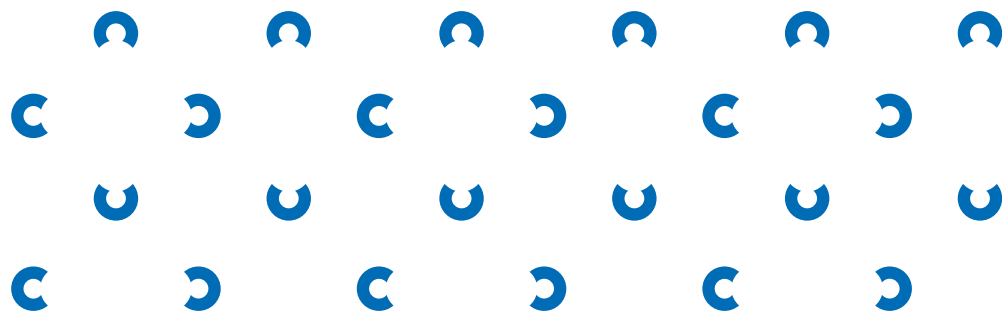




# THE CENTER



## NEWS from THE CENTER

DISCOVER THE POWER OF HEALTHY AGING

NOVEMBER/DECEMBER 2019

### Healthy Aging Depends on You

Loneliness and inactivity are life-threatening, especially for older adults. As a member of The Center, you know that getting older doesn't have to mean solitude and boredom. With hundreds of engaging programs and countless opportunities for enrichment and friendship, The Center is your go-to hub for healthy aging.

But none of this is possible without you.

Healthy aging at The Center depends on you: your participation, your friendship, and your support.

Generous donors like you, who give above and beyond membership, bring The Center to life. When you contribute to the Annual Giving Campaign, you support life-enhancing programs and life-sustaining social connections.

**Can The Center count on you?** Please consider making a 2019 Annual Giving contribution by December 31. With your help, we can continue to build community, and foster good health at The Center, because everyone deserves a healthy, active, and fulfilled life at every age.

To give today:

- Stop by The Center's Welcome Desk,
- Mail your gift to The Center, OR
- Go to [thecentercville.org/give19](http://thecentercville.org/give19) to make a secure online gift using your debit or credit card.

Thank you!

**Questions?** Contact philanthropy coordinator Emily Evans at [emily@thecentercville.org](mailto:emily@thecentercville.org) or at 434.974.7756.

### "Architecture should never come between people and the things they want to do."

*Q&A with The Center at Belvedere consultants Ellen and Doug Gallow of Lifespan Design Studio*

Understanding and planning for the process of building The Center at Belvedere was no small task. To help navigate the project, The Center called on Lifespan Design Studio, an Ohio-based firm with considerable expertise in senior center design, to consult with principal architect Jeff Dreyfus and his colleagues at Bushman Dreyfus Architects.

Lifespan's husband-and-wife team of Doug and Ellen Gallow have worked closely with Bushman Dreyfus over the years on developing the architectural programming. This process—essentially looking at our wish list for the building and organizing and assessing the types of spaces to be included—involved many stakeholders and rather a lot of meetings. With a mission of aging-friendly “universal” design and years of experience with senior centers and the people they serve, the Gallows were able to provide insights and strategies for creating a constructed environment that will accommodate the unique goals and objectives we set for our new home.

Doug and Ellen work on a broad range of projects in all sectors, but their focus on senior centers grew out their combined experiences at a senior center in southwest Ohio. As a frequent volunteer at the Center, Doug, an architect, quickly tuned in to the way that the building and site impacted what Ellen and her staff could accommodate, and the members' quality of experience. Doug's familiarity with the facility type led to opportunities to design centers, and Ellen became involved as a technical advisor. "Forty years later, we have worked with nearly 100 senior centers in 27 states. It's always been a labor of love for an industry we care deeply about."

#### What was your first impression of what was then known as the Senior Center?

Wow, you're really challenging our memories here. It was 2009. The Center's reputation as outstanding in the field preceded our first exposure to it, so we were thrilled when we finally met Peter Thompson at a National

*Gallows, continued on page 4*

**// For centuries, most buildings have been designed for average people who never change. The critical flaws in this practice are obvious: not everyone is average, and over the course of a lifetime, we all change.**



Doug and Ellen Gallow of Lifespan Design Studio

### Inside

- Member News
- Volunteering
- Program Notes pg 5
- Travel Guide pg 9
- Pull-Out Calendar
- More!

### Dry Weather Helps Speed Construction of Our New Home



While your garden may not have benefited from it, the relatively dry summer months offered excellent construction conditions for The Center at Belvedere, which is now over 50% complete! Our builder, Barton Malow, completed the roof and the exterior walls in September, and progress on the interior means visitors can really get a feel for the different spaces.

With 47,000-square-feet of space to heat and cool, finding a way to manage our building's utilities responsibly was high on our priority list. When The Center at Belvedere opens in spring 2020, the roof will boast more than 400 solar panels. We have partnered with a well-respected solar energy company located in Charlottesville, Tribe Solar, which will own

*Belvedere, continued on page 4*





### Hours

Monday: 8:30 AM–4:30 PM  
Tuesday: 8:30 AM–8:30 PM  
Wednesday: 8:30 AM–8:30 PM  
Thursday: 8:30 AM–8:30 PM  
Friday: 8:30 AM–4:30 PM  
Saturday: Closed  
Sunday: 1:00–5:00 PM

### Contact

491 Hillsdale Drive  
Charlottesville, VA 22901  
434.974.7756  
thecentercville.org

### ABOUT THE CENTER

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

**FIRST NATIONALLY ACCREDITED  
SENIOR CENTER IN VIRGINIA**

### THE CENTER STAFF

Melanie Benjamin	Advancement Director
LaMarké Chapman	Custodian/Event Facilitator
Jennifer Crews	Program Director
Emily Durbin Evans	Philanthropy Coordinator
Margaret Fitch	Program Coordinator
Kirstin Fritz	Philanthropy Director
Judy Gardner	Membership Director
Linda Hahn	Travel Coordinator
Bobbi Hughes	Coordinator of Volunteer Resources
Scott Hilles	Finance Director
Lani Hoza	Program Coordinator
Zach Mayer	Facilities Coordinator
Wiley Martin	Welcome Desk Coordinator
Virginia Peale	Marketing & Communications Director
Deborah Poage	Administrative Assistant
Shannon Stevens	Controller
Peter Thompson	Executive Director

### BOARD OF DIRECTORS

Greg Menke	President
Jennifer King	Vice President
Larry Martin	Treasurer
Rene Bond	Secretary
Dick Brownlee	Rob Jiranek
Gordon Burris	Joyce Turner Lewis
Jonathan Davis	Larry Martin
Rich DeMong	Deidra Massie
Joe Gieck	Steve Peters
Sean Greer	Steve Shawley
Jean Hart	Christine Thalwitz
Robyn Jackson	Bill Tucker
Paul Jacob	Kurt Woerpel

## WELCOME NEW MEMBERS!

Kathy Adkins  
Barbara Allison  
Joan Anderson  
Traleen Aquino  
Hillis Beck  
Denise Benson  
Carol Burzinski-Beck  
Baocun Chen  
Michael Cline  
Victoria Cox  
Scott Crawford  
Anne-Marie Cumming  
Karen Dent  
Saundra DeVos  
Suzanne Durland  
Jane Elmore  
Janet Ferguson  
Jody Forman  
Marsha Frick  
Dolly Garrison  
Sorin Gruia  
Margaret Helber  
Ida Hoare  
Marlene Hopkins  
Susan Horton

Marcia Invernizzi  
Carolyn Janiczek  
Jan Janiczek  
Dwight Kibler  
Patricia Kibler  
Andrea Klein  
Mary Ann Leeper  
Isabel Littke  
Frances Lloyd  
Lynn Mason  
Maureen McCusty  
Iris McIntyre  
Caroline Mortell  
Courtney Mudd  
Robert Patterson  
LaRethia Phagan  
Elizabeth Piper  
William Price  
Dennis Pusateri  
Lesa Scott  
Brenda Sharpe  
Sandra Shawn  
William Shoup  
Brenda Smallwood  
Ronald Smallwood

Jane Smith  
Victor Smith  
June Spaulding  
Teresa Spigle  
Roxanne Sprouse  
Ann Marie Vinson  
Yvonne Watterson  
Ramona Wilber  
Elizabeth Williams  
Stuart Williams

### WELCOME BACK!

Suzanne Brooks  
Anne Farrell  
Brenda Hathaway  
Roussie Jacksina  
Diane Kissell  
Joe Murray  
Marie Murray  
Carolyn Rowe  
Marvin Smalling

*If you joined or re-joined between August 1 and September 30, 2019, and were not recognized here, please contact Judy.*

## SENIOR COUNCIL

### Make Your Voice Heard

The Center offers hundreds of great programs, but what really makes our community strong is the involvement and commitment of our members to our organization as a whole. Your program leader represents you on the Senior Council, a liaison group comprised of program leaders but open to all Center members. The mission of the Council is to communicate with and inform the membership about policies of the Board of Directors and activities and events at The Center as well as to act as an advisory group to The Center staff and Board of Directors on membership, programing, and other issues.


If you have a question, suggestion, or concern you'd like to raise about The Center, you have many options:

- Leave a note in the Suggestion Box on the first floor. These suggestions are compiled once per month and staff provides responses on the member bulletin board.
- Talk to or email your program leader.
- Talk to or email any Senior Council officer.
- Talk to or email a staff member.
- Attend a Town Hall meeting with Executive Director Peter Thompson
- Attend a Council meeting, held on the first Monday of each month at 1:00, to raise the issue in person.

Members concerns are our concerns. Participate to make The Center even better!

—Paul Jacob, Council President





## TRY IT OUT TUESDAY!

### New & Prospective Member Orientation

## NOVEMBER 5, NOON OR DECEMBER 3, NOON

Have you recently joined The Center? Are you considering joining but want to learn more? Then come to our next Try It Out Tuesday for a light lunch and a brief presentation about The Center, along with a chance to meet staff, program leaders, and other new members.

**Thank you to The Colonnades for  
its support of Try It Out Tuesday.**



# Meet Member Virginia Porter



If one of the job requirements for working at The Center’s Welcome Desk is a friendly smile, there is no question that new volunteer Virginia Porter has that covered. In fact, Virginia sees smiling as her mission. During the more than 20 years she worked in the admissions office at the Darden School, Virginia knew how important her smile was for all the nervous candidates waiting in the office for their interviews. “I would give them advice,” Virginia remembers, “remind them that they were smart or they wouldn’t have made it that far. I loved seeing those same students graduate. They would tell me, ‘When I saw that big smile on your face, I knew everything would be okay.’ It made my heart feel good.”

Clearly Virginia loves people, and she is willing to try pretty much anything to be helpful. Back when she was living in Charlottesville and working in Richmond, Virginia rode in a van pool to work every day. One cold, sleety morning, the van driver met her in the parking lot and handed

her the keys. He had decided it was too slippery to risk the commute, but he must have known Virginia wasn’t going to let the other members of the pool down. She had never driven a van before, and it wasn’t easy going—she hit a patch of ice, spun off the road, and ended up inches away from another vehicle stuck on the side—but she didn’t give up. “We made it to Richmond!” she laughs.

The dedication that got her to the office that day kept Virginia working for more than 43 years, but in 2015, she decided it was time to retire and time to start taking care of herself. Virginia had always focused on caring for others—her elderly uncle, until he passed away, her son and his family, all of whom lived with her—but suddenly it seemed time for a change. “I got my own place when I retired,” notes Virginia. “It was time to start doing things I want to do, after taking care of other people for so long. I’m trying to figure out who I am, and I am learning all over again what I like to do.”

One thing Virginia knew about herself was that she could not just stay home, planted in front of the TV. Instead, she decided to explore The Center, despite some misgivings. “My perception of The Center was that it was all white. But I didn’t feel uncomfortable when I came here. I found line dancing, and Dot Cagley was so sweet, and she made me feel so welcome.” That was the door that led her to other activities at The Center, and Virginia now participates in Ageless Grace, Nia, Primetime Fitness, and the new Moving to the Rhythm Class, which she especially enjoys. “I was so happy to see a bunch of people of color, of all backgrounds, in that class. Such a diverse group!”

You may have guessed that Virginia loves to dance and to keep moving. She also loves movies, especially old ones that make her cry (*Love*

*Story*, *Romeo and Juliet*, and *Gone with the Wind* are favorites, and she has had a long-time crush on Wesley Snipes). She also loves to travel, as the front of her refrigerator will attest—she has magnets from over 20 states she has visited on display there, and she hopes to get all 50 someday. But it is her desire to serve others that still directs her life in retirement, a desire that has led her to volunteering.

“I like to be as helpful as I can, especially with our seniors, our seasoned saints,” smiles Virginia. “I have a caring nature, I guess, and I just like serving.” Virginia has long volunteered at her church, and she recently joined the team who staff the Welcome Desk at The Center, a job she very much enjoys. “I love interacting with the people. You are the first person folks see, and you give them their first impression of the place. I like to chat, speak to people, encourage people!”

And what would Virginia tell the seniors she meets, should they ask her advice? “Make sure you have something lined up to do when you retire. Keep active mentally, physically, and spiritually—all three are important. Retirement is a scary and exciting time, scary because you always think you know who you are, but as you get older, you change. It’s time to ask yourself, what is your next adventure?”

Whenever Virginia’s next adventure finds her, you can rest assured she will meet it smiling.

### Give Gift Certificates for The Center

Most people don’t want or need more things, but everyone can use more fun. With gift certificates for membership, programs, or travel, you’re not only giving the gift of fun, but the gift of healthy aging. Available at the Welcome Desk or online.

## MEMBERSHIP FREQUENTLY ASKED QUESTIONS

### 1. What is the difference between Standard and Prime Membership?

Standard membership provides access to about 80% of our programs, with fee-based programs and services available for additional fees. Once The Center at Belvedere opens, you can add access to the equipped fitness room for \$15 a month. Prime membership is an all-inclusive choice that provides access to all programs, including those with fees, as well as the equipped fitness room; exceptions are travel, designated special events/programs, and services such as seated massage or manicures. Prime members also receive a certificate for a trial month of membership to share with a friend or family member, a 20% discount on facility rental, and a \$20 gift card to Greenberry's Coffee Co. at The Center at Belvedere.

### 2. What is the cost of membership?

Once we open the doors at Belvedere, the annual cost of Standard membership will be \$180 for an individual, and Prime membership will be \$480. The cost between now and then depends on which month you join or renew, as we are pro-rating according to the number of months at Hillsdale and the number at Belvedere.

### 3. When do the benefits of Prime membership start?

When we open the doors at The Center at Belvedere. Join or renew now and we will pro-rate your cost so you will pay the new Belvedere Prime rate only for those months we will be at our new home.

### 4. What if I buy a year’s membership and then change my mind about what kind I want?

No problem. We can change your membership at any time and rework your cost.

### 5. Can I still pay by the month?

Yes! Monthly payments are an option for either kind of membership.

### 6. I heard there is a benefit to joining or renewing before January 31, 2020.

True! If you join or renew before January 31, 2020, you will receive a bonus month of membership and, once The Center at Belvedere opens, a \$15 Greenberry’s gift card and a \$20 travel credit.

### 7. My spouse and I have a household membership. Can one of us go for Standard and one for Prime?

Absolutely! We will work out the cost for you when you join or renew.

### 8. Are there scholarships available if the cost is prohibitive for me?

Yes, we have scholarships available for membership and program fees. Contact Judy Gardner at 434.974.7756 for more information.

### 9. I have a Standard membership. Can I still try out programs for free before committing to them?

Yes, we encourage everyone to try our programs one time for free. For more information about programing at the Center, visit our website, [www.thcentercville.org](http://www.thcentercville.org).

### PLANNING A TRIP ON YOUR OWN?

Individual travel services are available for members and guests. Email [linda@thecentercville.org](mailto:linda@thecentercville.org) or call the travel office at 434.974.6538 to learn more.

### HOSPITALITY

Once upon a time, you had your first day at The Center. Maybe you came with a group of friends to participate in a fitness class or to play a favorite game, or maybe you ventured into the building, feeling like the timid new kid at school, hoping to meet some people who share your interests. While The Center offers several programs that are primarily social, like Singles’ Schmooze and Members Social, all of our programs offer an opportunity to meet new friends. The next time you see an unfamiliar face around The Center, remember what it was like to be that new kid on the block, and make sure to extend to that person the warm welcome that makes The Center such a special place to you and to so many others.



*Gallows, continued from cover*

Council on Aging conference and he subsequently invited us to support the evaluation of various options under consideration for a new facility at that time.

The positive energy among members and staff was evident from the first time we walked through the door of the Center, and (although the facility was very nice and well maintained), it was clear that there were significant mismatches between the building itself and the organization’s progressive vision for the programs, services, drop-in functions, and quality of experience that it wanted to accommodate.

**It’s been a long process. How has The Center at Belvedere project changed or evolved since you got involved?**

We’ve seen some dedicated staff members and extraordinary board members come and go. Although the Center’s vision ten years ago was remarkably ahead of its time, we’ve seen it push even further outside of the box, with the exciting decision to operate a Greenberry’s Coffee Co. franchise here, and bring health services onsite through the lease of space to Sentara Martha Jefferson for a Family Medicine practice.

**What has been most challenging about it?**

Being patient along with all of you who have put in the time and effort to make the dream a reality. The fundraising effort and the support it inspired in the community have been nothing short of remarkable. The design process itself, working with the Center and Bushman Dreyfus team, has been pure pleasure.

**Is there something that stands out to you about this project, either the process or the result?**

Peter and the Board’s unflagging determination to get it done and do it right. As universal design specialists we especially appreciate the commitment to people-sensitive design that was formalized by

the Board in Guiding Principles for the project early on, and followed through with conviction. The local design team led by Bushman Dreyfus has been all-in with this effort from the very start.

**We’ve referenced “universal” design in talking about the project before, but how would you explain it to people, and can you give a few examples from The Center at Belvedere?**

People often confuse Americans with Disabilities Act (ADA) compliance with universal design. The ADA focuses primarily on ensuring a minimal level of accessibility. It’s an anti-discriminatory law for the protection of individuals with specific disabilities. Universal design looks beyond this to issues that impact the ease with which everyone makes use of the constructed environment. By considering the diverse and constantly changing needs and abilities of all people throughout the design process, no one is left out, and everybody wins. While the ADA may be satisfied by a “push button” door operator at your main entrance, universal design provides automatic sliding doors for a quick, seamless, hands-free experience.

The parking lot design at the new Center is another prime example. Rather than just providing the required number of ADA compliant parking spaces, we thought about everyone who will make use of the lot, both as drivers and pedestrians. The first thing people will notice is that there are very few curbs. This simple accommodation benefits individuals for whom stepping over a curb is difficult or impossible—and someone else for whom the absence of a curb is simply a convenience—in equal measure. And then we took it a step further. Pedestrian walkways have been provided between rows of parked cars to keep moving vehicles and pedestrians separated as much as possible. No more worrying that you might be hit by a car as it backs out of its parking space!

These two of literally dozens and dozens of universal design considerations incorporated in this project.

**What do you think will be the most surprising thing for when people when they first experience The Center at Belvedere?**

The building totally debunks any stereotypical notions of how a senior center should look, or preconceptions about what its members are like. The design is ageless and energizing with a core that welcomes guests to feel at home and make whatever they’d like of the experience. The lobby café and generous open lounge areas will bring some of the energy out into the open, rather than concealing it all within activity rooms.

**Will this be a building that someone 50 years old will want to go to?**

Yes! Ultimately, the success of a great senior center lies in the experiences that people have there: the quality of the programs and services, the professionalism of staff. But for years far too little attention has been paid to the critical role that the constructed environment plays in forming first impressions and delivering the desired experience. The Center has long distinguished itself with a roster of programs that have broad-based appeal for adults of all ages. The new facility will wrap those experiences in a package that everyone will be eager to explore, and excited to tell others about.

**What kind of impact have you seen senior center projects that you’ve been involved with have on their communities?**

A new facility of this scale is incredibly healthy for the community on a number of levels. It can bring people from different generations and different walks of life together and enhance the community’s reputation as a great place to live and retire.

**Anything else you’d like to add?**

Just our congratulations and thanks! What a fantastic accomplishment this is, and such a gift, not only to the Charlottesville community but to other communities that will be inspired by your example!

*Belvedere, continued from cover*

and maintain these panels to help us reduce the cost of our energy needs over the next 20 years.

Inside the building, initial framing has been completed and drywall is being installed throughout the building. Plans are to have the building completely enclosed by November, with the installation of exterior doors and windows.

Before the weather turns cold, Barton Malow will plant a number of trees and shrubs called for in the landscaping plan. They will also pave the parking area, which will accommodate twice the number of cars as our current location.

All of this progress has been made possible by a community of funders who, inspired to support healthy aging our area, chose to invest in this vital new facility. Over \$21 million (of a \$24 million goal) has been raised to date. And, with The Center at Belvedere predicted to open in spring of 2020, the time to raise the remaining funds needed to build this important new facility is now, before the majority of the construction bills come due. If you would like to make a gift in support of the campaign to build The Center at Belvedere and support the programs that promote healthy aging, please contact Melanie Benjamin, Advancement Director, at 434-974-7756 or at [melanie@thecentercville.org](mailto:melanie@thecentercville.org).





# programs

## SPECIAL EVENTS

### DMV CONNECT ON SITE

DMV Connect will be at The Center and to provide the following services to our senior community: Driver's licenses and ID cards, Real IDs, titles and registrations, driver transcripts, disabled parking placards or plates, address changes, E-ZPass transponders, and hunting and fishing licenses. **Members may make appointments by calling the Welcome Desk.** Open to those 50 and better in the community. Due to the popularity of this program, DMV Connect will now be at The Center twice each month. See details below.

Monday, November 18, 9:00 am–3:00 pm  
**This session is for Center members only and only by appointment. No walk-ins, please.**

Tuesday November 26, 9:30 am–4:00 pm  
This session is open to all in the community on a walk-in basis; no appointments will be taken.

Monday, December 2, 10:00 am–3:00 pm  
**This session is for Center members only and only by appointment. No walk-ins, please.**

Tuesday, December 17, 9:30 am–4:00 pm  
This session is open to all in the community on a walk-in basis; no appointments will be taken.



### THE CENTER'S LAST YARD SALE

Open to the Community

Friday, November 22, 4:30–6:30 pm  
(early bird with \$5 entrance fee)

Saturday, November 23, 8:00 am–1:00 pm  
(free entrance)

Well, there will be a “furniture and fixtures” sale in the spring before our big move to The Center at Belvedere, but this is your last opportunity to indulge in a traditional Center yard sale—and it's just in time for the holiday season! Come do a little early shopping; you may find just the treasure you are looking for! Items include holiday decorations, china, glassware, silver, luggage and handbags, housewares, pictures and frames, books, puzzles, and many more specialty items. All pieces are in good, if not in excellent, condition. Proceeds help support The Center's operating budget, so please plan to visit.

### COMMUNITY THANKSGIVING POTLUCK

Free and open to the community

Thursday, November 28, 12:30 pm

Join in a festive holiday gathering with friends and family. Home Instead Senior Care is generously donating the turkeys, so please bring your favorite side or dessert. We'll need plenty of volunteers, so please contact Bobbi Hughes, volunteer coordinator, if you'd like to help. Doors open at 12:30 and feasting begins at 1:00. RSVP at The Center Welcome Desk or online so we can make sure we have plenty of turkey and tables for everyone!

### HATS AND MITTENS PARTY

Free and open to the community

Wednesday, December 4, 9:30 AM

The Crafty Ladies invite you to this heartwarming annual holiday event. Children from one of the classes in the MACAA Headstart program will sing carols and choose their hats and mittens, all handmade by the Crafty Ladies. Rumor has it that Santa Claus will make an appearance!



### HOLIDAY BAND CONCERT

Free and open to the community

Saturday, December 7, 3:00 PM

The holidays would not be complete without your favorite holiday songs. Enjoy the sounds of the season with the Second-Wind and First-Wind Bands. Free; donations are appreciated!

### STILL SHARP SINGERS HOLIDAY CONCERT

Free and open to the community

Wednesday, December 11, 12:30 PM

Tis the season of song! Enjoy the holiday sounds of the Still Sharp Singers under the direction of Mike D'Antoni. The Barbershop Belles and Beaux with June Andrews directing will also perform.

### AARP SMART DRIVER COURSE

Open to all

Monday, Dec. 16, 12:00–4:00 pm AND  
Wednesday, Dec. 18, 12:00–4:00 pm

**MUST ATTEND BOTH SESSIONS**

The AARP Smart Driver Safety Program is a refresher course designed to meet the needs of older drivers, age 50+. It emphasizes how to adjust driving in response to age-related physical changes and declining perceptual skills, rules of the road, local driving problems, safety tips,

and license renewal requirements. Many auto insurance companies offer a discount to course graduates provided participants attend both days of the two-day program. \$15 per person AARP members; \$20 per person non-member. The fee can be accepted ONLY in cash or by check made payable to AARP (not The Center). Participants must sign up for the course in advance at the Welcome Desk, and are asked to provide their full name and phone number.

## NEW PROGRAMS

### BOLLYWOOD DANCE FITNESS

Open to the community

Wednesdays, beginning November 6,  
9:30–10:30 am

This Bollywood-inspired dance-fitness program incorporates hand movements with footwork and is for all levels of fitness abilities. Class start with a warm-up, moves to instruction in basic dance moves, and ends with a cool-down and stretching. It's a great way to enhance cognition through dance while moving to Bollywood music. Join certified personal trainer and instructor Jessica Miles for this fun class! Members \$25; Guests \$32. Sign up online or at the Welcome Desk.

## LIFELONG LEARNING

### TAX-SMART INVESTING

Free and open to the community

Monday, November 4, 2:00–3:00 pm

They say nothing is certain but death and taxes. You can't avoid death, but what if you could invest in such a way as to minimize the tax part? Join William Taylor of the Taylor Gunter Taylor Group of BB&T Scott & Stringfellow to get acquainted with some of the tax implications to consider when investing and some of the options available to you that may help to mitigate tax loss.

### BOOK DISCUSSION GROUP

First Wednesdays, 11:00 am–12:00 pm

This enthusiastic group meets monthly to discuss predominantly contemporary works of fiction and nonfiction. Participants make suggestions, the group selects the books, and everyone enjoys sharing their impressions of the month's selection. Join in the discussion! Free for members but first-time guests always welcome!

November 6: *The Vatican Connection* by  
Richard Hammer

December 4: *Bear Town* by Fredrik Backman

### BRIDGE LESSONS FOR BEGINNERS

Open to the community

Friday, Nov. 15, 1–3 pm - Lesson Two

Friday, Dec. 20, 1–3 pm - Lesson Three

Friday, Jan. 24, 1–3 pm - Lesson Four, a  
summary and review

If you completed the Beginner Class in October or you have some bridge playing experience but need a refresher in the basics, then these are the classes for you! The November lesson will consist of a rigorous presentation of the opening bid without a 5-card suit, along with the responses and opener re-bids, further exploration of the “Point Count” theory, and “Declarer Play”—both planning the play and strategies for winning additional tricks. The December lesson introduces the concept of “Bidding Conventions” with first-level explanations and examples of several current and commonly used conventions. Play of the hand topic will include opening leads against suit and no-trump contracts. All classes are taught by experienced player/teacher Ken Marino. Free to members; guest fee \$20 per class. Please register in advance at the Welcome Desk or online.



SOCIALLY RESPONSIBLE INVESTING

Free and open to the community  
Monday, November 18, 2:00–3:00 pm  
Environmental, social, and governance (ESG) criteria are a set of standards for a company’s operations that socially-conscious investors use to screen potential investments. These criteria examine how various companies perform in relation to the environment, their relationships with employees and customers, and their internal leadership structures and rights of shareholders. William Taylor of The Taylor Gunter Taylor Group of BB&T Scott & Stringfellow will introduce key ESG investing concepts, and discuss how to align your portfolio with your values.

**RELIGION, SCIENCE, AND SPIRITUALITY**  
Free and open to the community  
Friday, November 8, 10:00–11:30 am  
**Why Does a Good and Fair God Allow Aging?** What is the point of becoming less able to do things, and why is dying so difficult? If God is all good and loving, why don’t we just die quietly in our sleep, active to the end?  
  
Friday, December 13, 10:00–11:30 am  
**The Line Between Physical Reality & Spiritual Reality** - Near-death experiences, out of body experiences, past life memories, and waking dreams. Come prepared to share your own experiences and we will discuss if these are real or if they are merely tricks of the brain.

**ALL THINGS DIGITAL**  
Free and open to the community  
Monday, November 11, 1:00–2:30 pm  
**Black Friday Special** - Join Derrick Gerstmann and RJ Jones of FlossTech for an overview of new technological gadgets and toys being released this year. They will also review Smart Home setups and explain how these new devices can interact with the consumer. Come learn the benefits these gadgets can provide in everyday life.



Monday, December 9, 1:00–2:30 pm  
**Cryptocurrency** - Have you heard of Bitcoin? It’s just one of numerous forms of cryptocurrency (or digital currency) that people use to exchange for goods and services. Derrick Gerstmann and RJ Jones of FlossTech will describe what cryptocurrency is, highlight the risks and rewards that accompany its use, and outline the pros and cons of using and/or investing in this concept.

**MONEY AND YOU with Jorgen Vik**  
Free and open to the community  
Tuesday, Nov. 12, 10:00–11:30 am  
**Should You Use Annuities?** Jorgen will discuss the various types of annuities, and how they may or may not suit your situation.  
  
Tuesday, December 10, 10:00–11:30 am  
**How to Invest for Income** - Jorgen will discuss various basic concepts and investment opportunities for income including stocks, bonds, annuities, and savings accounts.

WRITING FOR PLEASURE COFFEE HOUSE

Free and open to the community  
Friday, November 22, 12:00–2:00 pm  
Marijean Oldham discusses her book, *100 Things to Do in Charlottesville Before You Die*. Strongly committed to this community, Marijean is a social media specialist and public relations professional, president of Jagers Communications in Charlottesville, and a volunteer for Building Goodness Foundation and Legal Aid Justice Center.

*This program will not meet in December.*  
**MEDICARE PLANS—WHAT’S RIGHT FOR YOU?**  
Free and open to the community  
Tuesday, December 3, 9:45–10:45 AM  
Medicare can be so confusing! If you are just signing up for Medicare, or if you already belong but aren’t sure you have registered for everything that you need, this is the session for you. If you have Medicare A & B and Full Medicaid (CCC+) then you may be eligible for additional benefits and this is the session for you, too. Come find out what you need to do to take full advantage of the Medicare benefits available, and have some fun at the same time. Hosted by Sharon Accardo.

**ELDERLAW with Doris Gelbman**  
Free and open to the community  
*This program will not meet in November*  
Tuesday, Dec. 17, 10:30 am–12:00 pm  
**WORKSHOP! Create Your Advanced Medical Directive.** You’ve put it off for a long time—and now there’s no good excuse. This workshop for creating your fully legal Advanced Medical Directive and Healthcare Power of Attorney will be conducted by Doris Gelbman, of Gelbman Law, together with her associate, attorney Megan Flowers, and Kathryn Caverly, Geriatric Care Manager from IKOR of Charlottesville. Following a brief introduction and instructions, forms will be provided so you may complete them under the supervision of fully-qualified attorneys who can answer questions interactively during the workshop. Both Gelbman and Flowers are notaries public who can also notarize your directive if you wish (a requirement if you plan to use the VA Dept of Health Central Registry for Advanced Directives). This is a golden opportunity to give yourself and your loved ones the gift of planning!

ARTS

**INTERMEDIATE DRAWING**  
Open to the community  
Fridays, 12:00–2:00 pm,  
November 22–January 24  
*(Class will not meet during the weeks of Thanksgiving and Christmas.)*  
This 8-week class taught by Susan Patrick covers and advances the knowledge learned in Introduction to Drawing. Didn’t take it? Don’t worry! If you have some background in art, you may still be prepared. (If you are uncertain, please contact the instructor at spatrack701@gmail.com) Topics include contour drawing, pattern making with ink, grid drawing, upside-down drawing, watercolor painting, colored pencil drawing, marker pointillism, one- and two-point perspective, self-portrait drawing, and figure drawing. All projects will be challenges, but with the background from the Intro class, nothing will be too difficult. Please have the following supplies: 140# drawing/watercolor paper, pencil (your choice), black pen, and a set of markers. Watercolor paints and brushes and colored pencils provided, but bring your own if you wish. Bring only paper, pencil, and pen to the first class. Open to the public. Members \$75, Guests \$85

PHYSICAL WELLBEING

**MOVE FOR HEALTH with Darcy Higgins, DPT**  
Free and open to the community  
Thursday, November 14, 4:30–5:30 pm  
*(Note: Time Change!)*  
**Driving as we Age: Physical Limitations & Considerations** - Aging brings about changes to many aspects our lives, and driving is no exception. Darcy Higgins, DPT, will examine driving issues that arise due to physical limitations. He’ll also demonstrate some ergonomic adjustments you can make to your car seat that will allow you to sit and drive comfortably and efficiently.  
  
Thursday, December 12, 4:30–5:30 pm  
**Body Awareness for the Best Sleep and Rest** - By now we all know that getting enough sleep is important to stay healthy, but did you also know that your sleeping position influences your health too? Come learn how various sleeping positions affect your body and how body awareness can help move you toward a more restful sleep.



**STAYING HEALTHY WITH SPECTRUM PHYSICAL THERAPY**  
Free and open to the community  
Tuesday, November 19, 10:00–11:00 am  
**Don’t shoulder a burden!** Erin Chapman, DPT, will discuss shoulder health. Learn a little about the anatomy of this most mobile yet least stable joint in the body, what habits you can adopt to practice good shoulder health, and some exercises you can perform to maintain mobility.  
  
*This program will not meet in December*

**HEARING HEALTH with Evolution Hearing**  
Free and open to the community  
Wednesday, Nov. 20, 10:00–11:00 am  
**New Technology in Hearing Aids** - The hearing aid world is a confusing and exciting one! Technology is always changing. Did you know that some hearing aids are now waterproof, can have Bluetooth, and can communicate directly with your TV and/or cell phone? Come learn about game-changing technology featured in today’s aids! Whether you’ve been wearing hearing aids for years or just learning about what could work for you, please join us to learn more.  
  
Wednesday, Dec. 18, 10:00–11:00 am  
**Improve Your Balance and Prevent Falls** - Studies have shown that with greater hearing loss, the risk of falling increases significantly. It’s a startling fact that falls are the leading cause of injuries in older adults. You may not realize that part of your balance system is in your ears! Join Dr. Kristin Koch for simple exercises and tips that can help anyone who is worried about falling and balance!



SOCIAL/RECREATIONAL

AMERICAN MAH JONGG BEGINNER LESSONS

Free for members  
Thursdays, 3:30–5:30 pm,  
November 7–December 12  
*(NOTE: Class will meet on Tuesday,  
Nov. 26, during Thanksgiving week.)*

American Mah Jongg (mahjong) is a “centuries-old version of rummy.” It is played at three- or four-person tables with a set of 152 Chinese-symbol tiles. The game is relatively easy to learn but requires luck along with focused effort and regular play to develop the skills needed to win. These lessons and games require a \$4 purse (in quarters) plus a 2019 playing card (\$9) that can be purchased online from the National Mah Jongg League ([www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org)). Game materials will be handed out for the first two lessons, so you do not initially need to bring the card or money. It’s fun and it stimulates your brain! Please register at The Center’s Welcome Desk.

GAMES PEOPLE PLAY AT THE CENTER ...

The Center offers dozens of programs featuring games of skill and chance. These games provide members with opportunities to meet and socialize with others while having fun playing a newly-learned game or an old favorite. All of these programs would love to have new participants, so check out some of these:

- American Mah Jongg – Wednesdays & Sundays at 1:00 pm, and Fridays at 9:00 am
- Backgammon – Thursdays at 2:00 pm
- Beginning Bridge – Mondays at 10:00 am
- Bingo – Fridays at 10:30 am
- Bunko – 1st & 3rd Mondays of the month at 2:00 pm
- Canasta – Wednesdays at 11:30 am
- Chess – Mondays at 12:30 pm
- Chinese Mah Jongg – Mondays at 1:00 pm
- Dominoes – Wednesdays at 9:30 am
- Duplicate Bridge – Thursdays at 12:00 pm
- Euchre – Fridays at 1:00 pm
- Game Night – 1st & 3rd Thursdays of the month at 5:30 pm
- Ladies’ Poker – 1st & 3rd Thursday of the month at 1:00 pm
- Men’s Poker – Tuesdays at 12:00 pm
- Party Bridge –Thursdays at 9:00 am
- Ping Pong – Wednesdays at 3:00 pm
- Poker (co-ed) – Wednesdays at 12:00 pm
- Social Bridge – Tuesdays at 12:00 PM
- Scrabble – Wednesdays at 1:00 pm and Sundays at 1:30 pm
- Sheepshead – Thursdays at 12:00 pm
- Western Mah Jongg –Tuesdays at 2:00 pm

For more information about any of these program, please see our website or contact Program Coordinator Lani Hoza.

SUPPORT GROUPS

- AA**  
Every Thursday at 10:00 am
  - BEREAVEMENT SUPPORT GROUP**  
Every Friday at 3:00 pm
  - ESSENTIAL TREMOR SUPPORT GROUP**  
2nd Thursday of each month at 4:00 pm
  - LOW VISION SUPPORT GROUP**  
4th Wednesday of each month at 10:00 am
  - PARKINSON’S CAREGIVER SUPPORT GROUP**  
1st Thursday of each month at 10:45 am
  - OVEREATERS ANONYMOUS–NEW!**  
Wednesdays, 7:00 pm
- If you have an unhealthy relationship with food—compulsive overeating, undereating, food addiction, anorexia, bulimia, binge eating, or over-exercising—you are not alone and OA can help. The primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the 12 Steps of OA to those who still suffer.

“We don’t stop playing because we grow old, we grow old because we stop playing.” —George Bernard Shaw

Second-Wind Band Celebrates 25 Years of Making Music!

Twenty-five years ago, Fred Streckfuss, a middle school band director from New Jersey, approached the Senior Center in Charlottesville about starting a band program for seniors. In the fall of 1994, 15 dedicated musicians began playing together and the Second-Wind Band was born.

The Second-Wind Band was soon followed by The Flashbacks, a smaller jazz band that often performs in the community. In 2013, the First-Wind Band was started to help older adults learn an instrument for the first time, or to help previous players become more comfortable returning to their instruments. Today, there are more than 65 members in these three bands.

Since its inception, the Second-Wind Band has had five directors. After Fred Streckfuss left in the spring of= 1999, Elmer “Sonny” Sampson took over the band, but he unfortunately passed away soon after. Wayne Burgess directed until his retirement in 2002, turning his baton over to Stephen Millard, who served as director until he retired in the summer of 2011. Greg Vaughn is now the director of all three of The Center bands.

The Second-Wind Band has always been a part of the New Horizons Band Project. As with all of these bands, the Second-Wind consists of people who played many years ago, those who never played before, and those who want to learn a new instrument. This combination creates a challenge, but also provides fun and purpose, giving individuals the opportunity to learn something new or to improve on what they already know.

The Second-Wind Band performs twice annually at The Center as well as annually for the Earlysville VFW Memorial Day ceremony. It has



The Second-Wind Band Performing on Memorial Day in 2008.

also been featured in a segment on NBC’s Today show. It will celebrate its 25-year anniversary with a concert and a reception on December 7 at The Center.

Perhaps the most important and valuable part of being in the bands is the relationships that develop. For example, two trombone players fell in love and became a couple for the remainder of their lives. One family now has four members of their family playing in the bands. As one member puts it, “I joined two of the bands when I was new in town, looking for a place to continue 70 years of playing my horn. The camaraderie was excellent, and I was made to feel welcome!”

Another adds, “Being a part of the band is the best part of retirement! Rehearsals are so much fun.”

“I joined the bands for the challenge and fun of making music with others,” says another. “Perhaps

even more important, I found friends for life.”

Still another remarks, “In 1998 I joined the bands and began something that has become a joyous adventure, an aggravating challenge, a tooth-grinding frustration, and a heart-warming and treasured experience. I found a group of people who have encompassed me with encouragement and assurance that everyone makes mistakes, that my playing is fine. They are supportive not only of me, but also, each new member that joins. The band has become an addition to my family.”

And another member sums up the experience this way: “The reason I joined the band was to help create music with a group of people who had the same goal. Sometimes what we create can loosely be called ‘music,’ but there are those times when everything comes together and it is wonderful. I wouldn’t change a thing.”



# Volunteering During the Holidays

The winter holidays are right around the corner. If you, your family, or an organization to which you belong want to volunteer during the holidays, here are some things to consider today:

- Volunteer organizations have begun planning for the holiday season. Contact the organization for which you hope to volunteer now. Many others have the same idea as you, thus volunteer opportunities may already be filled.
- Contact organizations to learn of their volunteer needs during the holidays. Be sure their needs are aligned with your volunteer goals.
- Make yourself aware of organizations’ volunteer policies and procedures. Many have an application process as well as an orientation and/or training process, and some will need to complete a background check (often required by law) before you are able to volunteer. All of can take some time.

A few ideas for volunteering in the community might include food and soup kitchens, service organizations, local hospitals, local assisted living facilities, a local hospice organization, or a veteran’s organization. This is not an exhaustive list. Can you think of others?

Source: Cravens, Jayne; Finding Volunteer Activities During the Holidays; Coyote-Communications.com

## Board of Directors Nominations Sought

The Board of Directors is accepting nominations for a three-year term beginning April 1, 2020. The Board is the governing body that provides the fiduciary oversight of The Center. As a 501 (c)(3) nonprofit organization, The Center is owned by the community to serve the community. The Board represents the community ownership in setting strategy; ensuring there are adequate assets to achieve the mission including playing an active role with staff in all philanthropy efforts; ensuring effectiveness and efficiency; and providing oversight of the executive director who then manages staff, operations, finances, and programs.

The Board meets the fourth Monday of the month from 4:00-6:00 p.m. at The Center. Each year there are only 2-3 positions open and interviews will be conducted with finalists.

If you are interested in nominating someone (self-nominations welcome!) please contact either Senior Council President Paul Jacob who serves on the Board Development Committee, or Executive Director Peter Thompson at [peter@thecentercville.org](mailto:peter@thecentercville.org).

## Volunteers Needed!

*If you are interested in volunteering for any of the positions below, please contact Bobbi Hughes, Coordinator of Volunteer Resources, at 434.974.7756 or [bobbi@thecentercville.org](mailto:bobbi@thecentercville.org).*

### AT THE CENTER

#### YOUR HELP IS NEEDED!

The Center’s Cheer Card volunteers need your assistance. When you become aware of a member’s illness, loss, or need for encouragement, please notify a Welcome Desk volunteer or a staff member so he or she can initiate a Cheer Card request. Volunteers collect the forms weekly and mail appropriate cards that let members know they are in our thoughts and prayers.

## CARING FAMILY DENTISTRY IN BELVEDERE STATION



Welcome Belvedere neighbors!

Come visit our state-of-the-art office conveniently located at 914 Belvedere Way.

*Family Dentistry serving the Charlottesville area since the 1950s!*

**Stephen Fraites, D.D.S.**

Call our office for an appointment  
(434) 293-4053 | [www.fraitesdental.com](http://www.fraitesdental.com)



**Currently Seeing Patients  
Ages 2–101 (and Counting!)**

*When words and music fit  
together, magic happens*

*When those words and music  
are customized for your special  
occasion, the magic multiplies.*

### Customized Special Occasion Music

Lyrics will be customized for your birthday, wedding, anniversary, retirement, or any other celebration and set to familiar music.  
Gift certificates available.

**Contact Center Member Richard  
Thurston 68' for more details.**

Phone: 434-227-4863

Email: [1946Almanack@gmail.com](mailto:1946Almanack@gmail.com)



**Your Occasional Music**





## DAY TRIPS

### VIRGINIA MUSEUM OF FINE ARTS – EDWARD HOPPER EXHIBIT

Open to the community

Thursday, November 7

The Edward Hopper and the American Hotel exhibit features more than 60 of the 20th century artist's painting, drawings, watercolors, prints, and a three-dimensional simulated hotel space where visitors can "step inside" his work. The exhibit, along with works by John Singer Sargent and others, explores the artist's fascination with hotels, motels and other public settings. You'll have time to enjoy the other exhibits in the museum, and also visit the amazing gift shop. Lunch is on your own at the museum. Open to all. Members \$64; Guests \$74



### AMERICAN CIVIL WAR MUSEUM

Open to the community

Monday, November 11

A Veterans Day excursion to Richmond begins at the American Civil War Museum at historic Tredegar Iron Works on the James River. This brand-new museum is the preeminent center for the exploration of our nation's horrific Civil War from multiple perspectives: Union and Confederate, enslaved and free African Americans, soldiers and civilians. If time permits, we'll walk through the NPS Civil War museum right next door. After lunch at LuLu's in nearby Shockoe Bottom, tour Richmond's famed Hollywood Cemetery, designed in the garden style. Choose lunch selections when you book your trip. Members \$82; Guests \$92

### THE GROUNDS OF UVA

Open only to participants of Mr. Jefferson's Academical Village class

Tuesday, November 26

Enjoy a complimentary 2-hour tour of the original grounds of the University of Virginia. We'll see world-class statuary, the Lawn's numerous architectural gems, the gorgeous Pavilion Gardens, Poe's room at #13 Rowdy Row, and all three floors of the fabulous Rotunda.

### ANDREA BOCELLI IN CONCERT

Open to the community

Sunday, December 15

WAITLIST ONLY! Travel with us to the Capital One Arena in Washington, D.C to hear Andrea Bocelli in concert. Born in Tuscany, this Italian singer was blind by the age of 12 from congenital glaucoma. He has had success as a crossover performer, bringing classical music to the top of international pop charts. Tickets are limited! Members \$287; Guests \$297

### 2019 WHITE HOUSE HOLIDAY TOUR

Open only to those who pre-registered

Tentative Date: Tuesday, December 17

If you registered to participate in this trip, we have been given Dec. 17 as the tentative date. The trip involves walking and a possible wait outside the entrance. Lunch is on your own at the Fashion Centre Mall in Pentagon City. A valid government-issued United States ID (driver's license, military ID, etc.) or a valid US or other official government-issued passport is required. Members \$70; Guests \$80. If you missed this trip, get on the list for next year by calling the travel office.

## TRAVEL PRESENTATION

### ICELAND

Free and open to the community

Tuesday, Nov. 19, 11:30 am or 6:00 pm

Bjorn Ruriksson and Pete Cross have been leading tours of Iceland since 1978. Join them to get all the scoop on our August 2020 trip to Iceland. Both presentations are the same; choose the time that suits you.

## GETAWAYS & CRUISES

*Please call the Travel Office at 434.974.6538 to book any of the trips listed below.*

### SOUTH EAST COAST ROYAL CARIBBEAN CRUISE

Open to the community

December 12–20, 2019

Set sail on Royal Caribbean International's Grandeur of the Seas round trip from Baltimore to Nassau, Bahamas, CocoCay (Royal Caribbean's private island), Port Canaveral and Charleston, South Carolina. Ground transportation, all meals, accommodations, entertainment and gratuities are included. Travel protection is available. Contact the travel office for pricing.

### HOLIDAY IN WILLIAMSBURG

Open to the community

Dec. 16–17, 2019 (Monday–Tuesday)

Enjoy a one-night stay in the Historic District in Williamsburg at the Griffin Hotel. You will have time to stroll the decorated streets and dine on your own at one of the many restaurants. We'll visit Williamsburg Pottery and the Williamsburg Premium outlets. Breakfast on

Tuesday morning at the hotel is included; other meals are on your own. Double occupancy \$185/person Member; \$210/person Guest. Single occupancy \$370 Member; \$395 Guest

### ESSENCE OF PANAMA

Open to the community

February 13–22, 2020

The diversity of Panama unfolds as you discover the colonial architecture of Panama City, the engineering marvel that is the Panama Canal, local customs and craftsmanship and Panama's beautiful beaches. You'll experience it all. Price includes round trip airfare from Washington Dulles, accommodations, 9 breakfasts, 7 lunches and 6 dinners, Travelers Protection Plan, and more! Contact the travel office for pricing.

### VILANOVA, SPAIN

Open to the community

April 13–21, 2020

Enjoy a stay at the Masia Notari, a rustic property where past elements are blended with modern day comforts. Located 45 minutes from Barcelona, it's perfectly situated for day trips to explore the beauty and history of Spain. Round trip transfers and air, all meals, gratuities, and six great day trips are included. Single occupancy \$4396; double occupancy \$3995 per person. Travel protection is additional.

### EXCLUSIVE NATURE & PHOTO TOUR OF ICELAND

Open to the community

August 18–30, 2020

Iceland is magical, especially in late summer when the colors, weather, and angles of sunlight are transitioning into fall. This 12-day tour with a veteran guide gives great insight into Iceland's unique nature and culture, with the bonus of experiencing the country's burgeoning culinary scene. All-inclusive package includes round trip transfers (air and ground), all meals, transportation in Iceland, all admissions, and gratuities. Single occupancy \$7,720; Double occupancy \$6,400 per person. Travel protection is additional.

### TUSCANY 2020- ADDITIONAL DEPARTURE DATES ADDED!

Open to the community

Sept. 18–26, 2020

Sept. 25–Oct. 3, 2020 – SOLD OUT!

Oct. 2–10, 2020

Spend a week at Villa Teresa in the Chianti Hills region, the heart of Tuscany. Built as a country residence for an Italian noble family from Florence, it is perfectly situated to enjoy everything the area has to offer. Six days of tours around the region, all transportation, all meals, and gratuities are included. Travel Protection is available. Single occupancy \$4595; Double occupancy \$3995 per person.





Mark Your Calendar!

December 3rd is Giving Tuesday

Have you heard of Black Friday and Cyber Monday?

Well, mark your calendars for a new day in the holiday season—a day to give back! Giving Tuesday is a global day of giving that harnesses the collective power of individuals, communities, and organizations to encourage giving and to celebrate generosity worldwide.

On December 3, celebrate the season of generosity by giving back in whatever way you can, whether that means donating to a favorite cause or volunteering at a local nonprofit.

Support The Center on Giving Tuesday by making a gift at The Center or online at [thecentercville.org/GivingTuesday](http://thecentercville.org/GivingTuesday) on December 3rd!



Tax Wise Giving Through Your IRA



Did you know? The IRA Charitable Rollover provision, passed by Congress and signed into permanent law by the President in 2015, allows individuals who have reached age 70½ to donate up to \$100,000 a year to charitable organizations like The Center. They can give directly from their IRA using a qualified charitable distribution, without treating the distribution as taxable income!

IRA Qualified Charitable Distribution Basics:

- Transfer up to \$100,000 from your IRA to one or more qualified charities—like The Center
- You must be 70½ years of age or older by December 31, 2019
- All IRA distributions must be made directly to the charity

- If you have not already taken your required minimum distribution in a given year, a qualifying rollover gift can count toward satisfying this requirement
- You do not owe taxes on qualified charitable distributions from your IRA

Want to learn more or ready to make a qualified charitable distribution from your IRA?

Contact your financial advisor or the firm that manages your IRA for more information. Remember, your IRA manager must send the money directly to the charity or send you a prepared check to forward to the charity

If you plan to make a gift to The Center using funds from your IRA, please notify Melanie Benjamin, The Center’s advancement director at 434.974.7756 or [melanie@thecentercville.org](mailto:melanie@thecentercville.org).



Presents

# Christmas at the Paramount

**Saturday, December 21st**  
**2:30 pm and 7:30 pm**

Buy early and save!  
\$10.00 Students, \$23.00 Standard  
\$29.00 Silver Circle, \$45.00 Gold Circle  
Prices increase December 2nd

Music Director  
**Michael Slon**



The concert will feature Ralph Vaughan Williams' *Fantasia on Christmas Carols*, an imaginative sonic journey through wintry English landscapes, and Gerald Finzi's *In Terra Pax*, a thoughtful and hopeful masterpiece set to the poetry of Robert Bridges and evoking the pastoral Christmas before World War I.

[www.oratoriosociety.org](http://www.oratoriosociety.org)



## Come to Wild Birds Unlimited Feed the Birds and Feel the Joy 20% Off One Item!

Bring this ad to Wild Birds Unlimited Charlottesville and get 20% off one regularly priced item! Offer good until December 31, 2019. Limit one coupon per customer.

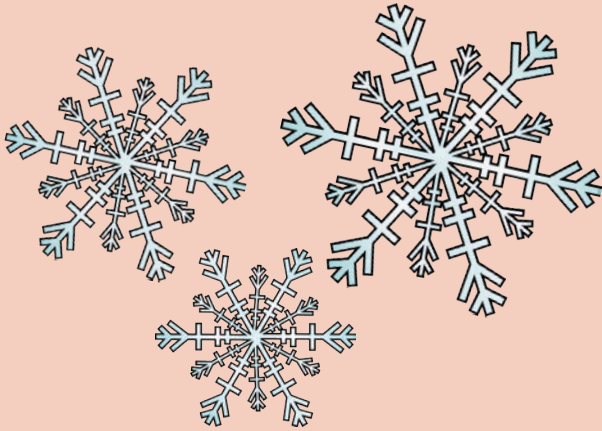


**Wild Birds Unlimited®**  
Nature Shop  
BIRD FOOD • FEEDERS • GARDEN ACCENTS • UNIQUE GIFTS

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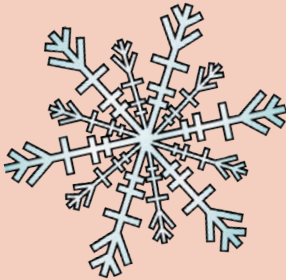


DONATIONS MADE IN MEMORY OF (AUGUST 1–SEPTEMBER 30)	WE REMEMBER
<b>Ann Antrobus</b> By: Charles Antrobus <b>Al Falcone</b> By: Janet & J. Gray Ferguson <b>Ralph L. Feil</b> By: Janice & Richard Carter Nancy & Paul Shelly <b>Peggy Gable</b> By: Sandra Cohen <b>Patricia Luke</b> By: Sandra Cohen <b>Harriet Oakley</b> By: Judy & Ron Essick By: Rita & Theron Plum	<p><i>We remember the following Center members and friends who recently passed away.</i></p> <p><b>Curtis Burton</b>  <b>Dorothy B. Burton</b>  <b>Norman E. Carpenter</b>  <b>Theresa Davis</b>  <b>Susan Fenn</b>  <b>Jean Fording</b>  <b>Marilyn Fox</b>  <b>Charles Gagliano</b>  <b>Charles Goddin</b>  <b>Virginia Johns</b>  <b>Carol F. Kupke</b>  <b>Virginia Mason</b>  <b>Frances Oakes</b>  <b>A. Clarence Sampson</b>  <b>Arthur Shalloway</b>  <b>Marcie Speight</b>  <b>Bobby Leon Tilley</b>  <b>Katherine Troyer</b>  <b>Anne Worrell</b></p>
DONATIONS MADE IN HONOR OF (AUGUST 1–SEPTEMBER 30)	
<b>Dot Cagely</b> By: Anonymous <b>Paul Jacob</b> By: Sonnia Kesser <b>Yardsale Volunteers</b> By: Betsy Bean	
MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (AUGUST 1–SEPTEMBER 30)	
<p><i>The 1180 Society recognizes The Center's philanthropic leaders. Through unrestricted gifts of \$1,180 or more each year, these generous donors provide significant support for healthy aging in our community. Contact Kirstin to learn more about The 1180 Society.</i></p> <p><b>Anonymous Friends</b>  <b>Katherine Brooks &amp; George Beller</b>  <b>Sally &amp; Joe Gieck</b>  <b>Anne &amp; Mark Logan</b>  <b>Vivian Wade</b></p>	<p>Wondering what might make a perfect holiday gift? A financial contribution to support The Center in honor of a friend or loved one is an easy way to celebrate the season and honor the people you care about. Individuals who have gifts made in their honor receive a card in the mail to let them know. You can make these gifts online via <a href="http://thecentercville.org">thecentercville.org</a> or in person at the Welcome Desk. Questions? Contact Emily Evans at 434.974.7756 or via email at <a href="mailto:emily@thecentercville.org">emily@thecentercville.org</a></p>



## Inclement Weather Policy

To find out if we are closed or have delayed opening due to inclement weather, listen specifically for The Center announcement on local media outlets. The information will be available on NBC29, CBS19News, WINA, and WCHV. We will also post information as quickly as possible on The Center’s website and Facebook page. If none of those options work for you, simply call The Center at 434.974.7754 and listen to the message.



# Living Life to the Fullest

► From yoga to poker, cardio exercises to cook-outs, you can stay as involved as you wish in the life of the community. For all our residents, our goal is to make life as easy, enjoyable, and worry-free as possible.



**LINDEN HOUSE**  
ASSISTED LIVING AT BRANCHLANDS

434-973-0311 | [www.linden.house](http://www.linden.house)

1250 Branchlands Drive, Charlottesville, Virginia 22901



You're invited to our annual  
**COMMUNITY  
THANKSGIVING  
POTLUCK**

at The Center

**THURSDAY,  
NOVEMBER 28**

at 12:30 pm

Free and open to  
everyone! Please  
RSVP online or at  
the Welcome Desk.



The Center  
491 Hillsdale Drive  
Charlottesville, VA 22901-5732

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civic | community | cultural | fitness | social

*Essence of Panama*  
**February 13–22, 2020**



Contact the Travel Office at  
434.974.6538 for information  
or to book your trip.



*Don't miss The Center's last yard sale!*

**November Holiday  
Yard Sale at The Center**

**Friday, November 22**

Early bird Sale **4:30–6:30 pm** (\$5 entrance fee)

**Saturday, November 23**

**8:00 am–1:00 pm**

Along with everyday items, you'll find an array of  
holiday décor and stocking stuffers!

**Wreaths • Ornaments • Garlands • Crystal  
Books • China • Silver • Specialty Items • Vases  
Toys, Games & Puzzles • Housewares • More!**

*Proceeds benefit The Center.*