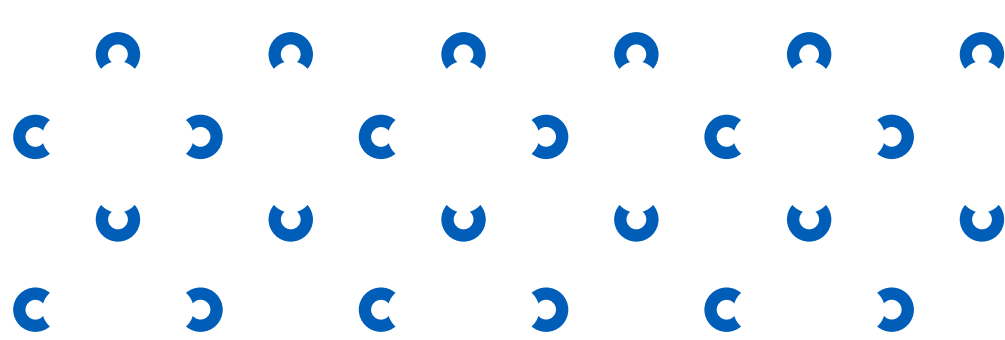




THE  
CENTER  
AT BELVEDERE



# NEWS from THE CENTER

DISCOVER THE POWER OF HEALTHY AGING

NOVEMBER/DECEMBER 2022

## Annual Report Highlights Inside!

Flip to page 8 for a sneak peek at The Center's impact and initiatives in fiscal year 2022, then visit [thecentercville.org](https://thecentercville.org) to read the full report.



## Small Works on Display in November and December

The Center's first floor gallery will feature a variety of small works by over 30 artists from Charlottesville and Albemarle, Louisa, Fluvanna, and Greene Counties. Each piece on display is no more than 12 inches long, allowing for a huge variety of mediums to share the spotlight. You'll see everything from oils, acrylics, and pastels to fiber, mixed media, and collage, all with examples in traditional, contemporary, and abstract styles. Curator Lorraine Momper says, "Often the focus on exhibit venues is on

See ART on page 13

## Inside

- Programs pg 3
- Volunteering pg 7
- Calendar pg 10
- Travel pg 13
- More!



## New in November

### Fresh Fitness

Japanese-style Aikido is the latest addition to The Center's fitness programming. There are even two ways to enjoy this effective yet nonviolent martial art focusing on peaceful conflict resolution. Adult Aikido meets each Tuesday at 7:00 pm with opportunities to learn and practice evading attacks, taking control of the situation, and ending the encounter peacefully. Students will learn safe falling techniques and new ways to move and think, while improving fitness, flexibility, balance, and breath. No-Fall Aikido for Seniors offers all the same benefits without falls and meets each Tuesday at 6:00 pm.

Instructor Joanie Freeman brings over 40 years of experience to Parkinson's Yoga. Yes, they do go together! Yoga is proven to help Parkinson's patients reconnect with their strength, hold onto their flexibility, and stimulate dopamine.



The Center is constantly adding new programs and offerings. Come and try something new in November and December!

## A Double Dose of Documentaries

Director Sian-Pierre Regis presents *Duty Free* on November 8, in partnership with Our Lady of Peace, The Daily Progress, Ask Landis, and The Center. This documentary is the story of Sian-Pierre's 75-year-old mother Rebecca who was fired from the only job she had ever known. Explore ageism, the care crisis, and economic insecurity in America, then meet the stars of the show.



See NOVEMBER on page 14



## Honoring Veterans

It takes more than one day to honor veterans at The Center. In addition to marking Veterans Day on November 11, special programming for veterans will stretch throughout November and December providing countless opportunities to connect, remember, and give back.

Festivities kick off early this year with a special Thursdays Around 5 on Thursday, November 10. Local blues-rocker Jon Spear's band Arcadia will perform hit song "The Wall," which is about the Vietnam War. The Still Sharp Singers keep the tunes flowing with a special concert at 1:30 pm on Friday, November 11.

On Saturday, December 10, The Center will host a screening party of the Army/Navy football game complete with tailgating. Our Corporate Partner SKV Group will provide a barbecue lunch for tailgaters before we watch the game on the big screen. Members who served in the military will get early access to these tickets, plus they and their families can attend for free. (Paid tickets will be available for all other members at \$10 per person, and guests at \$15 per person.)

See VETERANS on page 19







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

Hours

Monday & Friday 8:30 am–4:30 pm  
Tuesday–Thursday 8:30 am–8:00 pm  
**Greenberry's:** Monday & Friday 7:00 am–4:00 pm  
Tuesday–Thursday 7:00 am–8:00 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 #54-073566

Healthy Aging for All

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

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

BOARD OF DIRECTORS

- |                    |                 |
|--------------------|-----------------|
| Christine Thalwitz | President       |
| Larry Martin       | Vice President  |
| Patti Cary         | Treasurer       |
| Mary Wilson        | Secretary       |
| Beverly Adams      | Deidra Massie   |
| Dan Brody          | Paul Matherne   |
| Mark Brown         | Steve Peters    |
| Katie Caverly      | Peggy Slez      |
| Julie Christopher  | Shareef Tahboub |
| Joyce Turner Lewis | Larry Terry     |
| Sean Greer         | Bill Tucker     |

STAFF

- |                       |                                     |
|-----------------------|-------------------------------------|
| Melanie Benjamin      | Philanthropy Director               |
| Danielle Bricker      | Marketing Manager                   |
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| Alex Waltrip          | Fitness Coordinator                 |
| Olivia Watts          | Program Coordinator                 |

For more news, follow us on:



MEMBERSHIP

**IZZY MENCHERO**  
MEMBERSHIP & VISITORS SERVICES DIRECTOR  
434.974.7756 • izzy@thecentercville.org

Join The Center for easy access to hundreds of great programs. Come by The Center, contact Izzy, or visit thecentercville.org.

WELCOME NEW MEMBERS!

- |                     |                        |                   |
|---------------------|------------------------|-------------------|
| David Archer        | Lisa Graves            | Sarah Plummer     |
| Kristine Bean       | Ron Greathead          | Cathy Potter      |
| Meredith Bennett    | Zjaleh Hajibashi       | Brenda Rathgeb    |
| Joyce Bennett       | Keith Hammon           | John Rathgeb      |
| Kimmie Berke-Harlow | Patricia Herndon       | Ann Rixinger      |
| Diane Berlin        | John Heron             | Paula Rowan-Page  |
| Joanne Bonfardeci   | Vicki Hight            | Olivia Rowe       |
| Annelise Brand      | Ginger Hood            | Tammy Ruble       |
| Laurence Briggs     | Billy Hood             | Conrad Ruble      |
| Luis Cadiz          | Timothy Hulbert        | Alexander Russell |
| Ilona Castro        | Maria Jimenez          | Mark Salerno      |
| Joan Chapman        | Barbara Jones          | Deborah Salerno   |
| Deborah Clay-Mendez | Donna Jordan           | Lois Sanders      |
| Michael Cohen       | Alice Justice          | Linda Scala       |
| Donald Coleman      | Peter Kashatus         | Earl Schorpp      |
| Mary Coleman        | Pamela Katchuk         | Elizabeth Schorpp |
| Kathryn Collins     | Mary Jo Kline          | Karen Schwenzer   |
| Richard Collins     | Joseph Kolsby          | Evelyn Showalter  |
| Melissa Conley      | Nancy L Kovatch        | Marilynn Shrater  |
| Brian Conway        | McCrea Kudravetz       | Robert Stokes     |
| Gwyn Conway         | Susan Lang             | Peter Storey      |
| Theodore Crackel    | Linda Leva             | Kimberly Swartz   |
| Sue Davis-Dill      | Judith Levinson        | Sara Ellen Swatt  |
| Marie DiMassimo     | Duncan MacFarlan       | Pearl Swig        |
| Mary Dodson         | Susan Mark             | Keith Taylor      |
| Mark Drusin         | Janette Martin         | Betsy Townsend    |
| Andrew Dunn         | Marci McKenzie         | Craig Trebilcock  |
| Candice Eichling    | Sandy McLaughlin       | Terese Trebilcock |
| Judith Ely          | Betty Lou Mileur       | Norvene Vest      |
| Cheryl Evans        | Diane Millikan         | Barbara Watson    |
| Bonnie Farone       | James Millikan         | Carolyn Webber    |
| Kathleen Flake      | Clay Moldenhauer       | Roberta Wells     |
| Gina Fletcher       | Luz Monroy             | Mary Whiffen      |
| Joanie Freeman      | Patricia Morris        | Christy Wilder    |
| Angela Friedman     | Ralph Mullins          | Katherine Willard |
| Paula Frits         | Renee (Blue) O’Connell | Sharon Williams   |
| Sandra Gaylinn      | Frederick Paul         | Charters Wilson   |
| Jennifer Giacalone  | Elizabeth Payne        | Deana Winslow     |
| Diane Goodrich      | John Payne             | Andrea Wood       |
| Casey Graham        | Susan Pfannenbecker    | Angela Yarbrough  |

If you joined between August 1 and September 31 and were not recognized here, please contact Izzy.



For information about membership options, please visit our website or contact Izzy. The Mary P. Reese Scholarship Fund makes scholarships available for anyone who cannot afford membership dues.



COUNCIL NOTES

The Center Council is a communication conduit and advisory body to the Board of Directors and staff. Program leaders or their chosen representatives are voting members of the Council but anyone who is a member of The Center is most welcome to attend monthly meetings, to participate in the lively discussions, and to share issues and concerns.

Council meetings are held on the first Monday of the month at 1:00 pm and last for about an hour. Upcoming meeting dates are below. For more information or a copy of The Center Council bylaws, contact Council president Peggy Slez ([mjslez@gmail.com](mailto:mjslez@gmail.com)).

**Monday, November 7** – Meet Board members Julie Christopher and Mark Brown. Also, Council members will approve the appointment of a nominating committee for the election of Council officers in March. Offices to be filled are President, Vice President, Corresponding Secretary, and Recording Secretary. All Center members are eligible to run; let us know if you’re interested!

**Monday, December 5** – The agenda will include the November Board of Directors meeting report and a special “wish list” brainstorming session in anticipation of The Center’s FY2024 budget planning process. Come and share your ideas and suggestions!

—Peggy Slez, Council President



# programs

Register online at [thecentercville.org](http://thecentercville.org) or call 434.974.7756.

This a partial list of offerings; recurring programs without topic updates are listed in the calendar on pages 10-11. Check the website for programs added after our print deadline!

## SPECIAL EVENTS



### WEDNESDAY MUSIC CLUB PERFORMANCES

Free for members; registration required

Wednesday, November 2, 10:15–11:30 am

“The Two Lessons of Jazz,” featuring John D’Earth and Will Evans on trumpet.

Wednesday, December 7, 10:15–11:30 am

Team Fermata, featuring solos, duos, and ensembles.

### SMALL WORKS EXHIBIT ARTIST RECEPTION

Free and open to all

Tuesday, November 8, 4:00–6:00 pm

Enjoy the art and meet some of the numerous local artists who are displaying their small works throughout The Center galleries during November and December. Light refreshments will be served. You can also stroll the galleries anytime during regular Center hours. Thank you to Rose-Wood Village Assisted Living and Memory Care for its sponsorship of art exhibits at The Center.

### A MUSICAL STEP BACK IN TIME

Free and open to all; registration encouraged

Thursday, November 10, 2:00–3:00 pm

Enjoy an afternoon of love-filled tunes that will touch your soul and take you back in time. Bob Benetta, legendary jazz pianist who played at Fellini’s Restaurant for 16 years, and vocalist Holly Heilberg perform. They will be joined by a trumpeter and bassist.

### THURSDAYS AROUND 5 FEATURING ARCADIA

Free and open to all

Thursday, November 10, 5:01–7:00 pm

Arcadia is an all-original band from central Virginia composed of singer/songwriters Jon Spear, Brian Rimel, Eddie Hall, and John Rimel. Their songs are spread among many genres, including Southern rock, folk, blues, country, rock, gospel, funk, and bluegrass, all blending into a kind of musical gumbo Americana. **Food Truck: Crustworthy**

### STILL SHARP SINGERS CONCERT

Free and open to all

Friday, November 11, 1:30–2:15 pm

Join the Still Sharp Singers for some classics plus a special tribute to our veterans. The chorus is under the direction of Mike D’Antoni.

### A CAPPELLA EXTRAVAGANZA

Free and open to all; registration required

Tuesday, November 15, 6:30–8:00 pm

Don’t miss this family-friendly showcase event featuring singers of all ages and genres—high school choruses, a men’s church group, quartets, and barbershop choruses, including The Center’s very own Barbershop Belles & Beaux.

### THE CENTER PLAYERS PRESENT ...

Open to all; registration encouraged, donations accepted

Thursday, November 17, 6:00–7:30 pm or Friday, November 18, 3:00–4:30 pm

Ten amazing thespians spin the words and short plays of playwrights David Ives, Warren Leight, and Robert Anderson into a tapestry of joyful entertainment and diversion. Direction by Boomie Pedersen and Larry Goldstein.

### BOOK SWAP

Free and open to all

Tuesday, November 29, 9:00 am–4:00 pm

Bring a book and swap it for another one. Please only bring books that are in good to excellent condition.



### SILENT DISCO

Open to all; registration required

Thursday, November 29, 6:00–8:00 pm

Dance to the beat of your own tune! Enjoy an evening where we put a twist on the typical dance party. While listening through your own wireless headset, choose from different music channels and control your own volume. Bring a friend and enjoy a drink from Greenberry’s while you boogie down to ‘60s–‘70s, Motown, Swing, ‘80s, or Jazz. \$10.

### CVILLE BAND ENSEMBLES

Free and open to all

Wednesday, November 30, 7:00–8:00 pm

**Clarinet Ensemble** - Join some of the Cville Band’s clarinetists for your listening pleasure.

Thursday, December 15, 7:00–8:00 pm

**Percussion Ensemble** - “I just want to bang on a drum all day ...” Enjoy a variety of percussion instruments in this musical treat.

### HOLIDAY BAND CONCERT

Free and open to all; donations accepted

Saturday, December 3, 3:00–4:00 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, with direction by Michael Auman.



### ARMY/NAVY FOOTBALL GAME AND TAILGATE LUNCH

Open to all; registration required

Saturday, December 10, 2:30–6:00 pm

*In partnership with SKV Group*

Join in an afternoon of provided tailgate food and football fun as we watch the Army/Navy game on the big screen. The event is BYOB. Free to veterans and their families. Members \$10, Guests \$15.

### PICTURES WITH SANTA

Free and open to all; registration encouraged

Tuesday, December 13, 5:00–6:30 pm

You’re never too old to get your picture taken with Santa! The Center opens its doors to the Charlottesville community and encourages everyone to bring their loved ones to snap a picture with a longtime jolly friend. Pets can join in the fun, too!

## ARTS

### BEGINNING CROCHET

Open to all; registration required

Tuesdays, November 1–22, 1:00–3:00 pm (4 weeks)

Jane Hermann has been crocheting for years and will show you how to make a chain and three basic crochet stitches to a create either a table runner or festive holiday gifts. Bring your own yarn and wool or choose from a variety of colors on hand. You will need a size G or H crochet hook. Prime members free; Standard members \$20; Guests \$35.



### MONOTYPE PRINTING

Open to all; registration required

Tuesdays, November 1–22, 1:30–4:30 pm (4 weeks)

Creating monotypes is a beautiful way to craft a multitude of unique images. In this class, Ann Cheeks will show you a variety of methods, types of ink, and papers. Prime members free; Standard members \$30; Guests \$40. Materials fee is \$25, payable to instructor at start of first class.

### CREATE YOUR OWN WATERCOLORS

Open to all; registration required

Tuesdays, November 1–15, 6:30–7:30 pm (3 weeks)

Create water-based paint by combining chalk pigments with water, then experiment with the paints using a variety of techniques. Join instructor Simona Brkic. Prime members free; Standard members \$20; Guests \$30. Materials fee is \$20, payable to instructor at start of first class.

*PROGRAMS continue on page 4*



**BEGINNER AND INTERMEDIATE SCRAPBOOKING**

Open to all; registration required  
Wednesdays, November 2–23,  
1:00–3:30 pm (4 weeks)

Learn how to preserve memories and photos with Laurie Bayma. In this 4-week class, you will make solid progress on an album project. Prime members free; Standard members \$30; Guests \$40. Materials fee TBD depending on album package purchased, payable to instructor at start of first class.

**CREATING CLAY WHISTLES**

Open to all; registration required  
Friday, November 4, 12:30–3:30 pm

Create and paint your own clay whistles with instructor Riley Gildea. Prime members free; Standard members \$15; Guests \$25. Materials fee is \$10, payable to instructor at start of class.

**HAND KNITTED PILLOW MAKING**

Open to all; registration required  
Monday, November 7, 1:00–3:00 pm

Create a knit pillow using only your hands. The hand knitting technique, taught by Jamie Schwartz, can also be used to make blankets and scarves. Prime members free; Standard members \$10; Guests \$20. Materials fee is \$25, payable to instructor at start of class.



**SCARF MAKING**

Open to all; registration required  
Friday, November 18, 12:00–2:00 pm

Instructor Jamie Schwartz teaches you how to knit a scarf using only your hands. This special technique is easy to learn for all levels of crafters. Fun holiday colors will be available, and the scarves are washable when finished. Prime members free; Standard members \$10; Guests \$20. Materials fee is \$20, payable to instructor at start of class.

**FIBER ART RIBBON SCARF MAKING**

Open to all; registration required  
Thursday, November 10, 10:00 am–12:00 pm  
Thursday, December 8, 10:00 am–12:00 pm

Make a beautiful fiber art knotted scarf with ribbons, metallics, sequins, and decorative fibers from all over the world. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$20, payable to instructor at start of class.

**CARD MAKING WITH SHERRY**

Open to all; registration required  
Thursday, November 17, 12:15–2:15pm

Join card maker and member Sherry Sinard and create festive cards. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$10 for all, payable to instructor at time of class. Registration required.

**ORNAMENT WOODCARVING CLASS**

Open to all; registration required  
Mondays, November 28 and December 5,  
2:00–4:00 pm (2 weeks)

Longtime woodcarver Mike Micucci will teach you to carve two ornaments. Prime members free; Standard members \$10; Guests \$20. Materials fee is \$10 for wood block or \$50 for block, carving knife, pencil, ruler, and glove, payable to instructor at start of first class.

**WINTER OIL LANDSCAPES**

Open to all; registration required  
Tuesdays, November 29–December 20,  
9:30 am–12:30 pm (4 weeks)

Join Kathleen Hutter and paint a captivating winter scene. Prime members free; Standard members \$30; Guests \$45. List of supplies needed available online.

**RELIEF PRINTING**

Open to all; registration required  
Tuesdays, November 29–December 20,  
1:30–4:30 pm (4 weeks)

Ann Cheeks shows you how to take drawings and carve them into a soft rubber “plate,” then ink and print. This process is perfect for cards or limited-edition prints. Prime members free; Standard members \$30; Guests \$40. Materials fee is \$35, payable to instructor at start of first class.

**CLAY ORNAMENTS**

Open to all; registration required  
Thursday, December 1, 9:00 am–12:00 pm

Using cookie cutters and other unconventional clay tools, instructor Riley Gildea will teach students how to create holiday ornaments from clay. Once the ornament is made, students will add details by applying textures and paint. Prime members free; Standard members \$15; Guests \$25. Materials fee is \$10, payable to instructor at start of class.

**SNOWMAN WINTER SCENE – ACRYLICS**

Open to all; registration required  
Fridays, December 2–16, 1:00–4:00 pm  
(3 weeks)

In this series, Kathleen Hutter shows you how to use acrylics to create your own version of a winter scene inspired by Richard DeWolfe. Prime members free; Standard members \$20; Guests \$35. List of supplies needed available online.

**PAINT POURED ORNAMENTS**

Open to all; registration required  
Tuesday, December 6, 5:00–6:30 pm

Jamie Schwartz teaches you how to create a set of 10 paint poured ornaments. Choose your colors and adorn them with beautiful bows. These make a great gift for anyone on your holiday list and don’t require any previous experience! Prime members free; Standard members \$10; Guests \$20. Materials fee is \$25, payable to instructor at start of class.

**WREATH MAKING**

Open to all;  
register by Dec. 7  
Tuesday,  
December 13,  
1:00–4:00 pm

‘Tis the season! Learn how to create your own wreath with provided natural materials, including freshly cut boxwood, pine, cedar, holly, and a variety of other organic materials. Participants will use the pin technique on a 12-inch straw wreath base and take home their creation. Bring your garden snippers if you have them. Prime members \$40; Standard members \$45; Guests \$50.



**CLOCK PAINTING AND MAKING**

Open to all; registration required  
Thursday, December 15, 10:00–11:30 am  
Join instructor Jamie Schwartz and paint a beautiful winter scene on a wooden clock. Students will assemble the clock mechanism and leave with a working clock. Prime members free; Standard members \$10; Guests \$20. Materials fee is \$25, payable to instructor at start of class.

**WALKWAY SIGN CREATION CLASS**

Open to all; registration required  
Monday, December 19, 2:00–4:00 pm

Paint and stencil a 4-foot walkway sign with instructor Jamie Schwartz. Students will customize and design their own wooden sign to place in front of their home. Prime members free; Standard members \$15; Guests \$25. Materials fee is \$25, payable to instructor at start of class.

**LIFELONG LEARNING**



**NEW! INTERNATIONAL STANDARD STYLE BALLROOM DANCING**

Open to all; registration required  
Tuesdays, November 1–22 and Thursday,  
December 1, 10:00–10:45 am (5-weeks)  
repeated  
Tuesdays December 6–January 3 and  
Wednesday, January 11, 5:00–5:45 pm  
(5 weeks)

Learn the Waltz, Quickstep, Tango, Foxtrot, and Viennese Waltz with instructor Steven Babusko. Open to all levels. Prime members free; Standard members \$30 per series; Guests \$45 per series.

**NEW! INTERNATIONAL LATIN STYLE BALLROOM DANCING**

Open to all; registration required  
Tuesdays, November 1–22 and Thursday,  
December 1, 11:00–11:45 am (5 weeks)  
repeated  
Tuesdays December 6–January 3 and  
Wednesday, January 11, 6:00–6:45 pm  
(5 weeks)

Learn the Cha-Cha, Rumba, Jive, Samba, and Paso Doble with instructor Steven Babusko. Open to all levels. Prime members free; Standard members \$30 per series; Guests \$45 per series.

**DEMENTIA RESOURCES AND ADVOCACY**

Free and open to all; registration encouraged  
Tuesday, November 1, 10:00–11:00 am

Join Cheairs Graves and Tamar Goodale from Jefferson Area Board for Aging as they discuss dementia care and costs. Learn about local resources and the Long-Term Care Ombudsman Program at JABA.

**MAKE YOUR HOME POISON-SAFE**

Free and open to all; registration encouraged  
Tuesday, November 1, 1:00–2:00 pm

Poisoning is a leading cause of injury, hospitalization, and death for adults ages 25–64. Kristin L. Wenger, MA and Health Educator, will discuss how to protect yourself and your family from the most common poison accidents.



FRENCH 2 CLASS

Open to all; registration required  
Tuesdays and Thursdays,  
November 1–December 13, 5:00–6:30 pm (12 sessions)



This course is a continuation of Beginners French with instructor Ashton Nicewonger. If you did not take the beginners course, you may still join if you have a background in French. Participants will begin to narrate, read, and write in French. Prime members free; Standard members \$50; Guests \$70.

RECURRING MEDICARE PROGRAMS

Free and open to all; registration encouraged  
Medicare can be so confusing! Join in any of these programs that will help you through the process.

Thursday, November 3, 1:00–2:00 pm  
with Margo Kreider

Wednesday, November 9, 11:00 am–12:00 pm  
with Sharon Accardo

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

Wednesday, December 14, 11:00 am–12:00 pm  
with Sharon Accardo

GOOD LIFE SERIES

Free and open to all  
Tuesday, November 1, 11:00 am–12:00 pm  
**Home Modifications to Assist You with Aging in Place** – Most seniors desire to age in their homes. Learn about home modifications that can improve accessibility and reduce the potential for falls and injury.  
Tuesday, December 6, 11:00 am–12:00 pm  
**Changing Insurance Needs as You Age** Many things change as we age, including the different types of insurance we need. Find out what you need to know.



LGBTQIA+ — WHAT DO ALL THOSE LETTERS MEAN?

Free and open to all  
Tuesday, November 1, 1:00–2:30 pm  
Join Dr. Julie Alexandrin, Co-Founder and President of Scaffolding Advocacy and Inclusive Leadership, Inc., for a basic overview and understanding of gender and sexuality spectrums.

PEACE OF MIND PLANNING

Free and open to all; registration encouraged  
Friday, November 4, 10:00 am–12:00 pm  
What does an End-of-Life Doula do? Join Laurel Marr in a conversation about the support a doula gives for the patient, caregivers, family, and loved ones, as well as how end-of-life planning makes a difference in day-to-day well-being.

BE A PART OF THE CONVERSATION (online)

Free for members; registration encouraged  
Thursday, November 10, 6:00–7:30 pm  
Be a Part of the Conversation is a nonprofit that equips families and communities with skills and resources to understand substance use, addiction, and related health issues. Kim Porter, Executive Director and Certified Family Recovery Specialist, will share her experience and offer ways to begin the conversation with a friend or loved one.

IDENTIFYING SHRUBS AND VINES

Open to all; registration required  
Friday, November 11, 10:00–11:30 am  
Openings within the forest, along the forest edge, and on abandoned fields are sunny locations that invite shrubs and woody vines to thrive. Join Jon Rockett at The Center as he guides you through the dichotomous key to identify these plants commonly found in Virginia. Fee for all is \$7 for the guidebook, payable at registration.

NEW! BOOKMOBILE AT THE CENTER

Free and open to all  
Second and fourth Tuesdays, 1:00–2:00 pm  
The Jefferson-Madison Regional Library Bookmobile will be at The Center twice a month. If you do not have a library card, you can get one at the Bookmobile. The Bookmobile carries up to 2000 books that include popular fiction, mysteries, fantasies, biographies, cookbooks, histories, and more.



NEW! LET’S TALK WINE!

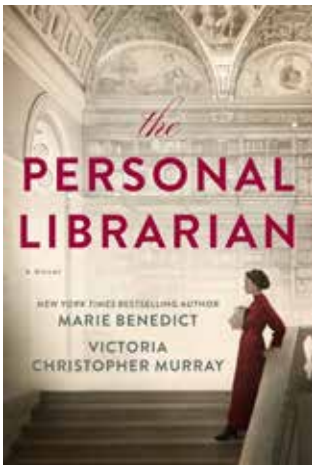
Free and open to all  
Join Scott Elliff, owner of DuCard Vineyards, for these very informative talks.  
Wednesday, November 9, 5:00–6:00 pm  
**Harvest Time in the Virginia Wine Industry:** Scott will share what is happening in the wine industry now, how this season has been, and what you can expect from the wines that are being made this year. This is a fun and informal session with plenty of time for Q&A.  
Wednesday, December 14, 5:00–6:00 pm  
**The Virginia Wine Industry: Past, Present, and Future:** Scott will cover how our local wine industry came to be, from the first settlers, through Prohibition, to the modern rebirth of the industry—it’s been a wild ride!

GREAT SONGS AND SONGWRITERS

Open to all; registration required  
Mondays, November 7–December 12, 11:30 am–12:30 pm (6-week series)  
Revisit musical hits from the 1940s to present day. We’ll listen to and analyze what makes these songs memorable. Rogers and Hart, Lionel Ritchie, Taylor Swift, and other songwriters will be included. Join Mike D’Antoni for commentary and discussion on what makes a great song great! Prime members free; Standard members \$30; Guests \$45.

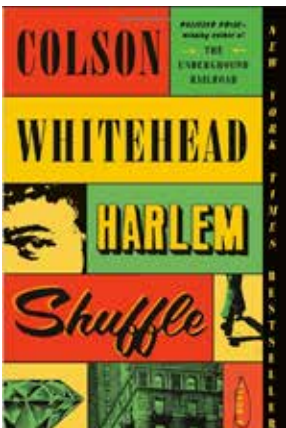
BOOK DISCUSSION GROUP

Free for members  
First Wednesday of each month, 11:00 am–12:00 pm  
This enthusiastic group meets monthly to discuss predominantly contemporary works of fiction and nonfiction.  
November 2: *Lady Clementine* by Marie Benedict  
December 7: *The Personal Librarian* by Marie Benedict and Victoria Murray



AFRICAN AMERICAN AUTHORS BOOK CLUB

Free and open to all  
Second Thursday of each month, 6:00–7:30 pm  
This group has been reading books by African American or African authors since 1996. While selected books are by African American authors, the club members are racially and culturally diverse, and gather each month to enjoy intellectual discussions and camaraderie.



November 10: *Harlem Shuffle* by Colson Whitehead

December: No meeting

CHARLOTTESVILLE CAMERA CLUB MEETINGS (online through February)

Free for members  
Second Thursday of each month, 7:00–8:00 pm  
Center members are welcome to join in these monthly meetings with varying competition categories.

November 10: Pathways and Roadways, Natural or Human Made; Empty or Being Used

December 8: End of year “Best of” competition, where a judge chooses the best photos of the year in all categories.

MONEY AND YOU

Free and open to all  
Tuesday, November 8, 10:00–11:30 am  
**Tax Moves to Consider Before Year-End.** Jorgen Vik, Certified Financial Planner and Partner with SKV Group, LLC, will discuss what you can do before the end of the year to reduce your taxes.  
Tuesday, December 13, 10:00–11:30 am  
**The Year That Was.** Jorgen Vik, Certified Financial Planner and Partner with SKV Group, LLC, will take a look back at 2022 and what impacted stocks, bonds, real estate, crypto, and more.

DUTY FREE MOVIE SCREENING PLUS MEET THE ACTORS!

*In partnership with Our Lady of Peace, The Daily Progress, and Ask Landis*  
Free and open to all; registration encouraged  
Tuesday, November 8, 2:00–4:00 pm  
*Duty Free* is a documentary film directed by Sian-Pierre Regis. The film tells the story of his 75-year-old mother, Rebecca, who was fired from the only job she had ever known. Sian-Pierre assists her with finding a new job and takes her on the journey of a lifetime. *Duty Free* examines ageism, the care crisis, and economic insecurity in America. Following the film, enjoy Q&A with special guests, Sian-Pierre and his mom, Rebecca.

ELDER LAW WITH DORIS GELBMAN

No presentation in November and December.

CURRENT EVENTS

Free for members; registration encouraged  
Mondays, November 14 and December 12, 2:00–3:00 pm  
Join in this monthly discussion. Participants can bring up any subject in the news that interests them. All thoughts and opinions are welcome, and discussions will be friendly and respectful. Bob Toplin will host.



A BEGINNERS GUIDE TO MEDICAL CANNABIS

Free and open to all  
Tuesday, November 15, 10:00 am–12:00 pm  
Thursday, December 15, 10:00 am–12:00 pm  
Certified Cannabis and CBD advisor Peg Bascom will discuss the difference between hemp, marijuana, and cannabis, and how to get your Virginia State medical cannabis card.

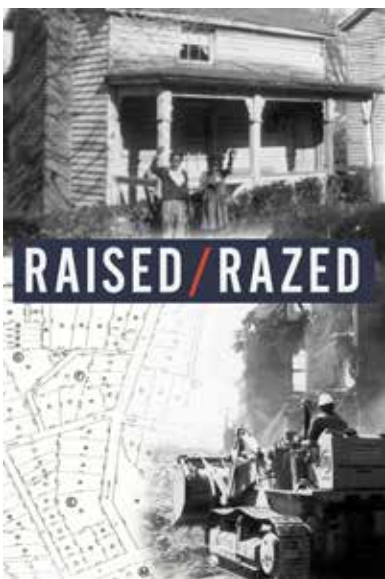


BIRDING AT FOXHAVEN (OFFSITE)

Free for members; registration encouraged  
Friday, November 18, 7:30–9:00 am  
Join Center member and avid birder Jon Rockett for a bird walk at Foxhaven Farm. Previous knowledge or experience is not necessary—only a desire to learn about birds.

HOW TO SUPPORT YOUR LGBTQ GRANDCHILD

Free and open to all  
Monday, December 5, 2:00–3:30 pm  
Has your grandchild or someone in your life recently come out? Do you want to be supportive but aren't sure what's next? Join Dr. Julie Alexandrin, Co-Founder and President of Scaffolding Advocacy and Inclusive Leadership, Inc., for a discussion of the challenges and opportunities that arise when someone you love comes out to you as LGBTQ.



RAISED/RAZED DOCUMENTARY AND DISCUSSION

Free and open to all; registration encouraged  
Tuesday, December 6, 10:00 am–12:00 pm  
Join Lorenzo Dickerson and Jordy Yager, the writers and directors of *Raised/Razed*, as they show and discuss their documentary chronicling the lasting effect of Urban Renewal on Vinegar Hill, a large African American neighborhood in the heart of Charlottesville.

VIRGINIA POW CAMPS IN WWII (onsite and streamed on Facebook)

*In partnership with Albemarle Charlottesville Historical Society*  
Free and open to all; registration encouraged  
Wednesday, December 7, 6:30–7:30 pm  
Dr. Kathryn Roe Coker will discuss her new book, *Virginia POW Camps in World War II*. She will explore the daily lives and lasting effects of the 17,000 German and Italian POWs who were brought to Virginia and held in more than 20 camps.



GLOBAL FLASHPOINTS – CHINA’S GLOBAL POSTURE

Free and open to all; registration required  
Thursday, December 8, 10:00 am–12:00 pm  
Retired U.S. Army Colonel Steve Rundle and former Intelligence Officer Carl Pales will discuss China's global posture—military, economic, and diplomatic. Participants are encouraged to share their knowledge and express opinions in a collegial environment.

UNDERSTANDING CREMATION

Free and open to all; registration encouraged  
Friday, December 9, 10:00–11:30 am  
Many people take the time to plan for their belongings after they pass, but don't consider the options for their remains. Harold Decker of the Cremation Society of Virginia will provide information about cremation services and the benefits of preplanning end-of-life wishes.

PHYSICAL WELL-BEING



HEARING HEALTH WITH EVOLUTION HEARING (ONSITE AND ONLINE)

Free and open to all; registration encouraged  
Join Dr. Kristin Koch, Audiologist at Evolution Hearing.  
  
Wednesday, November 16, 10:00–11:00 am  
**The Crazy World of Health Insurance Benefits and Hearing Aids:** Do you have a secondary health insurance company? Have you been told that you have a “hearing aid discount program” through your health insurance company? If so, you may have coverage that helps with the cost of hearing aids. Learn how to navigate this challenging and often confusing area of insurance benefits.  
  
Wednesday, December 21, 10:00–11:00 am  
**Top 10 Questions You Should Ask Before Purchasing Hearing Aids:** Where to begin with hearing aids? Learn the most important questions you should ask before making the investment in your hearing health. Whether you've been wearing hearing aids for years, or are just thinking about it now, you'll benefit from attending!

ESSENTIAL TREMOR SUPPORT GROUP

Free and open to all  
Second Thursday of each month, 4:00–5:00 pm  
**November 10:** Dr. William Dalrymple of the UVA Neurology Department is the guest speaker.  
**December 8:** Emily Peron of the VCU Department of Pharmacology is the guest speaker.

CHRONIC DISEASE SELF-MANAGEMENT OVERVIEW

Free and open to all; registration encouraged  
Wednesday, November 30, 1:00–2:00 pm  
Join Danny Harris with JABA for an overview of the Chronic Disease Self-Management Program (CDSMP) that will be offered in the new year. CDSMP is an evidence-based, six-week workshop designed to help people who suffer with chronic conditions. Caregivers also benefit greatly from this program.

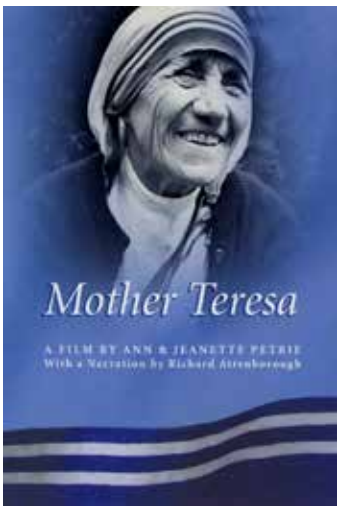
COOKING DEMO WITH UVA DIETITIANS

Free for members; registration encouraged  
Wednesday, December 7, 3:00–4:30 pm  
Members of the 2023 class of UVA Dietitians will provide tasty takes on good nutrition.

SOCIAL/RECREATIONAL

MOVIE NIGHT

Free and open to all.  
First and third Wednesday of every month, 5:00 pm (ending times vary based on movie length)  
BYOP (bring your own popcorn!) and join your friends for a movie at The Center.  
  
**November 2:** *Mother Teresa* (1986)  
  
**November 16:** *The Fugitive*  
  
**December 7:** *Standing in the Shadows of Motown*  
  
**December 21:** *Miracle on 34<sup>th</sup> Street* (1947)



HOT CHOCOLATE AND COOKIE SOCIAL

Free for members; please RSVP  
Monday, December 5, 2:00–3:00 pm  
Warm up at The Center with hot chocolate, coffee, cookies, and good conversation.



COOKIE SWAP

For Center members  
Thursday, December 15, 2:00–3:00 pm  
Bring your best baking to The Center! In celebration of the holiday season, everyone is invited to join in the merriment by exchanging their favorite cookies. For more information, email program coordinator Olivia Watts at olivia@thecentercville.org.

*Remember ... this is just a partial list of programs. Don't forget to check the website for programs added after our print deadline!*





# VOLUNTEERING

## BOBBI HUGHES

Coordinator of Volunteer Resources  
434.220.9755 • bobbi@thecentercville.org

Looking for meaningful ways to give back to our community? We can help you find the perfect volunteer position to suit your interests, schedule, and talents, whether it's at The Center or with another area nonprofit. Contact Bobbi to learn more.

## Even Introverts Can Volunteer

Volunteering is an extrovert's world ... or is it? If you're an introvert, with limited social energy and the need to replenish yourself quietly, it's easy to feel overwhelmed by the idea of volunteering. So many volunteer opportunities are hands-on, people-facing, or group-oriented. If the idea of fundraising on the phone makes your throat close up, there's no need to avoid volunteering. There are so many ways for introverts to help their community without becoming drained and exhausted!

Much of the actual work that goes into maintaining a nonprofit organization is quiet and behind the scenes. Nonprofits need people to balance the books, write grants for money, organize their stationery cupboard, or clean up after events. Think of your favorite nonprofit and how you can channel your introverted gifts into help for their daily operations. There's no end to quieter, isolated administrative tasks at places like museums, cultural centers, libraries, and even The Center itself!

Gardening and grounds work for an outdoor organization can be a wonderful and rewarding independent activity. Community botanical gardens and area recreation departments may need assistance maintaining biking or hiking trails. If you're not sure what your favorite nonprofit needs, simply ask how you can help.

Animal lovers can volunteer at local animal shelters, like the CASPCA. Shelters need volunteer help to maintain their facilities, walk dogs, play with cats, and clean bedding, cages, and stalls.

If group activities feel overwhelming, but you enjoy one-on-one interactions, there are ample opportunities for you. Provide mentorship and support through Big Brothers Big Sisters, Boys & Girls Clubs, or other similar organizations. Whether you help with homework, teach an art project, or simply offer companionship and a kind ear, working with youth one-on-one can be hugely rewarding for introverted volunteers.

You may need a background check to work with children, but there are also ways to offer this kind of support to adults. Literacy Volunteers of Central Virginia needs tutors for adults to practice speaking, reading, and writing in English. Many of their students also need support preparing for their U.S. Citizenship interviews.

Finally, being a pen pal is a wonderful way to offer support and connection while staying out of draining social activities. Write a note or card to deployed soldiers via Blue Star Moms, to a veteran, or to seniors who do not have family close by. Pen pals help everyone keep loneliness at bay, and the upcoming holidays are an especially impactful time to reach out and make a one-on-one connection.

These are just a few ideas of how introverts can enjoy volunteering! The Center can help you find rewarding volunteer opportunities both onsite and at other area organizations. For more information, contact Bobbi.



Barbara Hogan and Ingrid Feggans welcomed guests to The Center's fundraising event in September.

## Have you completed volunteer hours recently?

Sharing your volunteer activity helps The Center to qualify for grants and other funding opportunities, and drives awareness about the positive impact older adults have in our community. When you report your volunteer hours to The Center, you're helping two community organizations with just one set of hours!

### There are two ways you can report your hours:

Use the MySeniorCenter kiosks in The Center's lobby. For help, ask a volunteer at the Welcome Desk when you sign in. Email your activity and volunteer hours to the Coordinator of Volunteer Resources, Bobbi Hughes at bobbi@thecentercville.org or call 434-220-9755.

# Meet Member & Volunteer Larry Broach

## Successfully balancing routine and relaxation in retirement



Larry Broach

Sometimes it may seem like active volunteers are determined cheerleaders, eager to rally everyone else to the cause. But if you're not sure whether volunteering is right for you, Center volunteer Larry Broach's best advice is to stay on the fence until you're truly ready.

A few months after Larry's retirement from a career in computer programming, he went to another area nonprofit and got roped into "tweaking" a piece of software they had been struggling with. As the system needed more and more work, he eventually went running in the other direction.

Coming to The Center a few years later was a very different experience, he says, and he wishes more people knew it was here.

Despite being an introvert, Larry most enjoys the push to interact with others while staffing The Center's Welcome Desk. "It can be a struggle, but it's enjoyable to me," he says. (For more on volunteering as an introvert, see the article above.)

Larry has worked on the Welcome Desk for most of the two years that he has been a member at The Center. Between his Monday volunteer shift, time in the gym, and discovery of a new and relaxing hobby in the Woodcarvers Club, he's had no trouble filling his days as much or as little as he likes. "I have to have a lot more structure," he says, and having a strong routine in retirement through The Center helps immensely.

Developing that routine hasn't always been easy in the wake of the pandemic. The Center actually had to close on Larry's very first day. But he's interested in continuing to get more involved as opportunities continue to open up, like travel.

He and his wife recently enjoyed a Center day trip to Virginia Beach they are especially looking forward to next August's excursion to Alaska and the Yukon. (For more information, see page 13.)

BROACH continues on page 13



ADVANCING HEALTHY AGING FOR ALL

After a year in which the opening of The Center at Belvedere was postponed, operating hours were cut, and programs moved online, the start of fiscal year 2022 felt like a new beginning. Thanks to the rapid development and deployment of highly effective COVID-19 vaccines, restrictions on gatherings eased, and more and more people found their way to The Center at Belvedere to discover—or rediscover—a resource for healthy aging and a hub for community interaction.

Working with stakeholders from across the community, we launched two initiatives aimed at maximizing our impact on community health: a new strategic plan and a racial equity action plan. Everything you read below and in the accompanying member and volunteer vignettes speaks to the different ways we are working to ensure that every senior in our community has access to the most effective and achievable means for improving their health and well-being.

*Note: The full version of the FY22 annual report is available on our website at [thecentercville.org](http://thecentercville.org).*

2022–2025 STRATEGIC PLAN

At its core, the Strategic Plan focuses on a progression of programming and practices to bring healthy aging opportunities to every older adult in our area. Guided by this plan, we will work to increase understanding of aging issues and promote changes in attitudes, policies, and actions; to provide increased value through collaboration, exploration, advocacy, access, outreach, and partnerships; and to strengthen the organizational, financial, and technological resources needed to achieve these outcomes.

RACIAL EQUITY ACTION PLAN

The vision we hold for our community—to understand and embrace the power of healthy aging to positively transform all lives—can never be fully realized without the forever work of ensuring people from all walks of life have a place to connect, challenge, and contribute. With goals embedded in the Strategic Plan, our Racial Equity Action Plan will integrate diversity, equity, and inclusion into The Center’s core mission of healthy aging; effect a greater sense of belonging and inclusion among all members of The Center community; increase ownership of and commitment to DEI efforts by members, staff, Board, and volunteers; increase the diversity of participants; and enhance accountability, effectiveness, and collaboration.

“... it’s like a second home!”

BY THE NUMBERS

969  
MADE A GIFT  
TO SUPPORT  
HEALTHY  
AGING

THIS YEAR THE CENTER OFFERED

6,715  
CLASSES, EVENTS,  
PROGRAMS, AND TRIPS

283  
VOLUNTEERS

MORE THAN  
\$75,000

WORTH OF COMMUNITY SPACE  
DONATED OR DISCOUNTED

CENTER VOLUNTEERS  
CONTRIBUTED  
24,707  
HOURS TO AREA  
NONPROFITS

77  
VOLUNTEER  
PROGRAM LEADERS

\$38,842  
MEMBER  
SCHOLARSHIPS

23  
NONPROFITS  
SUPPORTED BY CENTER  
VOLUNTEERS

HEALTHY AGING IS A COMMUNITY ENDEAVOR

Philanthropic gifts provide more than 60% of funds needed to run The Center. We gratefully acknowledge the support of every individual, foundation, corporation, and organization whose gifts make a difference in the lives of area seniors.

We are also indebted to everyone who shares their time and skills to improve life in our community. The Center would not exist without volunteers.

*For a list of the generous volunteers and donors who supported healthy aging in our community during FY22 (April 1, 2021–March 31, 2022), please visit [thecentercville.org](http://thecentercville.org).*

THANK YOU!



PROGRAMMING HIGHLIGHTS

The Center has long been recognized for the breadth and depth of its programming. Anticipating and responding to emerging needs and diverse interests is possible thanks to generous support from individuals, foundations, and corporate partners. Dozens of new programs in FY22 offered community members fresh ways to pursue physical, intellectual, social, emotional, spiritual, vocational, and environmental wellness.

In July, The Center was able to add evening hours on Tuesdays and Thursdays, a long-anticipated step for expanding access to healthy aging resources and amenities. Many evening programs are free and open to everyone, and the additional hours have increased our capacity for partner programs like the African American Authors Book Club and the Charlottesville Camera Club.

New fitness classes focused on core, cardio, balance, and strength. There were even more afternoons and evenings of live music. Presentations and performances brought history to life. And instructors and guest speakers addressed an incredible array of subjects throughout the year. Topics ranged from local (History and Stories of the Original Communities of Free State, Belvedere, and Dunlora) to international (Global Flashpoints: The Korean Peninsula). From timeless (Archaeology, Myths, and Customs of Rome) to timely (Global Viral Pandemics: We Should be Better Prepared for the Next One”). And from community planning (Rio Corridor Plan Community Pop-up) to retirement planning (Plan for a Financially Secure Retirement).

With the fourth edition of The Center’s popular “Building a More Diverse Community” speaker series, the focus turned to Native Peoples of America and their cultures—past, present, and future. Special programs and exhibits for Native American Heritage Month, Black History Month, Women’s History Month, and Pride Month fostered a more in-depth understanding of ourselves, others, and the world around us.



Charmaine Crowell-White is a storyteller first.

Her work and life’s passion as a Living History Interpreter brought her to The Center in 2021 and she calls it “an absolute positive savior in my life.”

Although Charmaine was born and raised in Charlottesville, she had spent 40 years away, only returning to care for her aging mother.

When she first arrived at The Center, she was astounded by “the newness, the freshness, [and] the invigorating energy of the people I met.” Over the months, she has taken Tai Chi, had a hearing test, gone on day trips to Smith Mountain Lake and a Potomac River cruise, and become a regular at the Move to Rhythm Dance Party.

Charmaine has even brought her own programming to The Center, teaching a storytelling class in March and April 2022. She got an amazing response with 12 participants, one of whom was so inspired, they are now collaborating on a storytelling festival to take place sometime in 2023.

Even as she strengthens her roots in storytelling, for Charmaine, the possibilities at The Center are endless. She says, “I could learn a different language or study yoga ... [or] travel abroad and meet amazing people.”

What Charmaine most loves about The Center are its many different outlets and its “wonderful, well-rounded group of people” where you’ll meet “everyone from artists to academics.”

“It’s diverse in so many ways [and] it’s like a second home!”

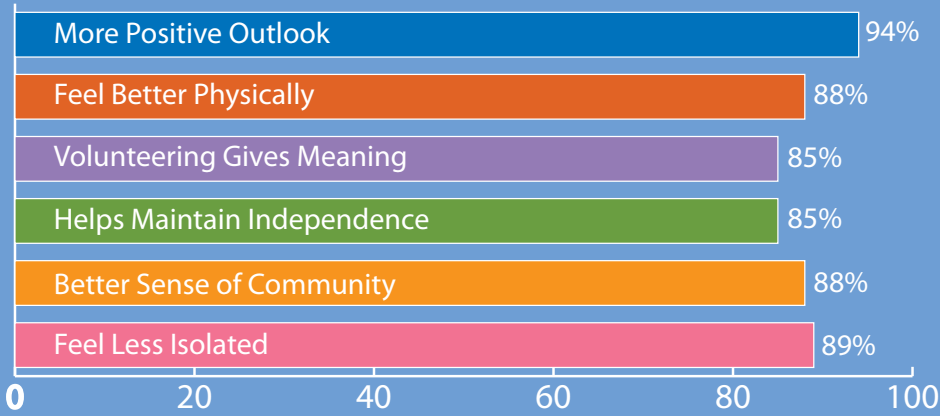


IMPACT

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.

Research proves that people who participate in programs like those at The Center incur lower health care costs, have a more positive outlook on life, and give back to the community as volunteers.

*FY22 Survey respondents who Agree or Strongly Agree that Center programs accomplish core objectives*



Scrabble is fundamentally a game of making connections, putting pieces together to make something that has meaning, so perhaps it is fitting that the game is what first drew Jim Hassmer to The Center. “A connector” is how many describe him, and the retired Methodist minister is driven by his genuine interest in other people and a desire to help his community.

Pastoring across Virginia for 30 years shaped Jim’s perspective, instilling a passion for reducing hunger and poverty, as well as for furthering racial equity and social justice. He co-chairs The Center’s Racial Equity Special Committee and serves as a member of the Diversity, Equity, and Inclusion Committee.

“The Center has made progress in programming,” Jim says about diversity efforts, adding that “Approval of the Racial Equity Action Plan is a great step forward in some specific ways.”

Meeting needs and making connections permeates much of Jim’s activity both at The Center and in the greater community, and those needs can be serious or lighthearted. All foster wellness and well-being.

As president of the Virginia Reelers, he has brought his love of square dancing to The Center, where he teaches twice a week. Jim continues to play Scrabble at The Center, too, where he sees that connections go beyond letters and words.

“The Center is a gathering place for people 50 and over, but with an amazing variety of programs; it’s a place where people can connect on an ongoing basis and develop relationships that deepen.”

Every Monday, Center members don their ballet slippers for Silver Swans, improving their flexibility, strength, and coordination through the art of ballet. It’s a program that exists thanks to a valuable community partnership.

Maria Chee comes to The Center as a faculty volunteer from Charlottesville Ballet to teach Silver Swans as one of the Ballet’s outreach programs. “Each reinforces the mission of the other,” she says of the two nonprofits, noting the importance of physical well-being and wellness, civic involvement, lifelong learning, and creativity to both organizations. “This class offers social connection, cognitive exercises, physical activities, and aesthetic experiences.”

Ballet is often a less accessible, and even elitist, art form. Through programs like Silver Swans, Charlottesville Ballet and The Center are “democratizing ballet.”

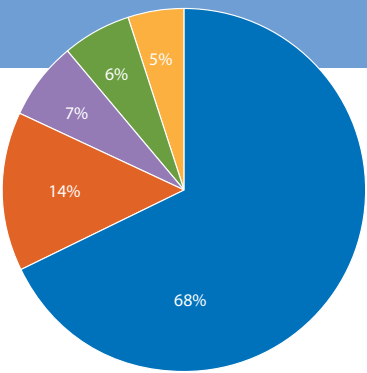
Maria says, “For those who took ballet lessons [at] a young age, they have a chance to be in touch with their youthful days and become that younger self again. For those who never took ballet classes but always wanted to, they have this chance to make their dreams come true.”

“For one hour of class,” she concludes, “you become the ballerina that you are within yourself and experience your own artistic temperament. That is truly a finer moment of life.”

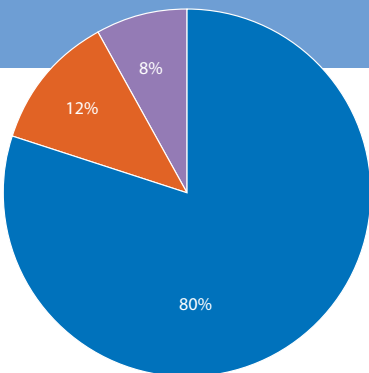


FY22 Financial Data

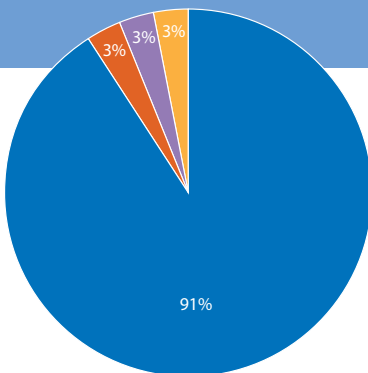
The Center receives no regular funding from local, state, or federal governments and is sustained financially through diverse revenue streams from both philanthropy and earned income.



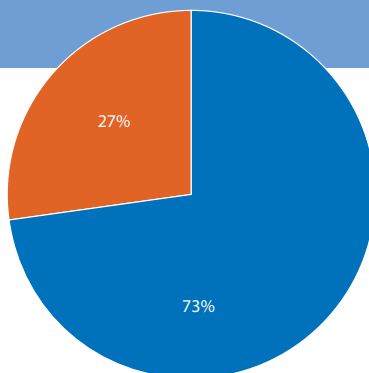
REVENUE	
Contributions	\$1,375,466
Membership Dues	293,354
Rentals & Leases	142,654
Programs & Travel	114,969
Other*	110,678
Total Revenue	\$2,037,121



EXPENSES	
Healthy Aging Program Services	\$2,043,660
Supporting Services	
Fundraising	311,579
Management & General	209,451
Total Expenses**	\$2,564,689



ASSETS	
Land & Facility	\$20,566,049
Cash & Cash Equivalents	647,400
Other	706,980
Seabrook & Feil Endowments	689,244
Total Assets	\$22,609,673



LIABILITIES & EQUITY	
Equity	\$20,566,049
Liabilities	647,400
Total Liabilities & Equity	\$22,609,673

\* Includes investment returns from two endowment funds, a Paycheck Protection Program loan (forgiven), and Greenberry’s operations  
\*\* Expenses include \$471,777 in depreciation



MONDAY	TUESDAY	WEDNESDAY
<div>8:30 TAI CHI \$, Hatha Yoga \$</div> <div>9:00 <i>Hiking, Croquet</i></div> <div>9:15 PRIMETIME FITNESS \$</div> <div>9:30 Senior Golf Group \$</div> <div>9:45 Tone &amp; Groove \$</div> <div>10:00 Writing for Healing &amp; Growth \$</div> <div>Sew &amp; Sews (does not meet the first Monday)</div> <div>Getting Better at Bridge</div> <div>10:30 <i>Chair Yoga</i></div> <div>11:00 <b>Silver Swans Ballet II \$</b>, Poker</div> <div>11:45 BALANCE &amp; STABILIZATION \$</div> <div>12:15 <b>Silver Swans Ballet I \$</b></div> <div>12:30 Chess</div> <div>1:00 Mah-Jongg (Chinese)</div> <div><i>Ageless Grace \$</i></div> <div><b>English Country Dance</b></div> <div>Member Social</div> <div>1:45 Strengthen Your Health &amp; Life \$</div> <div>2:45 Stretch Your Limits \$</div> <div>3:30 Tai Chi \$</div>	<div>9:15 PRIMETIME FITNESS \$</div> <div>10:00 Tap Dance Lessons (Beg)\$</div> <div>10:30 ARTHRITIS EXERCISE \$</div> <div>10:45 Second-Wind Band \$</div> <div>11:00 Tap Dance Lessons (Beg/Int) \$</div> <div>11:00 am–4:00 pm <b>Massage Appts. Available \$</b></div> <div>11:45 Stretch for Balance &amp; Strength \$</div> <div>12:30 Party Bridge</div> <div>12:45 <i>Beginning Spanish</i></div> <div>1:00 <b>English Country Dance</b></div> <div>1:15 <b>Round Dance Lessons, Cardio Strength \$</b></div> <div>2:00 <i>Advanced Beginner Spanish</i></div> <div>2:15 Core Stability \$</div> <div>3:15 <i>Keeping Up Your Spanish</i></div> <div>3:30 MOVE TO THE RHYTHM DANCE PARTY \$,</div> <div><b>Parkinson’s Yoga</b></div> <div>5:00 <b>Boot Camp \$</b></div> <div>6:00 <b>AA Women’s Group, No-Fall Aikido \$</b></div> <div>6:45 <b>Families Anonymous</b></div> <div>7:00 <b>Adult Aikido \$</b></div>	<div>8:30 TAI CHI \$, <b>Hatha Yo</b></div> <div>9:00 <i>Hiking</i></div> <div>9:00 am–2:00 pm <b>Massa</b></div> <div>9:15 Primetime Fitness \$</div> <div>9:30 Crafty Ladies</div> <div>9:45 Tone &amp; Groove \$</div> <div>10:00 <i>Senior Bowling \$</i>, Pus</div> <div>10:30 Core Stability \$</div> <div>11:00 SENIOR FITNESS, Po</div> <div>12:00 <b>Tops</b>, Canasta, <b>Mus</b></div> <div>Crafts DIY</div> <div>12:30 <b>Square Dance Less</b></div> <div>1:00 <i>Ageless Grace \$</i>, Sc</div> <div>American Mah-Jongg</div> <div>1:30 Advanced Line Danc</div> <div>1:45 Strengthen Your Hea</div> <div>2:00 Knit-Wits</div> <div>2:30 Ping Pong</div> <div>3:00 Foam Rolling \$, <b>Nail</b></div> <div><b>ReConnect Support</b></div> <div>5:00 Line Dance (Beg.), C</div> <div>6:00 Line Dance (All Leve</div> <div>6:30 <b>International Folk</b></div>

November

<div>7</div>	<div>11:30 <b>Great Songs &amp; Songwriters \$</b></div> <div>1:00 Council Meeting, <b>Hand-Knitted Pillow Making \$</b></div> <div>2:00 Bunko</div>	<div>1</div>	<div>10:00 <b>Try it Out Tuesday, Dementia Resources &amp; Advocacy, Standard Style Ballroom Dance \$</b></div> <div>11:00 <b>Good Life Series, Latin Style Ballroom Dance \$</b></div> <div>1:00 <b>Make Your Home Poison Safe, Beginning Crochet \$, LGBTQIA+–What Does it Mean?</b></div> <div>1:30 <b>Monotype Printing \$</b></div> <div>5:00 <b>French 2 Class \$</b></div> <div>6:00 <b>Trivia Night</b></div> <div>6:30 <b>Create Your Own Watercolors \$</b></div> <div>6:45 <b>Has Your Get Up &amp; Go Got Up &amp; Left?</b></div>	<div>2</div>	<div>9:30 Kingfishers, <b>Vetera</b></div> <div>10:15 Two Lessons of Jazz</div> <div>11:00 Book Group</div> <div>1:00 <b>Scrapbooking \$</b></div> <div>5:00 <b>Movie Night</b></div>
<div>14</div>	<div>11:30 <b>Great Songs &amp; Songwriters, cont.</b></div> <div>1:00 <b>Piedmont Pastelists</b></div> <div>2:00 Current Events</div>	<div>8</div>	<div>10:00 <b>Money &amp; You, Paper Crafting \$</b></div> <div>Standard Style Ballroom Dance, <i>cont.</i></div> <div>11:00 <b>Latin Style Ballroom Dance, cont.</b></div> <div>1:00 <b>Bookmobile, Beginning Crochet, cont.</b></div> <div>1:30 <b>Monotype Printing, cont.</b></div> <div>2:00 <b>Karaoke, Movie <i>Duty Free</i></b></div> <div>4:00 <i>Singles Schmooze</i>, Artists Reception</div> <div>5:00 <b>French 2 Class, cont.</b></div> <div>6:30 <b>Create Your Own Watercolors, cont.</b></div> <div>Civil War Roundtable</div>	<div>9</div>	<div>10:30 <b>Parkinson’s Care</b></div> <div>11:00 <b>Medicare 101</b></div> <div>1:00 <b>Scrapbooking, co</b></div> <div>5:00 <b>Let’s Talk Wine!</b></div> <div>5:30 <b>Songwriter Open</b></div> <div>6:00 Moonlighter’s Quil</div>
<div>21</div>	<div>11:30 <b>Great Songs &amp; Songwriters, cont.</b></div> <div>2:00 Bunko</div>	<div>15</div>	<div>9:30 <b>Alzheimer’s Support Group</b></div> <div>10:00 <b>Medical Cannabis Talk, Standard Ballroom, cont.</b></div> <div>10:30 <b>Move for Health</b></div> <div>11:00 <b>Latin Style Ballroom Dance, cont.</b></div> <div>1:00 <b>Beginning Crochet, cont.</b></div> <div>1:30 <b>Monotype Printing, cont.</b></div> <div>5:00 <b>French 2 Class, cont.</b></div> <div>6:00 <b>Trivia Night</b></div> <div>6:30 <b>Create Your Own Watercolors, final</b></div> <div><b>A Cappella Extravaganza</b></div>	<div>16</div>	<div>10:00 <b>Welcome Wednes</b></div> <div>11:00 Book Group</div> <div>1:00 <b>Scrapbooking, co</b></div> <div>5:00 <b>Movie Night</b></div> <div>6:00 <b>Veterans Social, I</b></div>
<div>28</div>	<div>11:30 <b>Great Songs &amp; Songwriters, cont.</b></div> <div>2:00 <b>Ornament Woodcarving \$</b></div>	<div>22</div>	<div>10:00 <b>Standard Style Ballroom Dance, cont.</b></div> <div>11:00 <b>Latin Style Ballroom, cont.</b></div> <div>1:00 <b>Bookmobile, Beginning Crochet, final</b></div> <div>1:30 <b>Monotype Printing, final</b></div> <div>2:00 <b>Karaoke</b></div> <div>4:00 <i>Singles Schmooze</i></div> <div>5:00 <b>French 2 Class, cont.</b></div>	<div>23</div>	<div>10:30 <b>Parkinson’s Care</b></div> <div>1:00 <b>Scrapbooking, fin</b></div> <div>1:30 Dollhouse &amp; Minia</div> <div>Center Closes at 4:30 pm</div>
<div>29</div>	<div>11:30 <b>Great Songs &amp; Songwriters, cont.</b></div> <div>2:00 <b>Ornament Woodcarving \$</b></div>	<div>29</div>	<div>9:00 am–4:00 pm <b>Book Swap</b></div> <div>9:30 <b>Winter Landscapes \$</b></div> <div>1:30 <b>Relief Printing \$</b></div> <div>5:00 <b>French 2 Class, cont.</b></div> <div>6:00 <b>Silent Disco \$</b></div>	<div>30</div>	<div>1:00 <b>Chronic Disease</b></div> <div>7:00 <b>Cville Band Clari</b></div>

December

<div>5</div>	<div>11:30 <b>Great Songs &amp; Songwriters, cont.</b></div> <div>1:00 Council Meeting</div> <div>2:00 <b>Bunko, Ornament Woodcarving, cont.</b></div> <div><b>How to Support Your LGBTQ Grandchild,</b></div> <div>Hot Chocolate &amp; Cookie Social</div>	<div>6</div>	<div>9:30 <b>Winter Landscapes, cont.</b></div> <div>10:00 <b>Try it Out Tuesday, Raised/Razed Documentary</b></div> <div>11:00 <b>Good Life Series</b></div> <div>1:30 <b>Relief Printing, cont.</b></div> <div>5:00 <b>Paint Poured Ornaments \$, French 2 Class, cont., Standard Style Ballroom Dance, cont.</b></div> <div>6:00 <b>Trivia Night, Latin Style Ballroom, cont.</b></div> <div>6:30 <b>Master Gardener Lecture Series</b></div> <div>6:45 <b>Has Your Get Up &amp; Go Got Up &amp; Left?</b></div>	<div>7</div>	<div>9:30 Kingfishers, <b>Vetera</b></div> <div>10:15 Music by Team Fer</div> <div>11:00 Book Group</div> <div>3:00 <b>Cooking Demo w</b></div> <div>5:00 <b>Movie Night</b></div> <div>6:30 <b>VIRGINIA POW C</b></div>
<div>12</div>	<div>11:30 <b>Great Songs &amp; Songwriters, final</b></div> <div>1:00 <b>Piedmont Pastelists</b></div> <div>2:00 Current Events</div>	<div>13</div>	<div>9:30 <b>Winter Landscapes, cont.</b></div> <div>10:00 <b>Money &amp; You, Paper Crafting \$</b></div> <div>1:00 <b>Bookmobile, Wreath Making \$</b></div> <div>1:30 <b>Relief Printing, cont.</b></div> <div>2:00 <b>Karaoke</b></div> <div>4:00 <i>Singles Schmooze</i></div> <div>5:00 <b>Pictures with Santa, French 2 Class, cont., Standard Style Ballroom Dance, cont.</b></div> <div>6:00 <b>Latin Style Ballroom, cont.</b></div> <div>6:30 Civil War Round Table</div>	<div>14</div>	<div>10:30 <b>Parkinson’s Careg</b></div> <div>11:00 <b>Medicare 101</b></div> <div>5:00 <b>Let’s Talk Wine!</b></div> <div>5:30 <b>Songwriter Open</b></div> <div>6:00 <b>Kirtan</b></div>
<div>19</div>	<div>2:00 <b>Walkway Sign Creations \$</b></div> <div>Bunko</div>	<div>20</div>	<div>9:30 <b>Alzheimer’s Support Grp, Winter Landscapes, final</b></div> <div>10:30 <b>Move for Health</b></div> <div>1:30 <b>Relief Printing</b></div> <div>5:00 <b>Standard Style Ballroom Dance, cont.</b></div> <div>6:00 <b>Latin Style Ballroom, cont.</b></div>	<div>21</div>	<div>10:00 <b>Welcome Wednes</b></div> <div>5:00 <b>Movie Night, LGB</b></div> <div>6:00 <b>Veterans Social</b></div>
<div>26</div>	Center Closed through January 2	<div>27</div>	Center Closed through January 2	<div>28</div>	Center Closed through Jan



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

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www.thecentercville.org | 434.974.7756

THURSDAY			FRIDAY		
oga \$		9:00 <i>Ivy Creek Hikers</i> , Party Bridge	8:30 TAI CHI \$, Basic Hatha Yoga \$		
ge Appts. Available \$		9:15 PRIMETIME FITNESS \$	9:00 <b>Level 1 Walking</b>		
		9:30 Beginners Chess	9:15 PRIMETIME FITNESS \$		
sh Card Game		10:00 <b>AA Meeting</b> , Tap Dance (Int.) \$	9:30 Friday Art Group		
ker		10:30 <i>Chair Yoga</i> , First Wind Band \$,	9:45 Tone & Groove \$		
ic in the Atrium,		ARTHRITIS EXERCISE \$	10:00 Rummikub		
sons		11:15 Golden Girls Ballet \$	10:45 Flashbacks \$		
rabble,		11:45 BALANCE & STABILIZATION \$	11:00 Balance with Beth \$		
g		12:00 <i>NIA-Moving to Heal</i> \$	<i>Friday Fitness</i>		
ce, Recorder Lessons \$		<b>Music in the Atrium</b>	Ping Pong		
alth & Life \$		Sheepshead	12:15 Writing for Pleasure		
		12:30 Tap Dance Lessons (Adv.) \$	12:15 Beginners Line Dance		
		1:00 Apple/Mac Class (will not meet Dec. 22)	1:00 Euchre, Still Sharp Singers,		
		Woodcarvers	Mah Jongg (American)		
		1:15 Cardio Strength \$	1:45 <b>Improvers/Int. Line Dance</b>		
		1:30 <b>Drumming Group</b> (will only meet Nov. 3 & 10)	2:30 <b>Acoustic Jam Session</b>		
		2:00 Backgammon, Cribbage	2:30 <b>Bingo</b> \$, Barbershop Belles & Beaux		
		2:30 <b>International Folk Dance</b>			
		3:30 Tai Chi			
		5:00 <b>Tap Your Troubles Away</b> \$			
		7:00 <b>Square Dancing</b>			
ans Coffee Hour	3	1:00 <b>Medicare with Margo</b>	4	10:00 <b>Peace of Mind Planning</b>	
z		3:00 <b>Socrates Café</b>		12:30 <b>Clay Whistles</b> \$	
		5:00 <b>Fitness Room Orientation, French 2 Class, cont.</b>			
		6:00 <b>Kirtan, NAMI Support Group, Jazz Jam Session</b>			
giver Support Group	10	10:00 <b>Fiber Art-Ribbon Scarf Making</b> \$	11	10:00 <b>Identifying Shrubs and Vines</b> \$	
nt.		2:00 <b>Musical Step Back in Time</b>		1:30 <b>Still Sharp Singers Concert</b>	
		3:30 <b>Fitness Room Orientation</b>			
		4:00 <b>Essential Tremor Support Group</b>			
		5:01 <b>Thursdays Around 5</b>			
		5:00 <b>French 2 Class, cont.</b>			
		6:00 <b>African American Book Club,</b>			
		<i>Be Part of the Conversation</i>			
		6:30 <i>Camera Club, Cajun &amp; Zydeco Dance</i>			
day, Hearing Health	17	12:15 <b>Card Making</b> \$	18	7:30 <b>Birding at Foxhaven</b>	
nt.		3:00 <b>Socrates Café</b>		10:00 <b>Stitch and Learn</b>	
		5:00 <b>Fitness Room Orientation, French 2 Class, cont.</b>		11:00 <b>Has Your Get Up &amp; Go Got Up &amp; Left?</b>	
		6:00 <b>NAMI Support Group,</b>		12:00 <b>Scarf Making</b> \$	
		<b>Center Players Present...</b>		3:00 <b>Center Players Present...</b>	
LGBTQ + Allies Game Night					
giver Support Group	24	Center Closed	25	Center Closed	
al class					
ture Crafting					
Self-Management Overview					
net Ensemble					
	1	9:00 <b>Clay Ornaments</b> \$	2	1:00 <b>Acrylic Snowman Scene</b> \$	
		10:00 <b>Standard Style Ballroom Dance, cont.</b>			
		11:00 <b>Latin Style Ballroom, cont.</b>			
		1:00 <b>Medicare with Margo</b>			
		3:00 <b>Socrates Café</b>			
		5:00 <b>Fitness Room Orientation, French 2 Class, cont.</b>			
		6:00 <b>Kirtan, NAMI Support Group, Jazz Jam Session</b>			
ans Coffee Hour	8	10:00 <b>Fiber Art Ribbon Scarf Making</b> \$,	9	10:00 <b>Understanding Cremation</b>	
rmata		<b>Global Flashpoints: China</b>		1:00 <b>Acrylic Snowman Scene, cont.</b>	
		3:30 <b>Fitness Room Orientation</b>			
		4:00 <b>Essential Tremor Support Group</b>			
		5:00 <b>French 2 Class, cont.</b>			
		6:30 <i>Camera Club, Cajun &amp; Zydeco Dance</i>			
with UVA Dieticians					
CAMPS IN WWII					
iver Support Group	15	10:00 <b>Medical Cannabis, Clock Making/Painting</b> \$	16	10:00 <b>Stitch &amp; Learn</b>	
		2:00 <b>Christmas Cookie Swap</b>		11:00 <b>Has Your Get Up &amp; Go Got Up &amp; Left?</b>	
		3:00 <b>Socrates Café</b>		1:00 <b>Acrylic Snowman Scene, cont.</b>	
		5:00 <b>Fitness Room Orientation</b>			
		6:00 <b>NAMI Support Group</b>			
		7:00 <b>Cville Band Percussion Ensemble</b>			
day, Hearing Health	22	3:00 <b>Caregiver's Discussion Group</b>	23		
BTQ + Allies Game Night		3:30 <b>Fitness Room Orientation</b>			
		6:30 <b>Cajun &amp; Zydeco Dance</b>			
uary 2	29	Center Closed through January 2	30	Center Closed through January 2	





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# TRAVEL

LINDA HAHN  
TRAVEL COORDINATOR  
linda@thecentercville.org  
434.220.9736

All trips are open to the public of all ages. For more information about trips or to book a reservation, call the travel office at 434.974.6538 or email Linda.  
**Personal travel needs?** Contact Linda for help!  
**Travel Office Hours:** Monday–Friday 9:30 am–2:30 pm

## DAY TRIPS

### PEAKS OF OTTER

Wednesday, November 2  
Travel into the heart of the Blue Ridge Mountains on the way to the historic Peaks of Otter Lodge in Bedford, Virginia. Enjoy lunch on your own at the Lake View Restaurant before a walk around tranquil Abbott Lake. **Open to all.** Members \$63; Guests \$83.

### RIVERSIDE CHRISTMAS SPECTACULAR

Wednesday, November 16  
Travel to Fredericksburg and experience the excitement, memories, and joy of Christmas with a cast of singers and dancers presenting the heart and essence of the holiday season. **Open to all.** Members \$140; Guests \$160.

### THE BIZARRE BAZAAR

Friday, December 2  
Experience the ultimate shopping trip to the 47th Christmas Bizarre Bazaar at the Richmond Raceway. If you're looking for a unique holiday gift or a special personalized gift, this is the trip for you. Over 475 exhibitors fill four exhibition buildings for your shopping pleasure. There is an on-site Café for lunch on your own or a chance to rest your feet. **Open to all.** Members \$49; Guests \$69.



### NATIONAL AIR & SPACE MUSEUM

Thursday, February 9, 2023  
Visit the National Air and Space Museum Steven F. Udvar-Hazy Center. Stroll through thousands of aviation and space artifacts, including the Space Shuttle Discovery; B-29 Superfortress Enola Gay; Concorde, and more. Watch aircraft land and take-off at Washington Dulles International Airport from the observation tower. Enjoy lunch on your own at the Museum Café. **Open to all.** Members \$67; Guests \$87.



### RIVERSIDE CENTER – “ESCAPE TO MARGARITAVILLE”

Wednesday, February 22, 2023  
Featuring beloved Jimmy Buffett classics, this new musical is the story of a part-time bartender, part-time singer, and full-time charmer named Tully who thinks he's got life all figured out until a beautiful career-minded tourist steals his heart. Set your mind on island time and enjoy this regional premiere. Lunch is included. **Open to all.** Members \$140; Guests \$160.

## GETAWAYS

### 12-NIGHT SOUTHERN CARIBBEAN CRUISE

January 14–26, 2023  
Enjoy cruising aboard Royal Caribbean International's Enchantment of the Seas, sailing round trip from Baltimore to St. Croix, U.S.V.I.; Philipsburg, St. Maarten; St. Johns, Antigua; Bridgetown, Barbados; and Basseterre, St. Kitts & Nevis. Package includes round trip travel, all meals, entertainment, port fees, taxes, and gratuities.



### CHATEAU DE COURTOMER IN NORMANDY, FRANCE

April 11–19, 2023 (ADDED!)  
April 21–29, 2023 (SOLD OUT)  
The magnificent Chateau de Courtomer, one of the last grand French chateaux built in the 18th century, sits on over 300 acres of park, woodland, and farmland. The entire structure has gone through extensive renovations since 2005, but has retained the charm and style of France's elegant past. Package includes airport transfers, all meals, five day trips, entrance fees, and more.



### ALASKA AND THE YUKON

August 14–26, 2023  
Enjoy the majesty of Alaska from awesome fjords to rugged mountains. Travel from Anchorage, Alaska to Denali National Park and Fairbanks before heading into the Yukon. Visit Dawson City and Whitehorse while traveling through the land of the gold rush before ending in Skagway. Board Holland America Line's Koningsdam sailing from Skagway to Glacier Bay and Ketchikan. Cruise through the inside passage ending in Vancouver, BC.

### BEAUFORT HOUSE IN KILLARNEY, IRELAND

September 1–9, 2023  
September 8–16, 2023  
Enjoy a 7-night stay at Beaufort House, a beautiful 18th century house set among 40 acres of woodland overlooking the River Laune. Experience the Ring of Kerry, the Dingle Peninsula, Gap of Dunloe, Blarney Castle, and much more. Included round trip airport transfers, round trip air, all meals, and day trips.

COME  
ALONG!  
CENTER TRIPS ARE  
OPEN TO ALL!

BROACH, continued from page 7

For Larry, this northern adventure will be a bit like returning home. His family lived in Alaska when he was a child, and their time even overlapped with Alaska's statehood in 1959.  
“It was one big yearlong party!” he says.  
Another favorite memory is seeing a sled dog race up close and personal around age 6 or 7.  
“My dad piled us in the car and we thought it was just a day drive, which we used to do back then,” Larry reminisces. “It was January... snow and ice on the ground. He pulled over on the side of the road with icebergs on both sides. We were thinking, ‘Is this it?’ ... Suddenly all these dogs just come flying across the road!”  
August may not be peak season for dog sledding, but there's plenty for Larry to look forward to and clearly something to be said for exploring opportunities at your own pace. ■

ART, continued from page 1

larger pieces of artwork, which means that smaller pieces are less widely seen ... [Artists] rarely exhibit these pieces outside their studios.”  
Artists create small works for a variety of reasons. Sometimes producing and framing larger pieces is prohibitively expensive. Sometimes they use small works as studies for larger pieces or as an opportunity to practice an experimental method. Despite the relative rarity of small works on display, they make wonderful additions to any collection and, in gallery settings, offer viewers the chance to sample several “small bites” of myriad artistic styles to discover new connections and inspirations.  
Take advantage of this unique opportunity to view small works (and maybe even pick up a few holiday gifts) at the Small Works Opening Reception on Tuesday, November 8 at 4:00 pm. These works will be on display until December 19. ■



Join writer-directors Lorenzo Dickerson and Jordy Yager on December 6 for a screening of *Raised/Razed*, a documentary chronicling the lasting effects of Urban Renewal on Vinegar Hill, a large African American neighborhood in the heart of Charlottesville.

### Francophile Fun

We'll be offering French 2 for the first time this fall and winter. This 12-session course will help intermediate students narrate, read, and write in French. You'll brush up on your "bonjours" and "s'il vous plait" just in time to join the travel office's upcoming trip to Normandy! One week of this magnificent chateau excursion is already sold out, so be sure to book for the April 11 departure *tout de suite*.

### Reading on the Run

The Center's onsite library is full of reading material, but a true bookworm knows there's never enough! Find your next great read at the JMRL Bookmobile. The Bookmobile will be at The Center on the second and fourth Tuesdays of every month. If you don't already have a library card, you can get one at the Bookmobile, and the books you borrow can be returned to any JMRL branch.



### Wine Down Wednesdays

Learn the ins and outs of the local wine industry at two fun, informal lectures with Scott Elliff of DuCard Vineyards. On November 9, Scott will share everything you need to know about the most recent Virginia harvest. Will the 2022 vintage be a good

year? Then, on December 14, it's a blast into the past as Scott teaches all about the history of winemaking in our region. Make an evening of it by sharing a glass with your new friends after the lecture. Greenberry's Café now serves beer and wine.

## DEI Committee News

The committee continues to coordinate programs at The Center to support diversity, equity, and inclusion through education and bridge building.

On December 6 filmmakers Lorenzo Dickerson and Jordy Yager will show and discuss their documentary *Raised/Razed*. The film gives us the opportunity to examine the hard truths of the Federal Urban Renewal Program and its effect on Charlottesville's oldest African American neighborhood and other communities across America.

The following evening music fans can enjoy *Standing in the Shadows of Motown*, the story of the incredible musicians Berry Gordy gathered from Detroit's jazz and blues scene in 1959 to play on songs for his new record company, Motown. This group of relatively unknown musicians—who called themselves the Funk Brothers—became the greatest hit machine in the history of popular music.

There has been continued interest in the LGBTQ events at the Center, including game nights and a short film series. In November, "LGBTQIA+ and the Meaning of All Those Letters" will offer a basic overview and understanding of gender and sexuality and how society influences our perceptions. In December, grandparents can learn how to support a grandchild who "comes out."

Look for much more to come, including small group discussions and new partnerships. As always, the website and weekly e-news are your most up-to-date sources of information.

#### COMMITTEE MEMBERS

Enid Krieger, <i>Chair</i>	Jim Hassmer	Carolyn Merrick
Jean Foss, <i>Secretary</i>	Bobbi Hughes	Virginia Porter
Denise Benson	Madison Cummings	Katherine Quinn
Mildred Best	Berta Hysell	Kathy Rouse
Jim Bundy	Paul Jacob	Bernadette Whitsett-Hammond
Liz Hacking	Joyce Lewis	Mike Wilson

## Did you know?

Many new programs at The Center originate with our members and volunteers. If you have an idea for a new program, ask the Welcome Desk for a Program Proposal Form or email [programs@thecentercville.org](mailto:programs@thecentercville.org). ■

Join The Center's Sustainers Circle by making monthly gifts to support healthy aging in our community. Contact Melanie Benjamin at [melanie@thecentercville.org](mailto:melanie@thecentercville.org).

## WE REMEMBER

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

Robert Anderson	Kathleen Gavin
Dennis Arcoraci	Marion Hansen
Wilbert Baker	Carolina Hawk
Marguerite Ballenger	Beverly Hemmer
Sheila Ballou	Loretta Hirschfeld
Frank Barham	Carolyn Janiczek
Robert Bedford	Mary Jones
Frederic Berry	Marian Limber
Robert Blake	Thomas Lynch
Carol Brinkerhoff	Rita McGowan
Doris Buck	Phyllis Pace
Alfred Burford	Florence Payne
Lawrence Burwell	Barbara Sakalas
David Clark	Duane Snow
Patricia Cooke	Betty Strider
Dorothy Anne Cuff	George Taylor
Harry Dannals	Joan Trice
Richard Davis	Carol Warner
Robert Doyle	Connie Woodruff
Ronald Gareis	

THE

# Oratorio

SOCIETY OF VIRGINIA  
MICHAEL SLON MUSIC DIRECTOR

## Christmas at the Paramount

December 17, 2022  
2:30 PM and 7:30 PM  
Paramount Theater



# The Center Welcomes New Staff Members

## Liz Howard

The Center at Belvedere has a new drama queen in Liz Howard, who joined The Center’s programming team in August. Born in Northern Virginia, Liz has lived in Charlottesville on and off since 2006 and most recently worked as the Production Manager for Live Arts.

Liz’s love for theater stretches back to her college days when she majored in Music Theater at Shenandoah Conservatory. She went on to work in New York City’s famed theater scene at various points throughout her career, including a brief stint at The Julliard School, and has spent three different summers working the Edinburgh Fringe Festival in Scotland.

In her free time, Liz also enjoys hiking, camping, listening to live music, and cross-stitching. She’s always discovering new hobbies!

Liz says, “During COVID, my focus was on keeping my parents happy, healthy, and active. This created a new priority in my life to help my community age with creativity and fun. With my background in music and theater, I can’t wait to bring more creative and fun programming ideas to The Center!”

Her work at The Center will focus on evening programs and she is especially excited to introduce members to a silent disco on November 29.



Liz Howard and Danielle Bricker

## Danielle Bricker

Danielle Bricker joined The Center’s team as Marketing Manager in September. A lifelong resident of Charlottesville, she has written and edited for a variety of local publications including C-VILLE Weekly, Charlottesville Family, and Discover Charlottesville.

As the print publishing industry evolved, Danielle pivoted to content marketing and comes to The Center after four years at the Ix Art Park Foundation. She launched the first immersive art museum in Virginia as well as a variety of regional tourism campaigns to draw travelers to Charlottesville.

Danielle is an avid traveler herself and in 2016, took a year away from the workforce to embark on a solo round-the-world trip, visiting two dozen countries throughout Europe, Asia, and Latin America. She is now back in Charlottesville with partner Jo and 1-year-old beagle puppy Lucy. She says, “A lot of good fortune has allowed me to follow a less conventional path in life. I’m excited to tap into my deeper community roots and help others connect with their own creativity and curiosity.”

# Senior Living in the HEART OF IT ALL

Take a virtual tour online or schedule a private guided tour.

A circular map showing the location of Branchlands in Charlottesville. The map is centered on Route 29, with a north arrow pointing up. To the left of Route 29, from top to bottom, are CHO, Doubletree Hotel, and Stonefield. To the right of Route 29, from top to bottom, are Fashion Square, Branchlands (with a logo), USPS, and UVA.

► **Nestled in a quiet neighborhood** within easy reach of Rt. 29, Branchlands’ location offers the best of both worlds: a beautiful natural setting for morning strolls and ready access to shopping and entertainment. Chauffeured transportation and frequent outings allow residents to take advantage of all that Charlottesville has to offer.

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# What makes healthy aging smooth sailing? Community support!



Games of skill and chance in the Pair-A-Dice Casino offered fun challenges to stay mentally sharp.



Grabbing a drink at the Speakeasy turned into a lifelong learning opportunity as Spirit Lab Distilling shared Prohibition history.



Captain—er—Fitness Coordinator Alex Waltrip had passengers test their balance on the Fitness Boardwalk.



The evening of fun and fundraising showcased healthy aging resources and amenities available at The Center's new building.

A calypso drummer welcomed more than 250 people aboard the S.S. Center for The Center Soirée: Anchors Aweigh, a fundraiser to support healthy aging in our community. At the event on September 10, these travelers helped raise over \$40,000 during the course of the evening and, with additional monies from ticket sales and event-related activities, contributed to a grand total of \$105,000 that will support scholarships and programming at The Center.

Invited to wear their favorite vacation attire, cruisers had fun sharing their sense of style and adventure as they traveled to different ports of call: Pair-A-Dice Casino; the Speakeasy; the Deep Blue C Beach Club; and the Love, Peace, and Soul Deck. Talented musicians, tasty cuisine, and signature cocktails awaited them at each location.

Cruise-themed activities throughout the ship highlighted elements connected with healthy aging. On the Fitness Boardwalk, cruisers could test their sea legs with a balance challenge or “weigh anchor” with a hefty kettlebell. These types of balance and strengthening exercises help prevent falls, which are the leading cause of injury for adults 65 and older.

Cruisers stepped into the Roaring Twenties at the Speakeasy, where they learned about the Prohibition era and chatted with local distiller Ivar Aase of Spirit Lab Distilling about modern distilling techniques. They played games of skill and chance, challenged their recall, and placed bets in the casino. With each activity, cruisers earned tickets they could use to enter drawings for ten wonderful prizes.

Sharon Williams, one of the lucky prize winners, said that her family had “a blast at the Soirée.” New to the community, Sharon won a life-time Charter membership to The Center. “My daughter-in-law works for Hanckel-Citizens and invited me to attend. This place blew me away. Not only is the building beautiful but the people are so accommodating. There are a million things to do here, and I was thrilled to win a membership!”

Because volunteerism and community partnerships are essential to The Center’s work, cruisers were encouraged to participate in two service projects. First, they were invited to bring a suitcase to the event that would be given to children in foster care. In all, more than 40 bags were collected and delivered to Albemarle County Social Services, which will share them with their many partners. And because decorative towel folding is a part of any cruise, event participants were taught how to make “boo-boo bunnies” out of hand towels. After the event, these towels were donated to our local SPCA.

“The goal of the Center Soirée: Anchors Aweigh was to host a fundraising event that also showcased our new building and offered a lighthearted sampling of activities that contribute to healthy aging,” remarks executive director Peter Thompson. “At The Center we provide opportunities for area adults to have fun, stay active, learn new things, be creative, socialize, and make a difference in our community. We are extremely grateful to everyone who helped make this evening a success for the expansion of scholarships and programming.” ■



Cruisers also supported children in foster care and neonatal kittens with contributions to Albemarle County Social Services and our local SPCA.



# Stay Active During the Winter Months to Maintain Your Health

When the temperature drops and the days grow shorter, it can be tough to resist the pull of a soft couch and warm blanket. But while the idea of settling in for a long winter's nap has some appeal, think of it relative to enjoying more years in good health: Is a couple of months of torpor worth the hit to your physical and mental health? It's important for people of any age to stay active during the winter months, and this is especially true for older adults.

Extended periods of physical inactivity lead to the loss of muscle mass and bone density—two things that play a key role in preventing falls. Cardiovascular fitness, with its multiple health benefits, also suffers. Negative effects like these can have an impact on mobility and functional ability and, eventually, independence. So how can you stay motivated to stay active? Find something that makes moving fun, whether that's an exercise class, playing ping pong with your friends, or turning on the radio and dancing around your house.

In addition to the physical side effects, staying inactive and isolated during the winter months can also lead to depression and stress, and potentially impact your cognitive ability. Stimulating your mind will improve your memory, your mood, and your health. Learn something new—like a craft or an instrument—or explore different authors or current events. Lifelong learning opportunities abound in and around Charlottesville, through The Center as well as through OLLI and UVA. There pursuits have social as well as educational benefits.

Looking for something that covers all the bases? Head outside. Being outdoors can be healing for your mind as well as your body. According to a study in the Journal of Aging and Health, adults over 70 who spent time outdoors experienced fewer sleep difficulties, complained less about aches and pains, and enjoyed improved mobility and ability to perform daily activities. If a little devil on your shoulder keeps whispering, “But it's cold outside,” remember the Norwegian saying: There's no such thing as bad weather, only bad clothes. The weather in Central Virginia is rarely so severe that donning a few layers won't keep you warm enough for a



walk around the block. Being in nature can reduce stress, cortisol levels, muscle tension, and heart rates while improving your mood, your sleep, your focus, and your immune system. Walk with a friend and you'll up the health benefits even more.

If the weather really is too bad to venture out or you've run out of daylight, there are both indoor and online social, educational, and physical activities available through The Center. Along with more than 100 on-site programs every week, The Center offers a library of on-demand programs via YouTube as well as online programs that include Tai Chi, Chair Yoga, Primetime Fitness, Balance and Stabilization, Arthritis Exercise, Move to the Rhythm Dance Party, Spanish, and armchair travel.

Yes, cold, dark days can be challenging, but keeping your body and mind active during the winter months will pay off in better health and well-being—setting you up for maximum enjoyment when spring finally comes back around. ■



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# Caregiver Q&A with Jane Foy

## How will a dementia diagnosis change your holiday plans?

When your spouse or another loved one receives a diagnosis for Alzheimer's or other forms of dementia, it's natural to feel uncertain about the road ahead. Jane Foy, author of *The A-Z Guide for Primary Caregivers of Dementia Patients*, and herself a caregiver for over 10 years, offers the following advice.

Depending on the stage of dementia your loved one is in, you may have to either tweak your holiday plans or forget the old traditions and make new ones! Instead of getting overwhelmed with responsibility, it's time to assess and simplify.

### Must you be the host and head Chef?

Let someone else host dinner or ask guests to contribute a course for the meal. Do we really need three vegetables, three starches, and three desserts with a holiday meal? Don't forget to assign a "clean-up" crew!

### Must you travel to your holiday festivities?

How far would you have to drive? How long do you drive around town before your loved one starts asking "Are we there yet?" My least stressful experience has been to drive no more than five hours, then rest in a reserved hotel room.



### Must you be there on that day?

We all know that Thanksgiving leftovers are the best. Think about traveling a day or two after the holiday. You'll probably see all the people you hoped to see but with less traffic on the way and less confusion when you get there.

Be mindful that your loved one is not as flexible as you are. Keep to their schedule for meals and sleep as much as you can. Don't plan too many activities (touring, visiting, etc.).

Ask yourself: Is this going to be more work for me? If the answer is yes, don't do it!

For more information about caregiving for dementia patients, visit [www.atozdementiacare.com](http://www.atozdementiacare.com).

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Lynn Divers at 434.220.9745 or [lynn@thecentercville.org](mailto:lynn@thecentercville.org).



VETERANS, continued from page 1

SKV Group also supports two monthly veteran get togethers with host Dawn Ross. Come and enjoy coffee, pastries, and conversation on any topic on the first Wednesday of every month at Veteran Coffee Hour. The java starts flowing at 9:30 am. If you're not a morning person, you can join the evening Veterans Socials on the third Wednesday of each month at 6:00 pm, which were added to The Center's programming in August. Both gatherings are always free and open to all veterans, and SKV Group provides a free beverage from Greenberry's for each guest.

Veterans Day also brings volunteer opportunities. Together with Blue Star Families of Central Virginia, The Center is running a donation drive for holiday care packages to deployed soldiers. Since its charter in 2004, Blue Star Families – which is the local Charlottesville chapter of Blue Star Mothers of America – has shipped over 6,400 care packages to deployed service members. Suggested items for care packages range from toiletries and non-perishable food to travel-size games and collapsible fly swatters. To participate, simply drop your contribution at any of the collection bins around The Center by November 11. Center members are also welcome to help Blue Star Families assemble the care packages for mailing. The group typically gathers on the third Thursday of November at American Legion Post #74 in Keswick. Please visit [bsfcv.avenue.org](http://bsfcv.avenue.org) for more information.



## Suggested Items for Care Packages

### Toiletries

- Resealable baby wipes
- Deodorant
- Nail clippers/file
- Disposable razors
- Individual Kleenex packs
- Mouthwash
- Chapstick with SPF
- Foot powder
- Saline nasal spray
- Travel size shampoo/conditioner
- Travel size pain relievers
- Eye drops
- Hand lotion (in tubes)
- Q-Tips
- Sunscreen
- Dental floss
- Throat lozenges

### Food Items

- Beef jerky
- Cereal (in small boxes)
- Ramen noodles
- Canned tuna/meat
- Twizzlers
- Canned fruit (pop top cans)
- Gum
- Instant oatmeal
- Dried fruit
- Pancakes in a cup
- Granola/Power bars
- Nuts/Peanut butter
- Pasta (pop top cans)
- Trail mix



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PALLIATIVE MEDICINE



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## Just announced at press time!

The Community Climate Collaborative has recognized The Center at Belvedere for its commitment to sustainability. In announcing the award at its Party for the Planet on October 7, here's what they said:

"This award is for excellence in energy efficiency, going to the organization whose building has the lowest pound-for-pound emissions among the Green Business Alliance. The winner this year invested in a new high-performing facility with low-power lighting, premium HVAC, smart controls, and rooftop solar. Thanks to this commitment to environmental stewardship, their new facility is almost three times the size of their old building with a nearly identical carbon footprint. This year's Excellence for Energy Efficiency Award goes to The Center at Belvedere!"





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