



**THE
CENTER
AT BELVEDERE**



DISCOVER THE POWER OF HEALTHY AGING

NOVEMBER/DECEMBER 2024

The Center Welcomed JABA Community for Day of Caring Event



JABA's annual Day of Caring event brings together members from its community centers across six counties. The Center at Belvedere was happy to play host this year, and on September 18 the Auditorium was filled with people enjoying games, lunch, a photo booth, and dancing to live music from The Flashbacks, The Center's wonderful swing band.

Welcome to Our New Fitness Manager!



Jane Saltzman was already familiar with The Center and committed to its mission, having been a fitness instructor here since January 2023. Now she's bringing a range of skills and years of nonprofit experience to enhance overall programming as our Fitness Manager. Fun facts: Along with having a law degree, Jane is a certified master gardener and yoga teacher, and performs comedy improv—abilities she can certainly draw on in her new role!

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Have You Experienced an Age Spurt?

We've all heard of growth spurts, but what about an "age spurt?" New research shows that our bodies age most rapidly at two points in midlife—around age 44 and again around 60. What does this mean for you as you approach or pass a time of major change?

Aging is an ongoing process but we now know it doesn't happen at a steady rate year after year—some years are more significant than others. When we talk about aging in this context, we're talking about natural biological processes like metabolism, muscle mass, and cell regeneration. For researchers, this finding could provide insight into why the risk of certain illnesses increases in fits and starts as chronological age rises. The takeaway for the rest of us, they suggest, is to make lifestyle changes such as exercising more during these pivotal years.

That makes sense to our Fitness Manager Jane Saltzman. "When we're younger, we often exercise to look a certain way, perform a chosen sport, or fit into a clothing size. But as we age, we need to quickly shift our thinking about the benefits of exercise."

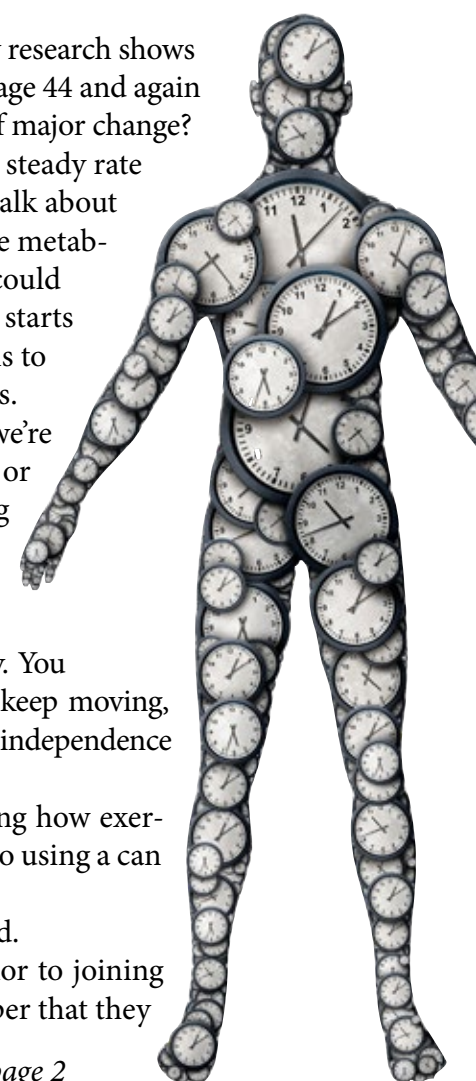
She adds, "We become more prone to injury, heal differently and more slowly."

The Center isn't a place where you need to look or move a certain way. You look exactly the way you're supposed to look! The important thing is to keep moving, regardless of intensity, so you can maintain as much strength, flexibility, and independence as possible.

"Movement is the best thing you can do for yourself," Jane says, citing how exercise helps you manage everyday activities from reaching for a high shelf to using a can opener to walking up and down the stairs.

Nervous about returning to the gym or exercise class? There's no need.

Jane, who has been an instructor of fitness classes at The Center prior to joining our staff full-time, says, "Many students come up during class and whisper that they



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Parkinson's Foundation Grant Supports Expansion of Center Programming



The Center has offered programming for people living with Parkinson's Disease and their caregivers for many years. Now we are able to expand access to high-quality programs thanks to a grant from the Parkinson's Foundation!

As of Monday, October 7, The Center has a new series of free yoga classes specifically designed for individuals with Parkinson's Disease and their caregivers. Skilled yoga instructor Allie Redshaw leads sessions every Monday and Wednesday from 3:30 to 4:15 pm. All levels of mobility are welcome, and neither prior yoga experience nor Center membership is required.

Yoga can offer many benefits for those living with Parkinson's Disease, including improvements in balance, flexibility, and muscle strength. The practice can also help alleviate some of the most common symptoms associated with Parkinson's, such as stiffness and tremors. Beyond these physical benefits, yoga promotes relaxation and can reduce stress—essential for both participants and caregivers.

Why are caregivers encouraged to attend too? Not only can they provide physical and emotional support during class, gathering for yoga practice is beneficial to them as well! Caregivers often experience high levels of stress, and yoga opens great opportunities for self-care. We also aim to foster a sense of community, where people can connect with others facing similar challenges in a supportive environment.

Instructor Allie Redshaw brings her experience and passion for accessible yoga to these classes. A chef, mom, rock climber, and local yoga teacher, she is committed to creating inclusive spaces where all bodies can benefit from movement and each student can feel comfortable and supported.

Whether to improve mobility or find a calm space to unwind, these yoga classes will offer a meaningful resource for individuals with Parkinson's and their caregivers. We are very grateful that support from the Parkinson's Foundation allows us to make these classes free and open to all. Monthly registration is now open at thecenterville.org. ■



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

Hours

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

About THE CENTER AT BELVEDERE

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

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

Healthy Aging for All

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

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

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For more news, follow us on:



MEMBERSHIP

SUZANNE OREJUELA
MEMBERSHIP DIRECTOR

434.974.7756

membership@thecentercville.org

Join The Center for easy access to hundreds of great programs! To learn about membership options, including scholarships, please visit our website, stop by the Welcome Desk, or email membership@thecentercville.org.

WELCOME NEW MEMBERS!

Debra Alleman	Kathleen Goodfriend	Linda Pierce
Gerry Ayres	Theresa Hainer	Jackie Pimentel
Astra Bain-Dowell	Courtenay Hamilton	Elizabeth Powell
Shawnee Baker	Moe Hamilton	Pam Rivera
Martha Barham	Margaret Harrison	Eleanor Rizzo
Shari Bedker	Thomas Hassall	Joan Robertson
Melanie Bentley	Victor Hauser	Jeanne Robinson
Susan Berres	Jacqueline Hetrick	Philip Rogers
Caroline Bertrand	Colleen Hogan	Rachel Rogers
Patricia Brady	Dawn Hudgins	John Rudder
Linda Capacchione	Susie Joiner	Daniel Schwaner
Darlene Charles	Lena Jones	Dianne D. Scrivani
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Edward Connell	Rajaa Krayem	Carol Sims
Kathleen Cummiskey	Carla Larsen	Isabelle Smith
Theresa Curry	Robert Larsen	Eve Solomon
Marie-Jose Derdeyn	Anne Loeb	Lewis Steva
Regina Drescher	Linda McCormick	Robert Steven
Shirley Eames	Glenn McGarvey	Robert Sweeney
David Eames	Amy Melville	Anne Sweetman
Frank Earle	Alfreda Melvin	Gudrum Taubenberger
Sarah Ellis	William Merone	Sally Thomas
Pat Evert	Victoria Metcalf	Jackie van der Linde
Elizabeth Fechteler	Mary Motes-Wright	Anne Vest
David Fitzpatrick	Warren Muse	Janice Wiedemann
Sam Fontinel	Gary Nelson	Lee Ann Willson
Susan Gallander	Lisa Nichols	Carol Wright-Motes
Stephen Ganong	Kathleen Osvath	Carol Zirk
Andrea Gavin	Ronald Padley	

If you joined between August 1 and September 30 and were not recognized here, please contact Membership Director Suzanne Orejuela at 434.220.9732 or suzanne@thecentercville.org.



COUNCIL NOTES

Wellness at The Center isn't one dimensional and neither are Council meetings, which are held on the first Monday of the month at 1 pm. Join the wide representation of program leaders and Center members who come to hear or to be heard about Center programs and procedures as well as planning for the future in a relaxed, informal conversation. Check out one meeting or attend monthly—you will always be welcomed.

For more information about the Council or a copy of the bylaws, please contact Peggy (mjslez@gmail.com). Better yet, come to a Council meeting!

Monday, November 4 – The nominating committee for the election of FY 2026 Council officers will be appointed. The offices to be filled are President, Vice President, Corresponding Secretary, and Recording Secretary. All Center members are eligible to run; let us know if you're interested.

Monday, December 2 – The agenda will include the November Board of Directors meeting report and a year-end review in a "Best of 2024 at The Center." We want to hear what you think!

Peggy Slez, Council President

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haven't exercised in a long time ... You don't have to whisper—we want to celebrate and be proud that you're here!"

Physical wellness at The Center can focus on exercising your hands and feet while remaining seated, or opening up your hips in a Meditative Stretch class, or enjoying a ballroom dance with your spouse!

There are many ways to keep your body active as you age. What movement will help you navigate your age spurt? A full program calendar is on our website thecentercville.org. ■

programs

Register online at thecentercville.org or call 434.974.7756.

Remember, this is a partial list! Recurring programs are included in the calendar on pages 7–10. Check the website for programs added after our print deadline!

SPECIAL EVENTS

WEDNESDAY MUSIC CLUB

Free and open to Center members; registration encouraged

Wednesday, November 6, 10:15–11:30 am

Multicolored Little Gems for Flute and Cello
Terra Voce, with Elizabeth Brightbill on flute and Andrew Gabbert on cello performs.

Wednesday, December 4, 10:15–11:30 am

A Rarity and a Romantic Favorite from UVA Faculty

Featuring Daniel Sender on violin, Ayn Balija on viola, Laszlo Polus on cello, Jiyeon Choi on clarinet, and Shelby Sender on piano.

CVILLE BAND RECITAL

Free and open to all

Saturday, November 9, 12:30–1:45 pm

Musicians of the Cville Band present a variety of solos and ensembles for your listening pleasure.

THURSDAYS AROUND 5

Free and open to all

Randy Black Duo

Thursday, November 14, 5:02–7:00 pm

Randy has been playing music since age 7. Over the years he has performed with bands, in duos, and as a solo artist, and has shared the stage with many musicians, including Levon Helm, Bob Margolin, and Leon Russell. Randy and Pat Wertman will play mostly old rock, with a sprinkling of other styles. With unique arrangements and nice vocal harmonies, they will keep your feet tapping and faces smiling!

SMALL WORKS

ARTISTS RECEPTION

Free and open to all

Thursday, November 21, 4:30–6:30 pm

Small works are rarely included in formal exhibitions. Come and celebrate the many artists of this unique show in the first floor Atrium and the second floor gallery lounge with refreshments and good conversation.

THE UNCOMFORTABLE TRUTHS OF SYSTEMIC RACISM SPEAKER SERIES

Free and open to all; registration required

Wednesday, December 4, 6:00–8:00 pm

Racial Disparities in the Justice System

Attorney Jeffrey Fogel and Harold Folly Jr. of the Legal Aid Justice Center present.

Wednesday, December 18, 6:00–8:00 pm

Challenges Faced Post-Incarceration

Learn from Dr. Kelly Orians and Martize Tolbert of the Fountain Fund, a nonprofit organization that provides financial assistance to formerly incarcerated people.

PICTURES WITH SANTA

Free and open to all; registration encouraged

Thursday, December 5, 4:30–6:30 pm

Come snap a photo with a longtime jolly friend. Pets are allowed!



ARMY NAVY FOOTBALL GAME

In partnership with the SKV Group's Gratitude Charlottesville

Open to all; registration required

Saturday, December 14, 3:00–6:00 pm

Join us for an afternoon of tailgate food and football fun as we watch the Army Navy game on the widescreen in our auditorium. BYOB. Free to veterans and their families; Members \$15; Guests \$25.

HOLIDAY BAND CONCERT

Free and open to all

Sunday, December 15, 3:00–4:30 pm

Enjoy an afternoon with the Flashbacks, the Second-Wind Band, and the First-Wind Band as they present their annual holiday concert. Bob Dunnenberger directs this large group of players, most of whom had either never played an instrument or hadn't played since their school days. Donations appreciated.

HOLIDAY CONCERT FEATURING MARY MIKELS

Open to all; registration required

Thursday, December 19, 4:00–5:15 pm

Soprano Mary Mikels shares, "I was born totally blind with hearing loss in my left ear ... I was also born with perfect pitch." A two-time featured soloist with The Tenors and finalist in the National Blind Idol Competition, she returns to The Center with holiday favorites. \$15 per person.



NOON YEAR'S EVE PARTY

Open to Center members; registration required

Tuesday, December 31, 11:00 am–1:00 pm

It's midnight somewhere! Get dressed up and come celebrate the New Year a few hours early. Enjoy light refreshments, dance to the sounds of the Flashbacks, and ring in the New Year with a champagne toast. \$35 per person.

ARTS

Cancellation Policy: If you find that you cannot attend a class after registering, please email programs@thecentercville.org or contact the Welcome Desk to let us know. Because supplies must be purchased in advance, cancellations with fewer than 7 days' notice will incur the materials fee. **No-show Fee:** Prime members will incur a \$30 no-show fee for any uncancelled registrations in addition to the materials fee.

INTERMEDIATE WATERCOLOR

Open to Center members; registration required
Tuesdays, November 5–26, 4:00–6:30 pm
(4 weeks)

Joanne Coleman teaches a variety of watercolor techniques to help you create detailed landscape and still life paintings. Prime members free; Standard members \$50. See required materials online.

SCRAPBOOKING

Open to Center members; registration required
Wednesdays, November 6–27,
9:30 am–12:00 pm (4 weeks)
Mondays, December 2–16,
9:30 am–12:00 pm (3 weeks)

Celebrating your photo memories of family, heritage, special occasions, friends, pets, travels and daily activities enhances your life and keeps those experiences top of mind. Instructor Laurie Bayma demonstrates strategies using photo-safe papers and card kits to bring your memories to life. Materials fees vary.



GIFTS FROM THE HEART

Open to Center members; registration required
Mondays, November 11–December 16,
1:00–4:00 pm (6 weeks)

Relax and enjoy the process of art making while creating a thoughtful handmade gift. Start each class with poetry and idea sharing, then play with materials like crayons and watercolor paints. Instructor Ann Cheeks will help you create several small accordion books and mixed media paintings. Prime members free; Standard members \$55. Materials fee is \$25, payable to instructor at start of first class.

PORTRAITS IN OIL

Open to Center members; registration required
Tuesdays, November 12–26, 12:30–3:00 pm
(3 weeks)

Sketch and paint a portrait in oils. Instructor Katie Hutter will teach you all about facial proportions, mixing flesh tones, and painting eyes as a "mirror to the soul." Prime members free; Standard members \$45.

PAINTING A SUNFLOWER

Open to Center members; registration required
Thursday, November 14, 9:30 am–12:00 pm

Instructor Cindy Vito will guide you beginning to end in painting a sunflower on a 6"x6" canvas. No experience necessary. Prime members free; Standard members \$20. Materials fee is \$20, payable to instructor at start of class.

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RIBBON SCARF MAKING

Open to Center members; registration required
Thursday, November 21, 9:00 am–12:00 pm
Tuesday, December 3, 1:00–3:30 pm

Make a beautiful and lightweight fiber art knotted scarf with ribbons, metallic fabric, sequins and decorative fibers from all over the world. See available colors online. Prime members free; Standard members \$15. Materials fee \$20, payable to instructor at start of class.

GNOME WOODCARVING CLASS

Open to Center members; registration required
Thursdays, December 5 & 12,
10:00 am–12:00 pm (2 weeks)

Mike Micucci teaches you how to carve a wooden gnome or Santa figurine. Prime members free; Standard members \$10. Materials fee is \$35, payable to instructor at start of first class.

PAINTING NATIONAL PARKS

Open to Center members; registration required
Tuesdays, December 10–February 4,
1:30–4:30 (8 weeks) *Will not meet Dec. 24*

Explore the National Parks through visual media and learn how to express what you see in a meaningful and fun way. Katie Hutter will take students on an artistic journey painting Glacier, Zion, Bryce Canyon, Everglades, and Grand Canyon National Parks. Materials: Students supply the mediums of their choice (watercolor, oil, acrylics, or pastels are welcomed) and must have at least a basic understanding of the use of their preferred materials. Prime Members free, Standard Members \$110.



CREATIVE COLLAGE

Open to Center members; registration required
Thursday, December 19, 10:00 am–12:00 pm

Explore the art of creating collages with instructor Sue Oliveri. This stimulating and enjoyable workshop provides a supportive and encouraging environment to create artistic collages with many cool images, textured papers, colors, and design possibilities. No experience necessary. Prime members free; Standard members \$15. Materials fee is \$10, payable to instructor at start of class.

LIFELONG LEARNING

AGING IN PLACE

Free and open to all; registration encouraged
1st Friday each month, 11:00 am–12:00 pm
Visiting Angels shares information for older adults, caregivers, and families.

FUNDAMENTALS OF IMPROV

Free and open to Center members; registration required
Saturdays, November 2–23, 10:00–11:30 am
(4 weeks)

Do you love “Wild ‘n Out” or “Whose Line is It Anyway?” Improv is great for creativity, collaboration, and problem solving. You can learn how to build stories, characters, relationships, and more from practically nothing. Come enjoy some spontaneous fun!

GOOD LIFE SERIES

Free and open to all; registration encouraged
Tuesday, November 5, 11:00 am–12:00 pm

Healthy Aging for Solo Seniors. Living alone as a senior can come with unique challenges. Learn how to optimize your health, safety, and well-being as a solo senior.

Tuesday, December 3, 11:00 am–12:00 pm

Taking Good Care of Your Mental and Physical Health During the Holidays. These practical tips and strategies help decrease stress for a healthy and safe holiday season. Learn how to create a joyful, supportive environment for yourself and your loved ones.

BOOK GROUP

Free and open to Center members
1st Wednesday each month, 11:00 am–12:00 pm

This enthusiastic group meets monthly to discuss predominantly contemporary works of fiction and nonfiction. The **November 6** book is *Braiding Sweetgrass* by Robin Wall Kimmerer. The **December 4** book is *The Wager: A Tale of Shipwreck, Mutiny and Murder* by David Grann.

THE MEDIATION PROCESS

Free and open to Center members; registration encouraged

Wednesday, November 6, 1:00–4:00 pm

Have you ever wondered how to help resolve disputes in personal and professional life? Mediation offers a less adversarial approach to resolving conflicts, especially when emotions are high. Learn skills and techniques to explore creative solutions that improve your life and the well-being of our larger community with certified mediator Walter Megonigal, Jr.

MEDICARE PROGRAMS

Free and open to all; registration encouraged

Tuesday, November 5, 1:00–2:00 pm with Margo Kreider

Thursday, November 7, 1:00–2:00 pm with Margo Kreider

Wednesday, November 13, 11:00 am–12:00 pm with Sharon Accardo

Wednesday, November 20, 6:00–7:00 pm with Margo Kreider

Tuesday, December 3, 1:00–2:00 pm with Margo Kreider

Thursday, December 5, 1:00–2:00 pm with Margo Kreider

Wednesday, December 11, 11:00 am–12:00 pm with Sharon Accardo

Wednesday, December 18, 6:00–7:00 pm with Margo Kreider

MONEY AND YOU

Free and open to all; registration required
Tuesday, November 12, 10:00–11:30 am

Annuities: the Good, the Bad, and the Ugly. Jorgen Vik, partner with SKV Group, will shine a light on the many different types of annuities and when investors should consider them.

Tuesday, December 10, 10:00–11:30 am

What We Learned from 2024. Jorgen Vik, partner with SKV Group, reviews events from the past year and shares how we may draw lessons from them in the future handling of our finances.

SENIOR STATESMEN OF VIRGINIA

Free and open to all; registration encouraged
2nd Wednesday each month, 2:30–4:00 pm

The November 13 topic will be tax issues faced by seniors with a variety of filing tips. December 11 will be the Senior Statesmen’s annual meeting.



WWII DISCUSSION GROUP

Free and open to all; registration encouraged
2nd Thursday each month, 12:00–1:30 pm

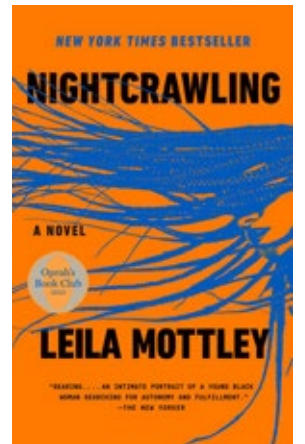
Engage with a variety of topics relevant to World War II through presentations by club members and guest speakers. The **November 14** topic will be a continuation of Chuck Gross’s exploration of codebreakers, focusing on the contributions of women, American Indians, and famous mathematicians and engineers, as well as how decryption affected the Pacific war. The **December 12** meeting will be a holiday social with a book swap.

AFRICAN AMERICAN AUTHORS BOOK CLUB

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

Join in energetic discussion and camaraderie over books by African American authors. The **November 14** book is *Night Crawling* by Leila Mottley. The **December 12**

book is *They Tell Me of a Home* by Daniel Black.



ALBEMARLE CHARLOTTESVILLE HISTORICAL SOCIETY: CONFRONTING VIETNAM WAR MEMORIES

Free and open to all; registration encouraged
Thursday, November 14, 6:00–8:00 pm

How does a community heal from war, especially one as divisive as the Vietnam War? How should Charlottesville remember its Vietnam War period? As America prepares in 2025 to recognize the 50th anniversary of the Fall of Saigon that ended the Vietnam War, come learn about the Charlottesville-based group that maintains the country’s first Vietnam memorial and their plans for this important space for community healing.

LONG TERM CARE PLANNING

Free and open to all; registration encouraged
Friday, November 15, 11:00 am–12:30 pm
Thursday, December 19, 11:00 am–12:30 pm

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

MOVING FORWARD TO THE FUTURE

Free and open to all; registration encouraged
Saturday, November 16, 11:00 am–12:30 pm

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

LET'S TALK WINE

Free and open to all; registration required
Tuesday, November 19, 5:00–6:00 pm

Find out what is happening in the local wine industry with Scott Elliff, owner of DuCard Vineyards. This is a fun and informal session with plenty of time for Q&A.

UNITED NATIONS PARTNER PROGRAM

Free and open to all; registration encouraged
Tuesday, November 19, 5:00–6:30 pm

Toyosi Ogunse, President and CEO of Presidential Precinct, discusses the decline of U.S. soft power in Africa.

EMPTY NESTERS BOOK CLUB

Free and open to all; registration encouraged
3rd Wednesday each month, 4:30–5:30 pm

Do you finally have time to read? Join other empty nesters to discuss books and life after the kids are grown and out of the house. The **November 20** book is *The Henna Artist* by Alka Joshi. The **December 18** book is *The Language of Flowers* by Vanessa Diffenbaugh.



MEDICINE & SOCIETY: THE REINVENTION OF OLD AGE

In partnership with
UVA's Center for Health
Humanities & Ethics

Free and open to all;
registration required

Thursday, November
21, 5:30–6:30 pm

Historian James Gregory Chappel, PhD, discusses his new book *Golden Years: How Americans Invented and Reinvented Old Age* with geriatrician and medical humanities scholar Dr. Justin Mutter. Book signing and light refreshments to follow.

FORGOTTEN DISRUPTIVE TECHNOLOGY PART III

Free and open to all; registration encouraged
Thursday, December 5, 12:00–2:00 pm

Hank Perritt continues his series examining world-altering technology. This session will explore the history of mechanical clocks, chemical photography, and vibrating styli carrying sound waves.

READY FOR A MARKET DECLINE?

Free and open to all; registration encouraged
Thursday, December 5, 10:00–11:30 am

Growing your money is essential to living a life of freedom and dignity. Michael Kaminski, financial advisor with SKV Group, will help you keep perspective, reduce anxiety, and make better choices for your money in the face of possible steep stock market declines and increased volatility.

EXTENDED CARE PLANNING

Free and open to all; registration encouraged
Monday, December 9, 11:00 am–12:30 pm

Tracy Meade and Kim Volker discuss resources available for long-term care and the role of a geriatric care manager.

INVESTING FOR BEGINNERS: FIXED INCOME

Free and open to all; registration required
Wednesday, December 11, 10:00–11:30 am

Jorgen Vik, Certified Financial Planner™ certificant and Partner with SKV Group, LLC, shares all you need to know about investing while on a fixed income.

COMMUNITY CARE RESOURCES FOR THE ELDERLY

Free and open to all; registration encouraged
Thursday, December 12, 1:00–2:30 pm

Learn about community care available in the area for elderly adults that can be funded by Medicare and Medicaid with Tracy Meade and Betty Sharp.

PHYSICAL WELL-BEING

HEARING HEALTH

Free and open to all; registration required
Wednesday, November 20, 10:00–11:00 am

Hearing Your Best Over the Holidays. This time of year is filled with exciting gatherings among friends and family, but for those with hearing loss, it can be overwhelming and cause listening fatigue. Dr. LeighAnna Morris of Evolution Hearing helps you prepare for holiday hearing success.

Wednesday, December 18, 10:00–11:00 am

Link Between Hearing Loss and Brain Health. Emerging research shows a strong link between untreated hearing loss and cognitive decline. Dr. Kristin Koch of Evolution Hearing guides you through the latest information and tips and tricks for daily life.



MOVEMENT FOR PARKINSONS

Free and open to Center members; registration required

Mondays, December 2–16, 3:15–4:15
(3 weeks)

Elements of dance can improve balance, strength, mobility, and quality of life. Charlottesville Ballet leads a dance class for people with Parkinson's Disease and their caregivers.

MINDFULNESS



INOCULATE YOURSELF AGAINST STRESS

Free and open to Center members; registration encouraged

Monday, November 4, 10:00–11:00 am

Stress is rampant in our society today. While stress is not all bad, toxic stress damages both our physical and mental health. Clinical psychologist Dan Elash will teach you how to recognize when stress becomes toxic and mitigate its negative impacts.

MEDITATION ON LIFE AND DEATH

Free and open to Center members; registration required

Friday, November 8, 1:00–2:00 pm

Hospice worker and yoga practitioner Erika Genari will help you make space to imagine what it might feel like to have six months left on Earth. This guided meditation includes deep breathing and visualization, journaling, and sharing in small groups.

HOLISTIC HEALING

Free and open to Center members; registration required

Tuesday, November 12, 1:30–2:30 pm

Research suggests when the body is relaxed, some may experience lower anxiety, blood pressure, insomnia, and pain. Explore holistic techniques to help your body relax such as meditation, reiki, and yoga with RN and reiki master Nancy Zamil.

HYPNOSIS FOR WELL-BEING

Open to Center members; registration required
2nd Wednesday each month, 1:00–2:00 pm

Expand your consciousness with a group hypnosis experience led by a certified hypnotherapist. Hypnosis is similar to guided meditation but with a purpose of strengthening and widening your sense of well-being. The focus on November 13 will be increasing calm. The focus on December 11 will be self-love and inner wisdom. Prime members free; Standard members \$15.

BANISH NEGATIVE THINKING

Free and open to Center members; registration encouraged

Friday, November 15, 1:30–2:30 pm

The longer we live, the greater the toll life takes on each of us. Looking back over our choices gives us lots of room for regrets and harsh self-criticism. Stop feeding the beast devouring your joy! Clinical psychologist Dan Elash helps you push back against these urges, control your thoughts, and practice self-forgiveness.

OPEN YOURSELF TO HAPPINESS

Free and open to Center members; registration encouraged

Tuesday, December 10, 10:00–11:00 am

Neither people nor things can keep us happy. The power to be happy and stay happy resides solely in ourselves. Learn the basic ingredients to a happy life with clinical psychologist Dan Elash.

INSIGHT MEDITATION

Open to Center members; registration required
Tuesdays, December 10 & 17, 4:30–6:00 pm
(2 weeks)

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 \$35.

SOCIAL/RECREATIONAL



MOVIE NIGHT

Free and open to Center members; registration encouraged

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

November 6: *Bruce Almighty*

November 20: *Planes, Trains and Automobiles*

December 4: *Good Morning Vietnam*

December 18: *Groundhog Day*



CHARCUTERIE FOR THE HOLIDAYS

Open to all; registration required

Wednesday, November 13, 5:00–6:30 pm

Just in time for the holidays, learn how to create your own 10-inch charcuterie board. Salami, cheese, bread, and other items included. Members \$45; Guests \$55.

APBA BASEBALL

Free and open to Center members; registration encouraged

2nd and 4th Tuesdays each month, 10:00–11:30 am

In this board game, each player manages a major league baseball team. Learn how to play with longtime enthusiast Ben Benjamin.

CINEMA DISCUSSION GROUP

Free and open to all; registration encouraged

2nd Wednesday each month, 6:00–7:00 pm

Movie and cinema fans are invited every month to discuss a movie, explore the art of filmmaking, connect, and share ideas. The November 13 discussion will focus on *All the President's Men*. The December 11 discussion will center on *The Sixth Sense*.

MEXICAN TRAIN DOMINOES

Free and open to Center members

2nd Thursday each month, 1:00–3:00 pm

Match domino tiles and use a little strategy in this fun and engaging game. Beginners are welcome!

PRIDE MOVIE: HOME FOR THE HOLIDAYS

Free and open to all; registration encouraged

Thursday, November 14, 2:30–4:30 pm

After losing her job, making out with her soon-to-be former boss, and finding out that her daughter plans to spend Thanksgiving with her boyfriend, Claudia Larson faces spending the holiday with her family.

PIE-IN-A CUP MEMBER APPRECIATION SOCIAL

Free and open to Center members; registration required

Thursday, November 21, 2:00–3:00 pm

Whether you call it a pie or a parfait, it's delicious! Create your own apple or pumpkin pie in a cup with crust and toppings. No baking necessary!

WWII MOVIE MATINEES

Free and open to all; registration encouraged

Thursday, November 21, 3:30–5:30 pm

The Sands of Iwo Jima

Thursday, December 19, 12:00–2:00 pm

Silent Night

Remember, this is only a partial list of Center offerings. Check the website for programs added after our print deadline!



WINE TASTING AND FOOD PAIRING FOR THE HOLIDAYS

Open to all; registration required

Tuesday, December 10, 5:00–6:00 pm

Taste a variety of wines with Scott Elliff, owner of local DuCard Vineyards. Learn how to assess aroma, tannin, astringency, and mouthfeel, as well as how to pair wines with food for the holidays. Members \$20; Guests \$35.

PRIDE GAME NIGHT AND POTLUCK

Free and open to all; registration encouraged

Thursday, December 12, 5:30–7:30 pm

Bring a favorite snack and non-alcoholic beverage to share with friends. In addition to a variety of board and card games, we will also have ping pong and cornhole.

DASHING DECEMBER LUNCHEON

Open to all; registration required by Dec. 13

Wednesday, December 18, 12:00–1:30 pm

Wayside Chicken caters a festive meal of fried and baked chicken, mashed potatoes and gravy, green beans, and lemon pound cake. Gather with good friends and great food just in time for the holidays. Members \$15; Guests \$18.

Carter Bank



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CORPORATE
PARTNER OF
THE CENTER AT
BELVEDERE

Providing products and services for all life stages.

Through our sponsorship, Carter Bank provides scholarships to The Center members and contributes to healthy aging opportunities for older adults in the community.

LOCATIONS TO SERVE THE CHARLOTTESVILLE COMMUNITY:
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carterbank.com



Pull-Out Program Calendar

THURSDAY

9:00 Tai Chi, Party Bridge
Empowering Yoga \$
Ivy Creek Hikers

9:15 PRIMETIME FITNESS \$

10:00 **AA Meeting**
Tap Dance (Level 3) \$
Foot & Nail Care Clinic \$
Another Group for Men
Writing for Self Expression
& Insight \$

10:30 ARTHRITIS EXERCISE \$

11:00 Tap Dance (Level 4) \$

11:45 Stretch for Balance & Strength \$
Balance & Stabilization \$

12:00 *NIA-Moving to Heal \$*
Music in the Atrium
Sheepshead
Massage Appts. with Rachel \$

1:00 Woodcarvers

2:00 Backgammon

2:30 **International Folk Dance**
American Mah Jongg (Beg.)
Reconnect Support Group II

3:30 Tai Chi \$
Parkinson's Yoga (Video)

4:00 Afternoon Rummikub

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

6:15 **Ping Pong**

7:00 **Square Dancing**

FRIDAY

8:30 Hatha Yoga \$

9:00 Tai Chi

9:15 PRIMETIME FITNESS \$

9:30 Friday Art Group

9:45 Tone & Groove \$

10:00 Rummikub
Level 1 Walking

10:30 Beg./Int. Crochet \$
Flashbacks \$

11:00 Ping Pong
CHAIR YOGA \$

12:15 Beginners Line Dance

12:45 Piano Music in the Atrium

1:00 Euchre
Still Sharp Singers
American Mah Jongg
Writing for Pleasure

1:45 Improvers/Int. Line Dance

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

3:30 **Parkinson's Yoga (video)**

SATURDAY

8:45 Empowering Yoga \$

9:00 Oil Painting Group

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

11:45 Beg. Chinese Brush Painting \$

The Center at Belvedere

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

<p>5 10:00 Hearing Screenings Ready for a Market Decline? Gnome Woodcarving Class \$</p> <p>12:00 Forgotten Disruptive Technology III</p> <p>12:30 Wise Women Three</p> <p>1:00 Mastering Medicare Apple/Mac Users Group</p> <p>3:00 Socrates Café</p> <p>4:30 Pictures with Santa</p> <p>6:00 NAMI Support Group Jazz Jam</p>	<p>6 10:00 Beg and Pre-Inter. French (cont.)</p> <p>11:00 Aging in Place</p> <p>11:30 Inter. French (cont.)</p> <p>12:00 Adv. Oil Painting (cont.)</p> <p>1:00 Diabetes Discussion Group</p>	<p>7 10:30 <i>Pride Brunch</i></p>
<p>12 10:00 Dementia Caregiver Support Group Gnome Woodcarving Class (final)</p> <p>12:00 WWII Discussion Group</p> <p>1:00 Mexican Train Dominoes Community Care Resources for the Elderly</p> <p>2:00 Varieties of Spiritual Experience</p> <p>3:30 Monthly Economy Perspective</p> <p>4:00 Tremor Support Group</p> <p>5:30 Pride Game Night & Potluck</p> <p>6:00 NAMI Support Group</p>	<p>13 10:00 Healthy Recipe Group Beg & Pre-Int. French (cont.)</p> <p>10:30 Inter. French (cont.)</p> <p>12:00 Adv. Oil Painting (cont.)</p>	<p>14 3:00 Army Navy Football Game</p>
<p>19 10:00 Creative Collage \$</p> <p>11:00 Long Term Care Planning</p> <p>12:00 WWII Movie Matinee</p> <p>12:30 Wise Women Three</p> <p>1:00 Apple/Mac Users Group ADHD Support Group</p> <p>3:00 Socrates Café</p> <p>3:30 Android Phone Training</p> <p>4:00 Holiday Concert Featuring Mary Mikels \$</p> <p>5:30 Pride Movie</p> <p>6:00 NAMI Support Group</p>	<p>20 10:00 Beg & Pre-Int. French (cont.)</p> <p>11:30 Inter. French (cont.)</p> <p>12:00 Lunch Box Readings Adv. Oil Painting (final)</p>	<p>21</p>
<p>26</p> <p>Center Closed</p> <p>Kwanzaa begins</p>	<p>27</p> <p>Center Closed</p>	<p>28</p> <p>Center Closed</p>

November 2024

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

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

TUESDAY

9:00 Empowering Yoga \$
 Tai Chi
 Art as Play \$
 9:15 PRIMETIME FITNESS \$
 10:00 A Group for Men
 10:15 Tap Dance Lessons (Level 1) \$
 10:30 ARTHRITIS EXERCISE \$
 10:30 Second-Wind Band \$
 11:00 Tap Dance Lessons (Level 2) \$
 11:45 Stretch for Balance & Strength \$
 12:30 Party Bridge
 12:45 *Beginning Spanish**
Piano Music in the Atrium
 1:00 English Country Dance
Latin Style Ballroom \$
 2:00 *Advanced Beginner Spanish**
Standard Style Ballroom \$
 3:15 *Keeping Up Your Spanish**
 3:30 MOVE TO THE RHYTHM DANCE
 PARTY \$
Parkinson's Yoga (Video)
 5:00 Fit to Go
 6:00 **AA Women's Group**
 Line Dance (Int./Adv.)
 6:15 **Ping Pong**
 6:45 **Families Anonymous**

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

WEDNESDAY

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

4 10:00 Sew and Sews
 Inoculate Yourself Against Stress

5 9:00 **Injury & Pain Screenings**
 9:30 **Coffee & Caregiving**
 10:00 **Try it Out Tuesday**
 11:00 **Good Life Series**
 12:00 Bunko
 1:00 **Mastering Medicare**
 4:00 Intermediate Watercolor \$

6 9:30 **Veterans Coffee Hour**
 Kingfishers
 Scrapbooking
 10:15 Wednesday Music Club: Multicolored
 Little Gems for Flute and Cello
 10:30 Wise Women, Too
 11:00 Book Group
 1:00 The Mediation Process
 5:00 Movie Night: *Bruce Almighty*

11 10:00 Sew and Sews
 1:00 Gifts from the Heart \$
Piedmont Pastelists
 2:00 Current Events
 3:30 **Philanthropy and Your IRA**

12 10:00 **Money and You**
 Wise Women Connect
 APBA Baseball
 Travel Chat
 12:30 Portraits in Oil \$
 1:00 **Bookmobile**
 1:30 Holistic Healing
 2:00 **Karaoke**
 3:00 *Singles Schmooze*
 4:00 Intermediate Watercolor (cont.)
 5:30 **Design for All Ages**

13 9:30 Scrapbooking (cont.)
 10:00 **Welcome Wednesday**
 10:30 **Parkinson's Caregiver Support Group**
 11:00 **Medicare 101**
 1:00 Hypnosis for Well-being \$
 2:30 **Senior Statesmen**
 5:00 **Charcuterie for the Holidays** \$
 6:00 **Moonlighter's Quilting**
 Cinema Discussion Group

18 12:00 Mystery Book Club
 1:00 Gifts from the Heart (cont.)

19 9:30 **Move for Health**
Alzheimer's Support Group
 12:00 Bunko
 12:30 Portraits in Oil (cont.)
 1:00 **Navigating Senior Living Options**
 1:30 Science Semester Book Discussion
 4:00 Intermediate Watercolor (cont.)
 5:00 **Decline of US Soft Power in Africa**
Let's Talk Wine
 6:00 **Trivia**
Albemarle Modern Quilt Guild

20 9:00 **Injury & Pain Screenings**
 9:30 Scrapbooking (cont.)
 10:00 **Hearing Health**
 10:30 Wise Women, Too
 1:00 Let's Talk Books
 4:30 **Empty Nesters Book Club**
 5:00 Movie Night: *Planes, Trains and Automobiles*
 6:00 **Welcome Wednesday**
Mastering Medicare

25 1:00 Gifts from the Heart (cont.)
 2:00 **Preparing for Death Series**
 Current Events

26 10:00 Wise Women Connect
 APBA Baseball
 12:30 Portraits in Oil (final)
 1:00 **Bookmobile**
 2:00 **Karaoke**
 3:00 *Singles Schmooze*
 4:00 Intermediate Watercolor (final)

27 9:30 Scrapbooking (final)
 10:30 **Parkinson's Caregiver Support Group**

Center closes at 4:30 pm

Pull-Out Program Calendar

THURSDAY

9:00 Tai Chi, Party Bridge
Empowering Yoga \$
Ivy Creek Hikers

9:15 PRIMETIME FITNESS \$

10:00 **AA Meeting**
Tap Dance (Level 3) \$
Foot & Nail Care Clinic \$
Another Group for Men
Writing for Self Expression
& Insight \$

10:30 ARTHRITIS EXERCISE \$

11:00 Tap Dance (Level 4) \$

11:45 Stretch for Balance & Strength \$
Balance & Stabilization \$

12:00 **NIA-Moving to Heal** \$
Music in the Atrium
Sheepshead
Massage Appts. with Rachel \$

1:00 Woodcarvers
Total Barre \$

2:00 Backgammon

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	<p>1 11:00 Aging in Place 12:00 Adv. Oil Painting \$ 1:00 Diabetes Discussion Group</p>	<p>2 10:00 Fundamentals of Improv 10:30 Pride Brunch</p>
<p>7 10:00 Hearing Screenings 12:30 Wise Women Three 1:00 Mastering Medicare Apple/Mac Users Group 3:00 Socrates Café 3:30 Android Phone Training 6:00 NAMI Family Support Group Jazz Jam</p>	<p>8 10:00 Healthy Recipe Group 12:00 Adv. Oil Painting (cont.) 1:00 Meditation on Life and Death 1:30 Quilling Poinsettias \$</p>	<p>9 10:00 Fundamentals of Improv (cont.) 12:30 Cville Band Recital</p>
<p>14 9:30 Painting a Sunflower \$ 10:00 Dementia Caregiver Support Group 12:00 WWII Discussion Group 1:00 Mexican Train Dominoes 2:00 Varieties of Spiritual Experience 2:30 <i>Pride Movie: Home for the Holidays</i> 3:30 Monthly Economy Perspective 4:00 Tremor Support Group 5:01 Thursdays Around 5 5:30 <i>Pride Movie: All of Us Strangers</i> 6:00 African American Authors Book Club NAMI Support Group 6:00 ACHS: Confronting Vietnam War Memories</p>	<p>15 8:00 <i>Birding at Foxhaven</i> 10:00 Beg. & Pre-Int. French \$ 11:00 Long Term Care Planning 11:30 Inter. French \$ 12:00 Lunch Box Readings Adv. Oil Painting (cont.) 1:30 Banish Negative Thinking</p>	<p>16 10:00 Fundamentals of Improv (cont.) 11:00 Moving Forward to the Future</p>
<p>21 9:00 Ribbon Scarf Making \$ 12:30 Wise Women Three 1:00 Apple Mac Users Group ADHD Support Group 2:00 Member Appreciation Make Your Own Pie Social 3:00 Socrates Café 3:30 Android Phone Training WWII Movie Matinee 4:30 Small Works Artists Reception 5:30 Medicine & Society Series 6:00 NAMI Support Group</p>	<p>22 10:00 Writers Critique Workshop Beg.-Pre-Int. French (cont.) 11:30 Inter. French (cont.) 12:00 Adv. Oil Painting (cont.) 12:30 Card Making \$</p>	<p>23 10:00 Stop By Saturday Fundamentals of Improv (final)</p>
<p>28</p> <p>Center Closed</p> <p>Thanksgiving Day</p>	<p>29</p> <p>Center Closed</p>	<p>30</p> <p>Center Closed</p>

December 2024

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 2:00 Knit-Wits
 2:30 Ping Pong
Conversational Spanish (Beg.)
 3:00 Meditative Stretch \$
 3:30 **Parkinson's Yoga**
 5:00 Line Dance (Beg.)
 6:00 **AA Meeting**
 6:30 *International Folk Dance*

<p>2 9:30 Scrapbooking 10:00 Sew and Sews 1:00 Gifts from the Heart (cont.) 3:15 Movement for Parkinsons</p>	<p>3 9:00 Injury & Pain Screenings 9:30 Coffee & Caregiving 10:00 Try it Out Tuesday 11:00 Good Life Series 12:00 Bunko 1:00 Ribbon Scarf Making \$ Mastering Medicare 6:00 Trivia 6:30 Piedmont Master Gardener Talk</p>	<p>4 9:30 Veterans Coffee Hour Kingfishers 10:15 Wednesday Music Club: A Rainy and a Romantic Favorite from UVA Faculty 10:30 Wise Women, Too 11:00 Book Group 2:00 Chinese Brush Painting \$ 5:00 Movie Night: <i>Good Morning Vietnam</i> 6:00 Speaker Series: "Racial Disparities in the Justice System"</p>
<p>9 9:30 Scrapbooking (cont.) 10:00 Sew and Sews 11:00 Extended Care Planning 1:00 Council Meeting Gifts from the Heart (cont.) 3:15 Movement for Parkinsons (cont.)</p>	<p>10 10:00 Money and You Wise Women Connect Open Yourself to Happiness APBA Baseball 1:00 Bookmobile 1:30 Painting National Parks \$ 2:00 Karaoke 3:00 <i>Singles Schmooze</i> 4:30 Insight Meditation \$ 5:00 Wine Tasting & Food Pairing for the Holidays \$</p>	<p>11 10:00 Welcome Wednesday Investing for Beginners: Fixed Income Parkinson's Caregiver Support Group 11:00 Medicare 101 12:30 Wednesday Group for Men 1:00 Hypnosis for Well-being \$ 2:00 Chinese Brush Painting (cont.) 2:30 Senior Statesmen 6:00 Moonlighter's Quilting Cinema Discussion Group</p>
<p>16 9:30 Scrapbooking, cont. 1:00 Piedmont Pastelists Gifts from the Heart (final) Cooking with UVA Dietetic Interns 2:00 Current Events 3:15 Movement for Parkinsons (final)</p>	<p>17 9:30 Move for Health Alzheimer's Support Group 12:00 Bunko 1:00 Navigating Senior Living Options 1:30 Painting National Parks (cont.) Science Semester Book Discussion 4:30 Insight Meditation (final) 6:00 Albemarle Modern Quilt Guild Trivia</p>	<p>18 9:00 Injury & Pain Screenings Hearing Health 10:30 Wise Women, Too 12:00 Dashing December Luncheon \$ 1:00 Let's Talk Books 2:00 Chinese Brush Painting (final) 4:30 Empty Nesters Book Club 5:00 Movie Night: <i>Groundhog Day</i> 6:00 Welcome Wednesday Mastering Medicare Speaker Series: "Challenges Faced Post-Incarceration"</p>
<p>23 Center Closed</p>	<p>24 Center Closed</p>	<p>25 Center Closed Christmas Day Hanukkah begins</p>
<p>30 9:30 Scrapbooking (final)</p>	<p>31 11:00 Noon Year's Eve Party 1:30 Painting National Parks (cont.) Center closes at 4:30 pm New Year's Eve</p>	<p>Center Closed</p>



VOLUNTEERING

BOBBI HUGHES

Coordinator of Volunteer Resources
434.220.9755 • bobbi@thecentercville.org

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

Center Seeks Nominations for Volunteer Board Members

The Center Board of Directors is accepting nominations for new board members to begin three-year terms in April 2025, with possible re-election to an additional three-year term. Nominations are open from November 15 to December 1. The Center Board Development Committee will review nominees and make recommendations for consideration and a vote by the Board at its March 2025 meeting.

The Board's role is to set strategic direction, provide oversight, and ensure the resources necessary for the organization to fulfill its mission and safeguard its reputation. Ultimately, the Board Development Committee is looking for individuals who are committed to supporting the health and well-being of older adults and have the drive, connections, and strategic interests needed to shape The Center's future.

Applicants should be committed to The Center's mission, vision, and values; have a record of active community involvement; be philanthropic; be able to represent The Center in diverse arenas; and have the commitment, integrity, and capacity to serve in this important volunteer role.

To Nominate or Self-Nominate: Please email Dawn Heneberry at Dawn.Heneberry@carystreetpartners.com with the subject line "Board Nomination." In the email, please include:

- Your name, address, email, and phone number, along with the nominee's name and contact information.
- A brief (1-2 paragraph) rationale explaining why you are nominating this person (or nominating yourself). Your statement should include the nominee's history of board membership, any relevant volunteer or educational experience, and any potential conflicts of interest.
- A copy of (via an email attachment) the nominee's curriculum vitae or resume.

If you have previously submitted a nomination for consideration, please resubmit your nomination following the requirements listed above. ■

Volunteer Opportunities

at The Center ...

A variety of openings

Volunteering doesn't always mean committing to a weekly shift; it can be flexible. The Center often has one-time volunteering needs for special events. Contact Bobbi to learn more.

and in the Community ... Reclaimed Hope Initiative



Reclaimed Hope Initiative is a family-centered support and advocacy organization that provides rest, connection, and healing to families navigating foster care and adoption or supporting children with disabilities.

Volunteers help carry out many programs. For more information, call 434.218.2065.

WE REMEMBER

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

Earl Dudley

Howard Horn

Jim Maxwell

Robert Murtha

Sue Brown Pickett

David Ronka

Merle Thompson

Edward Jones®



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Donald Giannangeli, CFP®, AAMS™
Financial Advisor

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Charlottesville, VA 22911
434-956-4351



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BEST WEALTH MANAGEMENT

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Forbes Best-in-State Top Financial Security Professionals list (July 2024), Research and ranking provided by SHOOK Research, LLC. Based upon data as of 12/31/2023. Northwestern Mutual (NM) and its advisors do not pay for placement on 3rd party rating or ranking lists. NM and its advisors do, however, pay marketing fees to these organizations to promote the rating or ranking(s). Rankings and recognitions are no guarantee of future investment success.



TRAVEL

LINDA HAHN
TRAVEL MANAGER

linda@thecentercville.org
434.220.9736

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

Personal travel needs? Contact Linda for help!

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

DAY TRIPS

VIRGINIA STATE CAPITOL

Friday, November 15, 8:30 am–3:00 pm

Travel with us to the Virginia State Capitol and the Executive Mansion for a guided tour. The Capitol houses the oldest elected legislative body in North America, the Virginia General Assembly, first established as the House of Burgesses in 1619. Also visit the Executive Mansion, the oldest occupied governor's mansion in the United States. Lunch is included at Sam Millers. Members \$114; Guests \$149.

RIVERSIDE CHRISTMAS SPECTACULAR

Wednesday, November 20, 9:30 am–6:30 pm

Experience the excitement, memories, and joy of Christmas as a spectacular cast of singers and dancers present the very heart and essence of the holiday season. Escape cold, hustle, and stress with this glittering celebration of everything that makes this "the most wonderful time of the year!" Lunch is included. Members \$170; Guests \$205.

WASHINGTON ON YOUR OWN

Thursday, January 9, 8:00 am–5:30 pm

Hitch a ride to our nation's capital for independent exploration! Enjoy galleries, museums, and lunch on your own with The Center's convenient transportation. Drop-off location is at the West Wing of the National Gallery of Art. Members \$100; Guests \$135.

HOLLYWOOD CASINO

Thursday, January 23, 8:30 am–7:30 pm

Try your luck at the Hollywood Casino in Charlestown, WV. Receive \$20 in slot play, or \$30 if you are retired military or first responder. Lunch is on your own. Members \$92; Guests \$127.



NATIONAL BALLET OF CHINA: CHINESE NEW YEAR AT THE KENNEDY CENTER

Friday, January 31, 8:30 am–7:30 pm

With a dazzling hybrid of Western ballet and Chinese culture, National Ballet of China thrills with its luminous fusion of traditions, recounting a family's Chinese New Year celebration to Tchaikovsky's treasured *Nutcracker* score. Delight in a scroll of Chinese folklore showcasing the legendary monster Nian, the elegant and graceful Fans, the extravagant dances of Silk and Spinning Top, and more wonders in the ravishing Porcelain Kingdom. Lunch is on your own. Members \$227; Guests \$262.

MJ THE MUSICAL AT ALTRIA THEATER

Saturday, February 1, 9:00 am–5:00 pm

He was one of the greatest entertainers of all time. Now, Michael Jackson's unique and unparalleled artistry comes to Richmond in MJ, the multiple Tony Award®-winning musical centered around the making of the 1992 Dangerous World Tour. Lunch is on your own. PRICE IS TBA



VIEWS OF KOREA AT VMFA

Wednesday, February 12, 8:30 am–4:30 pm

Explore diverse exhibits at the Virginia Museum of Fine Arts in Richmond, including this special exhibit showcasing a rare collection of Hasui prints donated by Rene and Carolyn Balcer. Hasui's prints of Korean landscapes, temples, and palaces transport you to the serenity and beauty of lush green fields, falling snow, and moonlit skies. Lunch is on your own. Members \$85; Guests \$120.

HEARTBREAK HOTEL AT RIVERSIDE CENTER FOR THE PERFORMING ARTS

Wednesday, February 19, 9:30 am–6:30 pm

This official Elvis Presley bio-musical takes a closer look at the rock star and incomparable icon whose impact shaped the history of music and culture. Trapped in a moment of crisis, his younger self guides him through pivotal moments that led him to become "The King of Rock and Roll." The show features over 40 Elvis hits and iconic songs. Lunch is included. Members \$175; Guests \$230.

GETAWAYS

MEMPHIS, PIGEON FORGE, AND NASHVILLE FOR THE HOLIDAYS

December 8–13

Travel through Tennessee for a sparkling holiday season. Admire holiday lights and enjoy visits to Elvis Presley's Graceland, the ducks at the famous Peabody Hotel, Sun Records, the Memphis Zoo, and the Country Music Hall of Fame. Cap the trip off with the Grand Ole Opry Christmas Show. Includes round trip transportation, accommodations, breakfast, dinner, and admission to listed attractions.

HOLLAND AND BELGIUM IN BLOOM

April 3–12, 2025

Sail on the *Emerald Sky* to see the archetypal Dutch topography of windmills, tulips, and winding canals. A fascinating trip through time, this itinerary acknowledges the history of working-Dutch communities, dating as far back as the 13th century, before a guided tour to the Hague and a visit to Mauritshuis. Discover what attracts art lovers to Antwerp's intriguing medieval center before technicolor Amsterdam and Keukenhof Gardens, which leave a lasting impression on the senses.

ICELAND: NATURE AND PHOTO TOUR

August 20–30, 2025

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

CANADA AND NEW ENGLAND CRUISE WITH ROYAL CARIBBEAN INTERNATIONAL

October 16–25, 2025

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

MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (August 1–September 30, 2024)

- Elizabeth & Greg Allen
AT Home Care Staffing
Benchmark Senior Solutions
Blue Ridge ElderCare Advisors, LLC
Bonnie & Dick Brewer
The Colonnades
Commonwise Home Care
Vicky & Lawrence Eicher
Nancy Fischer
Five Star Painting of Charlottesville
Diana Foster & Thomas Jones
Deborah Franklin
The Heritage Inn
Ivy Rehab Physical Therapy
William Johnson
Norton Health Law
Edith Parker
Susan Pfannenbecker
Joan Robertson
Christine Shaw & Jenny Mead
Patricia Shawley
Nancy Weiss & Carol Wise
Gina & Greg Yoder
Marie Arline Zaborowski

DONATIONS MADE IN HONOR OF (August 1–September 30, 2024)

- Melanie Benjamin & Brian Geiger**
by John Lanham
- The Center Membership Team**
by Betsy & Don Bean
- Jolene Green**
by Sharon Dudley
- Deborah & Mark Salerno**
by Susan Hilton
by Heidi Lucia
- Clay Sisk**
by Shelby Clements
by Eugenia Cornell

DONATIONS MADE IN MEMORY OF (August 1–September 30, 2024)

- Tom Allensworth**
by Anonymous
- Sebastian Crews**
by Betsy & Don Bean
- Dale Goodloe**
by Amy Goodloe
- Elaine Johnson**
by Mary & Mike Wilson
- David Ronka**
by Sharon & Larry Lugar

Linda Hahn Reflects on 25 Years

Q&A with The Center's beloved travel agent



This November, we celebrate a remarkable 25 years with Travel Manager Linda Hahn! Since joining The Center in 1998, Linda has grown our travel programming from a few annual trips to a fully accredited travel agency offering nearly 40 day trips and many getaways every year in support of The Center's healthy aging mission.

What originally brought you to The Center?

I started at The Center in 1998, a time when most retail travel agencies were focused on group and leisure travel. With the recent birth of my twins and our son Dylan, I was looking for a job that would fit my new family schedule. A friend informed me about a part-time travel position at The Center and it seemed perfectly suited for my needs.

What has your experience been like since?

My journey at The Center has been a profound mix of joy, challenge, and growth over the past 25 years. Since I began, life has brought both incredible moments and significant hardships.

When I started, I welcomed the birth of my daughter Heidi. The support and love I received from our members during that time were truly heartwarming. It highlighted the sense of community we have here.

Like many, I've faced challenges. During the COVID-19 pandemic, I shifted from booking trips to managing refunds, rescheduling, and giving tours of our beautiful new building to keep my spirits up. The 2008 financial crisis also had a significant impact on travel, limiting opportunities for many of our members. We adapted by creating fun, affordable presentations and lectures that kept the spirit of exploration alive.

On September 11, 2001, I was leading a cruise out of New York and the tragedy forced us to rearrange transportation back to Charlottesville. It was a sobering time and many of our travelers reflected on historical events like Pearl Harbor. The sense of unity and support among our group was incredibly moving.

The recent passing of my twins, Eric and Alexander, in 2022 and 2023, has been the most difficult life experience I've ever endured. The love and support from my colleagues and our members of The Center continue to hold me up and shower me with love and kindness—my gratitude is overflowing.

I'd be remiss if I didn't mention my Travel Office volunteers! Their value to the travel program is immeasurable. They are all dedicated and passionate about their responsibility to our travelers.

It's been a rewarding 25 years—I'm excited for what the future holds!

Why is travel so valuable for older adults?

Travel offers myriad benefits for older adults, from education to relaxation. It enriches many dimensions of wellness – physical, emotional, and social. Travel encourages movement and participation in activities you might not otherwise engage in. Meeting locals and fellow travelers can foster

long-lasting friendships and expand your social circle. And it can be a source of joy and laughter, reducing stress, boosting confidence, and inspiring you to embrace new experiences. Overall, travel can be incredibly fulfilling, improve our lives at any age.

Linda's vast experience handling details allows everyone who travels with The Center to relax and enjoy themselves.

What are some of the changes you've seen in the industry?

When I started at The Center, most people didn't even have email! Airline tickets were physical documents to present at the gate and travel information was neatly packaged in bound folios. Today, email allows for quicker updates and electronic tickets streamline the boarding process. Our 50-and-better travelers are increasingly comfortable using digital tools. It's exciting to see how these advancements have empowered more people to explore the world!

What is your favorite destination The Center's Travel Office visits?

Kenya and Tanzania are nothing short of magical. The abundance of wild life in the Ngorongoro Crater Conservation Area is breathtaking and we had the privilege of learning about the Masai culture firsthand. One of our Center members was so inspired by this trip, she now travels to East Africa every year to deepen her understanding of wildlife and culture.

Honorable mentions to Tuscany, where we have twice visited our Sister City Poggio a Caiano and seen the connections we've built over the years, and a favorite day trip: Tangier Island. Twelve miles off the Chesapeake Bay, the island's history and delicious soft shell crab and crab cakes feel like taking a trip back in time.

What's still on your bucket list?

Any adventure that makes lasting memories with our members! A place where we laugh and remember our time filled with fun, friends, family, and happiness. Life is short, so we fill it with gratitude and kindness as we travel together—these are the important things that last forever.



At a stop during the Rhine River Cruise in 2011, Linda and her daughter Heidi demonstrate just how narrow this street really is.



Linda and Center travelers on the first leg of a trip to Tuscany in 2010.



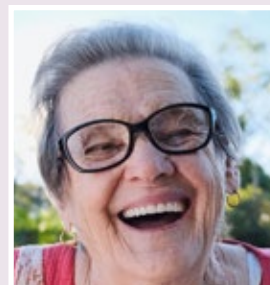
Linda in Tanzania in 2017 with a cloud-covered Mount Kilimanjaro in the background.



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Supporting the Future of Healthy Aging



Every year, thousands of people aged 50 and better come to pursue healthy aging opportunities at The Center. These powerful programs are only possible because of generous mission-driven donors who understand the value of aging well. More than 60% of our operational revenue comes through philanthropy!

Each and every membership is supported by more than \$1,000 of philanthropic giving, but these gifts come to us in a variety of ways. We know that your individual circumstances and financial goals are unique—that's why The Center offers a variety of ways to give, making it easy for you to support healthy aging.

Ways to Give

- **Online Giving:** You can make a gift online at any time, offering convenience and flexibility. Whether you choose a one-time gift or a recurring monthly contribution, your online gift to The Center at www.thecentercville.org/donate is safe, secure, and impactful.
- **Monthly Giving:** Becoming a monthly donor allows you to provide ongoing, dependable support to The Center while spreading your contribution throughout the year. Monthly donors are recognized as members of our Sustainers Circle, a committed group of individuals that provides consistent and reliable funding for Center programs and services.
- **Leadership Annual Giving:** For those able to make a larger gift, we invite you to join the 1180 Society, which honors individuals who contribute \$1,000 or more in a year. Your outstanding personal commitment helps sustain our high-quality programs and services. Divide your gift into monthly donations of \$83.34 (or more) to become a member of both the 1180 Society and the Sustainers Circle.
- **Required Minimum Distributions (RMDs):** For those aged 73 and older, the IRS mandates annual withdrawals from most retirement accounts. These withdrawals, known as RMDs, are taxed as income, but by donating part or all of your RMD to The Center, you may reduce your tax burden while making a significant impact in the lives of older adults in our community.
- **Qualified Charitable Distributions (QCDs):** If you are 70½ or old-

er, you can opt to donate directly from your IRA using a QCD. By making a tax-free transfer of up to \$100,000 from your IRA to The Center, you can avoid paying income tax on the amount and support healthy aging.

- **Stock Donations:** Gifting appreciated stocks is another tax-efficient way to give. By donating stocks directly, you can avoid capital gains taxes and potentially receive a charitable deduction for the full fair market value of the stock. It's a powerful way to maximize your giving while supporting The Center's mission.

- **Bequests and Planned Giving:** Including The Center in your estate planning is a meaningful way to leave a legacy. By naming The Center as a beneficiary in your will, trust, or retirement account, you can ensure future generations benefit from the kind of activities and programs that research has proven to extend healthspan, the number of years lived in good health. Those who have made this special commitment are welcomed into The Frances Jean Robey Legacy Society.


- **Tribute Gifts:** When you make a gift in the name of someone you appreciate, the honoree (or their family) will be notified of your generous gift, though the amount will remain confidential. Your tribute gift will also be listed in this very newsletter. Tribute gifts are a lovely way to honor or memorialize a loved one while supporting The Center community.

- **In-Person Gifts:** While you can mail a donation at any time, you can also make a donation at the Welcome Desk where The Center gratefully accepts gifts via cash, check, or credit card, or by seeing a member of the Philanthropy Team.

Each of these giving options plays a critical role in sustaining the vibrant, healthy aging community at The Center. Every contribution—no matter the amount—makes a powerful difference in the lives of older adults in our community. However you choose to give, your support strengthens The Center's ability to offer life-enriching programs ensuring we remain a community resource for all.

Thank you for considering including The Center in your philanthropy. For more information about making a gift or to discuss your giving options, contact The Center's Philanthropy Director Lynn Divers at 434.220.9745 or lynn@thecentercville.org. ■

HONOR A FELLOW VETERAN OR LOVED ONE -with- MEMORIAL BRICKS (REGIMENTAL RED)



The Dogwood Vietnam Memorial Foundation introduces an opportunity for veterans, family members, and friends to leave a lasting tribute ... *with an engraved Memorial Brick*. All service members and those who have served our country are eligible. The bricks will be placed on the proposed new walkway from the future projected pedestrian bridge (entering the park) to the Memorial Plaza. The money from the purchased bricks will enable the Foundation to continue to inform, instruct, and educate the public about our total military/humanitarian involvement in Vietnam.

Available Sizes for Regimental Red Bricks:

4" x 8" x 2-1/4" — \$200 ea.	3 Lines, 20 Characters per Line
8" x 8" x 2-1/4" — \$400 ea.	6 Lines, 20 Characters per Line -or- 4 Lines with a Clipart Logo

Sponsored by **Dogwood Vietnam Memorial Foundation, Inc.**

www.dogwoodvietnammemorial.org



Our 102nd Season Holiday Celebration Concert at The Paramount!

December 8, 3:30pm




www.cvilleband.org | info@cvilleband.org

Third Annual Small Works Exhibit

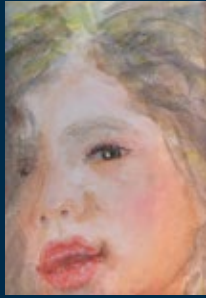
Nov.–Dec. in The Center's 1st and 2nd floor galleries



Renee Blue O'Connell



Nancy Stamper



Deborah Prum

The Center at Belvedere
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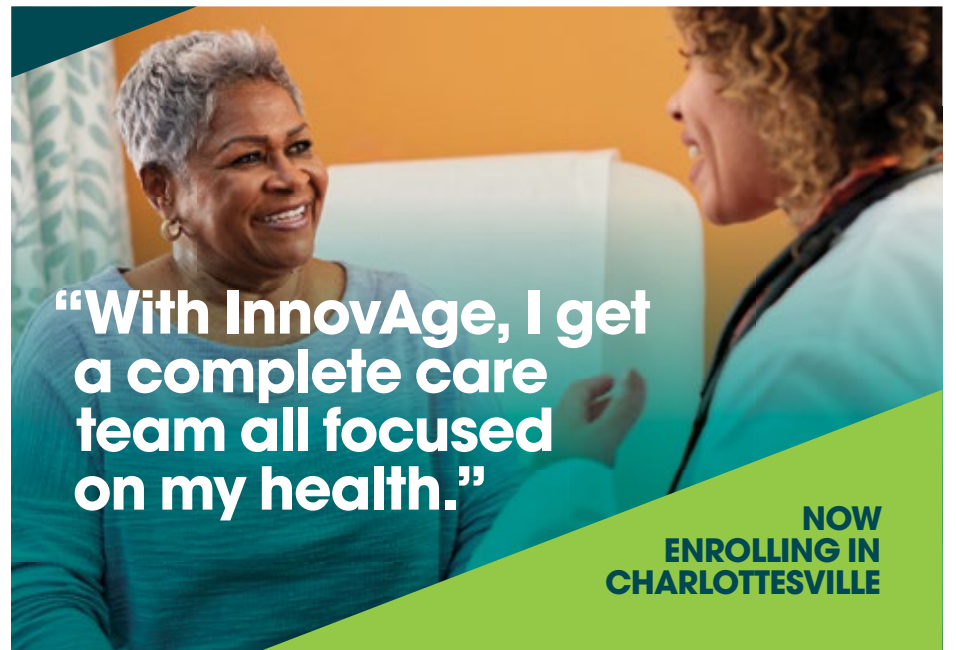
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