



come + shop local!

Looking for unique gifts this season? Or to tuck away for future occasions? The Center’s Holiday Craft Fair will showcase over 50 local artists and crafters from across our region on Saturday, November 1, from 10:00 am to 5:00 pm.

Come and browse jewelry, pottery, wall art, woodwork, fiber arts, soaps, candles, and more. You might also win some fabulous handmade items courtesy of multiple door prizes.

The Center Café will be open until 2:00 pm with its full menu available—perfect for a cozy warm beverage break or a lunch out with friends.

The fair is free and open to the public.



Winter Hours

Shorter days are on the horizon—daylight saving time comes to an end on Sunday, November 2. When you set your clocks back to standard time, take note of The Center’s time change as well: closing on Tuesday, Wednesday, and Thursday evenings will move from 8:00 pm to 7:00 pm.

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What is Your Path to a Good Life?
A new theory in psychology proposes a third answer to the question

For decades, psychologists and researchers have typically conceptualized a good life in terms of either a happy life or a meaningful one. New research has put forward a third possibility: the psychologically rich life.

Where happiness focuses on feelings of comfort and pleasure, and meaningfulness centers on purpose and making a difference in the world, psychological richness is characterized by curiosity and openness to new, perspective-changing experiences.

Psychological richness, first theorized by University of Chicago psychologist Shigehiro Oishi, captures the essence of exploration, adventure, and creativity as well as what we gain from broader social networks or getting outside of our comfort zones. The psychologically rich life doesn’t shy away from challenges or things that shift your mindset.

Rather than “I had fun” or “I made a difference,” reflecting on a psychologically rich life might make you think “What an interesting journey this has been.”

One life path is not better than another. (According to a study conducted by the Mather Institute in collaboration with the University of Chicago, each contributes to aspects of successful aging like adaptive coping skills and engagement with life.) Nor are these paths mutually exclusive. But if forced to choose just one path, the majority would go for happiness or meaning, based on where they are in their lives. That said, there is still a sizable portion of people (as many as 1 in 5 older adults) who say they would prefer a psychologically rich life.

See RICH on page 12



Instructor Profile
Tap Into Mental and Physical Well-being with Julie

If you’ve been debating a return to the dance studio, or a first venture into tap, now is the perfect time to pursue it with new tap instructor Julie Montross.

Julie, who also happens to be CEO and Executive Director of The Paramount, brings an impressive pedigree to the studio. “I danced competitively for 15 years, then professionally for about 5 years and taught for 17 years ... I had to step away when work travel was making it impossible to keep my schedule,” she says.

After 14 years without regular teaching in her schedule, the timing was finally right to resume that aspect of her love for dance. But how did she know to connect with The Center?

“My mother-in-law moved to Charlottesville and became very involved with The Center. That sparked my curiosity and I reached out.”

“My first day here, I walked into the studio and thought I’m home!” she says.

After just her second class, Julie was getting rave reviews from tap regulars and she’s very excited to support healthier lifestyles for older adults.

She shares, “My experience having helped my parents is that a sedentary lifestyle is (in my non-medical opinion) the quickest way to immobility ... My mother had a really hard time getting around.”



See TAP on page 14



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

Hours

Monday & Friday 8:30 am–4:30 pm
Tuesday–Thursday 8:30 am–7:00 pm
Saturday 8:30 am–2:00 pm

About THE CENTER AT BELVEDERE

The Center's mission is to positively impact our community by creating opportunities for healthy aging through social 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.

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

More than 2,200 members enjoy 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!

- Judy Alderson
Susan Anderson
Robert Anderson
Eleanor Anderson
Stephen Anderson
Christine Ballard
Richard Bard
Kimberlee Barrett-Johnson
Courtney Bates
Jacqueline Beer
Robert Beynette
Susan Brickman
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Martha Burner
Carrie Cannady
Janet Castleman
Denise Chandler
Margaret Cooney
Gerald Costa
Josephine Crane
Robin Crist
Elois Cruger
Maureen Deane
Daisy Denham
Denise Detchon
- Terri Anne DiCintio
Richard Dickey
John Down
Paula Dunsmore
David Dykes
Paul Easton
Betty Farrell
Edward Fomalont
Christine Frye
Barbara Gregory
Lucy Hale
Alice Hopwood
Dawn Kern
Thomas Kriete
Michael Kuzmik
Lori Lambelet
Susan Landes
Emily Lewis
Valerie Lipinski
Elaine Longerbeam
Sue Lucas
Abigail Martin
John McLaulin
Sheu Ming
Clair Moncure
Joyce Moore
Jo Ann Moore
- Margaret Morris
Helen Morton
Michael Morton
Nancy Morton
Sara O'Hare
John Painter
Jill Payne
Michael Philippi
Serena Sage
Stuart Scott
Peter Sheras
Bonnie Shute
Pamela Sorensen
Nathalie Stamoulis
Sara Sutherland
Catherine Tatman
David Tatman
Cynthia Treves
Norma VandeBunte
Cynthia Viejo
Claudia Walpole
Peter Walpole
Wanda Weaver
Steven Weingarten
Kenneth White
Dawn Woodring

If you joined between August 1 and September 30, 2025, and were not recognized here, please contact Membership Director Suzanne Orejuela at 434.220.9732 or suzanne@thecentercville.org.



COUNCIL NOTES

Healthy aging sometimes requires new ways of doing familiar tasks. In the beginning, so to speak, only program leaders were considered Council members. At the October meeting, however, Council bylaws were formally amended to expand membership to include all Center members as Council members, eligible to vote alongside active program leaders.

Along with the bimonthly newsletter and the Wednesday morning “It’s Happening” email, the Council’s primary roles are communication and engagement. Meetings are held on the first Monday of each month, at 1:00 pm. Plan for one hour of your time to become better-informed about The Center, to hear and be heard.

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

Monday, November 3: Appointment of nominating committee for election of FY 27 Council officers at the March meeting: President, Vice President, Corresponding Secretary, and Recording Secretary. All Center members are eligible; let us know if you’re interested or would appreciate a chat with a current Council officer to learn details.

Monday, December 1: The agenda will include the November Board of Directors meeting report and a year-end review of Center finances and budgeting.

—Peggy Slez, Council President

TRY IT OUT
TUESDAY

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



PROGRAMS

The Center uses the online scheduling tool **My Active Center (MAC)** for most program registration. Visit **myactivecenter.com** to set up an account. For orientations, travel, or special events that require ticket purchase, please visit **thecentercville.org**.

SPECIAL EVENTS



HOLIDAY CRAFT FAIR

Free and open to all

Saturday, November 1, 10:00 am–5:00 pm

Celebrate the season with a day of creativity, community, and cheer. Browse a wide variety of handcrafted goods, unique gifts, and festive treats—all made by talented local vendors who bring heart and originality to every piece.

WEDNESDAY MUSIC CLUB

Included in Center membership; registration required

Mazurkas and Minuets from Poland and France

Wednesday, November 5, 10:15–11:30 am

Musical Voyage with Oboe and Piano

Wednesday, December 3, 10:15–11:30 am

SMALL WORKS ARTISTS RECEPTION

Free and open to all

Wednesday, November 19, 4:00–6:00 pm

Meet artists whose work is on display and enjoy lively conversation with light refreshments.

CENTER STAGE PLAYERS PERFORMANCES

Free and open to all

Wednesday, December 3, 4:00–5:00 pm

Saturday, December 6, 12:00–1:00 pm

Skits, monologues, songs, and dance celebrate life and the unique creatures we are. Come enjoy a delightful hour of joy, laughs, and nostalgia.

STILL SHARP SINGERS HOLIDAY CONCERT

Free and open to all

Friday, December 5, 1:30–2:15 pm

The Still Sharp Singers and director Mike D'Antoni present some of your favorite songs.



HOLIDAY BAND CONCERT

Free and open to all

Saturday, December 6, 3:00–4:30 pm

Enjoy an afternoon with the Flashbacks, Second-Wind and First-Wind Bands as they present their annual holiday concert. Bob Dunnenberger directs this large group of players. Donations appreciated.

ARMY NAVY FOOTBALL GAME AND PARTY

In partnership with SKV Group's Gratitude Charlottesville

Open to all; registration required

Saturday, December 13, 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; \$25 for non-veterans.

NOON YEAR'S EVE PARTY

Open to all; registration required

Wednesday, 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 2026 with a champagne toast. Members \$40; Guests \$60.

ARTS

ART CLASS POLICIES

- **Cancellations:** Please notify us at least 5 business days in advance of the program's start date by emailing cancel@thecentercville.org or calling our cancellation line at 434.220.9756 and providing (a) your name and phone number, (b) exact program name, and (c) date and time of program. Cancellations made less than 5 days in advance are not eligible for a refund or credit.

- **Materials Fees:** These are paid directly to the instructor at the start of the class or series via check or cash.

QUILLING POINSETTIAS

Members only; registration required

Monday, November 3, 1:00–3:00 pm

Cory Ryan teaches how to use a quilling comb to create beautiful poinsettias that can then be used to create a lovely holiday card for friends and family. No experience needed. Class fee: \$20. Materials fee: \$20.

FINISH YOUR ART

Included in Center membership; registration required

Mondays, November 3–24, 1:00–4:00 pm

Do you have unfinished artwork at home waiting to be completed? Bring an in-progress piece of oil, pastel, or gouache to the art studio and enjoy time to focus on your work alongside fellow artists and facilitators Anne Hopper and Desiree Herzfeld. This is not an instructional class, but a time for guidance to get that art piece completed.

RIBBON SCARF MAKING

Members only; registration required

Monday, November 5, 2:00–4:30 pm

Thursday, December 4, 10:00 am–12:30 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. Class fee: \$25. Materials fee: \$20.

FINISH YOUR PASTEL ART

Included in Center membership; registration required

Fridays, November 7–December 19, 11:00 am–2:00 pm

Do you have a pastels project at home waiting to be completed? Bring your in-progress piece and enjoy time to focus on your work alongside fellow artists. This is not an instructional class, but a supportive environment with guidance to get that work of art ready for display.

HOLIDAY TREASURE BOX

Members only; registration required

Fridays, November 7–21, 12:00–3:00 pm

Create a unique box to hold special items. Starting with a wooden cigar box, instructor Ann Cheeks will show you how to use decoupage, paint, and unique art paper or other materials to craft a lovely gift ready for filling with photographs, notes, or trinkets. Class fee: \$90. Materials fee: \$25.

PAPER CRAFTING WITH DIANE

Members only; registration required

Tuesday, November 11, 10:00 am–12:00 pm

Tuesday, December 9, 10:00 am–12:00 pm

Create cards and other crafts with Diane Chapman. Class fee: \$20. Materials fee: \$15.

WOODCARVING A SANTA ORNAMENT

Included in Center membership; registration required

Tuesdays, November 11 & 18, 2:00–4:00 pm (2 weeks)

Learn to carve a Santa ornament with Larry Broach. Materials fee: \$35.

LEVEL UP YOUR PAINTING

Members only; registration required

Wednesdays, November 12–December 17, 2:00–5:00 pm

Attend once or weekly to bring an in-progress painting for constructive critique from instructor Katie Hutter. Class fee: \$30 per session.

INTAGLIO ETCHING

Members only; registration required

Mondays, November 17–December 29, 10:00 am–12:00 pm (6 weeks)

Get an introduction to the process of etching using plexiglass. Draw an image, then use etching tools on a plexiglass plate to be inked and printed with an intaglio printing press. Class fee: \$120. Materials fee: \$50.

AMARYLLIS PAINTING

Members only; registration required

Thursday, November 20, 9:30–11:30 am

Chase the winter blues away with a 6" x 12" acrylic painting of a single amaryllis with instructor Cindy Vito. No experience necessary. Class fee: \$20. Materials fee: \$20.



CARD MAKING WITH SHERRY

Members only; registration required

Thursday, November 20, 12:30–2:30 pm

Make seasonal cards for friends and loved ones with instructor Sherry Sinard. Class fee: \$20. Materials fee: \$15. See additional required materials online.



CREATIVE COLLAGE WORKSHOP

Members only; registration required

Monday, December 1, 12:00–2:00 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. Class fee: \$20. Materials fee: \$10.

PAINTING CARDINALS

Members only; registration required

Tuesdays, December 2–16, 1:00–4:00 pm

Learn how to paint a beautiful cardinal in any medium, just in time for the winter holiday season. Instructor Katie Hutter will show you which brushes to use and how to mix the right colors. Class fee: \$90.

GNOME WOODCARVING CLASS

Included in Center membership; registration required

Thursdays, December 4 & 11, 10:00 am–12:00 pm (2 weeks)

Mike Micucci teaches you how to carve a wooden gnome or Santa figurine. Materials fee: \$35.

CREATING MOBILES

Members only; registration required

Fridays, December 5–19, 12:00–3:00 pm (3 weeks)

Create small, simple, beautiful mobiles using copper wire and beads, feathers, or other small, interesting objects of your choice. Class fee: \$90. Materials fee: \$25.

PAINT PARTY WITH DAWN BONNER

Members only; registration required

Monday, December 15, 1:00–4:00 pm

Dawn provides step-by-step instructions to paint a seasonal canvas. No experience necessary. Class fee: \$30. Materials fee: \$15.

LIFELONG LEARNING

GOOD LIFE SERIES

Free and open to all; registration required

Palliative Care, Hospice & Death Doulas

Tuesday, November 4, 11:00 am–12:00 pm

Take the mystery out of these sometimes scary words. Get informed, get guidance, ask questions, and feel more empowered about choices for you and your loved ones’ end-of-life care.

Planning for the Rest of Your Life

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

Many of us avoid planning future health care, financial, and legal needs for ourselves and our loved ones until it is too late. Join this expert review of a life planning checklist to ease the journey.

LONG-TERM CARE PROGRAMS

Free and open to all; registration required

Crafting Your Extended Care Plan

Tuesday, November 4, 2:00–3:30 pm

with Tracy Meade

Funding Your Extended Care Plan

Monday, December 8, 2:00–3:30 pm

with Tracy Meade

Long-Term Care Insurance: Submitting a Claim

Wednesday, December 17, 11:00 am–12:30 pm

with Tracy Mead

BOOK GROUP

Included in Center membership

1st Wednesday each month,

11:00 am–12:00 pm

The November 5 book is *Becoming Madam Secretary* by Stephanie Dray. The December book is *Driving Home Naked* by Melinda McCall.

JAMES T.S. TAYLOR’S RECONSTRUCTION

In partnership with Albemarle Charlottesville Historical Society

Free and open to all; registration required

Wednesday, November 5, 5:00–7:00 pm

James T.S. Taylor was a United States Colored Troops veteran who represented Albemarle County in Virginia’s 1867–68 Constitutional Convention and fought to modernize and democratize Virginia. This talk puts Taylor’s activism in the context of Southern Unionists’ struggle against the unreconstructed rebels and “Lost Cause” propaganda.



1775: REVOLUTIONARY WAR & THE INVASION OF CANADA

Free and open to all; registration required

Thursday, November 6, 1:00–2:30 pm

In honor of the 250th anniversary of the American War of Independence, retired Army Colonel Steve Rundle will discuss COL Arnold’s epic march into Canada and the battle of Quebec City, which ended the Continental Congress’s effort to bring a 14th colony into the fold of the future United States.

MEDICARE PROGRAMS

Free and open to all; registration required

Thursday, November 6, 1:00–2:00 pm

with Margo Kreider

Wednesday, November 12, 11:00 am–12:00 pm

with Sharon Accardo

Wednesday, November 19, 5:30–6:30 pm

with Margo Kreider

Thursday, December 4, 1:00–2:00 pm

with Margo Kreider

Wednesday, December 10, 11:00 am–12:00 pm

with Sharon Accardo

Wednesday, December 17, 5:30–6:30 pm

with Margo Kreider

DIGITAL SKILLS TRAINING

In partnership with Connected Nation

Free and open to all; registration required

Friday, November 7, 9:30 am–1:30 pm

Learn essential digital skills and build confidence while staying safe online in these beginner-friendly sessions. Computer basics are the focus from 9:30–11:00 am, Internet basics are the focus from 11:00 am–12:30 pm, and mobile device basics close out the day.

MONEY AND YOU

Free and open to all; registration required

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

Jorgen Vik, partner with SKV Group, leads discussions every month to improve your financial knowledge and wellness. The November 11 topic is the annual Medicare enrollment period. The December 9 topic is how to choose a financial advisor.

SENIOR STATESMEN OF VIRGINIA

Free and open to all; registration required

Can Democracy and Capitalism Co-exist?

Wednesday, November 12, 2:30–4:00 pm

Longstanding challenges like political polarization, rising market concentration, racial and ethnic battles over identity, and vast wealth gaps are all exacerbated by new circumstances. Three scholars of politics, history, and law will examine the relationship between free markets and democracy, considering the opportunities and perils of reimagining democratic capitalism.

Annual Meeting and Ideas for Programming

Wednesday, December 17, 2:30–4:00 pm

President Sue Liberman will review the past year and Frank Friedman from the Board of Directors will lead small group discussions so you can provide input for future program topics. Mingle at the reception afterwards with refreshments.

WORLD WAR II DISCUSSION GROUP

Free and open to all; registration required

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

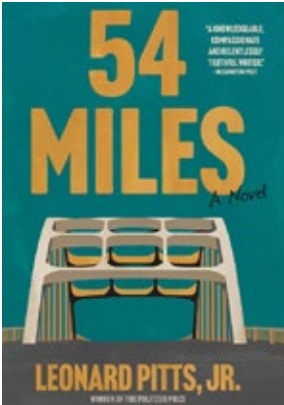
The November 13 topic is Winston Churchill’s special operations. The December 11 meeting will be a social hour with a book swap.

AFRICAN AMERICAN AUTHORS BOOK CLUB

Free and open to all

2nd Thursday each month, 6:00–7:30 pm

The November 13 book *54 Miles* by Lawrence Pitts Jr. There will be no meeting in December.



FRENCH CLASSES

Members only; registration required

Fridays, November 14–December 19

(6 weeks)

Advanced speakers meet 10:00–11:30 am. Intermediate students meet 11:30 am–1:00 pm. Beginners meet 1:00–2:30 pm. Class fee: \$90.

ITALIAN REVIEW

Members only; registration required

Mondays, November 17–December 8, 9:30–11:00 am (4 weeks)

This pre-intermediate course is for those with basic grammar knowledge, including the progressive tense, “molto,” and common expressions. Practice your skills with instructor AnnaMaria Bakalian using fun, interactive tools. Class fee: \$60.

KNOW THY NEIGHBOR

In partnership with Charlottesville Newcomers Club

Free and open to all; registration required

Monday, November 17, 10:00 am–12:00 pm

Learn, connect, and deepen ties with the local community as you share unique life experiences, careers, hobbies, and community contributions.

SCIENCE SEMESTER BOOK DISCUSSION

Included in Center membership; registration required

3rd Tuesday each month, 1:30–3:30 pm

The November 18 book is *Six Easy Pieces: Essentials of Physics Explained by Its Most Brilliant Teacher* by Richard Feynman. The December 16 book is *Our Moon: How it Transformed the Planet and Guided Evolution* by Rebecca Boyle.

MEDICARE AND SOCIAL SECURITY PLANNING

Free and open to all; registration required

Friday, November 21, 11:00 am–12:30 pm

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

MYSTERY BOOK CLUB

Included in Center membership; registration required

4th Monday each month, 12:00–1:00 pm

The November 24 book is *The Maltese Falcon* by Dashiell Hammet. The December 15 book is *A Case of Need* by Michael Crichton.

A WONDERFUL ADVENTURE

Free and open to all; registration required

Tuesday, December 2, 1:30–3:00 pm

Tom Worosz Jr. shares photos and stories from holiday markets along the Danube River.



ADAPTING YOUR GARDEN TO CHANGING CLIMATE

In partnership with Piedmont Master Gardeners

Free and open to all; registration required

Tuesday, December 2, 5:30–6:45 pm

Unpredictable temperatures, new pests, flooding and drought, windy and stormy weather—how is the gardener to cope? Master Gardeners Fern Campbell and Christine Platt share steps you can take to keep your garden in good shape.

WHAT THEY DON'T TELL YOU ABOUT AGING

Included in Center membership; registration required

Wednesdays, December 3 & 10, 3:30–5:00 pm (2 weeks)

When thinking about retirement, we prepare for financial security, housing, health care, and even end-of-life decisions, but do we prepare for all the living ahead? Not everyone ages according to plan. Discuss how you can recognize and react to unexpected changes so can you truly stay active and live well.

PHYSICAL WELL-BEING

HEALTHSPAN TALKS

Free and open to all

Tuesday, November 18, 9:30–10:30 am

How do our bodies respond to the work that they do? Darcy Higgins, Doctor of Physical Therapy, discusses building strength for muscles and bones.

HEARING HEALTH

Free and open to all; registration required

Hearing Your Best for the Holidays

Wednesday, November 19, 10:00–11:00 am

This time of year is often 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 shares strategies for better listening over the holidays.

Link Between Hearing Loss and Brain Health

Wednesday, December 17, 10:00–11:00 am

New research shows a strong link between untreated hearing loss and cognitive decline. Dr. Kristin Koch of Evolution Hearing will break down this complex subject and give you practical tips to protect yourself and your loved ones.

INTERPLAY MOVEMENT AND CONNECTION

Included in Center membership; registration required

3rd Thursday each month, 2:30–4:00 pm

Learn more about yourself and others through this simple and incremental way of playing with words, movement, sound, and stillness.

MINDFULNESS

LIVING A CONTENTED LIFE

Free and open to all; registration required

Tuesday, November 11, 10:00–11:00 am

A contented life is a universal goal, but most of us could use guidance in developing the skills to actually do it. Clinical psychologist Dr. Dan Elash will identify the necessary elements and give you strategies and tactics to live contentedly.

HEALING YOURSELF

Free and open to all; registration required

2nd Friday each month, 10:00–11:30 am

Research suggests that when the body is relaxed, there is a decrease in anxiety, blood pressure, insomnia, and pain. Learn a simple breath work exercise and meditation technique with Nancy Zamil, RN and Reiki Master, to help your body relax.

THE POWER OF SELF-COMPASSION

Free and open to all; registration required

Tuesday, November 18, 10:00–11:00 am

Self-compassion is being clear-minded and disciplined enough to make choices that lead to healthy, constructive long-term well-being. Clinical psychologist Dr. Dan Elash will uncover how to tell when rest and relaxation are restorative versus when you're choosing to avoid challenges. Explore the benefits of treating yourself truly well and techniques for how to do it.



THE PSYCHOLOGICAL BENEFITS OF KINDNESS

Free and open to all; registration required

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

The human brain is wired to reward itself for choosing acts of kindness. Come find out how being kind to yourself and others can produce big returns with clinical psychologist Dr. Dan Elash.

OPENING YOURSELF TO HAPPINESS

Free and open to all; registration required

Wednesday, December 17, 10:00–11:00 am

Happiness cannot be captured; it can only be experienced in the moment. Come learn ways to practice gratitude and strengthen connections with others to combat loneliness in a season of high expectations.

SOCIAL/RECREATIONAL

MOVIE NIGHT

Included in Center membership; registration required

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

November 5: *Return of the King: The Fall & Rise of Elvis Presley*

November 19: *The Banshees of Inisherin*

December 3: *Woman in Gold*

December 17: *National Lampoon's Christmas Vacation*



CINEMA DISCUSSION GROUP

Included in Center membership; registration required

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

The November 12 discussion focuses on William Wiler's *Roman Holiday*. Up for discussion on December 10 is Barry Levinson's *Rain Man*.

PRIDE HIKE

Free and open to all; registration required

Thursday, November 13, 10:00–11:30 am

Charlottesville Urban Forester Steven Gaines leads a walk and talk at Riverview Park on a flat paved trail along the Rivanna River. Learn about the trees along the path and the city's ongoing restoration project.

PRIDE MOVIES

Free and open to all; registration required

Wednesday, November, 19, 1:30–3:30 pm

Red, White and Royal Blue

Wednesday, December 3, 1:30–3:30 pm

Happiest Season

WORLD WAR II MOVIE MATINEES

Free and open to all; registration required

3rd Thursday each month, 2:00–4:00 pm

The November 20 film is *The Man with the Iron Heart* (2017). The December 18 film is *Destination Tokyo* (1943).

PRIDE HOLIDAY PARTY AND GAME NIGHT

Free and open to all; registration required

Thursday, December 11, 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.

DECEMBER LUNCHEON

Open to all; registration required by December 12

Wednesday, December 17, 12:00–1:00 pm

Enjoy pasta, breadsticks, salad, and cookies from Vocelli's. Members \$20; Guests \$25.

Pick Your Pace: Two Ways to Stay in Motion This Winter

As the nights grow longer and temperatures dip lower, it's all too easy to fall into a winter hibernation. But long periods of inactivity have a negative impact on muscle mass and bone density—both key factors in preventing falls. Add in the detriments to cardiovascular fitness and mental health and you have a sorry recipe for the winter blues!

Indoor exercises are crucial to supporting health in the winter months and keeping a solid fitness foundation for the seasons to come.

The variety of fitness programs at The Center make it easy for you to find whichever style of movement works best for you. You don't even have to brave driving in potential snow! Many classes offer online options so you can get moving in the comfort of your home.

Most fitness classes are available to Center members for a fee of \$10 per class; others are included in membership or open to all. See thecentercville.org for more details and a complete schedule.



Slow & Gentle

CALM YOGA

Mondays, 8:30 am; Saturdays, 10:00 am
Focus on activating your body's relaxation response to calm your nervous system. Tension melts away when combining stillness with easeful movements. This class is structured to be lying down on a mat using blankets, blocks, and straps for support.

CHAIR YOGA

Mondays, 9:45 am; Fridays (in person or online), 11:00 am
Chair Yoga is for those who are recovering from injuries, have physical challenges, or just want to get creative with how they experience yoga. Expect to feel less pain and stress while increasing mental clarity and physical vitality.

EMPOWERING YOGA

Tuesdays and Thursdays, 9:00 am; Saturdays, 8:45 am
Make the most of the strength and flexibility you have in the moment. Let your body empower your practice. Both floor and standing asanas are used. Modifications are given to accommodate many levels but it is important for students to make their own adjustments, relax in savasana, or sit in meditation whenever they need.

HATHA YOGA

Wednesdays and Fridays, 8:30 am
Challenge your balance, strength, flexibility, and concentration through simple seated, standing, and reclined yoga poses. You will also practice breathing exercises, a bit of Qigong, and self-massage.

MEDITATIVE STRETCH

Mondays and Wednesdays, 3:00 pm
Introduce your body to safe methods of positioning yourself to affect gentle stretch while maximizing joint health. Each class offers gentle stretching and joint movement, isometric strengthening, and moving meditation to lead your nervous system into the parasympathetic or calm state.

SLOW & STRETCHY YOGA

Included in membership
Wednesdays (online), 5:30 pm
This welcoming and safe alignment-based class features essential yoga poses, supplemented with wisdom and meditations aimed at enhancing a healthy body, mood, mind, and spirit.

TAI CHI

Mondays and Thursdays, 3:30 pm; Tuesdays, Thursdays & Fridays, 9:00 am
When you practice T'ai Chi's gentle, low-impact movements, you are strengthening your organs, opening your joints, reducing stress, improving your balance and reflexes, calming your mind, smoothing the flow of chi along your body's meridians, and learning to move without tension.

Fun & Upbeat

FIT TO GO

Tuesdays (in person or online), 4:45 pm; Saturdays (in person or online), 9:00 am
This moderately intense class, focused on functional fitness, will help you get active and stay active. It provides the foundations for strength, mobility, endurance, and flexibility no matter where you are on your fitness journey.

MAMBO MAMAS

Free and open to all
2nd Wednesday each month, 4:15 pm
These lively, informal Latin dance sessions are a fun way to get moving without feeling like exercise. Move to the rhythms of Salsa, Mambo, Bachata, and more. No formal instruction—just music, movement, and the joy of dancing together. (4th Wednesday returns in January.)

MOVE TO THE RHYTHM DANCE PARTY

Tuesdays (in person or online), 3:30 pm; Saturdays (in person or online), 10:00 am
It's always a dance party! Dance to great songs (and even do some chair dancing) in this extraordinarily fun exercise class with light impact aerobic movement that focuses on cardio, balance, flexibility, and strength.

PRIMETIME FITNESS

Tuesdays–Fridays (in person or online), 9:15 am
Build your cardiovascular strength, tone your muscles, and improve your balance. Appropriate for all fitness levels, this class includes low-impact aerobics, body toning, and stretching exercises.

TONE & GROOVE

Wednesdays and Fridays, 9:45 am
Great music is motivating! Shake off tension and regulate your nervous system to a playlist that motivates you to exercise your cardiovascular system. Class starts and ends with gentle strengthening of stabilizing muscles and core.

ZUMBA

Thursdays, 1:00 pm
Zumba is a dance-based exercise class that combines Latin and international music with choreographed dance moves. Zumba classes are designed to be fun and inclusive for people of all ages, fitness levels, and dance experience.

A NOTE ABOUT OUR PROGRAM NOTES

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

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

Subscribe

to our "It's Happening" e-newsletter at thecentercville.org and get weekly Center news updates

DONATIONS MADE IN MEMORY OF (August 1-September 30, 2025)	
Maxine Gentry by Rod Gentry	
Hugh Litchfield by Doris Gelbman by Sally and Joe Gieck by Peggy Slez by Martha and George Truxel	

DONATIONS MADE IN HONOR OF (August 1-September 30,2025)	
Betsy Bean by Barbara Mateus	
Lynn Divers and Sarah Litchfield by Linda Birch	
Paul Jacob by Sonnia Kesser	

WE REMEMBER	
We remember the following Center members and friends who recently passed away.	
Janis Arave Valerie Chasin Joan Finlay John Gainer	Hugh Litchfield Susan Male Ruth Stone

Pull-Out Program Calendar

THURSDAY		FRIDAY		SATURDAY	
9:00 Ivy Creek Hikers Tai Chi Party Bridge Empowering Yoga \$ 9:15 PRIMETIME FITNESS \$/Ø Advanced Strength Training \$ 10:00 Another Group for Men Writing for Self Expression & Insight 10:30 ARTHRITIS EXERCISE Tap Dance Level 3 \$ 10:45 Discovering Your Strength \$ 12:00 Music in the Atrium Sheepshead 12:30 More Wise Women 1:00 NIA-Moving to Heal Woodcarvers Zumba \$ 2:00 Backgammon 2:15 Strong & Stable \$ 2:30 International Folk Dance American Mah Jongg 3:30 Tai Chi \$ 4:30 Tap Your Troubles Away \$ 5:30 Square Dancing 5:45 Ping Pong		8:30 Hatha Yoga \$ 9:00 Easy Hikes & Adventures Tai Chi 9:15 PRIMETIME FITNESS \$/Ø 9:30 Friday Art Group 9:45 Tone & Groove \$ 10:00 Rummikub 10:30 Creative Crocheters Flashbacks \$ 11:00 Ping Pong CHAIR YOGA \$/Ø 11:15 Basic Qigong & Tai Chi Practice 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 Inter./Adv. Line Dance 2:30 Acoustic Jam Session Music in the Atrium Bingo \$ Barbershop Belles & Beaux 3:30 Parkinson's Yoga Video		8:45 Empowering Yoga \$ 9:00 Oil Painting Group FIT TO GO 10:00 MOVE TO THE RHYTHM DANCE PARTY \$/Ø Calm Yoga \$ Chess (All Levels)	
				The Center at Belvedere 540 Belvedere Blvd. Charlottesville, VA 22901 www.thecentercville.org 434.974.7756	
4	10:00 Hearing Screenings Ribbon Scarf Making \$ Gnome Woodcarving Class 12:45 Girl Talk 1:00 Mastering Medicare Apple/Mac Users Group 2:30 Reconnect Support Group II Cardio Drumming 3:00 Socrates Café 5:00 NAMI Support Group 5:30 Jazz Jam	5	10:00 Advanced French (cont.) Diabetes Discussion Group 11:00 Aging in Place Finish Your Pastel Art 11:30 Intermediate French (cont.) 12:00 Creating Mobiles \$ Beginning French (cont.) 1:30 Still Sharp Singers Holiday Concert	6	12:00 Center Stage Players Performance 3:00 Holiday Band Concert
11	10:00 Dementia Caregiver Support Group Gnome Woodcarving Class (final) 12:00 WWII Discussion Group 1:00 Mexican Train Dominoes 2:00 Varieties of Spiritual Experience 4:00 Tremor Support Group 5:00 NAMI Support Group 5:30 Pride Holiday Party and Game Night	12	10:00 Healthy Recipe Group Healing Yourself Advanced French (cont.) 11:00 Finish Your Pastel Art 11:30 Intermediate French (cont.) 12:00 Creating Mobiles (cont.) 1:00 Beginning French (cont.)	13	11:00 Pride Brunch 12:30 Women Connected 3:00 Army Navy Football Game
18	12:45 Girl Talk 1:00 Apple/Mac Users Group ADHD Support Group 2:00 WWII Movie Matinee 2:30 Interplay:MovementandConnection Cardio Drumming 3:00 Socrates Café 5:00 NAMI Support Group	19	10:00 Memory Café Advanced French (final) 11:00 Finish Your Pastel Art 11:30 Intermediate French (final) 12:00 Lunch Box Readings Creating Mobiles (final) 1:00 Beginning French (final)	20	Closed
25	Closed	26	Closed	27	Closed

November 2025

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

MONDAY	TUESDAY	WEDNESDAY
8:30 Calm Yoga \$ 9:00 Hiking 9:30 Monday Group for Men 9:45 Chair Yoga \$ 10:00 Writing for Healing & Growth Getting Better at Bridge Tap Dance Level 1 \$ Grateful Threads Quilters 10:15 Maximize Your Strength \$ 11:00 Silver Swans Ballet II Poker 11:15 Tap Dance Level 2 \$ 11:30 Discovering Your Strength \$ 11:45 BALANCE & STABILIZATION \$/Ø 12:15 Silver Swans Ballet I 12:30 Chess 12:45 Chinese Mah Jongg 1:00 Beginner Recorder Lessons Ageless Grace English Country Dance Royal Siamese Mah Jongg Member Social Music in the Atrium 1:45 Strengthen Your Health & Life \$ 3:00 Meditative Stretch \$ 3:30 Tai Chi \$ Parkinson's Yoga Video	9:00 Empowering Yoga \$ Tai Chi 9:15 PRIMETIME FITNESS \$/Ø 10:00 A Group for Men 10:30 ARTHRITIS EXERCISE Second-Wind Band \$ 11:00 Fitness Room Orientation 12:30 Party Bridge 12:45 Piano Music in the Atrium 1:00 English Country Dance Ageless Grace 2:15 Core Stability & Functional Training 2:30 KeepingUpYourSpanish(Int./Adv.) 3:30 MOVE TO THE RHYTHM DANCE PARTY \$/Ø 4:45 FIT TO GO 5:45 Ping Pong 5:00 Line Dance (Int./Adv.) 6:45 Families Anonymous	8:30 Hatha Yoga \$ 9:00 Hiking Fitness Room Orientation 9:15 PRIMETIME FITNESS \$/Ø 9:30 Crafty Ladies 9:45 Tone & Groove \$ 10:00 Senior Bowling \$ Push Card Game 10:30 Basic Qigong & Tai Chi Practice 11:00 Maximize Your Strength \$ 12:00 Canasta, Crafts DIY Advanced Line Dance Dollhouse Miniatures 12:30 Square Dance Lessons Wednesday Group for Men 1:00 Ageless Grace Scrabble American Mah Jongg Recorder Lessons (Int.) 1:45 Strengthen Your Health & Life \$ 2:00 Knit-Wits Center Stage Players 2:30 Ping Pong ConversationalSpanish(Adv.Beg.) 3:00 Meditative Stretch \$ 3:30 Parkinson's Yoga Video 5:00 Line Dance (Beg.) 5:30 Slow & Stretchy Yoga 6:00 AA Meeting 6:30 International Folk Dance
39:30 Italian Pre-Intermediate II (cont.) 1:00 Council Meeting Quilling Poinsettias \$ Finish Your Art 2:00 Crocheted Bowls \$	49:30 Coffee & Caregiving 10:00 Try It Out Tuesday Paint Loose II (cont.) 11:00 Good Life Series 12:00 Bunko 1:00 Italian for Travelers (cont.) 2:00 CraftingYourExtendedCarePlan 3:30 American Mah Jongg Lessons 5:00 Trivia	59:30 Veterans Coffee Hour Kingfishers Drawing&Paintingw/WaxCrayons(co 10:15 Wednesday Music Club 10:45 Wise Women, Too 11:00 Book Group 2:00 Ribbon Scarf Making \$ 3:00 Grief Support Group 4:30 Std. Ballroom Dance Lessons (cont. 5:00 Movie Night: <i>Return of the King</i> ACHS: James T.S. Taylor's Reconstruction 5:30 Latin Ballroom Dance Lessons (con
109:30 Italian Pre-Intermediate II (final) 1:00 Piedmont Pastelists Finish Your Art 2:00 Current Events Crocheted Bowls (cont.)	1110:00 Money and You Wise Women Connect Travel Chat with Linda Paper Crafting \$ Paint Loose II (cont.) Living a Contented Life 1:00 Bookmobile Italian for Travelers (cont.) 2:00 Karaoke Woodcarving a Santa Ornament 3:30 AmericanMahJonggLessons(cont.) 4:00 Singles Schmooze Veterans Day	129:30 Drawing&Paintingw/WaxCrayons(co 10:00 Welcome Wednesday 10:30 Parkinson's Caregiver Support Grou 11:00 Navigating Medicare 2:00 Level Up Your Painting \$ 2:30 Senior Statesmen of VA 3:00 Grief Support Group 4:15 Mambo Mamas 4:30 Cinema Discussion Group Std. Ballroom Dance Lessons (cont. 5:00 Moonlighters Quilting 5:30 Latin Ballroom Dance Lessons (con
179:30 Italian Review \$ 10:00 Know Thy Neighbor Intaglio Etching \$ 1:00 Finish Your Art 2:00 Crocheted Bowls (cont.)	189:30 Healthspan Talks Alzheimer's Support Group 10:00 The Power of Self-Compassion Paint Loose II (cont.) 12:00 Bunko 1:00 Italian for Travelers (cont.) 1:30 Science Semester Book Discussion 2:00 WoodcarvingSantaOrnament(final) 3:30 AmericanMahJonggLessons(cont.) 5:00 Trivia Albemarle Modern Quilt Guild	199:00 Injury & Pain Screenings 9:30 Drawing&Paintingw/WaxCrayons(co 10:00 Hearing Health 10:45 Wise Women, Too 1:30 Pride Movie: Red, White and Royal Blu 2:00 Level Up Your Painting (cont.) 3:00 Grief Support Group 4:00 Small Works Artists Reception 4:30 Std. Ballroom Dance Lessons (final 5:00 Movie Night: <i>The Banshees of Inisher</i> 5:30 Latin Ballroom Dance Lessons (fina Mastering Medicare 6:00 Welcome Wednesday
249:30 Italian Review (cont.) 11:00 Intaglio Etching (cont.) 12:00 Mystery Book Club 1:00 Finish Your Art 2:00 Current Events Crocheted Bowls (cont.)	2510:00 Wise Women Connect Paint Loose II (final) 12:00 Handle with Love & Care Support Group 1:00 Bookmobile Mexican Train Dominoes Italian for Travelers (final) 2:00 Karaoke 3:30 AmericanMahJonggLessons(cont.) 4:00 Singles Schmooze 5:00 United Nations Program	2610:30 Parkinson's Caregiver Support Group 1:00 Navigating Senior Living Options 2:00 Level Up Your Painting (cont.) Close at 4:30 pm

Pull-Out Program Calendar

THURSDAY		FRIDAY		SATURDAY		
9:00 Tai Chi Party Bridge Empowering Yoga \$ Ivy Creek Hikers 9:15 PRIMETIME FITNESS \$/Ø Advanced Strength Training 10:00 Another Group for Men Writing for Self Expression & Insight 10:30 ARTHRITIS EXERCISE Tap Dance Level 3 \$ First Wind Band 10:45 Discovering Your Strength \$ 11:45 BALANCE & STABILIZATION \$/Ø 12:00 Music in the Atrium Sheepshead 12:30 More Wise Women 1:00 NIA-Moving to Heal Woodcarvers Zumba \$ 2:00 Backgammon 2:15 Strong & Stable \$ 2:30 International Folk Dance American Mah Jongg 3:30 Tai Chi \$ 4:30 Tap Your Troubles Away \$ 5:30 Square Dancing 5:45 Ping Pong		8:30 Hatha Yoga \$ 9:00 Easy Hikes & Adventures Tai Chi 9:15 PRIMETIME FITNESS \$/Ø 9:30 Friday Art Group 9:45 Tone & Groove \$ 10:00 Rummikub Floor Barre \$ 10:30 Creative Crocheters Flashbacks \$ 11:00 Ping Pong CHAIR YOGA \$/Ø 11:15 Basic Qigong & Tai Chi Practice 12:15 Beginners Line Dance 12:45 Piano Music in the Atrium 1:00 Euchre American Mah Jongg Writing for Pleasure Still Sharp Singers 1:45 Adv./Int. Line Dance 2:30 Barbershop Belles & Beaux Acoustic Jam Session Music in the Atrium Bingo \$ 3:30 Parkinson's Yoga Video		8:45 Empowering Yoga \$ 9:00 Oil Painting Group FIT TO GO 10:00 MOVE TO THE RHYTHM DANCE PARTY \$/Ø Calm Yoga \$ Chess (All Levels) 11:15 Floor Barre \$		
				The Center at Belvedere 540 Belvedere Blvd. Charlottesville, VA 22901 www.thecentercville.org 434.974.7756		
				1	10:00 Holiday Craft Fair 11:00 Pride Brunch	
nt.)	6	9:00 Intro to Painting (cont.) 10:00 Hearing Screenings Applying the Creative Process to Life (cont.) 12:45 Girl Talk 1:00 Mastering Medicare Apple/Mac Users Group 1775: Revolutionary War & the Invasion of Canada 2:30 ReConnect Support Group II Cardio Drumming 3:00 Socrates Café 5:00 NAMI Support Group 5:30 Jazz Jam	7	9:30 Computer Basics 10:00 Diabetes Discussion Group 11:00 Aging in Place Internet Basics Finish Your Pastel Art 12:00 Holiday Treasure Box \$ 12:30 Mobile Device Basics	8	12:30 Women Connected
nt.) p	13	9:00 Intro to Painting (final) 10:00 Dementia Caregiver Support Group Pride Hike Applying the Creative Process to Life (final) 12:00 WWII Discussion Group 1:00 Mexican Train Dominoes 2:00 Varieties of Spiritual Experience 4:00 Tremor Support Group 5:00 African American Authors Book Club NAMI Support Group	14	10:00 Healthy Recipe Group Advanced French \$ Mindful Movement 11:00 Finish Your Pastel Art Healing Yourself 11:30 Intermediate French \$ 12:00 Holiday Treasure Box (cont.) 1:00 Beginning French \$	15	
nt.) re	20	9:30 Amaryllis Painting \$ 12:30 Card Making \$ 12:45 Girl Talk 1:00 Apple Mac Users Group ADHD Support Group 2:00 WWII Movie Matinee 2:30 Interplay: Movement and Connection Cardio Drumming 3:00 Socrates Café 5:00 NAMI Support Group	21	10:00 Memory Café Advanced French (cont.) Healing Yourself Mindful Movement 11:00 Finish Your Pastel Art Medicare & Social Security Planning 11:30 Intermediate French (cont.) 12:00 Lunch Box Readings Holiday Treasure Box (final) 1:00 Beginning French (cont.)	22	12:30 Women Connected
) in al)	27	Closed for Thanksgiving		29	Closed for Thanksgiving	

December 2025

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

MONDAY	TUESDAY	WEDNESDAY
8:30 Calm Yoga \$ 9:00 Hiking 9:30 Monday Group for Men 9:45 Chair Yoga \$ 10:00 Writing for Healing & Growth Getting Better at Bridge Tap Dance Level 1 \$ Grateful Threads Quilters 10:15 Maximize Your Strength \$ 11:00 Silver Swans Ballet II Poker 11:30 Discovering Your Strength \$ 11:15 Tap Dance Level 2 \$ 11:45 BALANCE & STABILIZATION \$/Ø 12:15 Silver Swans Ballet I 12:30 Chess 12:45 Chinese Mah Jongg 1:00 Ageless Grace English Country Dance Beginner Recorder Lessons Royal Siamese Mah Jongg Member Social Music in the Atrium 1:45 Strengthen Your Health & Life \$ 3:00 Meditative Stretch \$ 3:30 Tai Chi \$ Parkinson's Yoga Video	9:00 Empowering Yoga \$ Tai Chi 9:15 PRIMETIME FITNESS \$/Ø 10:00 A Group for Men 10:30 ARTHRITIS EXERCISE 11:00 Fitness Room Orientation 12:30 Party Bridge 12:45 Piano Music in the Atrium 1:00 English Country Dance Ageless Grace 2:15 Core Stability & Functional Training 2:30 KeepingUpYourSpanish(Int./Adv.) (will not meet Dec. 30) 3:30 MOVE TO THE RHYTHM DANCE PARTY \$/Ø 4:45 FIT TO GO 5:45 Ping Pong 5:00 Line Dance (Int./Adv.) 6:45 Families Anonymous	8:30 Hatha Yoga \$ 9:00 Hiking Fitness Room Orientation 9:15 PRIMETIME FITNESS \$/Ø 9:30 Crafty Ladies 9:45 Tone & Groove \$ 10:00 Senior Bowling \$ Push Card Game 10:30 Basic Qigong & Tai Chi Practice 11:00 Maximize Your Strength \$ 12:00 Canasta, Crafts DIY Advanced Line Dance Dollhouse Miniatures 12:30 Square Dance Lessons Wednesday Group for Men 1:00 Ageless Grace Scrabble, American Mah Jongg Recorder Lessons (Int.) 1:45 Strengthen Your Health & Life \$ 2:00 Knit-Wits, Center Stage Players 2:30 Ping Pong ConversationalSpanish(Adv.Beg.) 3:00 Meditative Stretch \$ 3:30 Parkinson's Yoga Video 5:00 Line Dance (Beg.) 5:30 Slow & Stretchy Yoga 6:00 AA Meeting 6:30 International Folk Dance
19:30 Italian Review (cont.) 10:00 Intaglio Etching (cont.) 12:00 Creative Collage Workshop \$ 1:00 Council Meeting 2:00 Current Events	29:00 Injury & Pain Screenings 9:30 Coffee & Caregiving 10:00 Try It Out Tuesday 11:00 Good Life Series 12:00 Bunko 1:00 Painting Cardinals \$ 1:30 Wonderful Adventure 2:00 Funding Your Extended Care Plan 3:30 AmericanMahJonggLessons (cont.) 5:00 Trivia 5:30 Adapting your Garden to Changing Climate	39:30 Veterans Coffee Hour Kingfishers 10:15 Wednesday Music Club 10:30 Wise Women, Too 11:00 Book Group 1:30 Pride Movie: Happiest Season 2:00 Level Up Your Painting (cont.) 3:30 What They Don't Tell You About Aging 4:00 Center Stage Players Performance 5:00 Movie Night: <i>Woman in Gold</i>
89:30 Italian Review (final) 10:00 Intaglio Etching (cont.) 1:00 Piedmont Pastelists 2:00 Current Events Funding Your Extended Care Plan	910:00 Money and You Wise Women Connect Travel Chat with Linda Paper Crafting \$ 1:00 Bookmobile Painting Cardinals (cont.) 2:00 Karaoke 3:30 American Mah Jongg Lessons (final) 4:00 Singles Schmooze (onsite)	1010:00 Psychological Benefits of Kindness Welcome Wednesday 10:30 Parkinson's Caregiver Support Group 11:00 Navigating Medicare 2:00 Level Up Your Painting (cont.) 3:30 What They Don't Tell You About Aging 4:15 Mambo Mamas 4:30 Cinema Discussion Group 5:00 Moonlighters Quilting
1510:00 Intaglio Etching (cont.) 12:00 Mystery Book Club 1:00 Paint Party \$	169:30 Alzheimers Support Group 12:00 Bunko 1:00 Painting Cardinals (final) 1:30 Science Semester Book Discussion	179:00 Injury & Pain Screenings 10:00 Hearing Health Opening Yourself to Happiness 10:30 Wise Women, Too 11:00 Long-term Care Insurance: Submitting a Claim 12:00 December Luncheon \$ 2:00 Level Up Your Painting (final) 2:30 Senior Statesmen of Virginia 5:00 Movie Night: <i>National Lampoon's Christmas Vacation</i> 5:30 Mastering Medicare
22Closed	23Closed	24Closed
2910:00 Intaglio Etching (cont.)	30Close at 4:30 pm	3111:00 Noon Year's Eve Party \$ Close at 4:30 pm



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

Prices include a 3% processing fee. Pay by cash or check for a 3% discount.

DAY TRIPS

WHITE CHRISTMAS AT RIVERSIDE CENTER FOR THE PERFORMING ARTS

Wednesday, November 5, 9:30 am–6:30 pm
Uplifting and wholesome, this holiday classic delights audiences of all ages. Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont lodge. Lunch is included. Members \$191; Guests \$227.



VIRGINIA SCENIC RAILWAY

Thursday, November 13, 9:00 am–3:00 pm
Relax, dine, and take in the breathtaking views as you travel by train west from the historic Staunton Train Station, winding through the stunning George Washington and Jefferson National Forests before returning to Staunton. Trip includes bus transportation, the train ride, a meal, and a beverage (coffee, soda, tea, or water). Wine and beer service is available for onsite purchase by credit card only. Members \$227; Guests \$263.

SMITHSONIAN ON YOUR OWN

Wednesday, November 19, 8:00 am–6:00 pm
Washington D.C. is home to the world’s largest museum, education, and research complex, putting 21 museums and 14 education and research centers at your fingertips! Some museums require advance ticket reservations. Lunch is on your own. Members \$103; Guests \$136.

HOLIDAY TEA AT THE JEFFERSON

Tuesday, December 2, 10:30 am–4:30 pm
Get into the spirit of the holiday season with the elegant decorations at the historic Jefferson Hotel in Downtown Richmond. Enjoy tea cakes, finger sandwiches, and delightful pastries along with freshly baked scones, Devonshire cream, fresh preserves, and your choice of endless tea. Menus for dietary restrictions are available for an additional fee. Members \$155; Guests \$191.

HOLIDAY ICE SCULPTURES AT THE GAYLORD NATIONAL RESORT

Thursday, December 4, 9:00 am–6:00 pm
An Arctic-style adventure awaits at the National Harbor in Maryland. Experience the classic holiday story The Polar Express in real life through colorful ice sculptures—some up to 20-feet tall—depicting 14 immersive scenes from the

story. Parkas are provided and lunch is on your own. You’ll have time after the exhibit to shop and explore the nearby area. Members \$161; Guests \$197.

BULL RUN FESTIVAL OF LIGHTS

Wednesday, December 17, 1:15–8:45 pm
Sit back for a leisurely ride through 2.5 miles of enchanting light displays from the comfort of our chartered bus—no driving, no walking, just pure holiday joy at one of Northern Virginia’s most beloved traditions. Let the glow of over a million twinkling lights and the sounds of festive music bring back warm memories and create new ones with friends. Late lunch is on your own at the Olive Garden in Manassas. Members \$124; Guests \$160.

SUMMER: THE DONNA SUMMER MUSICAL AT RIVERSIDE CENTER

Wednesday, February 4, 2026
9:00 am–6:30 pm
Donna Summers’s songs broke every record as she shot through the stars from gospel choir to dance floor diva. But what fewer people know is how Donna Summer risked it all to break through barriers, becoming the icon of the disco era. With a score featuring more than 20 classic hits including “Love to Love You Baby,” “Hot Stuff,” and “Last Dance,” this electric experience is a moving tribute to the voice of a generation. Lunch is included. Members \$191; Guests \$227.

ODYSSEY POTOMAC RIVER CRUISE

Wednesday, March 25, 2026
8:00 am–5:30 pm
Sail under historic bridges and past Washington DC’s greatest landmarks aboard the glass-enclosed, one-level “Odyssey.” A three-course lunch is included along with live entertainment. Gratuities are not included. Members \$216; Guests \$256.

GETAWAYS



THE GREENBRIER FOR THE HOLIDAYS

December 14–16, 2025
This world-class resort, set among West Virginia’s Allegheny Mountains, has been welcoming guests since 1778. Featuring spectacular holiday displays, an array of seasonal programming, and countless restaurants and bars in which to toast the season, there’s no better place to exchange warm wishes. Trip includes a two-night stay in a superior room with breakfast buffet, afternoon tea, Interior History Walking Tour, President’s Cottage Museum, and more.

CARIBBEAN CRUISE ON THE OCEANIA NAUTICA

January 4–17, 2026
Stay the night in Miami before setting sail to Curaçao, Aruba, Bonaire, St Lucia, Guadeloupe, and the British Virgin Islands on board Oceania Cruise Line’s *Nautica*. Prepaid gratuities, house select beverages, \$600 onboard credit, Wi-Fi, and more are included.

YACHTING IN THE CARIBBEAN

January 9–17, 2026
Experience the beautiful Caribbean Sea aboard the luxurious *Emerald Azurra* superyacht from St. John’s to San Juan, Puerto Rico. Stops include Antigua & Barbuda; Iles des Saintes and Deshaies, Guadeloupe; Gustavia on St. Barthelemy; and Norman Island and Virgin Gorda in the British Virgin Islands. Each port offers a unique blend of culture, history, and beautiful scenery. Valid passport required.

LONDON TO LIVERPOOL ON THE BEATLES TOUR

March 11–19, 2026
Follow the early musical journey of the Fab Four from iconic London sights like Abbey Road and Savile Row to Liverpool’s famous landmarks: Hard Day’s Night Hotel, the lads’ early homes, Strawberry Fields Exhibition and Gardens, Penny Lane, The Beatles Museum on Mathew Street, The Cavern Club, and The Casbah Coffee Club (including a concert!). Tour includes round trip bus transportation and airfare, daily breakfast, one lunch, and three dinners.

PODSTRANA, CROATIA

May 8–16, 2026
Embark on a journey to Podstrana, a coastal city with a rich cultural heritage and landscapes that are truly amazing: mountain peaks and southern slopes overlooking crystal clear sea with beautiful beaches. Sightseeing includes trips to Split, Krka National Park, Mostar in southern Bosnia and Herzegovina, and much more. Trip includes airfare and round trip transfers, all meals, and day trips.

ALASKAN CRUISE

August 4–14, 2026
Whether you seek adventure, relaxation, or cultural enrichment, an Alaskan cruise offers an unforgettable journey through one of the world’s most spectacular natural wonders. Board Norwegian Cruise Line’s *Joy* to sail round trip from Seattle to Ketchikan, Juneau, Skagway, and Victoria in British Columbia.

PRESENTATIONS

TRAVEL CHAT WITH LINDA

2nd Tuesday each month, 10:00–10:30 am
Are you thinking about a family trip or an exciting getaway for yourself? Maybe you’d like to know more about all of the wonderful trips The Center has to offer. Linda Hahn, seasoned jetsetter and travel agent, leads an informal monthly discussion in the Atrium.

Make the Most of Your Membership!

Whether you're new to The Center or a longtime member, we know navigating over 150 healthy aging opportunities every single week can be overwhelming. It's not always easy to match your schedule and interests to a vast and changing landscape of programs, but when you pay membership dues, you want to know you're getting value out of that. (After all, that \$22 a month could be egg money!)

We have a new program designed to give you hands-on support: Getting the Most Out of Your Membership.

Once a month, our team will give you fresh ideas, personalized suggestions, and dedicated time for one-on-one support to help you make the most of everything The Center has to offer.

We've already seen members use this program to successfully find new healthy aging outlets and try things that may have been outside their comfort zone, but ultimately deeply enriched their lives!

It's also a great opportunity to meet other members and strike up conversations.

Come and share your challenges and ideas for Center membership. Our next meetings are Monday, November 10, and Wednesday, December 3 from 3:00 to 4:00 pm.

You can register for Getting the Most Out of Your Membership on MyActiveCenter. ■



RICH continued from page 1

How can you add psychological richness to your life? Learn a new skill—your brain loves a challenge. Say yes to an invitation, especially one that makes you a little nervous. Travel, even if it's just a long walk around a new neighborhood. Journal and take pictures so you can look back on all the interesting experiences you accumulate.

No matter which of the three paths you gravitate toward, it's likely that integrating elements of each can lead to the most fulfilling and satisfying existence. Do you feel like you've been neglecting certain aspects of a good life? The Center's programs are an excellent place to start adding more variety and dimension to your daily life. If you'd like to start branching out your participation, we have a new monthly offering to help you Make the Most of Your Membership. See the article at left to learn more. ■

Subscribe to our "It's Happening" e-newsletter at thecentercville.org and get weekly Center news updates



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

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VOLUNTEERING

MELANIE "MJ" BARTHLOW
VOLUNTEER RESOURCES COORDINATOR
434.220.9755 • mbarthlow@thecentercville.org

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

We're Looking for Volunteers — Join Our Team!

Looking for a meaningful way to give back? We're currently seeking volunteers for a variety of roles—some are weekly commitments, while others are perfect for those who prefer to help out at special events.

Right now, we especially need help in the lobby during weekday evenings and Saturday mornings, but there are also opportunities in the café and fitness center. Whether you're outgoing and love greeting people or prefer behind-the-scenes tasks, we'll match your skills, interests, and availability to the right volunteer role.

Looking ahead, we've got several exciting events this fall and winter, including:

- Writing letters to the troops
- Collecting donations for care packages
- A canned food drive to support local food programs
- Holiday gift wrapping days
- ... and much more!

Stay tuned for more details in our weekly e-newsletters. Ready to jump in? We'd love to have you on board! Please contact MJ for more information. ■

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 2026, 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 2026 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.

How to Nominate or Self-Nominate

- Please email Dawn Heneberry at dawn.heneberry@gmail.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 paragraphs) 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.

Due Date: Nominations are due by 5:00 PM, December 1, 2025.



Center members load care package donations for deployed soldiers

Survey Results: Multipurpose Option Leads the Field

In July, a committee of Center members surveyed the membership about ideas on how to optimize the field adjacent to our parking lot. With the understanding that any upgrades would have a limited lifespan given anticipated future construction, members favored the flexible and low-maintenance Multipurpose Open Space concept. The project could be phased so improvements could be enjoyed as they developed.

Thank you to everyone who shared feedback. Your input helped shape the committee's recommendations, which were presented to The Center's Board of Directors at its September meeting. The Board expressed appreciation to the dedicated committee volunteers and approved a plan for phase one improvements, focusing first on land that is not expected to be built on. This includes a shaded garden area with native plants, a walkway, and seating areas. Implementation could begin in fiscal year 2027.

Welcome New Director



The Center welcomed Malina Rivers to the Board of Directors at the September meeting. Chief Operations Officer of BrightStar Care of Charlottesville, Malina is a highly experienced registered nurse with more than 20 years of clinical and leadership expertise in senior care. Her career has focused on community-based nursing, hospice care, home health care, compliance, and regional healthcare operations. She has served for the past year on The Center's Board Development Committee and looks forward to expanding that work in support of The Center's mission and its role in the health of our community.

MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (August 1-September 30, 2025)		
AT Home Care Staffing Benchmark Senior Solutions Julie Christopher & Marge Connelly Linda DesBarres Bonnie & Jeffrey Farrar Gelbman Law PLLC Sally & Joe Gieck	Hospice of the Piedmont Judy & Dick Nunley/ Better Living Foundation Wanda Kucera-Eksteen Sarah Litchfield Parkinson's Foundation Petrichor Wealth Management	Robinson, Farmer, Cox Associates SKV Group, LLC Tiger Fuel Company Laura & Jorgen Vik/SKV Group, LLC Nancy & Kevin Watkins L. Lee Wouters Gina & Gregory Yoder

Paying It Forward on Giving Tuesday

As we close out The Center’s 65th year of inspiring healthy aging, we give thanks for those who have helped build this community. Here, older adults have found a place to form friendships, discover new passions, strengthen their health, and enrich their lives.

Healthy aging does not just happen. It takes intentional investment, by each of us, for ourselves and for the generations that will follow.

That is what Giving Tuesday is all about. On this global day of generosity, people everywhere come together to support organizations like The Center that make their lives and communities stronger. For The Center, Giving Tuesday is an opportunity to ensure that our legacy continues to flourish well into the future.

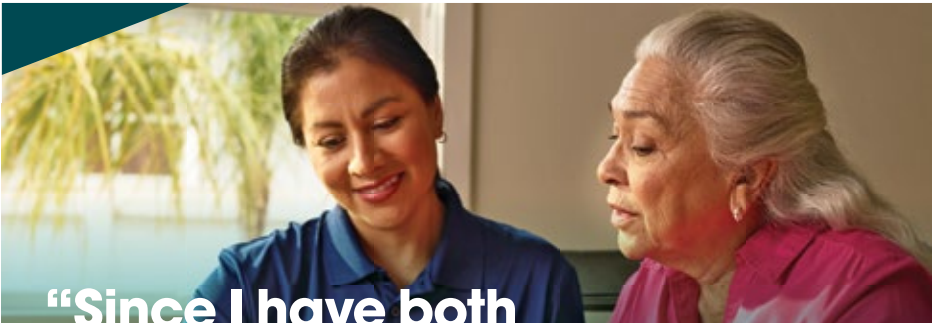
Most of the revenue to support The Center’s mission comes from people like you who believe that everyone deserves access to programs that make aging happier, easier, and more connected.

When you make a Giving Tuesday contribution, your philanthropy doesn’t just keep the lights on (although this is also very important!). Your gifts make sure music keeps playing in the Atrium, laughter and creativity fill the art studio, and conversation warms The Center Café among members and neighbors from throughout the community.

Think of this day as an opportunity to make a gift to your future self, your children, and grandchildren who will rely on The Center in the generations to come. It could also be a gift to the parents, grandparents, and neighbors who rely on The Center now. The healthy aging opportunities we build today will be both the safety net and the springboard for the older adults of tomorrow.

On **Tuesday, December 2**, we invite you to join us in making a commitment that lasts. Whether you give \$65 in honor of our 65th year, become a monthly donor, or consider a gift in your estate, your generosity will echo forward, ensuring that The Center remains strong not just for this generation but for the next.

You can make your Giving Tuesday contribution online at thecentercville.org, by mail, or in person at the Welcome Desk. ■



“Since I have both Medicare and Medicaid, there’s no cost to me.”

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TAP continued from page 1

Dance gets your heart rate up and your joints in motion, while also supporting cognitive health as you focus on patterns of choreography and counting out steps to the music’s beat. And moving to music is a powerful mood booster.

Another important benefit is the body awareness and control that enhance balance, helping with fall prevention.

Julie admires that “everyone who comes to The Center is so motivated to continue to use their minds and bodies” and loves that she has the opportunity to contribute to those efforts. She adds, “I hope that because I’m having so much fun, it’s contagious!”

Julie teaches tap to beginners at 10:15 am on Mondays, intermediate students at 11:15 am on Mondays, and advanced dancers at 10:30 am on Thursdays. Lynn Divers’s class Tap Your Troubles Away will continue to meet on Thursdays at 4:30 pm. Get the details at thecentercville.org. ■

Thank You

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UVA Encompass Health Rehabilitation Hospital

To learn more about partnership opportunities, please contact Delton Hanson at 434.220.9731 or delton@thecentercville.org.

Pop Quiz: Are You a Tax-Smart Philanthropist?

Optimize your giving with a Qualified Charitable Distribution

Sharpener your pencils for a few simple yes/no questions.

1. Do you have a traditional IRA, an Active SEP IRA, or a SIMPLE IRA?
2. Do you make gifts to nonprofits?
3. Are you 70 ½ or older?

If you scored three yeses, you should know that you may be able to take advantage of potential tax savings by making charitable gifts directly from your IRA.

A qualified charitable distribution (QCD) is a tax-free gift that moves funds from an Individual Retirement Account (IRA) to an eligible 501(c)(3) organization, like The Center at Belvedere. Anyone age 70 ½ or better can make a QCD from their IRA.

Once IRA account owners reach the age of 73, they become subject to Required Minimum Distributions (RMDs). RMDs are funds that must be withdrawn from the IRA each year. Like other withdrawals from a traditional IRA, RMDs are subject to income tax.

QCDs can satisfy all or part of your RMD obligations. And, because the funds go directly to a charity, they are not considered income and therefore are not subject to income tax. A QCD from your IRA could even reduce your adjusted gross income enough to lower your tax bracket and, as a result, how much you owe in taxes! It also may benefit how much you pay for Medicare Part B premiums.

Center member and retired financial advisor Margie Swanson explains it this way:

“There are few places that reflect the heart and spirit of the senior community as precious as The Center. I like using the QCD strategy from my IRA to support their vital mission. Not only does it enable me to donate to an organization I believe in, the QCD helps me manage my mandatory distributions and save some taxes to boot.”

Stories like Margie’s show how a QCD can make a real difference for you and for The Center.

Interested? Ask your financial advisor or the firm that manages your

IRA to make a QCD to The Center. Keep in mind, the QCD must come directly from the IRA to the qualifying charity (not to you personally or it becomes income). You can transfer up to \$100,000 each year from your IRA to one or more qualified charities using a QCD.

At The Center, we appreciate gifts of any amount to support our healthy aging mission. Right now, you can double the impact of your gift with our largest matching challenge yet! Thanks to two anonymous donors, gifts made between now and the end of the year will be matched dollar for dollar up to \$100,000. Your gift of any size is welcome and needed to meet this match.

It’s people like you who have kept The Center moving forward for 65 years. With your help, The Center will thrive for another 65 years and beyond!

For additional information, please contact Philanthropy Director Lynn Divers at lynn@thecentercville.org or 434.220.9745. ■



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



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Year-end gifts and Qualified Charitable Distributions (QCDs) are welcome.

Learn more or give today:
www.reclaimedhopeinitiative.org

Small Works Exhibit Returns to The Center



Susan Krieg



Karen Whitehill

Meet the artists at a reception
on Wednesday, November 19,
from 4:00 to 6:00 pm.

The Center’s galleries fill every November and December with dozens of petite art pieces from artists across Central Virginia. Small works are often study exercises for artists rather than pieces intended for exhibit, but we know beauty comes in every size. Here is an opportunity to admire art on the smaller end of the spectrum.

This year’s display includes works by Anne Hopper, Susan Krieg, Carol Williams, Sue Landes, Lisa Glass, Candida Franklin, Peggy Wharam, Chris Wharam, and Carol Ziemer, among many others, in a wide variety of media and styles.

P.S. Did you know if you purchase a work of art on display at The Center, a portion of the proceeds go to our nonprofit? This is a perfect way to find gifts for loved ones and contribute to healthy aging in our community.

The Center at Belvedere
540 Belvedere Boulevard
Charlottesville, VA 22901

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