



On Exhibit

Works by members of BozART Fine Arts Collective and watercolorist Jane Skafta will be on display and for sale at The Center through December. Come and stroll the gallery halls on the first and second floors anytime The Center is open. Lounge areas on the second floor provide nice vantage points, should you want to linger, perhaps while discussing the art with a friend over a good cup of coffee from our Greenberry's coffee shop.



November is Native American Heritage Month

If you visit The Center in November, you will notice red dresses in the lobby. These dresses are symbolic of the thousands of native women and children who are murdered or go missing each year. To learn more, visit www.reddressproject.com.



Mark Patterson and the Midnight Special

November 11, 5:01–7:00 pm

This fun band has played extensively throughout Virginia, West Virginia, Kentucky, and Florida for over 40 years. Specializing in classic country, oldies rock 'n' roll, and a touch of bluegrass music, they have performed with Conway Twitty, Johnny Paycheck, Keith Whitley, and Lee Roy Parnell. Free and open to all; please register.

106 Street Eats food truck will be on-site with food available for purchase.

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- More!

Building a More Inclusive Community

Fall speaker series focusing on Indigenous Americans begins November 3

JOIN US FOR THE FOURTH EDITION OF THE CENTER'S BUILDING A MORE DIVERSE COMMUNITY speaker series, "Indigenous Americans – "We're Still Here," which focuses on Native Peoples of America and their cultures—past, present, and future. Many of us are unaware of much of the rich history of the hundreds of sovereign nations indigenous to North America. This series will look at how Native American Peoples have influenced and impacted our country and community, and will address questions such as how many Indigenous Peoples are left in America, where they are, and what it means to be a federally- or state-recognized tribe.

The speaker series aims to contribute to a stronger, healthier community by providing both education and a safe space for discussion of the problems of exclusion—past and present. As part of that, attendees will gain an understanding of how to be culturally sensitive and respectful when talking about Indigenous Americans and the issues they face.

The online event, organized by The Center's Diversity, Equity and Inclusion Committee, runs from 5:30–7:00 PM on the first three Wednesdays in November and the first Wednesday in December. Presentations are free and open to the public. To register, visit our website at thecentercville.org. ■



November 3 — "Pre- and Post-European Contact"

Dr. Kasey Jernigan, a citizen of the Choctaw Nation of Oklahoma and an Assistant Professor of Anthropology and American Studies at UVA, will offer an overview of Indigenous peoples' pre-European contact, focusing on what is currently known as Virginia and the southeastern seaboard.



November 10 — "Mapping Erasure: Acknowledging the Siouan Indians of the Piedmont"

Lucie Wall Stylianopoulos (North Carolina Saponi heritage) is the Research Librarian for Art, Archaeology, Classics, and Indigenous Studies at UVA. She will discuss her exploration of the Catawba deerskin map and colonial settler maps of Piedmont North Carolina and Virginia.



November 17 — "In Local Schools: Efforts to Re-center Indigenous American Identities and Lenses"

Albemarle County Public Schools Equity Specialist Lars Holmstrom will share how the school division is working to build partnerships and take actions to re-center Indigenous American identities and perspectives, prioritizing those of the seven federally recognized Tribes of Virginia.



December 1 — "The Future of Native Americans" Panel Discussion

Michael Wilson (Potawatomi Heritage), retired Clinical Social Worker, will moderate a panel of Native young adults as they describe their personal journeys growing up, attending post-secondary education, and moving into their chosen careers in a culture that has been impacted by continued attempts at erasure of Native Americans.

Meet Member Phyllis Reed

Phyllis has graciously allowed us to share an essay she wrote about The Center.

Belonging at The Center

The past few months have seen my aging body grow stronger, more flexible, more agile ... and filled with more joy. It makes me smile as I write this down. For years, I resisted joining anything that had senior in its title, and perhaps that is why "The Center" is no longer called the 'Senior' Center. Maybe others have the same problem accepting the reality of aging. Feeling certain that The Center was not for me (it is hard to be the same age as "old people"), I went for a membership tour.

The weather has been very hot this summer and the air-conditioned classes seemed appealing. Soooo, I found their promised com-

See Member on page 7





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

Hours

Monday, Wednesday, Friday 8:30am-4:30pm
Tuesday & Thursday 8:30am-8:00 pm
Greenberry's: Monday-Friday 7:00 am-4:00 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 has been an independent 501(c) (3) charitable organization since 1963 and receives no federal, state, or local government funding for operations.

Healthy Aging for All

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

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

BOARD OF DIRECTORS

Jennifer King	President
Larry Martin	Vice President
Patti Cary	Treasurer
Rene Bond	Secretary
Dan Brody	Paul Matherne
Mark Brown	Steve Peters
Katie Caverly	Christine Thalwitz
Joyce Turner Lewis	Peggy Slez
Sean Greer	Larry Terry
Jean Hart	Bill Tucker
Deidra Massie	Mary Wilson

For a list of staff members, please visit our website.

COUNCIL NOTES

The Center Council is a communication conduit and advisory body to The Center Board of Directors and staff. Program leaders or their chosen representatives are voting members of the Council but anyone who is a member of The Center is most welcome to attend the monthly meetings, to participate in the lively discussions, and to share issues and concerns. Council meetings are held on the first Monday of the month at 1:00 p.m. Dates and agenda highlights for upcoming meetings are below.

Monday, November 1 – Board of Directors member Jean Hart will be the special guest, and Council members will approve the appointment of a nominating committee for the election of Council officers at the March 2022 meeting.

Monday, December 6 – Guest speaker will be Greg Menke, immediate past president of the Board of Directors and current member of the Board Finance Committee. In anticipation of The Center’s FY2023 budget planning process, Council members are encouraged to bring suggestions and ideas to this meeting.

—Peggy Slez, Council President



MEMBERSHIP

KEVREYL WELLS
MEMBERSHIP COORDINATOR
434.974.7756 • kevreyl@thecentercville.org

WELCOME NEW MEMBERS!

Christine Allison	Robert Galione	Sharon Petro
Susan Allport	Ann Galione	Linda Pickett
Regla Armengol	Alfredo Gaw	Phyllis Price
Victor Armengol	Jane Hackett	Gwendolyn Reynolds
Aina Arnold	Rebecca Hall	Barbara Ronan
Mildred Best	Carla Hallstead	Charles Roth
Joan Bishop	Nancy Hankinson	Joan Rough
Barry Blumenthal	Kelly Hart	William Rough
Lori Borish	Charles Hart III	Anne Sartori
Peter Briggs	Carroll Hartman	Mary Schoonver
Margaret Briggs	Linda Hill	Peggy Seelman
Mark Brown	Carolyn Houchens	Julia Smith
Joelyn Chase	Dennis Housdan	William Smith
Carl Cholewa	Wayne Jackson	Carole Smith
Lisa Clyman	Lynne Johnson	Robert Spekman
Richard Cornelius	Betty Jones	Shirley Springer
Marguerite Creasy	Robert Latham	Debra Stone
Charmaine Crowell White	Naomi Long	Beverly Stowe
Carolyn Crutchfield	David Mattern	Patricia Streckfuss
Charlotte Crystal	Larry McElwain	Mary "Page" Sullivan
Robert Davies	Kathryn McElwain	Mary Tjaden
Nancy Difeo	Carolyn McPherson	Patricia Turner
Mary Dodge	Michael McPherson	Marion Votaw
Patricia Dombrowe	Cynthia Misicka	Beverly Warren
Dolores Dwyer	Joy Molgenegg	Mary Wiley
Lawrence Elliott	Angela Orebaugh	Tammy Wilt
Herb Ely	Karen Parks	Debra Wolfrey
Diane Fletcher	Bill Pelton	Debbie Wong
Patricia Franco	Louise Pelton	

If you joined between August 1 and September 30 and were not recognized here, please contact KevReyl.

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

MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (August 1-September 30, 2021)

Jeanmarie Badar & Jim Kauffman
Betty Bollendorf
Dotty & Larry Brown
Diana & Samuel Clark
Joy & Pete Cross
Jo Glover & Christopher Lorish
Sally & Joe Gieck
Jolene Green
Marge Haugen
Dawn & Ted Heneberry
Richard Howard-Smith
Nancy Hunt
Mark Kastan
Janemarie & Donald King
Diane & Daniel McCallum
Bonnie & Charles Moorman
Ann & Carter Myers
Carl Newman
Ruth Parsons
William Sihler
Peggy Slez
The Charles Fund
The Colonnades
Linda Verhagen
Lucy & Ken Wallenborn
Jane Whitworth
Mary & Michael Wilson
Mr. & Mrs. Greg Yoder

DONATIONS MADE IN MEMORY OF (August 1-September 30, 2021)

Libba & Bill Dudley
by: Jane Whitworth

Horace Fidler
by: Betsy Bean

Mary Lederman
by: Lynette & Israel Menchero

Gilbert Roy
by: Diana & Samuel Clark
Melanie Benjamin
Beverly Almond
Peter M. Thompson

Mary Elizabeth Sihler
by: William Sihler

Elizabeth "Skip" Tewksbury
by: Liz Allan

DONATIONS MADE IN HONOR OF (August 1-September 30, 2021)

Joe Gieck
by: John Lanham

Peter Thompson
by: Dotty & Larry Brown

programs

All programs ON-SITE unless otherwise indicated.

Register online at thecentercville.org or call 434.974.7756.

Note: This is just a partial list; recurring programs without topic updates are listed in the calendar on pages 4–5. Check the website for programs added after print deadline!

SPECIAL EVENTS

CONCERT FEATURING SOPRANOS HEATHER HIGHTOWER AND CHRISTINA FLEMING

Free and open to all; please register

Tuesday, November 9, 6:30–7:30 pm

You are invited to an evening of duets with sopranos Heather Hightower and Christina Fleming and pianist Kevin White. The program features beloved opera and oratorio selections from composers including Mozart, Vivaldi, Delibes, and Fauré.

MENDING WALLS DOCUMENTARY

Free and open to all; please register

Wednesday, November 10, 2:00–3:00 pm

Join us for a viewing of *Mending Walls: The Documentary*, a film highlighting the groundbreaking public art project in Richmond that aims to establish empathy and connection through art. Mending Walls RVA was created by award-winning artist and activist Hamilton Glass in the spring of 2020 in response to the community unrest following the death of George Floyd. This public art project brings together more than 30 artists from different backgrounds, ethnicities, and perspectives to have conversations and create art that will spark deeper conversations and promote healing across racial divides.



HOLIDAY BAND CONCERT

Free and open to all; donations appreciated

Saturday, December 4, 3:00–4:30 pm

Holiday recordings are great, but they can't compare to a live performance. Come and enjoy sounds of the season with the Second-Wind and First-Wind Bands!

ARTS

LEARNING FROM THE MASTERS SERIES (ACRYLICS)

Open to all; registration required

**Tuesdays, November 2, 9, 16, 23,
10:00 am–1:00 pm (4 separate classes;
register for each individually)**



Join artist Jan Settle for a little art history and lots of fun painting as you learn about famous artists and their styles. With Jan's instruction and assistance, you will use the artists' iconic paintings as a reference but will add your personal creative touch! Prime members free; Standard members \$15 per class; Guests \$20 per class. Materials fee is \$15 for all for each class, payable to instructor at time of class.

Nov. 2 *The Kiss* – Gustav Klimt

Nov. 9 *The Tree of Life* – Wassily Kandinsky

Nov. 16 *A Sunday Afternoon on the Island of La Grande Jatte* – Georges Seurat

Nov. 23 *Landscape with Yellow Birds* – Paul Klee

FELTING SANTA ORNAMENTS

Open to all; registration required

Friday, November 12, 1:00–4:00 pm

Have fun felting a jolly old soul with fiber artist Donna Markey. No experience necessary. Prime members free; Standard members \$15; Guests \$20. Materials fee is \$12 per person for all participants, payable to instructor at time of class.

HOLIDAY BLING

Open to all; registration required

Monday, November 15, 1:00–3:00 pm

Bling is the thing for the holidays! Charlotte Beagle will show you how to make jewelry with an extra sparkle for gifts or for yourself. Craft earrings using glass beads and crystals or create earrings or bracelets using colorful chains of rhinestone banding. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$10 for all payable to instructor at time of class.

PAPER CRAFTS

Open to all; registration required

Tuesday, November 16, 10:00 am–12:00 pm

Diane Chapman shares her 30 years of paper crafting experience to help you create cards and other paper sundries. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$10 for all, payable to instructor at time of class.

MONOPRINT HOLIDAY CARDMAKING

Open to all; registration required

Friday, December 3, 12:00–4:30 pm

Learn to make beautiful monoprints, gelatin prints and mixed media for holiday cards and stationery. Jane Skafté will teach simple techniques for creating cards that can be mailed, tied to gifts, or given as art prints. This one-day workshop will cover card design, color mixing, image transfer, lettering and embellishment. Prime members free; Standard members \$15; Guests \$20. Materials fee is \$25 for all, payable to instructor at time of class. Please register.

FELTING ANGEL ORNAMENTS

Open to all; registration required

Friday, December 10, 1:00–4:00 pm

Fiber artist Donna Markey will help you choose your colors and show you how to felt your own angel to give as a cherished handmade gift or keep

for yourself. Prime members free; Standard members \$15; Guests \$20. Materials fee is \$12 for all, payable to instructor at time of class.

LIFELONG LEARNING



THE FRENCH REVOLUTION HISTORY CLASS

Open to all; registration required

Mondays, November 1–29, 10:00–11:30 am (5 weeks)

Join Bob Smethurst for a discussion of the personalities, events and effects of the various phases of the French Revolution. Bob has 40 years of experience teaching mostly European History and has organized and led many tours throughout Europe. Center members free; guests \$25.

BIBLICAL HISTORY: GENESIS THEN AND NOW (online)

Open to all

**Tuesdays, November 2–December 7,
5:30–7:00 pm (6 weeks)**

In this non-denominational study of Biblical text, you will explore Biblical places, society, and politics, and their relevance to today's world. The series focuses on the book of Genesis. Join Wayne Mullins, a teacher with over 50 years of experience and an amateur historian who has kept up with the scholarly literature of Bible History and has taught his way through the entire Bible twice. Center members free; Guests \$25.

THE GOOD LIFE SERIES

Free and open to all

Using Technology to Age in Place

Tuesday, November 2, 11:00 am–12:00 pm

Learn how technology is transforming people's ability to remain in their homes as they age. This will include a demonstration of Constant Companion, a voice activated home care assistance system that can provide greater independence.

Navigating Facility-based Care

Tuesday, December 7, 11:00 am–12:00 pm

What do you do if you or a loved one reaches a point where being cared for at home is no longer safe? Representatives of area assisted living and skilled nursing facilities answer questions about availability, services, amenities, and costs.

BOOK DISCUSSION GROUP

Free and open to members

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

This enthusiastic group discusses 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 selection. Free for members but first-time guests are always welcome.

November 3 - *Guilty Not Guilty* by Felix Francis

December 1 - *The Exiles* by Christina Baker Kline

PROGRAMS continue on page 6

MONDAY	TUESDAY	WEDNESDAY
8:45 Tai Chi \$ 9:00 <i>Hiking</i> , Croquet 9:45 PRIMETIME FITNESS \$ 10:00 <i>Writing for Healing & Growth</i> \$ Sew & Sews Getting Better at Bridge 10:30 <i>Chair Yoga</i> 11:00 Poker, Silver Swans Ballet II \$ 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	9:15 PRIMETIME FITNESS \$ 10:00 Whist 10:30 ARTHRITIS EXERCISE \$, Tap Dance (Beg)\$ 10:45 Second-Wind Band 11:45 Stretch for Balance & Strength \$ 12:30 Party Bridge 1:00 <i>Beginning Spanish</i> , English Country Dance 1:15 Round Dance Lessons 2:10 <i>Advanced Beginner Spanish</i> 3:15 <i>Keeping Up Your Spanish</i> 3:30 MOVE TO THE RHYTHM DANCE PARTY \$ 5:00 Beginners Line Dance 5:15 <i>Tai Chi</i> 6:00 Boot Camp \$, AA Women’s Group Improvers/Intermediate Line Dance 6:45 Families Anonymous	8:30 Tai Chi \$, Vinyasa Yoga 9:00 <i>Hiking</i> 9:15 Primetime Fitness \$ 9:30 Crafty Ladies Mexican Train Dominoes 9:45 Tone & Groove \$ 11:00 SENIOR FITNESS Poker 12:00 Tops , Canasta 12:30 Square Dance Lessons 1:00 <i>Ageless Grace</i> \$, So American Mah-Jongg 1:30 Recorder Lessons 2:30 Ping Pong 3:00 Knit-Wits

November

1 10:00 French Revolution History Class \$ 1:00 Council Meeting 2:00 Bunko	2 10:00 Try It Out Tuesday Learning from the Masters (acrylic art) \$ 11:00 Good Life Series 1:15 Round Dance 5:30 <i>Biblical History</i> \$ 6:30 Has Your Get Up and Go Got Up and Left? Election Day	3 9:30 Kingfishers 11:00 Book Group 5:30 <i>Indigenous Americans</i>
8 10:00 French Revolution History Class <i>cont.</i> Piedmont Pastelists	9 10:00 Money & You Learning from the Masters (acrylic art) \$ 2:00 Karaoke 5:30 <i>Biblical History</i> <i>cont.</i> 6:30 Soprano Duet Concert	10 10:30 Parkinson’s Care 11:00 Medicare 101 1:30 <i>Senior Statesmen</i> 2:00 Mending Walls 5:30 <i>Indigenous Americans</i>
15 10:00 French Revolution History Class <i>cont.</i> 1:00 Holiday Bling \$ 2:00 Bunko	16 9:30 Alzheimer’s Support Group 10:00 Learning from the Masters (acrylic art) \$ Paper Crafts \$ 2:00 Introductory Writing Workshop 5:30 <i>Biblical History</i> <i>cont.</i> 6:00 Medicare 101	17 10:00 New & Prospects Hearing Health 11:30 Luncheon at The 5:30 <i>Indigenous Americans</i>
22 10:00 French Revolution History Class <i>cont.</i>	23 10:00 Learning from the Masters (acrylic art) \$ 2:00 Karaoke 5:30 <i>Biblical History</i> <i>cont.</i>	24 10:00 Senior Statesmen 11:00 Book Group 5:30 <i>Indigenous Americans</i>
29 10:00 French Revolution History Class <i>final class</i>	30 5:30 <i>Biblical History</i> <i>cont.</i>	11/29 10:00 Senior Statesmen 11:00 Book Group 5:30 <i>Indigenous Americans</i>

December

6 1:00 Senior Council 2:00 Bunko	7 10:00 Try It Out Tuesday 11:00 Good Life Series 5:30 <i>Biblical History</i> <i>final class</i> 6:30 Has Your Get Up and Go Got Up and Left?	1 9:30 Kingfishers 11:00 Book Group 5:30 <i>Indigenous Americans</i>
13	14 10:00 Money & You 2:00 Karaoke	8 10:30 Parkinson’s Care 11:00 Medicare 101 1:30 Senior Statesmen
20 2:00 Bunko	21 9:30 Alzheimer’s Support Group Close at 4:30	15 10:00 New & Prospects Hearing Health 11:30 Luncheon at The 2:00 <i>Pelvic Health</i>
27 Closed	28 Closed	29 Closed

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.

540 Belvedere Blvd. | Charlottesville, VA 22901
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THURSDAY		FRIDAY
Yoga \$ s inoes sons rrabble, gg \$	9:00 <i>Ivy Creek Walking Group</i> 9:15 PRIMETIME FITNESS \$ 10:00 AA Meeting 10:30 <i>Chair Yoga</i> , First Wind Band, Tap Dance Lessons (Int)\$ ARTHRITIS EXERCISE \$, Crafts DIY 11:30 Tap Dance Lessons (Adv) \$ 11:45 BALANCE & STABILIZATION \$ 12:00 <i>NIA-Moving to Heal</i> \$, Unwind Yoga \$, Sheepshead 1:00 Apple/Mac Class (<i>will not meet Dec. 23</i>) Woodcarvers 2:00 Backgammon Drumming Group (<i>will not meet in Dec.</i>) 2:30 International Folk Dance , Member Social 5:00 Zumba with Alexys \$ 5:15 <i>Tai Chi</i>	8:30 Tai Chi \$ 9:00 Croquet 9:15 PRIMETIME FITNESS \$ 9:30 Friday Art Group, Mah Jongg (American) 9:45 Tone & Groove \$ 10:00 Rummikub Pinochle 10:45 Balance with Beth \$ Flashbacks 11:00 <i>Friday Fitness</i> 12:00 Writing for Pleasure Beginners Line Dance 1:00 Euchre, Still Sharp Singers 1:30 Improvers/Int. Line Dance 2:00 Acoustic Jam Session 2:30 Bingo \$, Barbershop Belles & Beaux
mericans Speaker Series	4 10:30 The Art of Postage Stamp Design 3:00 Socrates Café 6:00 Jazz Jam Session Medicare and Social Security Planning 6:15 Fitness Room Orientation	5 10:30 Essentials of Drawing <i>final class</i> 1:00 Beginner Bridge Lessons \$ 3:00 Transitions: Learning to Live with Loss
egiver Support Group n Documentary mericans Speaker Series	11 1:00 Move for Health 3:30 Fitness Room Orientation 4:00 Essential Tremor Support Group 5:01 Thursdays Around 5 6:00 <i>African American Authors Book Club</i> Retirement & Longterm Care Planning <i>Camera Club Meeting</i> Veterans Day	12 1:00 Felting Santa Ornaments \$ 3:00 Transitions: Learning to Live with Loss
ive Member Orientation e Center \$ mericans Speaker Series	18 3:00 Socrates Café 6:15 Fitness Room Orientation 7:00 Cville Band Clarinet Ensemble	19 11:00 Has Your Get Up and Go Got Up and Left? 1:00 Beginner Bridge Lessons \$ 3:00 Transitions: Learning to Live with Loss
	25 Closed Thanksgiving Day	26 Closed
mericans Speaker Series	2 3:00 Socrates Café 3:30 Fitness Room Orientation 6:00 Jazz Jam Session	3 12:00 Mono-printing Holiday Cardmarking \$ 1:00 Beginner Bridge Lessons \$ 3:00 Transitions: Learning to Live with Loss
egiver Support Group n	9 1:00 Move for Health 4:00 Essential Tremor Support Group 6:00 <i>Camera Club Meeting</i> 6:15 Fitness Room Orientation	10 1:00 Felting Angel Ornaments \$ 3:00 Transitions: Learning to Live with Loss
ive Member Orientation e Center \$	16 3:00 Socrates Café 3:30 Fitness Room Orientation 7:00 Cville Band Brass Quintet	17 11:00 Has Your Get Up and Go Got Up and Left? 1:00 Beginner Bridge Lessons \$
	23 Close at 4:30	24 Closed
ed	30 Closed	31 Closed New Year's Eve

THE ART OF POSTAGE STAMP DESIGN

Free and open to all; please register
Thursday, November 4, 10:30 am–12:00 pm
Greg Breeding, President and Studio Director of The Journey Group, has served as an art director for the USPS for 10 years. Join Greg as he explains how stamp subjects are chosen and the process by which they become stamp designs. He will also share behind-the-scenes stories and images by showcasing some of his work—in collaboration with countless others who strive to tell the American story.



MEDICARE AND SOCIAL SECURITY PLANNING 101

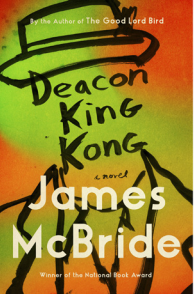
Free and open to all; please register
Thursday, November 4, 6:00–7:30 pm
Part A, B, C, D...what does it all mean? When should you enroll in Medicare and Social Security? How do earned and unearned income affect your Social Security and Medicare benefits? How are your Social Security benefits taxed? Get answers to these questions and many more. Presented by Sharon Accardo, Senior Insurance Advisor, and Tracy Meade, CLTC, Financial Planner.

RETIREMENT AND LONG-TERM CARE PLANNING 101

Free and open to all; please register
Thursday, November 11, 6:00–7:30 pm
In this session, find out how to use your retirement assets in a tax-efficient manner, how to generate an income stream for the rest of your life, how to plan for family members with special needs or extended care, and more! Presented by Kelly Gannon, ChSNC, CFP, Senior Financial Planner, and Tracy Meade, CLTC, Financial Planner.

AFRICAN AMERICAN AUTHORS BOOK CLUB

Free and open to all
2nd Thursday of each month, 6:00–7:30 pm



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

Nov. 11 - *Deacon King Kong* by James McBride
Will not meet in December

MONEY AND YOU

Free and open to all
Long-Term Care Insurance
Tuesday, November 9, 10:00–11:30 am
Jorgen Vik, partner with the SKV Group, will highlight various options when considering if and how to insure against long-term care expenses.

Asset Location
Tuesday, December 14, 10:00–11:30 am
There is lots of discussion about asset allocation but not so much about asset location. The tax status of your accounts can be an important piece to your investment puzzle. Jorgen Vik, Partner with SKV Group, will lead the discussion.

MEDICARE 101

Free and open to all; please register
Wednesday, Nov. 10, 11:00 am–12:00 pm

Tuesday, Nov. 16, 6:00–7:00 pm
Wednesday, Dec. 8, 11:00 am–12:00 pm
Medicare can be so confusing! Open enrollment runs through Dec. 7 and new coverage changes begin on January 1. Find out what happens during these periods and what you need to do. Sharon Accardo will guide you through the process.

INTRODUCTORY WRITING WORKSHOP

Free for Center members; please register
Tuesday, November 16, 2:00–3:30 pm
Join Alden Bigelow with Blue Ridge Writers and bring ideas on how you'd like to start (or advance) your writing skills.

PHYSICAL WELL-BEING

NEW! EVENING T'AI CHI CLASS (online)
Tuesdays and Thursdays, 5:15–6:00 pm
Join instructors from the Charlottesville T'ai Chi Center for 6-step T'ai Chi for Health. The class focuses on improving balance and coordination and promoting stress reduction. For Center members. Prime members free; Standard members \$35/month. Please register.



MOVE FOR HEALTH with DARCY HIGGINS, DPT (on-site & online)

Free and open to all
Thursday, November 11, 1:00–2:00 pm
Arthritic Joints - How to Control Symptoms and Move Better
Thursday, December 9, 1:00–2:00 pm
Moving Your Body Well - Human Movement Essentials

HEARING HEALTH with EVOLUTION HEARING (on-site and online)

Free and open to all; registration requested if attending on-site
Wednesday, Nov. 17, 10:00–11:00 am
Navigating the Over-the-Counter Hearing Aid Market - There are several new options for hearing better without the help of a provider. Audiologist Dr. Kristin Koch discusses the advantages and disadvantages.

Wednesday, Dec. 15, 10:00–11:00 am
Do You Think It's Just about Your Hearing?
Research shows there are many reasons why wearing hearing aids is beneficial for your overall health and mental fitness. From decreasing your risk of depression to keeping you steady on your feet, your hearing impacts your health every day.

SOCIAL/RECREATIONAL

NEW! PINOCHLE
Fridays, beginning November 5, 10:00 am–12:00 pm
Pinochle is back at The Center! Try your hand at this popular game played with a 48-card deck, where you score points with meld and by winning tricks. Experienced and new-to-the-game players welcome to 3-person and 4-person games. Come join in the fun! For Center members.

BEGINNER BRIDGE LESSONS

Open to all; please register
Fridays, Nov. 5, 19; Dec. 3, 17, 1:00–2:00 pm

Join experienced bridge teacher Ken Marino for this series of lessons, available à la carte, for those who have little or no knowledge of the game. Center members free; guests \$10 per class.
Nov. 5 Defensive Play
Nov. 19 Defensive Bidding
Dec. 3 Opening Bids at 2, 3, and 4 level
Dec. 17 Common Conventions

ROUND DANCE

Free and open to all
Tuesday, November 2, 1:15–3:15 pm
If you have round dance experience and want to join in an afternoon of dancing, please come!

ROUND DANCING LESSONS

Open to all; registration required
Tuesdays, November 9–January 4, 1:15–3:15 pm (8 weeks; will not meet Dec. 28)
This is choreographed ballroom dancing in which, like square dancing, the dance sequence is called or cued. Instructors Eileen Rudert and Chip Hopper teach you the figures and couples execute the same steps in a circle. Dance the Waltz, Foxtrot, Cha Cha, Jive, Two-step, and more to music in various genres. Prime members free; Standard members and guests \$80 for the series.

LUNCHEONS AT THE CENTER

Open to all; registration required
Wed., November 17, 11:30 am–12:30pm
Wed., December 15, 11:30 am–12:30 pm
Come enjoy a good meal and good fellowship with friends old and new. Menus TBA. Members \$15; guests \$16

.....

Support, cont. from page 8

donors have taken steps to support a portion of Center scholarship needs in perpetuity. In late 2020, a new endowment dedicated to supporting scholarships—the Ralph L. Feil Endowed Scholarship Fund—achieved its initial fundraising goal of \$100K. Named in honor of community leader and Center friend Ralph Feil, income from the Feil Fund will provide for a number of scholarships now and in the years to come. The Center hopes to create additional endowments that will provide regular scholarship funds to support our community.
If you would like to make a gift to support scholarships at The Center, please contact philanthropy director Melanie Benjamin at melanie@thecentercville.org. If you would like to speak with someone at about available scholarship support, please contact membership coordinator KevReyl Wells at KevReyl@thecentercville.org. ■

WE REMEMBER

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

Margaret “Bonney” Andrews	Thomas Hurlburt
Jean Bagby	Dorothy “Dottie” Israel
Edith Ballard	Donald Jones
Donald E. Banton	Joan A. Jones
Judith J. Campbell	Robert McNergey
Carol C. Copeland	Elaine K. Marino
John Conover	Nelson Moore
Joyce V. Cook	Henry Morgan
Earl Davis	Ted Placzkowski
Denton A. Epps	Gilbert W. Roy
Doris Fair	Robert F. Taylor
Paula J. Garrett	Georgia L. Webb
Helen Marie Given	Nancy Webster
Virginia C. Greene	Zula H. Woodfolk
Jack Moore Horn	Frances M. Young

VOLUNTEERING



BOBBI HUGHES
COORDINATOR
OF VOLUNTEER
RESOURCES

Contact Bobbi to find a volunteer position to suit your interests, schedule, and talents!

434.220.9755
bobbi@thecentercville.org

AT THE CENTER

EVENING VOLUNTEERS

Why stay home alone when you can hang out at The Center? We're looking for evening volunteers on Tuesdays and Thursdays from 4:30 pm until 8:00 pm. Interested? Talk to Bobbi!

SUBSTITUTE VOLUNTEERS

Want to volunteer but can't commit to a regular schedule? Consider being a substitute.

IN THE COMMUNITY

RONALD McDONALD HOUSE

Looking for a flexible volunteer opportunity with no minimum time requirements? The Ronald McDonald House is looking for you. Individuals, families, church groups, organizations, corporations, and others are needed to assist with volunteer opportunities—handyman for small repairs; pick-up and delivery from area vendors providing donations; recycling assistance, and more. Contact Bobbi for more information.

Member, cont. from page 1

fort a reason to join. Wanting to take part in the most active of classes to improve my fitness, I soon found myself one of the older people in each class. Go ahead; you may smile too? Denial is definitely a Thing. Often this undeniable circumstance causes me to laugh on my way home. Seriously!

Two months have passed and I am feeling grateful for the summer heat that drove me inside and gave me my reason to join The Center. Four or five days a week an active class starts my day. Some days a less active balance or yoga class is also part of my late morning or early afternoon. My step is lighter, my smile brighter, my core stronger, my friendships greater, and my days have returned to a higher level of activity as my fitness improves. Of course, walking is a great exercise and walking filled my early pandemic days, but what this aging body really needed was strength, stability, and agility training. A group oil painting class has also been great fun the past few weeks. Tried bridge; can't sit that long. Socrates Café is a fun discussion group. Boot Camp was a bit much. I still want to try everything, you see.

Walking by the river is my way to relax and enjoy a sunny day; even more now that I do it less often. River walking is how I spent this morning. In no rush, I sat by the river and wrote haiku: Sit by the flowing river No expectations Stillness resting so deeply. Because I have a more varied fitness routine now, walking has returned to pure pleasure as I meander down the path running into friends and chatting with strangers that quickly become potential new friends. A bird flutters here, a child laughs there, a light dances among the treetops, and a nature photo calls to be taken. Just "being here now" mostly.


Clearly my experiences at The Center have encouraged me to see being part of an active community of seniors differently. What may not be visible is how much joy comes from the sense of belonging that has been the surprise bonus of this experiment. Independence will always be very important to me, and I have rediscovered the joy of being more interdependent. It is a warm and wonderful feeling to walk in, see faces of welcome, and hear "Good morning, Phyllis" each day. It is a joy to see those smiles and bodies beaming with health. It fills me with gratitude that I have made this choice, and to know that my presence brings energy and light to others. My sparkly shoes and my mom's hair have become class favorites.

We are a community of successful, smart, motivated, and healthy seniors who are choosing to live our best lives; makes me wonder why this choice of connection took me so long. Age is just an attitude and we are so much younger than we look. And wonder of wonder, we can still laugh, chat, and dance together even in the midst of a global pandemic while wearing a mask. From the outside looking in, we may appear less than we were in our youth. From the inside looking out, we know these are the years of freedom we worked hard to create. ■



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Scholarships Support Healthy Aging for All

The Center creates opportunities for seniors to connect with others for social support, emotional wellness, and fun; to maintain or improve their physical and intellectual health; and to contribute their wisdom and skills in service to our community. Ensuring that every older adult can pursue healthy aging is fundamental to The Center’s ability to meet its mission.



Mary P. Reese

While The Center’s standard dues (\$180 per year/\$15 per month) are affordable for many, some in our community find the cost of membership beyond their means. And since the ability to pay for membership should never be an impediment to healthy aging, The

Center has always provided scholarships for anyone who expresses a need. In 2015, The Center formalized a scholarship fund to honor long-time Center member, educator, philanthropist, and volunteer leader Mary Reese, who passed away in 2014. Mary was a Center member for 20 years and served on its Board of Directors for 12 years, including four years as president. Over the years, Mary worked with The Center and other area non-profits to increase access to their programs and resources, regardless of an individual’s financial means.

Last year, the Mary P. Reese Scholarship fund provided 205 individuals with memberships and/or support for program fees for a cost of \$35,222. Approximately 13% of Center members receive full or partial scholarship support. All scholarships are offered on a no-questions-asked basis.

Each year, gifts from individuals, foundations, corporations, and organizations help fund scholarships to ensure The Center’s programs and resources are available to everyone, regardless of their financial means. The impact of these gifts extends beyond individuals by contributing substantially to community health.

As the need for scholarship support continues to expand, generous

See Support on page 6

The Center at Belvedere
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TRAVEL

LINDA HAHN
TRAVEL COORDINATOR
linda@thecentercville.org
434.220.9736

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

Trips are open to the public of all ages. For more information about trips or to book a reservation, call the travel office at 434.974.6538. Traveling for the holidays or bringing family home to you? Contact Linda for all of your personal travel needs!

DAY TRIPS

PEAKS OF OTTER

Wednesday, November 3

Travel into the heart of the Blue Ridge Mountains to the historic Peaks of Otter Lodge in Bedford. Enjoy lunch (not included) at the Lake View Restaurant then take a stroll around tranquil Abbott Lake amid the beauty of all in Virginia.

RIVERSIDE CENTER - MEET ME IN ST. LOUIS

Thursday, November 11

Based on the heartwarming film starring Judy Garland, this is a delightful portrait of a turn-of-the-century American family. Memorable musical numbers include *Have Yourself a Merry Little Christmas* and *The Trolley Song*.

ARMY MUSEUM

Thursday, December 2

This National Museum of the U.S. Army at Ft. Belvoir, VA, celebrates over 245 years of army history and tradition. Through stories, exhibits, and programs, it provides a richer understanding and knowledge of American soldiers and their roles. Lunch on your own at the museum.

VIRGINIA CHRISTMAS SPECTACULAR

Saturday, December 11

Experience the splendor of Christmas as Thomas Road Baptist Church in Lynchburg presents the 2021 Virginia Christmas Spectacular, featuring the legendary Living Christmas Tree. The production is filled with an encouraging story, uplifting music, dazzling lights, hundreds of musicians, dancers, performers, and a 37-foot Christmas tree! Lunch is on your own.

LEWIS GINTER GARDENFEST OF LIGHTS

Thursday, December 16, 2:45–8:30 pm

GardenFest of Lights at the Lewis Ginter Botanical Gardens in Richmond is the region’s ultimate holiday extravaganza featuring lights, decorations, model trains, a 25-foot-tree in the Conservatory, and much more. Enjoy holiday shopping in the Garden Shop. Dining will be on your own at the Garden Café.

ALASKA AND THE YUKON

August 6–17, 2022

Enjoy a dream Alaska vacation! Travel from Anchorage to Denali National Park and Fairbanks before heading into the Yukon to travel through the land of the gold rush. In Skagway, you’ll board Holland America Line’s *Zuiderdam* and sail to Glacier Bay and Ketchikan. A cruise through the inside passage ends in Vancouver, BC. Valid passport required and travel protection is recommended.



TUSCANY 2022

Choose from three departure dates in September and October

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

GETAWAYS

WILLIAMSBURG

December 6–7, 2021

Enjoy a night at the Griffin Hotel in the historic district with time to stroll, dine (on your own), and shop. Admission to Colonial Williamsburg is included. On the way home, we’ll stop for shopping at Williamsburg Premium Outlets.