

DISCOVER THE POWER OF HEALTHY AGING

NOVEMBER/DECEMBER 2020

## We're here for you

It's been a year, hasn't it? And it's not over yet. Eight months into the pandemic is starting to feel like forever. How are you doing? Are you comfortably settled in for the long haul or are you worn out by the monotony of the same daily routine? If you are like many of us, the answer changes from day to day—maybe hour to hour.

If you are looking for new ideas or new pleasures, ways to reset your brain or feel rejuvenated, The Center at Belvedere is here to help. Craving something new? Need to connect with other people? Want to make someone else's life a little better? From volunteering to lifelong learning, we've got you covered. Some programs are on-site. Some programs are online. Some are on-site *and* online. Many are available on demand, so you can enjoy them on your own schedule. Your choice!



**BOBBI  
HUGHES**  
Coordinator  
of Volunteer  
Resources

## Volunteering During a Pandemic

During the past several months, I've wondered how to encourage volunteering, as it helps both the volunteer and the recipient of the service. Purpose in life is a proven contributor to health, but volunteering in the time of the COVID-19 is more complicated than in normal circumstances. There are changes in both the demand for services and the types of service delivery. Ensuring everyone's safety is also a priority. So below are a few ideas and tips for helping others—and yourself!—during the pandemic.

- Because most organizations have limited resources and methods for training new volunteers, consider what skills and experience you have that would be a good fit for current volunteer opportunities.
- Be honest with yourself about how much time and energy you have to offer before you commit to an organization. Start with taking on a little less than you think you can manage; you can always take on more once you are sure you can do it.

*Volunteering continued on back cover*

## Live longer stronger. Happier and healthier too, with online and on-site fitness options.

Use it or lose it. This phrase is a testament to the fact that the importance of exercise only increases as you age. If you aren't staying active, your strength and physical health will decline. There is ample scientific evidence that supports the benefits of exercise for all ages, but especially for older adults, who face an increased risk of health issues. While we can't help getting older, there are things we can do to raise our number of healthy years.

Staying active has been shown to decrease risk of heart disease, cancer, and diabetes, but the benefits don't stop there—it's great for your mental health too! Exercising produces endorphins and gives you a physical outlet for any built-up stress. It can also boost your memory and thinking skills.

Maybe you've been trying to stay active but have lost the motivation. Maybe you don't know where to start. That's where The Center at Belvedere comes in. Our beautiful new fitness wing boasts two group exercise studios and an equipped fitness room—everything you need to stay active, no matter where you are in your fitness journey!

The equipped fitness room includes cardio machines, free weights, and a Life Fitness strength circuit. There is also a stretching table and mirrors to check your form; or, should you prefer a different view, a wall of windows overlooking planting beds in a park-like setting. Hop on a treadmill and it's the next best thing to walking outside.

If group exercise is more your style, there are two group exercise rooms with barres, mirrors, and wood-sprung flooring to protect your joints. Our skilled instructors offer yoga classes, boot camp, and everything in between!

The Center's fitness coordinator, Alex Waltrip, is here to help you make the most of our state-of-the-art amenities. He can assist with building strength, endurance, balance, and range of motion, all of which can help you prevent falls, lessen joint pain, and increase mobility. Alex is a certified personal training and can help you reach your health and fitness goals, no matter how big or small.

"I do very much appreciate the benefits of exercise and I am glad that The Center has made it a central part of their mission," says member Beth Shatin. She began taking fitness classes in June, most notably Arthritis Exercise, and has seen great results. "I have abdominal muscles now. I haven't felt those muscles in a long time."

Since the doors opened at The Center at Belvedere, Beth has taken advantage of the flexibility a Prime membership offers—she can take an array of classes to find out which ones are right for her.

The Center's fitness programming offers everything you need to improve your physical endurance and mental clarity. Whether you enjoy solo workouts or prefer a group setting, there is room for you here. Safety is important to us, and you can be confident that when you arrive for your workout, the fitness area has been sanitized and all appropriate safety measures are in place, including masks and physical distancing.

If you are not able to participate in fitness programs on-site, remember that we offer a wide array of online options, either live via Zoom or on-demand via our YouTube channel. Visit [thecentercville.org](http://thecentercville.org) or call the Welcome Desk to learn more. ■



Fitness Coordinator Alex Waltrip offers one-on-one personal training sessions to help you reach your fitness goals. Visit our website or email [alex@thecentercville.org](mailto:alex@thecentercville.org) for info.



Photo by Virginia Hamrick





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

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

**About THE CENTER AT BELVEDERE**

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

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

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

**Membership**

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

**THE CENTER STAFF**

- Eileen Barber

Melanie Benjamin

Jennifer Crews

Emily Evans

Corey Fanning

Judy Gardner

Linda Hahn

Bobbi Hughes

Scott Hilles

Carolyn Merrick

Virginia Peale

Deborah Poage

Kim Shipley

Stephanie Spargur

Peter Thompson

Vincent Walker

Alex Waltrip
- Marketing Coordinator

Philanthropy Director

Program Director

Philanthropy Assistant Director

Greenberry's Manager

Membership Director

Travel Coordinator

Coordinator of Volunteer Resources

Finance & Operations Director

Program Coordinator

Marketing & Communications Director

Administrative Assistant

Controllor

Greenberry's Assistant Manager

Executive Director

Facilities Manager

Fitness Coordinator

**BOARD OF DIRECTORS**

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Rene Bond

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Meet Volunteer **Aida Seidou**

*VCU grad appreciates words of wisdom from her elders*



typical way The Center finds its volunteers, but Aida is far from a typical Center volunteer. After all, how many recent college graduates want a volunteer job at a senior center?

She says she learned about The Center while searching the internet “because I wanted to find somewhere to volunteer in the area, and the Center had a wide variety of volunteer opportunities, so it seemed like the best option.”

This isn’t Aida’s first stint as a volunteer. “My previous experience was what motivated me to try The Center. I enjoyed volunteering at the food shelter, and I wanted to go out and do it again during COVID-19, while I was looking for a job,” says Aida. “I felt that it would be an effective way to spend my time.”

Aida says her experiences at The Center have been very positive. “Members were helpful to me when I mentioned that I was searching for a job. They would talk about their previous jobs and experience before retirement. The advice they gave me about where I could look and apply—schools and universities with

An internet search led Aida Seidou to The Center at Belvedere and to a spot at the Welcome Desk. That might not seem like the

temporary positions—was very helpful to me, and I was thankful to have met them. It’s like having a mentor almost,” she smiles.

According to Aida, working at the Welcome Desk is not stressful at all; in fact, it’s relaxing. “People are all very nice,” she remarks. “Very kind, very helpful, and that’s not always the case in jobs where you interact with people.” And when things get slow, Aida reads fantasy fiction, her favorite literary genre.

Aida grew up in Northern Virginia and moved to Charlottesville after high school. She says that in high school, she “really liked taking art classes, and I’ve been trying to get back into that.” She chose Virginia Commonwealth University for a variety of reasons, including the strength of its business program, the fact that she would be able to take advantage of in-state tuition, and the proximity of its Richmond location to Charlottesville, which made coming home on weekends easy. Aida decided to major in management information systems at VCU because of all the business majors, it was the most flexible and it allows its majors to enter many different fields, such as project management. She enjoyed living in Richmond because of the food and because “There’s lots to do!”

Now that she has graduated, Aida is very glad she can take some time to volunteer while looking for her next adventure. “The Center helps me by allowing me to work with people of different backgrounds and people who are older than I,” she says. Aida feels fortunate to be at The Center, and The Center is lucky to have Aida on its Welcome Desk team! ■

**WELCOME NEW MEMBERS!**



**JUDY GARDNER**  
Membership Director

- Meredith Adams

Muna Al Dabbagh

Jean Balich

Robin Baliles

Margaret Ball

Lucretia Blythe

Donald Bohm

Audrey Bohm

Shirley Broach

Lawrence Broach

Dabney Carr

Patti Cary

Nancy Caton

Kathryn Caverly

Zona Chalifoux

Georgean Ciocca

Diana Clark

Samuel Clark

Anne Cleary

Marie Collier

Cheryl Cooper

Elizabeth Cranmer

- Faye Creighton

Francis Creighton

Robert Crews

Jennifer Crews

Michelle Devine-Rosser

Lindsay Diamond

Janet Dix

Molly Feggans

Elizabeth Fineman

Robyn Fink

Carolyn Fowler

Barbara Fried

Pamela Goodwin

Merlin Gray

Nancy Haynes

David Heilberg

Holly Heilberg

Ruth Henderson

Marian Henneman

Jane Hix

Bobbi Hughes

Sheila Katz

Merle Kinzer

Harriet Lambert

Carolyn Leake

Sondra Leavell

Charles Leavell

Sandra Levy

Jackie Lichtman

Gregory Lynne

Larry Mabry

D. Andrew Macfarlan

Jane Matthews

Carl Matthews

- Daniel McCallum

Diane McCallum

Joanne McMullen

Joan Miller

Elizabeth Millet

Candice Montero

Tom Mraz

Rita Reid

Sandra Rohrstaff

Catherine Rotolo

Jacqueline Salmon

Bill Sams

Ronald Seay

Clifford Seltzer

Teresa Shaner

Robert Shaner

Beth Shannon

Jesse Shipley

Larry Sidwell

Vivienne Sadler Spauls

Claire Sponheim

Joel Spring

Todd Stansbury

Patricia Stephens

Elizabeth Stoner

Mark Syverud

Ellie Syverud

Carole Tamberino

Laure Taylor

David Tewksbury

Ken Walker

Carol Weber

Jack Weber

Robert Williams

- Mary Williams

Caitlin Williams

Carol Willis

Elizabeth Woodard

Linda Wright

Colleen Zanin

**WELCOME BACK!**

- Barbara Ann Boyce

Lynne Brewer

Margaret Rose Byrne

Kathy Cornelius

Julie Estes

Thomas Estes

Mary Farrell

Barbara Febey

Susan Firth

Roger Hall

Theresa Iorio

Juhiza Khamis

Mike Kirkman

Lawrence Lambert

Elizabeth MacLeod

Violet Massey

Clarice Morris

Ella Murphy

Sylvia Rae

Martha Shafiroff

George Travers

Bhavna Trivedi

Sharon White

If you joined or re-joined between March 1 and September 30 and were not recognized here, please contact Judy Gardner.



# programs

**Some are on-site. Some are online. Some are both!**

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

**Register online at [thecentercville.org](http://thecentercville.org) or by calling 434.974.7756.**

Online programs are offered through Zoom, a free, easy-to-install online meeting platform. To access information on how to "attend" these programs:

- visit the particular event page on our website, [www.thecentercville.org](http://www.thecentercville.org) or
- go to the calendar page on the website and click on the event; the link will take you to the page with instructions.

## NEW PROGRAMS

### ZUMBA (on-site)

Open to all

Thursdays, 4:30–5:15 pm

Ditch the workout, join the party! Often called "exercise in disguise," Zumba is a dance party inspired by Latin and international moves and music. The steps are easy to follow and adaptable to all fitness levels. Improve cardiovascular fitness, de-stress, and have fun! Join certified fitness instructor Christine Thalwitz, who has been dancing and teaching group exercise in the Charlottesville area for more than 30 years. Standard members and Guests - \$25/month; Prime – included in membership. Registration required.

## SPECIAL EVENTS

### WRITING STORIES FROM YOUR LIFE EXPERIENCES (online)

Free and open to all

Mondays, November 2, 9, and 16 (three-week class) 2:00–3:30 pm  
(In partnership with WriterHouse)

Have you ever wanted to write about your life but didn't know where to start? Maybe you feel you don't have any interesting stories to tell. Or maybe you have lots of ideas but feel overwhelmed at the thought of the actual writing. This supportive three-part workshop will inspire you with ideas for how to "find" the stories from your life. Feedback will be encouraging and positive to get and keep you writing! Join Renata K. Louwers, WriterHouse member, writer, editor, and co-founder of the literary journal Months to Years.

### THE WALK ACROSS ENGLAND: ONE COUPLE'S TWO-WEEK COAST-TO-COAST JOURNEY (online)

Free and open to all

Thursday, November 5, 4:00–5:30 pm

Walking vacations have become increasingly popular and are a wonderful way to experience the cultures and the natural beauty of a destination. Cynthia

and Mark Lorenzoni, owners of Ragged Mountain Running Shop, share highlights and tips from their recent once-in-a-lifetime hike that spanned three magnificent National Parks and countless quaint, historic villages.



### FIVE ACTIONS TO REDUCE STRESS DURING DIFFICULT TIMES (online)

Free and open to all

Thursday, November 12, 3:00–4:00 pm

The pandemic is creating stress for everyone. Research shows that there are five core human needs that need tending to during times of community crisis. Community Mental Health and Wellness Coalition Director Rebecca Kendal will share actions that anyone can take to help improve coping and mental health during this difficult time.

### THURSDAYS AROUND 5 (on-site)

Free and open to all

The Center at Belvedere's own version of Charlottesville's Fridays After Five. These free live performances showcase area musicians—come hear your favorite musicians or discover new ones!

*Currently limited to 50 people, with registration required. Call Linda Hahn at 434.220.9736 to reserve your spot. No one admitted without a reservation.*

#### DAVID TEWKSBURY

Thursday, November 12, 5:03–7:00 pm



@brian combs/gaslight BC media

Wisconsin-born and Charlottesville-raised, David is a soulful indie folk singer-songwriter. Dubbed "rock poet" by C-VILLE, he has been living, loving, and performing his original music in and around Charlottesville since 1998. Inspired by art rock, jazz fusion, and R&B on the radio, he weds rock's intensity to soul's intimacy, with lyrics that cover the gamut from social justice to heartbreak to life-celebrating anthems. David's 2016 album "Sun is Rising" and his 2014 EP "Five Months from October" can be found on iTunes, Spotify, and multiple online music platforms. WVTF Radio's "Roots Down" host Luke Church says of David: "The essence of being ... the presence of the moment ... a piercing reflection on life. That is the music of David Tewksbury. Come for the winsome melodies and dancing guitar; stay for the rapturous insight into the human condition."

### BACKYARD COMPOSTING (online)

**PRESENTED BY PIEDMONT MASTER GARDENERS**

Free and open to all

Monday, November 16, 3:00 pm

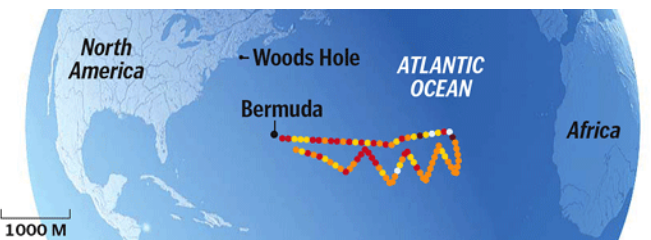
Composting is gardening alchemy. Join Extension Master Gardener Ralph Morini and learn how to turn waste products into gardening gold.

### INTO THE GYRE (online)

Free and open to all

Thursday, November 19, 3:00–4:00 pm

Local resident and longtime sailor and diver Mari-lou Maglione will recount the findings of her six-week research expedition with Sea Education Association out of Woods Hole, MA. The project assessed the scope of plastic pollution in the middle of the North Atlantic Ocean. There will be time for Q & A and discussion about how to address the issue of plastics in the ocean.



### ROCKFISH WILDLIFE SANCTUARY (online)

Free and open to all

Thursday, December 10, 3:00–4:00 pm

Join Sarah Cooperman, Outreach Coordinator and Category IV Wildlife rehabilitator at the Rockfish Wildlife Sanctuary, to learn about the work she does and the species the sanctuary supports.

### MILITARY MEDICINE DURING WWI (online)

Free and open to all

Thursday, December 17, 3:00–4:00 pm

Kristen Pearlstein is the Anatomical Collections Manager at the National Museum of Health and Medicine (NMHM) in Silver Spring, MD. The museum's mission to preserve and explore the impact of military medicine spans more than 150 years. Kristen will present a 45-minute introduction to the challenges and innovations of American military medicine during WWI. Registration required.

## ARTS

### CREATING ACRYLIC POURED ORNAMENTS (on-site)

Open to all

Tuesday, Nov. 10 or 17, 9:00 am–12:00 pm

Get ready for holiday decorating and gift-giving! Select colors and pour acrylic paint on plastic balls to create beautiful, one-of-a-kind ornaments that you can adorn with provided decorative embellishments. Bring your friends and enjoy a FUN class. Standard members and Guests - \$25; Prime members - included in membership. Materials are \$15 per person payable to instructor at the class. Registration required.

### FELTING A TURKEY (on-site)

**Evening Class!**

Open to all

Thursday, November 12, 6:15–8:15 pm

Finally, a turkey that comes out perfect every time! Create a felted turkey for the holidays with fiber artist Donna Markey, who loves teaching and sharing this art form with all ages. Standard members and Guests - \$20; Prime members – included in membership. Materials fee \$10 per person, payable to instructor at the class. Registration required.

### FELTING GNOMES (on-site)

Open to all

Friday, November 13, 1:00–4:00 pm

Give a gnome a home! Traditional to holidays around the world, gnomes are protectors of hearth and home, are never seen in daylight, and bring good luck to the families they live with. Have some fun with fiber artist Donna Markey and create your own needle felt gnome for your home or to bring luck to someone on your holiday list. Standard members and Guests - \$20; Prime members - included in membership. Materials fee \$10 per person for all, payable to instructor at the class. Registration required.



**BASICS OF PAINTING WITH ALCOHOL INK (on-site)**

Open to all  
Tuesday, December 1, 9:00 am–1:00 pm  
Learn about the colorful and delightfully unpredictable medium of alcohol ink. Each person will experiment with different inks and surfaces to create images using various techniques. Artist Jan Settle guides you through the creative process. Standard members and guests - \$30; Prime members – included in membership. Materials are \$25 per person for all, payable to instructor on day of class. Registration required.

**FELTING A SNOWMAN (on-site)**

Open to all  
Friday, December 4, 1:00–4:00 pm  
Join us for holiday crafting fun with fiber artist Donna Markey! You'll expand your needle felting skills by learning how to join multiple pre-felt balls together, make a carrot nose, and adorn these darling snowmen to brighten your holidays or put a smile on the face of a lucky recipient. Standard members and Guests - \$20; Prime members - included in membership. Materials fee is \$10 per person for all participants, payable to instructor on day of class. Registration required.

**SOAP FELTING (on-site)**

Open to all  
Friday, December 11, 1:00–3:00 pm  
Learn the basics of wet felting with fiber artist Donna Markey as you apply a colorful assortment of natural sheep fibers to cover individual bars of soap. Pretty and practical, the wool gently exfoliates your skin, prolongs the life of the soap, and makes the bar easier to hold. Make one for yourself and one to give away—they make lovely gifts! No experience necessary. Standard members and Guests - \$20; Prime members – included in membership. Materials fee is \$6 per person, payable to instructor on day of class. Registration required.

**LIFELONG LEARNING**

**BOOK DISCUSSION GROUP (online)**


First Wednesday of each month, 11:00 am–12:00 pm  
This enthusiastic group meets monthly to discuss predominantly contemporary works of fiction and nonfiction. Participants make suggestions, the group selects the books, and everyone enjoys sharing their impressions of the month's pick. Free for members but first-time guests are always welcome.  
  
Nov. 4 - *The Splendid and the Vile* by Erik Larson  
Dec. 2 - *The Tattooist of Auschwitz* by Heather Morris

**MONEY AND YOU WITH JORGEN VIK (on-site)**  
Free and open to all  
Tuesday, November 10, 10:00–11:30 am  
How might investors handle uncertainty? The future is always unknown. Jorgen Vik, Partner with SKV Group, LLC, will discuss ways to approach investing in the face of uncertainty. Registration required.


Tuesday, December 8, 10:00–11:30 am  
Sharing is caring ... you can't take it with you and you may wish to share some of it while you're here. Jorgen Vik, Partner with SKV Group, LLC, will discuss techniques and considerations when contemplating gifting of assets. Registration required.

**MEDICARE 101 (on-site)**

Free and open to all  
Friday, November 20, 11:00 am–12:00 pm  
Medicare Annual Enrollment Period is from October 15–December 7. This is when individuals who have Medicare can make changes to their coverage. It can be so confusing! Find out what you need to do to take full advantage of the Medicare benefits available. Join Sharon Accardo for the presentation. Registration required.



**THE CENTER**  
FINANCIAL WELLNESS

With support from  **CFA Institute**

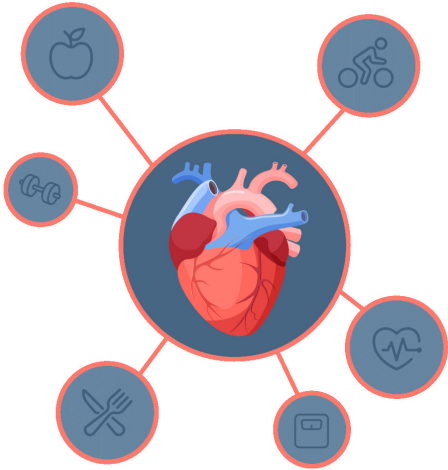
**WEALTH AND ESTATE PLANNING MANAGEMENT (on-site)**  
Free and open to all  
Monday, November 16, 2:00–3:00 pm  
Managing your money can be about more than just paying the bills while you are alive; it can also include making plans for your loved ones or favorite charities after you are gone. Learn what documents you need to have in place (wills, trusts, etc.) and how to organize accounts to take the worry away from your family. You will also learn about probate and how to avoid it. Join Buck Klintworth, portfolio manager at Chase Investment Counsel Corporation, for this informative session. Registration required.

**PHYSICAL WELLBEING**

**PATHWAYS TO FLOURISHING HEALTH LECTURE SERIES**  
Free and open to all

**NEW RESEARCH ON DIETS (online)**  
Friday, November 6, 12:00–1:00 pm  
Patricia Tyndale, RD, is a dietitian with Sentara Martha Jefferson. Join her as she guides you through the most up-to-date information on diet and nutrition. Registration required.

**CARDIOVASCULAR HEALTH: HOW NOT TO DIE OF HEART DISEASE AND STROKE (on-site)**  
Friday, December 4, 12:00–1:00 pm  
Mark Niehaus, MD, is a full-time practicing primary care physician who is double Board Certified in Internal Medicine and Pediatrics. Along with his high level of clinical care and practice management expertise, he is an Associate Clinical Director of the Sentara Quality Care Network. Join him to learn ways to protect yourself from the leading cause of death in Americans. Registration required.



**MOVE FOR HEALTH WITH DARCY HIGGINS, DOCTOR OF PHYSICAL THERAPY (on-site and online)**  
Free and open to all - registration required  
Thursday, November 12, 1:00–2:00 pm  
**Healthy Lungs and Strong Steps:** How to Optimize Your Fitness During a Pandemic

Thursday, December 10, 1:00–2:00 pm  
**A Healthy Mind & Body:** How Activity and Exercise Affects Your Brain and Your Physiology

**A HOLISTIC GUIDE TO BETTER SLEEP (online)**  
Free and open to all  
Wednesday, November 18, 2:00–3:00 pm

Having trouble sleeping? Learn safe, natural approaches to improve the quantity and quality of your sleep. This class will address common issues that disturb sleep, what makes for good “sleep hygiene”, and lifestyle, dietary, and meditation-based habits that you can implement to help you rest well. Presenter Jamie Paxton, licensed acupuncturist and herbalist, focuses on the intersection of physical, mental, and emotional health for ongoing wellbeing.

**HEARING HEALTH WITH EVOLUTION HEARING (on-site and online)**  
Free and open to all  
Wednesday, Nov. 18, 10:00–11:00 am  
**UNDERSTANDING YOUR HEARING TEST** - Confused about what your hearing test results have shown? High tones, low pitch, decreased volume ... the terms can be overwhelming and often are misunderstood. Join us for a plain and simple explanation of hearing test results and what they mean for you. We'll have examples, but feel free to bring a copy of your own hearing test. Registration required.

Wednesday, Dec. 16, 10:00–11:00 am  
**NEW TECHNOLOGY IN HEARING AIDS** - The world of hearing aids is exciting but confusing! Technology is always changing. Did you know that some hearing aids are now waterproof, have Bluetooth, and can communicate directly with your TV and/or cell phone? Come learn about game-changing technology featured in today's aids, whether you've been wearing hearing aids for years or just learning about what could work for you. Registration required.

**SOCIAL/RECREATION**

**BRIDGE LESSONS FOR BEGINNERS (on-site)**  
Open to all  
Friday, November 20, 1:00–3:00 pm  
Lesson Three  
Lesson three introduces the concept of “Bidding Conventions” with first-level explanations and examples of several current and commonly used conventions. Play of the hand topic will include opening leads against suit and no-trump contracts. Experienced bridge player and teacher Ken Marino is the instructor. Free for Prime and Standard members; \$20 for Guests. Registration required.

Friday, December 18, 1:00–3:00 pm  
Lesson Four  
In this fourth lesson, experienced bridge player and teacher Ken Marino provides a summary and review of lessons one through three. Free for Prime and Standard members; \$20 for Guests. Registration required.



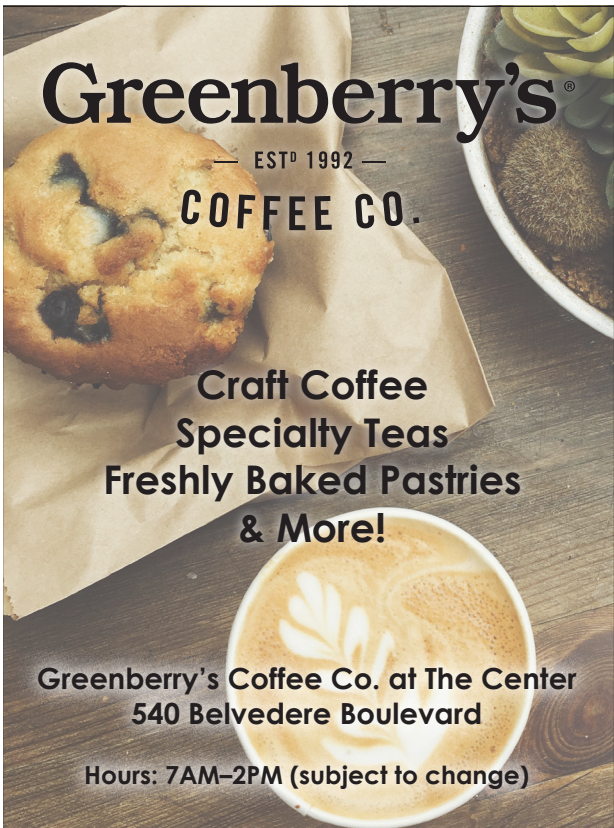
## SUPPORT GROUPS

## ESSENTIAL TREMOR SUPPORT GROUP (on-site)

## Free and open to all

Thursday, November 12, 4:00 pm  
(meets the 2nd Thursdays )

Also known as familial tremor, benign essential tremor, or hereditary tremor, ET is a neurological condition often confused with Parkinson's disease and dystopia. Due to misguided beliefs and lack of awareness, many people with this condition never seek medical care though most would benefit from treatment. This group is both educational and supportive.



## WE REMEMBER

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

Heinz Adam  
Mason Allen  
Edgar Ansell  
Dorothy Bailey  
Jeff Baker  
Benjamin Bealor  
Frances Bean  
Walter Bibb  
Jean Booker  
David Bowerman  
Alice Brower  
Lois Brown  
Henry Burton  
Norman Canfield  
Richard Carpenter  
Jens Clark  
John Colley  
Ron Comfort  
Howard Craddock  
Anne Crigler  
Georgia Davidson  
Harold Davis  
Barbara Drake  
James Dunstan  
Earnest Edwards  
Verna Fleming  
Jeanne Fournier  
Lurli Gay  
Jean Glakas  
Gerald Goldstein  
Sandy Good

Vesta Lee Gordon  
Irene Groner  
Linda Halterman  
Elmira Hammond  
Mary Alice Hennigan  
Suzanne Hildebrand  
Addison Hobbs  
Anna Holley  
Betty Holloway  
Carter Houck  
Margaret Hutcherson  
F. Arlene Jacobs  
Lucie Kelly  
Jane Kerewich  
David Kraus  
Jane Kruse  
Elizabeth C. Langhorne  
Betty H. Lawson  
Shirley Lindsay  
Joyce Lively  
Sandra Lloyd  
Delores Martin  
Grace McCabe Best  
Edna Lucille Melton  
Mary Moon  
Nellie Moubry  
Allyne Mundy  
Earl Napier  
Pamela Neale  
Roland Nelson  
Hilda Nelson

Knut Olsen  
James Parks  
Frances Petree  
Cordelia Plunkett  
Dorothea Reilly  
Gilbert Rose  
Don Sandridge  
Edward Schuler  
John A. Schwab  
Nancy Selden  
Mildred Anne Shelton  
Dorothy Shields  
Huey Shifflett  
W. H. Showalter  
Lon Smith  
Sondra Snow  
Arthur Stein  
Alice Stratos  
Robert Stroud  
Joseph Teague  
Rodney S. Thomas  
Richard Thurston  
Elizabeth Tice  
Jane Tolleson  
Frances Trout  
Maryalesia Watson  
Mary Wheeler



*Shared spaces. Private spaces.*  
**SPECIAL SPACES TO BE TOGETHER.**



► **Enjoy quality and quantity!**

Linden House's many happy couples enjoy beautifully appointed and generously proportioned residences. Even when each individual requires a different level of care, couples can continue together to enjoy living life to the fullest.

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- Medication and nursing assistance
- Inclusive monthly rent
- Chef-prepared dining, indoors and al fresco
- Transportation
- Location convenient to Route 29
- Vibrant activities calendar
- Housekeeping
- Very pet-friendly
- Locally-owned and operated

9



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tour online  
or schedule  
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Lots of different information to convey in small squares, so please use the calendar key at right to determine whether a program is being offered online, on-site, or both. You can also refer to the program notes on pages 3-4, or check the website.

Table with 5 columns: Every MONDAY, Every TUESDAY, Every WEDNESDAY, Every THURSDAY, Every FRIDAY. Each column lists various programs with times and costs. Includes a 'November' label on the right.

Calendar grid for November 2020. Each date cell contains a list of programs for that day, including times and costs. For example, Nov 2 has '1:00 Senior Council' and '2:00 Writing Stories'.

Leaving a Legacy
The Inspiration behind The Robey Society



Since its founding in 1960, The Center has relied on philanthropic gifts to advance our mission to support healthy, active aging for older adults in the greater Charlottesville-Albemarle area. Thousands of community members have made gifts that support Center programs, resources, staffing, and facilities. Among the many ways that individuals have chosen to support The Center is through legacy giving, also referred to as planned giving. Legacy giving is a charitable contribution made as part of a donor’s overall financial or estate plan. One of the most common types of legacy giving is a bequest. Using an estate plan, such as a will or living trust, an individual arranges for a charity to receive a gift upon their death. Gifts can include cash, stocks, life insurance, real estate, personal property, or other assets. “The Center has benefited significantly from legacy gifts,” says executive director Peter Thompson. “What a person includes in their estate plan speaks to the people and causes they value most in life. I feel deeply grateful and humbled every time I learn The Center is a beneficiary of someone’s estate.” In 1990 The Center (then the Senior Center)—which over the years had rented different spaces downtown—hoped to construct its

own building on 1180 Pepsi Place. The land had been secured through a gift from the Jessup family, but money for construction was still needed. A capital campaign was underway when Center leaders received a surprising notification: a large bequest would soon be distributed to the Senior Center from the estate of Ms. Frances Jean Robey. Although not a member herself, Ms. Robey had friends who enjoyed The Center and would often tell her about their experiences. “Jean was a quiet, generous person,” remembers her friend and former neighbor Suzanne Burch. “I remember my children wanted to surprise me with a new brass bed for my birthday. Unfortunately, the bed needed to be delivered a week before the celebration. Jean volunteered to have everything delivered and set up in her living room. As I remember, it was a large bed and not a large living room. But that was Jean, she did it so I could be surprised on my birthday.” At her death, Ms. Robey left her entire estate to the Senior Center, providing the funds needed to complete construction of the much-needed new building on Pepsi Place (now Hillsdale Drive). From its home there, the Senior Center served thousands of older adults for nearly 30 years. In 2020 The Center used the proceeds from the sale of that building to help pay for construction of our new home for healthy aging, The Center at Belvedere. “Ms. Robey’s generous bequest not only helped build the Senior Center on Hillsdale, but also helped us build The Center at Belvedere,” notes Melanie Benjamin, philanthropy director at The Center. “Her story is a great example of the profound difference legacy gifts make. It’s also why The Center’s planned giving society is named in her honor.” The Robey Legacy Society recognizes individuals who name The Center as a beneficiary in their will, estate plans, or other deferred gift. If you have named The Center as a beneficiary of your estate or want to learn more about legacy giving, please contact Melanie Benjamin at 434.220.9744 or email her at melanie@thecentercville.org.



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

| Every MONDAY   | Every TUESDAY   | Every WEDNESDAY  | Every THURSDAY   | Every FRIDAY  |
|--|---|--|--|---|
| 8:30 Tai Chi \$<br><i>9:00 Hiking</i><br>9:15 PRIMETIME FITNESS \$<br><i>10:00 Writing for Healing &amp; Growth \$</i><br>10:30 Chair Yoga<br>11:45 BALANCE & STABILIZATION \$<br><br><i>1:00 Ageless Grace \$,</i><br>Mah-Jongg (Chinese),<br><i>6:15 Intermediate Line Dance</i> | 9:15 PRIMETIME FITNESS \$<br>10:30 Arthritis Exercise \$<br>11:45 Stretch Class \$<br><i>1:00 Beginning Line Dance,</i><br><i>Beginning Spanish</i><br><i>(will not meet Dec. 29)</i><br><i>2:10 Intermediate Spanish</i><br><i>(will not meet Dec. 29)</i><br><i>3:20 Advanced Spanish</i><br><i>(will not meet Dec. 29)</i><br>3:30 MOVE TO THE RHYTHM \$ | 8:30 Tai Chi \$<br><i>9:00 Hiking</i><br><i>9:15 PRIMETIME FITNESS \$</i><br><i>(Online only on Wed)</i><br>9:30 Crafty Ladies<br>11:00 SENIOR FITNESS<br>12:00 <b>Tops</b><br><i>1:00 Ageless Grace \$</i><br>2:00 <b>Square Dance Lessons</b><br>3:00 Knit-Wits, Ping Pong | 9:15 PRIMETIME FITNESS \$<br><i>10:30 Chair Yoga,</i><br>Tap Dancing Lessons \$,<br>10:45 Arthritis Exercise<br>11:00 Crafts DIY<br>11:45 BALANCE & STABILIZATION \$<br><i>12:00 NIA-Moving to Heal,</i><br>Reading for Pleasure<br>1:00 Apple/Mac Class,<br>Woodcarvers<br>2:30 <b>International Folk Dance</b><br><b>4:30 Zumba! \$</b><br><i>6:15 Intermediate Line Dance</i> | 8:30 Tai Chi \$<br>9:15 PRIMETIME FITNESS \$<br><i>11:00 Friday Fitness</i><br>12:00 Writing for Pleasure<br>1:00 Beginning Line Dance<br>2:00 Improvers Line Dance<br>3:00 Intermediate Line Dance |
| Every week ... recurring weekly or daily programs are at the top.<br>Not every week ... monthly, semi-monthly, special events, etc. are below.   |   |  |  |   |

| December                       | 1<br>9:00 Painting w/ Alcohol Ink \$<br>10:00 Try It Out Tuesday   | 2<br>9:30 Kingfishers<br>11:00 Book Group                           | 3<br>3:00 Socrates Cafe   | 4<br>12:00 Pathways to Flourishing Health<br>1:00 Felting a Snowman \$ |
|--------------------------------|--|---|---|--|
| 7<br>1:00 Senior Council       | 8<br>10:00 Money & You w/ Jorgen<br>11:00 Advocating for a Loved One During COVID<br>2:00 Meditation Class | 9   | 10<br>1:00 Move for Health w/ Darcy Higgins<br>3:00 Rockfish Wildlife Sanctuary<br>Hanukkah | 11<br>1:00 Soap Felting \$   |
| 14<br>1:00 Piedmont Pastelists | 15   | 16<br>10:00 HEARING HEALTH<br>10:00 New & Prospective Member Coffee | 17<br>3:00 Military Medicine During WWI<br>3:00 Socrates Cafe                               | 18<br>1:00 Bridge Lessons for Beginners (Lesson 4)                     |
| 21                             | 22<br>10:00 Long Term Care Q&A (appt. only)<br>2:00 Meditation Class                                       | 23  | 24<br>Closed<br>Christmas Eve   | 25<br>Closed<br>Christmas Day  |
| 28<br>Closed                   | 29<br>Closed   | 30<br>Closed  | 31<br>Closed<br>New Year's Eve  | January 1<br>Closed<br>New Year's Day                                  |

THE ROBEY SOCIETY

- Anonymous (13)

Willis F. Abbey\*

Edith & Heinz Adam\*

Elizabeth Allen Allan

Kimberlee Barrett-Johnson

Alice Mae Auciello\*

Gene B. Barnes\*

Janie Caldwell\*

V. Jacqueline Carroll\*

Patricia C. Cook\*

Carol & S. Bruce\* Copeland

Violet Crawford

Raymond E. East

Vicky & Larry Eicher

William L. Ema

Rosemary "Sam" Evans & Kenneth Shade

J. Hiram Ewald

Sally & Joe Gieck

Betty Gore

Barbara A. Graham\*

Harriet Handsfield\*

Margaret Harris\*

Inge & Carl\* Hull
- Thomas W. Hurlburt

Phyllis D. Jackson

Lois Johnson\*

Bruce Keith

Martha B. Lowrance\*

Jane M. Lynch

Nella R. & Ian L. R. MacLeod\*

Ronald A. Mohr\*

Corinne & Norman Nettleton\*

Deborah Norton

Joanne M. Phillips\*

Helen & Bruce Richardson\*

Frances Jean Robey\*

Randy Rinehart

Mary Anna & Edwin Rushia\*

Dawn Schultz

Daphne E. Teegarden

Peter M. Thompson

Margaret A. Turner\*

Charles E. Walker

Jon Beverly Whitlock\*

Jane M. Whitworth

Shirley & Robert Wilson\*

Thomas F. Wingfield\*

\* deceased

MANY THANKS TO THESE 1180 SOCIETY MEMBERS!  
(August 1-September 30, 2020)

- Suzanne Burch

Cliff & Charlotte Erickson

Sally & Joe Gieck
- Robert Taylor

Carol & Jack Weber

DONATIONS MADE IN HONOR OF  
(August 1-September 30, 2020)

- Judy Gardner

by: Jay Gammon & Lee Blumreich
- Paul Jacob

by: Sonnia Kesser
- Bobbi Hughes

by: Jay Gammon & Lee Blumreich
- Clay Sisk

by: Lucy Burnette

DONATIONS MADE IN MEMORY OF  
(August 1-September 30, 2020)

- Shirley Bloom

by: Janice Creasy
- Bob Walker

by: Robert Whaley, Jr.
- Hamilton Creasy

by: Janice Creasy
- Bev Whitlock

by: Jeannine "JJ" Towler
- Myra Hammond

by: Margie Adamson
- Drs. Edwin & Mary Anna Rushia

by: Janice Creasy



Volunteering, continued

- With physical distancing, a phone call may be the only way to check on seniors home alone or on lockdown in assisted living facilities for extended periods. Many local churches and organizations such as The Center and JABA have organized calls to seniors to offer help or someone to talk to.
- Remind—and offer to help—people to stay connected through technology. Talking them through downloading a podcast or connecting to the digital books or recordings at the library can make a big difference. Teach someone how to FaceTime or video conference. Sharing written instructions or step-by-step tutorials can also help.
- If you know how to sew, join the effort to make homemade masks. Go online to [uvahealth.com/services/covid19/making-face-masks](http://uvahealth.com/services/covid19/making-face-masks) or look at videos on Facebook and YouTube for step-by-step directions.
- Many local groups have come together to provide online tutoring for students doing virtual learning. Check with JABA's FISH program, the Civilian Education Corps, the Boys and Girls Club, and local school divisions for opportunities.

Two ways to connect with volunteer opportunities in our area are by emailing [volunteer@thecentercville.org](mailto:volunteer@thecentercville.org) or visiting [www.cvillevolunteer.org](http://www.cvillevolunteer.org). Email a volunteer coordinator or call before you visit an organization, as most places have very specific needs right now. Don't take it personally if an organization can't use your help right now; keeping everyone safe may mean limits on how many people they can take. Keep trying, though, as volunteer opportunities continue to evolve.

Source: [everydayhealth.com](http://everydayhealth.com): "How and Where to Volunteer During the Coronavirus Pandemic"

The Center at Belvedere  
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Charlottesville, VA 22901

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## COME ALONG!

### Dreaming about your next vacation?

Or do you just want to get away now? Stop by The Center's travel office (no appointment necessary) and find out about things you can do safely now and in the future. Linda Hahn, travel coordinator and certified travel agent—or one of her volunteers—will be happy to assist you. All trips and travel services are open to the public of all ages.

**Travel Office Hours**  
Monday–Friday 9am–1pm  
434.974.6538  
Email: [Linda@thecentercville.org](mailto:Linda@thecentercville.org)

#### Why travel with The Center?

- The travel center is IATA-accredited and a member of the Travel Leaders Network.
- Group travel offers ease and peace of mind—you just relax and enjoy your adventure, whether it's a fun day trip or an exciting getaway.
- Need personal travel services? A certified travel agent with 30+ years of experience will see you through from beginning to end.
- All trips and travel services are open to the public of all ages.

nean more than a thousand years ago. Nearly 300 objects from the 8th century will be on display. Lunch is on your own at the museum café. Prime and standard members \$65; Guests \$85



turn, shop 'til you drop at Williamsburg Premium Outlets. Breakfast is included at the hotel. Holiday decorations will be on display. Contact the travel office at 434.974.6583 or visit the website to reserve your spot!

#### VILANOVA, SPAIN

April 13–21, 2021

Join us for a stay at Masia Notari, a rustic property where past elements are blended with modern-day comforts. Located 45 minutes from Barcelona, it's a perfect location from which to enjoy day trips and the beauty and history of Spain. Price includes roundtrip transfers and air, all meals, gratuities, and six day trips. For more information contact Linda Hahn at 434.974.6583.

#### EXCLUSIVE NATURE & PHOTO TOUR OF ICELAND

August 18–30, 2021

Iceland is magical, especially in late summer when the colors, weather, and angles of sunlight are transitioning into fall. This 12-day tour with a veteran guide gives great insight into Iceland's unique nature and culture, with the bonus of experiencing the country's burgeoning culinary scene. The all-inclusive package includes round trip transfers air and ground, all meals, day trips, transportation in Iceland, and gratuities. Travel Protection is additional. Only a few spaces available—contact the travel center at 434.974.6583 to reserve your spot!

### DAY TRIPS

#### TREASURES OF ANCIENT EGYPT: SUNKEN CITIES

Thursday, November 19

Dive into one of the most astonishing discoveries of all time at the Virginia Museum of Fine Arts. This exhibition is a once-in-a-lifetime chance to see treasures recovered from two powerful ancient Egyptian cities that sank into the Mediterra-

### GETAWAYS

#### WILLIAMSBURG

December 7–8

Enjoy a one-night stay at the Griffin Hotel in Williamsburg's historic district. You will have time to stroll, dine (on your own), and shop. On the way, enjoy shopping at the Williamsburg Pottery a great chance to pick up some holiday gifts. On the re-