont.</i> Veteran Burial Benefits Fitness Room Orientation Essential Tremor Support Group Thursdays Around 5 African American Book Club Charlottesville Camera Club	9	1:00	Intermediate Oil Painting, <i>cont.</i>	10	9:30 10:00	Painting with Alcohol Ink Level 2 \$ Celebration of Tales
15	9:00 10:00 3:00 5:00 6:00 6:30 7:00	Trees, Rocks...in Oils, <i>cont.</i> Medical Cannabis Socrates Café Fitness Room Orientation NAMI Support Group Pride Book Event Cajun & Zydeco Dance Clarinet Ensemble	16	8:00 11:00 1:00	Birding at Foxhaven Has Your Get Up & Go Got Up & Left? Intermediate Oil Painting, <i>cont.</i>	17	9:30 10:00 11:00 3:00 TBD	Abstract Minis \$ Line Dance (Int./Adv.) Kirtan Band Concert Black Fiddlers of Monticello
22	9:00 1:00 3:00 5:04	Trees, Rocks...in Oils, <i>final</i> Blood Pressure Clinic Caregivers Discussion Group Thursdays Around 5	23	12:00 1:00	Don't Operate: Regenerate! Intermediate Oil Painting, <i>final</i>	24	9:30 10:00	Open Studio \$ Stop By Saturday
29	9:30	Intermediate Monotype Printmaking \$	30	1:00	Impressionist Painting with Acrylics \$			

May 2023

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

MONDAY	TUESDAY	WEDNESDAY
7:30 <i>Senior Golf \$</i> 8:30 Hatha Yoga \$ 9:00 <i>Hiking</i> 9:15 PRIMETIME FITNESS \$, Floor Barre \$ 9:45 Tone & Groove \$ 10:00 Writing for Healing & Growth \$ Sew & Sews, Getting Better at Bridge, Grateful Threads Quilters 10:30 <i>Chair Yoga</i> , Core Stability \$ 11:00 Silver Swans Ballet II \$, Poker 11:30 Cardio Strength \$ 11:45 BALANCE & STABILIZATION \$ 12:15 Silver Swans Ballet I \$ 12:30 Chess 1:00 Mah-Jongg (Chinese) <i>Ageless Grace \$</i> English Country Dance Music in the Atrium 1:45 Strengthen Your Health & Life \$ 2:00 Member Social 2:45 Stretch Your Limits \$ 3:30 Tai Chi \$	9:00 <i>Retreads Softball</i> 9:15 PRIMETIME FITNESS \$ 10:15 Tap Dance Lessons (Beg) \$ 10:30 ARTHRITIS EXERCISE \$ 10:45 Second-Wind Band \$ 11:00 Tap Dance Lessons (Beg/Int) \$ 11:00 Massage Appointments with Chase (available until 4:00) \$ 11:45 Stretch for Balance & Strength \$ 12:30 Party Bridge 12:45 <i>Beginning Spanish</i> 1:00 English Country Dance 1:15 Round Dance Lessons \$ (no class 5/23 & 30) Cardio Strength \$ 2:00 <i>Advanced Beginner Spanish</i> GO for Beginners 2:15 Core Stability \$ 3:00 Nail Care Services \$ 3:15 <i>Keeping Up Your Spanish</i> 3:30 MOVE TO THE RHYTHM DANCE PARTY \$, Parkinson's Yoga \$ 5:00 Fit to Go 6:00 AA Women's Group, No-Fall Aikido \$ Line Dance (Int./Adv.) 6:45 Families Anonymous 7:00 Adult Aikido \$	8:30 Hatha Yoga \$ 9:00 <i>Hiking</i> , Fitness Room Orientation 11:00 Massage Appointments with Chase (available until 4:00) \$ 9:15 Primetime Fitness \$ 9:30 Crafty Ladies 9:45 Tone & Groove \$ 10:00 <i>Senior Bowling \$</i> , Push Card Game 11:00 SENIOR FITNESS, Poker 12:00 Tops , Canasta, Music in the Atrium , Crafts DIY, Advanced Line Dance 12:30 Square Dance Lessons 1:00 <i>Ageless Grace \$</i> , Scrabble American Mah-Jongg 1:30 Recorder Lessons \$ 1:45 Strengthen Your Health & Life \$ 2:00 Knit-Wits 2:30 Ping Pong Conversational Spanish (Beg.) 3:00 Foam Rolling \$ 4:15 Stretch for Balance & Strength \$ 5:00 Line Dance (Beg.) 5:30 Tai Chi \$ 6:00 AA Meeting 6:30 International Folk Dance
11:00 Advanced Beginner Oils \$ Council Meeting Beginner Guitar Lessons, cont. 2:00 Bunko Intermediate Guitar Lessons, cont. 3:00 Drop-in Bereavement Support Group	29:30 Coffee & Caregiving Injury & Pain Screenings 10:00 Try it Out Tuesday 10:30 Informal Nutrition Q & A 11:00 The Center Players, cont. The Good Life Series 1:00 Name That Tune Reading Carl Jung 1:30 Scrapbooking \$ Puzzle Swap 6:00 Trivia	39:30 Veterans Coffee Hour Kingfishers 10:15 Recorder Quartets (Wednesday Music Club) 11:00 Book Group 1:00 The Center Players, cont. 3:00 Re-Connect Support Group 5:00 Movie Night
810:00 Veteran Burial Benefits & Eligibility 1:00 Advanced Beginner Oils, cont. Piedmont Pastelists Pride Game Day Beginner Guitar Lessons, cont. 2:00 Current Events Intermediate Guitar Lessons, cont.	910:00 Money & You Paper Crafting \$ 1:00 Bookmobile 1:30 Scrapbooking, cont. 2:00 Karaoke 4:00 <i>Singles Schmooze</i> 4:30 Registered Dietitian Q & A 6:00 Jazz Jam 6:30 Civil War Round Table	109:00 Drop-in Bereavement Support Group 10:00 Welcome Wednesday 10:30 Parkinson Caregiver Support Group 11:00 Medicare 101 3:00 Re-Connect Support Group, cont. Life Wishes 5:30 Songwriter Open Mic Night Gay at the CIA 6:00 Moonlighter's Quilting Latin Ballroom Dance \$ 7:00 Standard Ballroom Dance \$
151:00 Advanced Beginner Oils, cont. Beginner Guitar Lessons, cont. 2:00 Bunko Intermediate Guitar Lessons, cont. 3:00 Drop-in Bereavement Support Group	169:30 Alzheimers Support Group 10:00 Elder Law 10:30 Move for Health 1:00 Reading Carl Jung, cont. 1:15 Round Dance 1:30 Scrapbooking, cont. Paint, Drip & Roll \$ 6:00 Trivia	1710:00 Hearing Health 1:00 Let's Talk Books 3:00 Re-Connect Support Group, cont. Life Wishes, cont. 5:00 Injury & Pain Screenings Movie Night 5:30 Pride Game Night 6:00 Welcome Wednesday Evening Ed. The Family Love Letter Latin Ballroom Dance, cont. Mastering Medicare Veterans Social 7:00 Standard Ballroom Dance, cont.
229:00 Beginning Meditation \$ 10:00 Quilling with Cory \$ 12:30 Central VA Watercolor Guild Artist Reception 1:00 Advanced Beginner Oils, cont. Beginner Guitar Lessons, cont. 2:00 Intermediate Guitar Lessons, cont.	2310:00 Long Term Care Insurance Q & A Have You Heard? 1:00 Bookmobile 1:30 Scrapbooking, cont. Paint, Drip & Roll, cont. 2:00 Karaoke 4:00 <i>Singles Schmooze</i> 4:30 Registered Dietitian Q & A \$ 6:00 Medicare & Social Security 101	249:00 Drop-in Bereavement Support Group 10:30 Parkinson Caregiver Support Group 11:00 Reverse Mortgages 11:45 Luncheon \$ 1:30 Dollhouse Miniatures 2:00 Coping Techniques for Caregivers 3:00 Life Wishes, cont. Re-Connect Support Group, cont. Latin Ballroom Dance, cont. 7:00 Standard Ballroom Dance, cont.
29Center Closed for Memorial Day	309:30 Open Studio \$ 1:00 Reading Carl Jung, cont. 1:30 Scrapbooking, final Paint, Drip & Roll, cont.	313:00 Life Wishes, final Re-Connect Support Group, final 6:00 Latin Ballroom Dance, cont. 7:00 Standard Ballroom Dance, cont.



TRAVEL

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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

Thank you to Anthology Senior Living for its sponsorship of travel programming at The Center.

DAY TRIPS

NATIONAL MUSEUM OF THE MARINE CORP

Wednesday, May 10

The National Museum of the Marine Corps is a lasting tribute to U.S. Marines past, present, and future. Featuring world-class exhibits, it is one of the top tourist attractions in the state. Situated adjacent to the Marine Corps Base in Quantico, Virginia, the 120,000 square foot museum’s soaring design evokes the image of the flag-raisers of Iwo Jima. Members \$60; Guests \$80

LEWIS GINTER BOTANICAL GARDEN

Wednesday, May 17

Discover how the beauty of today’s botanical garden began in the bicycle craze of the 1890s as you learn about the history of the property. A guide will share seasonal highlights and explain why the Travel Channel calls Richmond’s Lewis Ginter Botanical Garden the “Best Botanical Garden in the U.S.” Members \$70; Guests \$90



MONACAN INDIAN NATION POWWOW

Sunday, June 4

Travel to Amherst County, VA for the 30th annual Monacan Indian Nation Powwow, a gathering of Native Americans celebrating their culture and traditions. Enjoy dancing and drumming, storytelling, a birds of prey exhibit, and more. The Powwow also includes Native arts and crafts for purchase. Lunch is on your own. Members \$65; Guests \$85

WASHINGTON ON YOUR OWN

Thursday, June 8

Hitch a ride with The Center to Washington D.C., where you can explore the nation’s capital without being restricted by an itinerary. Enjoy your favorite Smithsonian museum, stroll down the National Mall, or discover one of the lesser-known galleries—whatever appeals to you. Drop-off and pick-up will be at the West Wing of the National Gallery of Art. Lunch is on your own. Members \$75; Guests \$95

SWIFT CREEK MILL: THE SWEET DELILAH SWIM CLUB

Wednesday, June 21

The Historic Swift Creek Mill Theare in Chesterfield stages *The Sweet Delilah Swim Club*, a play of Southern women’s friendship. After meeting on their college swim team, five Southern women gather every year at their beach cottage, “Sweet Delilah,” in the Outer Banks without husbands, children, or distractions to catch up, laugh, and meddle in each other’s lives. Lunch is included. Members \$132; Guests \$152



BLACK HISTORY MUSEUM AND CULTURAL CENTER

Wednesday, June 28

Trace the history of Black Americans on a guided tour of the Black History Museum and Cultural Center of Virginia in Richmond. The exhibits place a particular emphasis on Black Virginians and African Americans in the Richmond area. Lunch will be on your own at the Cheesecake Factory in Short Pump Town Center. Members \$62; Guests \$82

GREEN VALLEY BOOK FAIR

Wednesday, September 20

How can you travel to distant lands without leaving Virginia? Let the pages of a book whisk you away! Just south of Harrisonburg in the heart of the beautiful Shenandoah Valley, the Green Valley Book Fair is a discount book outlet store featuring over 500,000 new books at incredible bargain prices. Save up to 90% off retail on thousands of titles spanning fiction, history, health, self-help, religion, science, sports, cooking, home and garden, arts and crafts, reference, nature and outdoors, children’s books, and more. Lunch is on your own at Cracker Barrel. Members \$55; Guests \$75.

GETAWAYS



EAST AFRICAN SAFARI ADVENTURE

June 8–20, 2023

Get ready for the adventure of a lifetime on a small-group safari across Kenya. Experience the best of Kenya’s forests, and savannas, and wildlife habitats. Enjoy thrilling game viewing drives in the Amboseli, Tarangire, Serengeti, and Lake Nakuru National Parks.

ALASKA AND THE YUKON

August 14–26, 2023

Enjoy the majesty of Alaska from awesome fjords to rugged mountains. Travel from Anchorage to Denali National Park and Fairbanks before heading into the Yukon. Visit Dawson City and Whitehorse while traveling through the land of the gold rush before boarding Holland America Line’s *Koningsdam* in Skagway. From there, cruise to Glacier Bay and Ketchikan, then through the Inside Passage to Vancouver, BC.



BEAUFORT HOUSE IN KILLARNEY, IRELAND

September 8–16, 2023

Enjoy a 7-night stay at Beaufort House, a beautiful 18th century house set among 40 acres of woodland overlooking the River Laune. Experience the Ring of Kerry, the Dingle Peninsula, Gap of Dunloe, Blarney Castle, and much more. Package includes round trip airfare, airport transfers, all meals, and day trips.

EGYPT

October 24–November 4, 2023
November 7–18, 2023

Explore a land of ancient treasures from Cairo, the capital and largest city of Egypt, to the Pyramids and the Sphinx. From Aswan to Luxor, a scenic Nile river cruise, temple visits, shopping, and much more. Package includes round trip airfare and two meals per day.

**COME
ALONG!**
CENTER TRIPS ARE
OPEN TO ALL!

WE REMEMBER

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

Rae Black	Edward Dinwiddie	Mary Lewis
Kenneth Boyd	Lindsay Dorrier	Bruce MacCall
James Brinkerhoff	Katharine Dulaney	Diana Mead
Barbara Brodie	Patricia Earle	Bobby Newberry
Elnor Buck	Muriel Edmonds	Gloria Rennolds
William Buckley	Ron Good	M. Jack Rinehart
Nettie Chewing	Robert Harmon	Rosalyn Pollack Saz
Martha Craddock	Frederick Hartling	Ann Symmers
Betsy Critzer	Terry Holland	John Watterson
Jeanne Cross	Edgar Imhoff	Muriel Wiggins
Doris Desper	Fred Kinnaman	Rose Williams

DEI Committee News

A big thanks to Center members Mary and Mike Wilson for their work on Sharing Our Stories: Indigenous Perspectives. Mary, who is of Lakota heritage, and Mike, who is of Potawatomi heritage, led this series of film and discussion classes in March, covering a variety of topics.

Looking ahead, save the date for Thursday, May 11 when Dr. Judith Reifsteck presents her book *Memoried and Storied: Healing Our Shared History of Racial Violence*. Focused on four lynchings between 1878 and 1918, the book tells the stories of these four people’s lives before they were captured and terrorized, as well as how the current day community honors their memory. Seating at The Center’s discussion and book signing will be very limited, so please register online.

On June 10, an all-day event will celebrate multicultural storytellers. See Program Notes for more information!

Last but certainly not least, Pride at The Center celebrates its first anniversary in June! Pride is the promotion of the self-affirmation, dignity, equality, and increased visibility of lesbian, gay, bisexual, transgender, and queer (LGBTQ) people as a social group. Pride counters shame and social stigma to bolster LGBT rights movements. It’s celebratory!

Over the past year, The Center has held Pride movie screenings, game nights, book discussions, speakers, and even off-site activities. Social connections are a critical part of healthy aging and for some LGBTQ folks, The Center is their only source of camaraderie and friendship. We’ve tapped into a big need in our local community and The Center is quickly becoming THE place for LGBTQ and allies aged 50 and better to meet, mix, and mingle. Learn more about Pride at The Center on page 15.

COMMITTEE MEMBERS

Enid Krieger, Chair	Jim Hassmer	Mike Wilson
Jean Foss, Secretary	Joyce Lewis	Mildred Best
Bernadette Whitsett- Hammond	Kathleen Quinn	Paul Jacob
Berta Hysell	Kathy Rouse	Virginia Porter
Bobbi Hughes	Liz Hacking	
Carolyn Merrick	Liz Howard	
Denise Benson	Madison Cummings	

DONATIONS MADE IN HONOR OF (February 1–March 31, 2023)

Melanie Benjamin
by Marilyn & Gene Philippi

Apple/Mac Users Group
by Mary Barnabei
by Julie Bateman
by Bob Boerner
by Lucy Burnette
by Shelby Clements
by Allison Crowell
by Carol Cutler
by Shirley Dow
by Vicky Eicher
by Lynda Fanning
by Dave Foster
by Robert Fox
by Debbie French
by Lynne Gardner

by Gay Goodwin
by John Jackson
by Maxine Lorence
by Ray Pepper
by Carolyn Rader
by Joyce & Ron Root
by Richard Self
by Martha Sikes
by Hedy Southard
by Charles Suter
by Bobbie & Ronald Thompson

The Center At Belvedere
by Debbie & Bill French

Peter M. Thompson
by Betty Bollendorf
by Alison & Bernard Webb

DONATIONS MADE IN MEMORY OF (February 1–March 31, 2023)

Martha Craddock
by Anne Pontuso

Estelle Echols
by Jocelyn & Presley Thach

Eric Hahn
by Elbert Dale

Carl Ogborne
by Judith Ogborne

Harold Olinger
by Nancy Fischer

Anne Waldner
by Wendy Waldner Flynn

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and get weekly Center news updates



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VOLUNTEERING

BOBBI HUGHES

Coordinator of Volunteer Resources
434.220.9755 • bobbi@thecentercville.org

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

What's the Right Volunteer Role for You?

There are many volunteer opportunities at The Center, but two of our greatest areas of need are in the Fitness Room and the Lobby. Anytime The Center is open—and those hours continue to expand—we need volunteer support in these parts of the building for the safety and convenience of all our members and visitors.

The Lobby Ambassador is one of the first people a visitor meets at The Center. They create the welcoming and inviting atmosphere you love, greeting members and guests at the kiosk check-in near the front doors and providing information and assistance. They also conduct tours, which can be a deciding factor for a new member signing up or a community partner choosing to work with us.

Encouraging visitors to check in at the kiosk ensures valuable information about program attendance and more makes its way back to Center staff. How many people visit The Center in a day? How frequently do members take advantage of our amenities? What percentage of those who register online for an event show up? Being able to report on such things helps us make important decisions, share our impact with the community, and pursue vital funding to support our mission. That ability starts with the Lobby Ambassador!

This might be the volunteer placement for you if you're dependable, patient, independent, calm, and supportive. You should be able to walk and stand for periods of time, work collaboratively with Welcome Desk volunteers, and keep up with a busy pace of activity. Excellent customer service and communication skills are a must. Shifts are flexible with a commitment for about three to four hours of work a week.

If you have a passion for physical fitness, you can volunteer in The Center's Fitness Room. Fitness Room Assistants or Monitors ensure everyone conducts their workouts safely by providing oversight, performing general cleanup, and educating members about the fitness program. If you're friendly, customer service-oriented, and independent, the Fitness Room could be a great setting for your volunteer work. You should also be able to maintain strict confidentiality and professional/ethical standards. Shifts are flexible with a commitment for about two to three hours per week.

Interested in either of these positions? Contact Bobbi for more information. ■

Thank you for 250 hours or more of service last year!

Elizabeth Bean
Betty Bollendorf
Rene Bond
Helene Bradley
Larry Broach
Caroline Brown
Patricia Daniele
Gary Denny
Clarece Edson
Andrea Everitt
Sandra Fizer
Deborah Franklin

Susan Goering
Judy Golden
Nancy Gough
Alma Haar
James Hassmer
Margaret Haugen
Paul Jacob
Merle Kinzer
Marian Laman
Patricia McKeown
Michael Micucci
JoAnn Murray

Daniel Nunziato
Carol Riley
Steve Rundle
Zohra Siddiqui
Leonard Sisk
Margaret Slez
Delores Somers
Aloma Stone
Mary Wilson
Michael Wilson

The Center salutes volunteers of 10 years or more!

June Andrews
Mary A. Barnabei
Kimberlee Barrett-Johnson
Elizabeth Bean
Leon Blumreich
Betty Bollendorf
Rene Bond
Barbara Bonesteel
Alice Brady
Linda Breaslu
Judith Cangialosi
Tommy Clark
Tim Conlon
Stephen Cooley
Pete Cross
Jerry Deily
Margaret Dryer
Clarece Edson
Delton Lee Everton
Kenneth Fizer
Sandra Fizer
Mary Jean Foss
Lynette Fountain

Jesse Gammon
Bruce Garretson
Doris Gelbman
Joe Gieck
Judy Golden
Leon Gorman
Nancy Grim
Alma Haar
James Hassmer
Margaret Haugen
Dawn Heneberry
Jane Holbrook
Julie Horne
Inge Hull
Robert M. Hysell
John Jackson
Paul Jacob
Kristin Koch
Howard Lowenstein
Mark Mark
William Marley
Patricia McKeown
Betty A. Moreland

JoAnn Murray
Joann Pearson
Susan Pfannenbecker
William Porter
Juanita Purvis
Karen L. Ramsey
Susan Roberts
Barbara L. Rogers
Bruce Saunders
Mary Short
Zohra Siddiqui
Sheryl Sinar
Leonard Sisk
Aloma Stone
Larry Stremikis
Leonard I. Tuchyner
Jorgen Vik
John Watterson
Linda Weaver
Jane Whitworth
Alan Young



Lobby Ambassador Virginia Porter



Welcome Desk Volunteer Rea Everitt

Did You Know?

The Center's volunteer program isn't a sink or swim scenario! When you work with our Volunteer Coordinator, you'll be carefully matched with a position and nonprofit that suits your skills, gifts, and interests. You'll also receive training and have access to ongoing support throughout your volunteer experience. Call Bobbi today to learn more!

Volunteer Opportunities

In the Community



All Blessings Flow, a faith-based nonprofit organization, collects, refurbishes, and redistributes used medical equipment to those in need throughout Charlottesville and the surrounding area. Volunteers repair equipment, maintain inventory, and pick up and deliver large equipment like medical beds. Contact [Bobbi Hughes](#) or allblessingsflow@yahoo.com for more information.

Overheard at The Center:

“This is such an impressive place! Who pays for all this?”

Great question! The answer might not be what you expect. Unlike other senior centers around the United States, The Center does not receive regular government funding to support its mission. We have membership dues, rental income, travel, and program fees, but these revenue streams still only account for about 40% of what we need to support the wellbeing of older adults in our community.

The remaining 60% comes from **philanthropic gifts!**

As a nonprofit, The Center relies on charitable gifts to keep our programs and services growing, thriving, and accessible to all.

Donations of **all** sizes help cover expenses like onsite and online programs, member scholarships, building and grounds maintenance, utilities, marketing, loan service, salaries and benefits for employees, supplies, licenses, insurance, and more.

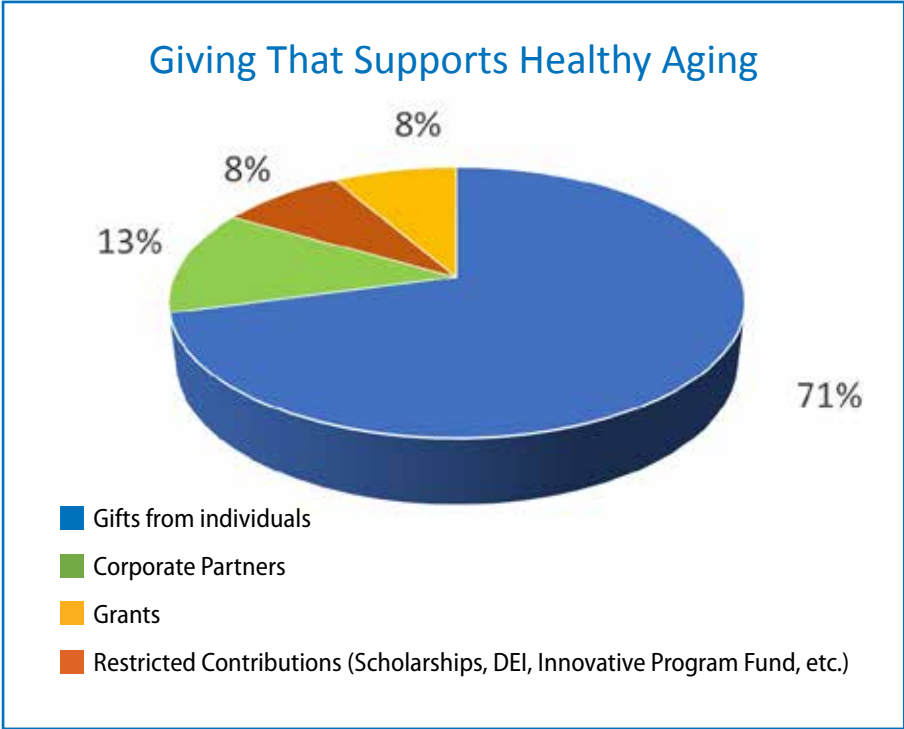
Over 71% of these philanthropic gifts come from individual donors. Last year, nearly 1,000 donors contributed over \$1 million to The Center with gifts ranging from \$1 to \$250,000. (The median gift is \$100.)

Some individuals choose to make contributions to the Center each month. To recognize how important predictable revenue is to The Center, we welcome those monthly donors to our Sustainers’ Circle. Others choose to make gifts of \$1,000 or more each year and become members of The Center’s 1180 Society, named in honor of our former home at 1180 Pepsi Place. Some donors even become members of *both* the Sustainers’ Circle and the 1180 Society by making monthly gifts of \$83.33.

Thirty percent of our Center members support The Center beyond their membership dues, whether that’s by adding a gift to their membership renewal, making a gift online, or supporting The Center during a matching fundraising challenge.

Funding The Center takes every single individual who chooses to offer their financial support. Every gift, regardless of amount, helps to increase the health and wellbeing of older adults.

Beyond individual giving, Corporate Partners contribute 13% of The Center’s philanthropic revenue. Like you, these businesses give to expand access to healthy aging. Many partners also volunteer their time to lead programs or provide information on their services in the Atrium.



Grants from local foundations account for 8% of philanthropic contributions. Another 8% of contributions are made to restricted funds like scholarships; the Innovative Program Fund; Diversity, Equity, and Inclusion programming; and other designated gifts.

How can you help The Center’s philanthropy? Tell the Center’s story, share how it touches you personally, and how it helps our community. Mention our matching challenges to those in your circles. If you hear something about a recent fundraising message that did or did not resonate, let us know. And, if you are able, please financially support The Center. It is true that *every* gift matters!

The next time you hear someone ask, “Who pays for all this?” you can confidently answer: “Our community!” ■



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MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (February 1–March 31, 2023)	
Anonymous	Ralph Miller/RAM Charitable Foundation
Priscilla & Ludy Benjamin	The Rimora Foundation
Anna M. Day Foundation/The Dinwiddie Family	Peter M. Thompson & Barbara A. Millar
Sally Pecora Dunn	Linda Verhagen
Vicky & Larry Eicher	Carolyn & Joseph Warden
Deborah Franklin	Waterstone Mortgage
Hantzmon Wiebel CPA and Advisory Services	Ali & Bernard Webb
Ann Hays	Carol & Jack Weber/Carol & Jack Weber Fund at the CACF
Nancy Hunt	Lee Willis
Kirsten Lynch	
Martha Jefferson House	



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The Center Celebrates a Year of *Pride!*



Denise Benson

This June, The Center celebrates its first anniversary of Pride programming thanks to the tireless work of volunteers like Denise Benson.

Denise became a Center member about five years ago when she retired and quickly started volunteering. You may have seen her at a member luncheon, helping out with the shredding truck, giving a guided tour of the building, or greeting visitors as a Lobby Ambassador.

But her work on Pride events with fellow DEI Committee member Kathleen Quinn is one of her greatest

contributions to The Center.

Denise says, “A year ago, last fall, I went to Jennifer [Crews, The Center’s Program Director] and asked if we could start doing game nights... I used to do game nights at my house [because] people wanted a safe space to go and have fun and not worry. It helps people connect.”

An initial game night quickly ballooned into monthly game nights and afternoons, frequent movie screenings, book signings by LGBTQ authors, The Center’s first Tea Dance in April, and much more.

Pride events have become a significant draw to The Center for new visitors and members.

“Every time we have a game night, there’s somebody new [who says] ‘I didn’t know this building even existed – it’s so cool!’” Denise says. “They’re [usually] newer to town, been here a year or two, and they were looking for LGBT stuff and this is only place that has it.”

She continues, “The reason Pride has been so successful here is there is such a need in this community. There’s nothing for older LGBT adults [in Charlottesville] to do.”

With the recent addition of help from volunteers Alan Cohn and Andy Dunn, off-site events are being added like a bowling night and a monthly brunch get-together.

Alongside these critical social connections, Pride at The Center supports the unique challenges of aging as an LGBTQ person. Community partners have helped inform classes on estate planning and palliative care. Learning how to find an inclusive attorney or physician can make all the difference for healthy aging in the LGBTQ community.

“[We also saw] a good opportunity to educate The Center community,” Denise says. Information sessions at The Center have helped teach good allyship, basic knowledge of LGBTQ issues, and how to support family members when they come out.

Pride at The Center will continue to grow and serve in its second year. For a list of upcoming Pride events, see the box above right. ■

Looking for a party, meeting, or wedding venue?

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1st and 3rd Mondays at 3 p.m.
2nd and 4th Wednesdays at 9 a.m.

Pride Events



**PRIDE MOVIE:
STONEWALL UPRISING**
Free and open to all
Wednesday, June 28
2:00–4:00 pm



**PRIDE MOVIE:
TORCH SONG TRILOGY**
Free and open to all
Thursday, May 4
5:30–7:30 pm

**PRIDE BOOK EVENT:
CHRIS GLENDENNING**
Free and open to all
Thursday, June 15
6:00–7:30 pm

Join us as we enter our second century.

2023 Summer Concert Series

June 6 , The Paramount
June 16, Hazy Mountain Vineyard
June 20, Crozet Park
July 5, The Paramount
July 18, PVCC Outdoors
August 1, Center at Belvedere
August 15, The Paramount

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Lynn Divers at 434.220.9745 or lynn@thecentercityva.org.

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Jen King



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Welcome New Directors

With the turn of a new fiscal year, The Center welcomes new members to its Board of Directors and thanks those rolling off for their service. As the governing body of The Center, the Board of Directors is responsible for strategy, oversight, and accountability, ensuring that actions and operations are advancing our mission in healthy aging. Board members are important ambassadors and advocates for The Center, contributing to the organization's culture and financial sustainability.

We are deeply grateful to the volunteers who have wrapped up terms of service last fiscal year: Bill Tucker, Steve Peters, Paul Matherne, Larry Terry, and Council President Peggy Slez.

As we look ahead to The Center's future as a leader in healthy aging, we welcome three new Directors as of April 1.

Jennifer King returns to the Board, where she previously served two terms including two years as Board President. In addition to her work as CEO and CCO for Chase Investment Counsel Corporation, she holds important civic leadership roles.

A native of Louisa County, Cecil D. Thompson, Jr. held numerous leadership and supervisory positions throughout his military career. After retiring from service at the rank of Major, he began a second career with Charlottesville City Schools as Coordinator of Educational Services and later Coordinator of Support Services. He volunteers with the Albemarle County Sheriff's Office and serves on other community boards.

Gregory Winston—Principal and Founder of Winston & Associates, a consulting company for physician practice management—brings a broad background of experience to the Board. He is familiar with operational, financial, marketing, and general management functions in both the for-profit and nonprofit sectors.

The Council also elected a new President, Greg Menke, who has previously served on the Board of Directors, including two years as President. (See his Council Notes on page 2.)



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