THE CENTER AT BELVEDERE

NEWS from THE CENTER

REFRAMING AGING SINCE 1960

NOVEMBER/DECEMBER 2026

THE ANNUAL SMALL WORKS EXHIBIT RETURNS

Lisa Daniel

Each November and December, The Center's galleries host a slightly different style of art exhibit. Artists typically work on small canvases for study exercises rather than exhibit pieces, so this annual event is a unique chance to enjoy small works on display.

Exhibitor applications were still open at press time, so we invite you to come and discover which local artists were selected this year. You'll find small works in a wide variety of media and styles. You are also welcome at an artist reception with light refreshments on Tuesday, November 17 from 4:00 to 6:00 pm.

Happily, small works also make lovely gifts as we approach the holiday season. When you purchase a piece of art at The Center, a portion of the proceeds remain with our nonprofit so you will be supporting both a local artist and The Center's healthy aging mission.

Susan Sharpe

Busted! Don't Buy These Common Myths of Aging

One of this year's hottest movies was steeped in myth—the type of myth used to explain a culture's worldview and instill societal values. Myths can also be widely held but false notions. You might make the case that, in the U.S., myths about aging encompass both types.

False ideas have long shaped our view about what it means to grow old, fueling ageism with its negative impacts. In a bid to challenge some of these commonly held aging stereotypes, let's do a little myth-busting.

Myth #1: Depression is normal in older adults.
Many people assume that feeling depressed is a natural part of aging, especially in the face of life changes and loss. But research shows that seniors are *less* likely to experience depression and anxiety than younger adults. There's a lot of truth to the adage "with age comes wisdom." Older adults score higher on emotional regulation and positivity, two components of wisdom. Wisdom, in turn, contributes to resilience—the ability to bounce back from life's adversities—which is associated with positive health outcomes. While depression is an important health condition to prevent or treat at any age, older adults have tools like a broader life perspective and adaptive coping strategies acquired over time that can protect mental and emotional well-being.

Myth #2: Dementia is inevitable.
Nope. While it's true that the risk of dementia increases with age, many people live into their 90s and beyond without significant cognitive decline. About a third of people over age 85 develop some form of dementia, meaning *two-thirds do not.* Those are pretty good odds. And you can improve those odds with healthy lifestyle choices. If you smoke, stop. If you are sedentary, start getting regular physical exercise. And because so many of the things that protect your heart can also protect your brain, manage your blood pressure, cholesterol, and blood sugar. Mentally stimulating activities—things with more novelty and challenge than a daily crossword—are also associated with a lower risk of dementia.

See MYTHS on page 2

Membership Director Suzanne Orejuela shares member comments.

Survey Says ...

A few months ago, we invited all Center members to complete a survey. We heard back from close to 350 of you—thank you! Surveys are an important way we note your interests, preferences, challenges, and needs; gauge satisfaction; and identify areas for improvement.

So, what did you tell us? And what are we doing about the things that registered as needing improvement?

Most people, we're glad to hear, feel very positively about The Center. Nearly all respondents feel welcome (98%), would recommend The Center to others (97%), and believe The Center is worthy of philanthropic support (97%). Additionally, 90% are satisfied with the programs offered, and 94% are satisfied with their overall experience at The Center.

We're also happy to see evidence that The Center is delivering on its broader mission of providing impactful healthy aging opportunities, with a large majority of members reporting improvements in their physical well-being, sense of community engagement, independence, mental sharpness, and social connections. They also say they are having more fun since joining The Center.

At the same time, the survey highlighted an opportunity to better understand what people need to make meaningful connections, particularly if you are introverted. To explore this, we'll be forming small focus groups to seek additional input and collaborate on new ways to build connection throughout The Center. If you are interested in being part of a focus group, contact Membership Director Suzanne Orejuela at suzanne@thecentercville.org.

We are pleased to report that we've already been working on several programs that showed up in

See SURVEY on page 16

THE CENTER
AT BELVEDERE

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

Hours

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

About THE CENTER AT BELVEDERE

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

News from The Center is a publication of The Center.

Healthy Aging for All

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

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

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For more news, follow us on:

Membership

THE CENTER COUNCIL

ALL Center members are members of the Council. Join us on the first Monday of each month for an informative one-hour meeting, camaraderie, and conversations about Center programming and planning. No need to register in advance. Try a meeting once or become a "regular." For more information contact staff/Council liaison Rosanna Breen (rosanna@thecentercville.org); or Council President Peggy Slez (mjslez@gmail.com). You will be welcomed!

MYTHS continued from page 1

And while we're talking about cognitive workouts …

Myth #3: Older adults can't learn new things.
Scientists used to believe that the brain didn't develop much past childhood. Then, they learned something new. Turns out that adult brains can reorganize in response to learning, changes in sensory input, or physical injury. This ability to learn and adapt is called neuroplasticity and it actually brings physical changes—a rewiring process that allows your brain to grow and meet new and increased demands. To make your brain stronger, you need to challenge it regularly with new activities and experiences. This can be as simple as taking a different route to the store or using your "other" hand to brush your teeth. Take things further by enrolling in a class, playing a musical instrument, or traveling. Learning may take a little longer as you age, but the capacity to learn persists.

Myth #4: You will get frail and weak.
Tell that to The Center's Fitness Manager, Jane Saltzman, who regularly needs to request heavier dumbbells for her classes. We all lose muscle as we age, but we can build it at any age too. In a study from Wichita State University, women aged 63 to 77 achieved significant increases in muscle volume and strength after as little as four weeks of weight training. This is crucial because low muscle mass plays a major role in frailty. If the thought of starting an exercise program feels intimidating, it doesn't have to—just walk. Another study showed that previously inactive older adults lowered their disability risk by doing as little as 48 minutes a week of moderate exercise, like walking. Along with reducing the risk of injury and functional decline, exercise is a powerful preventive tool that helps regulate blood sugar and blood pressure, contributing to cardiovascular and cognitive health.

Myth #5: Bone density is only a problem for women.
Women are at greater risk of osteoporosis due to factors that include thinner bones and loss of bone mass after menopause but, by age 65 or 70, men lose bone at the same rate as women. And while 1 in 5 women over age 50 have osteoporosis versus about 1 in 20 men, up to 40% of all osteoporosis-related fractures occur in men, with these fractures carrying a higher mortality rate compared to women. Most men with osteoporosis have what's known as secondary osteoporosis, caused by other medical conditions, medications, and lifestyle factors that affect bone mass. Both men and women can help ward off or slow bone loss with lifestyle modifications that include quitting smoking, exercising regularly, and getting enough calcium and vitamin D.

These are just a few of the most prevalent and damaging myths about aging. Because they can shape how people see themselves and how they approach life, challenging these beliefs is essential for better individual and community health. What you believe about aging is a powerful predictor of how well you'll do, so trading fears for knowledge is an important step to spending more years in good health. Follow up your belief with evidence-based actions like joining more programs at The Center and you'll be well on your way to closing the healthspan-lifespan gap. ■

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electronic transfer information:

- Brokerage House: Charles Schwab
- Account Name: Senior Center, Inc.
- Account Number: 4671-8217
- DTC Number: 0164, Code 40
- Reference: Donor Name
- Charles Schwab Phone Number: 1-800-435-4000
- Text Comment: Donor's Name. If donor prefers to remain anonymous, please include their name and note their preference to remain anonymous.

It's also helpful to The Center if you tell a member of our philanthropy team about your gift. Let us know the name of the security, the number of shares, and the brokerage name.

We welcome end-of-year gifts of any amount in whatever way feels best for you. Every gift matters in meeting our healthy aging mission to serve our community. More than 50% of The Center's revenue comes from philanthropic gifts from people like you.

QCDs, DAF grants, and appreciated assets also all qualify for our matching challenge! An anonymous donor is matching all gifts, up to $100,000, through December 31. Whether you give via cash, check, online donation, or one of the tax-smart options we've presented here, the impact of your contribution will be doubled!

If you have any questions about your giving, please contact Philanthropy Director Lynn Divers at lynn@thecentercville.org or 434.220.9745. ■

Programs

SPECIAL EVENTS

WEDNESDAY MUSIC CLUB
Included in Center membership,
Wednesday, November 4, 10:15–11:30 am
Wednesday, December 2, 10:15–11:30 am
Enjoy pianist Szymon Czerniak performing works by Bach, Debussy, and Chopin on November 4, then return December 2 as David Berry presents "Spirit, Body, and Soul," concert spirituals and hymn arrangements for piano.

HOLIDAY ARTS AND CRAFT FAIR
Free and open to all
Saturday, November 7, 10:00 am–3:00 pm
Celebrate the season with a day of creativity, community, and cheer. Browse a wide variety of handcrafted goods, unique gifts, and festive treats made by local vendors who bring heart and originality to every piece.

ARTISTS RECEPTION
Free and open to all
Tuesday, November 17, 4:00–6:00 pm
Meet artists involved in the Small Works Exhibit and enjoy lively conversation with light refreshments.

CENTER STAGE PLAYERS PERFORMANCES
Free and open to all; registration required
Wednesday, December 2, 4:00–5:30 pm
Saturday, December 5, 11:00 am–12:30 pm
Experience joy, laughter, love, and nostalgia with skits, a one-act play, songs, and dance celebrating life and the unique creatures we are.

HOLIDAY BAND CONCERT
Free and open to all
Saturday, December 5, 3:00–4:30 pm
The holiday concert is a perennial favorite! First-Wind and Second-Wind Bands and the Flashbacks perform under the direction of Bob Dunnenberger. Donations accepted.

ARMY-NAVY FOOTBALL GAME AND PARTY
In partnership with SKV Group's Gratitude Charlottesville
Open to all; registration required
Saturday, December 12, 3:00–6:00 pm
Watch the Army-Navy game on the big screen in our auditorium with tailgate food and football fun. BYOB. Free for veterans and their families; $25 per person for all others.

NOON YEAR'S EVE PARTY
Open to all; registration required
Thursday, December 31, 11:00 am–2:00 pm
It's midnight somewhere! Get dressed up and celebrate the New Year with light refreshments, dancing to the Flashbacks, and a champagne toast. Members $40; Guests $60.

ARTS

ART CLASS POLICIES
- Cancellations: Please notify us at least 5 business days in advance of the program's start date by emailing cancel@thecentercville.org or calling our cancellation line at 434.220.9756 and providing (a) your name and phone number, (b) exact program name, and (c) date and time of program. Cancellations made less than 5 days in advance are not eligible for a refund or credit.
- Materials Fees: These are paid directly to the instructor at the start of the class or series via check or cash.

HOLIDAY QUILLING
Members only; registration required
Monday, November 2, 1:00–3:00 pm
Learn to quill an angel and a double-layered poinsettia using traditional techniques and tools, including a quilling comb. No experience necessary. Class fee: $20. Materials fee: $20.

PAINT HOLLY AND BERRIES
Members only; registration required
Tuesday, November 3, 9:30–11:30 am
Monday, November 30, 9:30–11:30 am
The waxy leaves and brilliant red berries of holly offer a welcome pop of color in the winter landscape. Preserve their beauty on a 6" x 6" canvas, following your instructor step by step to a finished acrylic painting. No experience necessary. Class fee: $20. Materials fee: $20.

FELTED BABY BOOTIES
Members only; registration required
Thursday, November 5, 10:00 am–12:00 pm
Create a gift for a little one! Stitch up the warmest, coziest booties using felted wool on the outside, cashmere on the inside, and yarn. Bring your own felted wool sweater to repurpose or use one of the provided thrifted sweaters. Class fee: $20. Materials fee: $25.

INTERNATIONAL PARK LANDSCAPE WATERCOLOR
Members only; registration required
Tuesdays, November 10–December 1, 9:00 am–12:00 pm (4 weeks)
Explore the history of national parks across four continents while learning to draw and paint them, first with pen and then in watercolor. Class fee: $120. Materials fee: $20. See additional required materials online.

CREATIVE COLLAGE
Members only; registration required
Tuesday, November 10, 12:00–2:00 pm
Explore the art of creating collages in a supportive and encouraging environment with instructor Sue Oliveri. Work with many cool images, textured papers, colors, and design possibilities. No experience necessary. Class fee: $20. Materials fee: $10.

PAINT A HOLIDAY OR SEASONAL WINTERSCAPE
Members only; registration required
Thursday, November 12; Monday, November 16; Thursday, November 19; and Monday, December 7, 9:30 am–12:30 pm (4 sessions)
Learn the nuances of painting the many shades of white in a beautiful winter wonderland or holiday scene, using your own reference photo or one borrowed from instructor Katie Hutter. For advanced beginners and up. Class fee: $120.

STILL LIFE AS A STORY
Members only; registration required
Wednesdays, November 18–December 16, 1:30–4:30 pm (4 sessions, no meeting Nov. 25)
Choose a story from your own life, then build and photograph a still life that captures it before painting the scene. Whether you choose a cherished toy, a beloved pet, or an object tied to a happy memory, the possibilities are yours to imagine. Class fee: $120.

ORNAMENT WOODCARVING
Members only; registration required
Thursdays, December 3 & 10, 10:00 am–12:00 pm (2 weeks)
Learn the art of flat-plane woodcarving and make three custom holiday ornaments under the guidance of instructor Mike Micucci. Class fee: $20. Materials fee: $40, with additional materials available for loan or purchase onsite.

SUGAR SCRUB WORKSHOP
Members only; registration required
Tuesday, December 8, 10:00–11:15 am
Learn about simple sugar scrub ingredients and create your own personalized scrub to take home in this relaxing, hands-on self-care workshop. No experience necessary. Class fee: $10. Materials fee: $40 for one scrub or $50 for two.

FELTED WOOL MITTENS
Members only; registration required
Tuesday, December 8, 12:30–2:30 pm
Craft yourself a whimsical pair of winter mittens using felted wool on the outside, cashmere on the inside, and yarn. Bring a felted wool sweater to repurpose or use a provided thrifted sweater. Class fee: $20. Materials fee: $25.

LIFELONG LEARNING

GOOD LIFE SERIES
Free and open to all; registration required
1st Tuesday each month, 11:00 am–12:00 pm
Explore practical, need-to-know information for older adults each month. The November 3 topic is caring for people with cognitive impairment and dementia. The December 1 topic is planning for a safe and healthy holiday season.

HOW AGEISM IS HOLDING YOU BACK
Free and open to all; registration required
Tuesday, November 3, 3:30–4:30 pm
Has your world grown smaller by choice or have negative stereotypes about aging made you feel like a burden? Educator and mental health clinician-in-training Christina Glendenning discusses how ageism holds us back and how to undo its effects.

THE ROLE OF SOCIAL SECURITY IN RETIREMENT

Free and open to all; registration required

Tuesdays, November 3–17, 5:30–6:30 pm (3 weeks)

Social Security can be an important part of your retirement income, but knowing when and how to claim matters. Attend any or all of these sessions to learn how you can make more informed decisions for retirement.

BOOK GROUP

Included in Center membership

1st Wednesday each month, 11:00 am–12:00 pm

Meet monthly to discuss contemporary fiction and nonfiction. The November 4 book is *Home Fire* by Kamila Shamsie. The December 2 selections are *84, Charing Cross Road* by Helene Hanff and *The Southwest Corner* by Mildred Walker.

THE BASICS OF ESTATE PLANNING

In partnership with Petrichor Wealth Management

Free and open to all; registration required

Wednesday, November 4, 2:30–3:30 pm

Whether your estate is large or modest, having a plan in place gives you and your family peace of mind. This seminar covers what a will does, how to avoid probate, ways to protect your assets and wishes, and how to make things easier for those you love.

BUILDING AN INCLUSIVE COMMUNITY: GETTING TO KNOW YOUR NEIGHBOR

Free and open to all; registration required

1st Wednesday each month, 6:00–7:30 pm

Greater knowledge builds greater empathy and ensures everyone has a place in our community. Learn about important topics affecting people in Charlottesville and its surrounding areas from various experts and local organizations. The November 4 topic is adults with intellectual disabilities. The December 2 topic focuses on people who have been incarcerated.

STRATEGIES TO THRIVE

with Dr. Dan Elash

Free and open to all; registration required

Recovering from the Scars of Unconditional Love

Thursday, November 5, 10:00–11:30 am

Building Partnerships with Potential Caregivers

Wednesday, November 18, 10:00–11:30 am

Using Grief to Heal and Stay Connected

Thursday, December 3, 10:00–11:30 am

The Benefits of Kindness

Thursday, December 17, 10:00 am–11:30 am

BASICS OF DRONE OPERATIONS

Included in Center membership; registration required

Fridays, November 6 & 13, 10:00 am–12:00 pm (2 weeks)

FAA Remote Pilot Carlton Carroll covers the basics of drone features and operating requirements, plus one day of hands-on flying.

MONEY AND YOU

Free and open to all; registration required

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

Jorgen Vik, partner with SKV Group, leads monthly discussions to support your financial knowledge and well-being. The November 10 topic is seven common money mistakes. The December 8 topic is money moves to make before the year's end.

INTRO TO AUTOFICTION

Included in Center membership; registration required

Tuesdays, November 10 & 17, 10:00 am–12:00 pm (2 weeks)

Discover the power of your own story in this engaging workshop. Through guided prompts and gentle discussion, craft meaningful short pieces that reflect your unique perspective.

CARE BEYOND A CASSEROLE

Free and open to all; registration required

Tuesday, November 10, 10:00–11:30 am

Knowing someone is struggling and not knowing what to do about it is one of the most common and uncomfortable experiences of being a neighbor. This discussion group explores practical, meaningful ways to show up for people who are housebound, ill, or lonely: what to say, what to avoid, and how to make a real difference.

WONDERFUL ADVENTURE SERIES

Free and open to all; registration required

Tuesday, November 10, 1:30–3:00 pm

Tom Worosz Jr. introduces you to regions around the world through his photos and experiences, hoping to ignite your travel bug and curiosity. The November topic is holiday markets along the Danube.

MEDICARE PROGRAMS

Free and open to all; registration required

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

**Session covers Medicare and Social Security.*

Saturday, November 21, 10:00–11:00 am

Wednesday, December 9, 11:00 am–12:00 pm

Saturday, December 5, 10:00–11:00 am

TRUE TALES OF WALKING THE CAMINO

Free and open to all; registration required

Wednesday, November 11, 2:00–3:30 pm

The Camino Francés and the Camino Le Puy are historic trails in Spain and France that draw walkers of all ages. Gain insight into the journey from the sights and people to the logistics of planning your own walk.

AUTISM: CAUSES, CHARACTERISTICS, AND COMMUNITY

Free and open to all; registration required

Thursday, November 12, 2:00–3:30 pm

Dr. Daria Brezinski discusses how to recognize autism, its possible causes, commonly observed characteristics, and what to do if you suspect a diagnosis. Take home a questionnaire that can help you determine whether you or someone you know may be neurodivergent.

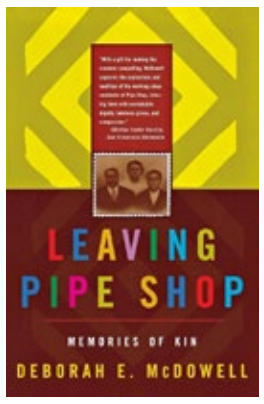
WORLD WAR II DISCUSSION GROUP

Free and open to all; registration required

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

Each month explores a different aspect of World War II through presentations by club members or guest speakers. The November 12 topic is the Royal Air Force's American Eagle Squadrons. On December 10, gather for a holiday pizza party and WWII book swap.

AFRICAN AMERICAN AUTHORS BOOK CLUB



Free and open to all

2nd Thursday each month, 5:00–6:30 pm

Gather monthly to discuss books by African American authors. The November 12 book is *Leaving Pipe Shop: Memories of Kin* by Deborah McDowell, with the author leading the discussion. No meeting in December.

FRENCH CLASSES

Members only; registration required

Fridays, November 13–December 18 (6 weeks)

Advanced speakers meet from 10:00–11:30 am. Intermediate students meet from 11:30 am–1:00 pm. Beginners meet from 1:00–2:30 pm. Class fee: $75.

ITALIAN CLASSES

Members only; registration required

Mondays, November 16–December 14 (5 weeks)

Pre-intermediate students meet from 10:00–11:30 am. Beginners meet from 11:30 am–1:00 pm. Class fee: $75.

WHO WILL INHERIT THE MESS

In partnership with ArkWise Wealth

Free and open to all; registration required

Monday, November 16, 2:00–3:00 pm

This interactive workshop helps you understand the importance of accurate, up-to-date estate documents, the difference between a will and a trust, and why asset titles and beneficiaries matter for your legacy and family harmony.

CLIMBING EVEREST: JOURNEY TO THE TOP OF THE WORLD

Free and open to all; registration required

Tuesday, November 17, 11:30 am–1:30 pm

Journey to Mount Everest with mountaineer Ron Farb through spectacular photographs and personal stories, from the bustling streets of Kathmandu, through the villages and landscapes of Nepal, to Everest Base Camp and the challenges of climbing at extreme altitude.

SCIENCE SEMESTER BOOK DISCUSSION

In partnership with Newcomers Club of Greater Charlottesville

Included in Center membership; registration required

3rd Tuesday each month, 1:30–3:30 pm

Learn about and discuss scientific topics from a variety of nonfiction books. The November 17 book is *Chip War: The Fight for the World's Most Critical Technology* by Chris Miller. The December 15 book is *Remember: The Science of Memory and the Art of Forgetting* by Lisa Genova.

LONG-TERM CARE PROGRAMS

Included in Center membership; registration required

Submitting a Claim

Tuesday, November 10, 1:00–2:30 pm

A Guide to Your Long-Term Care Insurance Coverage

Monday, November 30, 1:00–2:30 pm

Moving Forward to the Future

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

**This program is free and open to all.*

KNOW THY NEIGHBOR

In partnership with Newcomers Club of Greater Charlottesville

Included in Center membership
Thursday, November 19, 10:00 am–12:00 pm
Deepen community connections by sharing your life experiences, careers, and passions. Whether you're new to the community or a longtime member, you'll enjoy presentations and conversation. Topic: "In the Eye of the Artist."

WORLD WAR II MOVIE MATINEE
Free and open to all; registration required
3rd Thursday each month, 1:00–4:00 pm
Enjoy a screening followed by discussion each month. The November 19 film is *The Pianist*. The December 17 film is *Kelly's Heroes*.

UNITED NATIONS PROGRAMS
In partnership with UNA-USA Blue Ridge Virginia Chapter
Free and open to all; registration required
4th Tuesday each month, 5:00–6:00 pm
Rotating topics and expert guest speakers explore history, politics, and current events. The November 24 topic is refugee resettlement in Charlottesville. No meeting in December.

MYSTERY BOOK CLUB
Included in Center membership
4th Monday each month, 12:00–1:00 pm
Satisfy your inner detective with monthly mystery novel discussions. The November 23 book is *Sharp Objects* by Gillian Flynn. The December 28 book is *Sick of Shadows* by Sharyn McCrumb.

SCAMS AND SPAMS
In partnership with Cville Village
Free and open to all; registration required
Tuesday, December 1, 2:00–4:00 pm
Shawn Smith, State Director of Virginia's Senior Medicare Patrol, reveals how you can protect yourself from common scams, including banking and phone scams, and how artificial intelligence is changing the game.

WATER-WISE GARDENING
In partnership with Piedmont Master Gardeners
Free and open to all; registration required
Tuesday, December 1, 5:30–7:00 pm
Master Gardener Deborah Harriman explains how to manage water on your property to protect our watershed, control erosion and runoff, and help your garden thrive through both drought and wet conditions.

HOLIDAY MOCKTAIL MIXOLOGY
Included in Center membership; registration required
Tuesday, December 8, 1:00–3:00 pm
Celebrate the season with a tasty menu of festive, alcohol-free beverages. Sample each creation and take home recipes to recreate for your own gatherings, complete with suggestions for adding liquor if you'd like. Materials fee: $5.

PHYSICAL WELL-BEING

INTRODUCTION TO HOW FOODS FIGHT CANCER
Included in Center membership; registration required
Mondays, November 2 & 9, 11:00 am–1:00 pm (2 weeks)
Discover foods and nutrients that help support cancer prevention with a focus on low-fat, plant-based nutrition. RN Mary Sherrill demonstrates easy, affordable recipes you can take home. Materials fee: $10.

HEALTHSPAN TALKS
Included in Center membership; registration required
2nd Tuesday each month, 9:00–10:00 am
Darcy Higgins, Doctor of Physical Therapy, discusses rotating topics to help you move better in your day-to-day life. The November 10 topic is walking technique. The December 8 topic is muscular trigger points.

HEARING HEALTH
Free and open to all; registration required
3rd Wednesday each month, 10:00–11:00 am
Audiologists from Evolution Hearing and Tinnitus Center present educational talks to support your hearing. The November 18 topic is hearing your best for the holidays. The December 16 topic is the link between hearing loss and brain health.

HEARING SCREENINGS
Free and open to all
1st Thursday each month, 10:00 am–12:00 pm (with Delaney Hearing Center)
2nd Thursday each month, 10:00 am–12:00 pm (with AudioNova)

DIABETES DISCUSSION GROUP
Free and open to all
1st Friday each month, 10:00–11:00 am
Staying motivated to manage your blood sugar takes real effort. Connect with others facing similar challenges and take charge of your own healthy choices in this supportive discussion group, facilitated by RN Ruth Sweet, who has lived with Type 1 diabetes for more than 40 years.

ORAL HEALTH AND AGING
Free and open to all; registration required
Friday, November 13, 10:30–11:30 am
Dr. Paige Crowder covers oral health as we age, including oral hygiene, dry mouth, the effects of medications, tooth decay and replacement, and connections between oral and overall health. Questions are welcome.

HOW NUTRITION AFFECTS HORMONAL BALANCE
Included in Center membership; registration required
Mondays, December 7 & 14, 10:00 am–2:00 pm (2 weeks)
Did you know the foods you eat can help regulate your hormones and reduce your risk for certain cancers? RN Mary Sherrill draws on Dr. Neal Barnard's book *Your Body in Balance* to share information and demonstrate recipes you can cook at home. Materials fee: $10.

REWIND AND REMINISCE
Included in Center membership; registration required
Tuesday, December 15, 2:30–4:00 pm
Step back in time as a representative from BrightStar Care brings history to life through music, film clips, sports highlights, and memorable moments. Stay for an optional discussion afterward to share your own memories and celebrate the eras that have shaped us.

MINDFULNESS

HEALING YOURSELF
Included in Center membership; registration required
Tuesday, November 25, 10:00–11:30 am
Wednesday, December 16, 10:00–11:30 am
Research suggests that when the body is relaxed, there is a decrease in anxiety, blood pressure, insomnia, and pain. Learn a simple breathwork exercise and meditation technique with Nancy Zamil, NC-BC and Reiki Master.

SOUND BATH
Members only; registration required
Wednesday, December 16, 5:00–6:00 pm
This meditative experience uses healing vibrations of instruments that support feelings of deep peace. Get into a relaxed position, let go of distractions, and tune into the present moment. Class fee: $10.

SOCIAL/RECREATIONAL

CINEMA DISCUSSION GROUP
Included in Center membership
2nd Wednesday each month, 4:30–5:30 pm
Film fans gather monthly to discuss a selected movie and explore the art of filmmaking. The November 11 film is *The Fifth Element*. The December 9 film is *It's a Wonderful Life*.

PRIDE MOVIE
Free and open to all
Tuesday, November 17, 2:00–4:00 pm
Enjoy a screening of *Rent*.

MEMBER APPRECIATION SOCIAL
Included in Center membership; registration required
Friday, November 20, 2:00–3:00 pm
Gather with fellow members over a delicious assortment of seasonal pies.

WINTER LUNCHEON
Open to all; registration required by December 11
Wednesday, December 16, 12:00–1:00 pm
Mission BBQ caters a tasty lunch for you to enjoy among friends. Members $22; Guests $27.

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

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

Trade the To-Do List for the Want-to-Do List.

- ~~Mow~~
- ~~Repair~~
- ~~Maintain~~
- ~~Shovel~~

- Friends
- Classes
- Activities
- Travel
- Fun

Discover three vibrant amenity-rich, non-undergrad apartment communities just minutes from The Center, where comfortable, maintenance-free living keeps you close to all the activities you enjoy, but with so many conveniences you may never want to leave home.

The Center Members get $1,000 off* at move-in!

Located Right Next Door to The Center!

The Reserve at Belvedere

liveatbelvedere.com | 434-296-6200

Nestled in a serene, parklike setting, minutes to UVA, historic downtown, shopping, & dining.

Lakeside Apartments

liveatlakeside.com | 434-984-5253

Overlooking a 12-acre lake with white sand beach, minutes to UVA, downtown, & 5th St. Station.

Carriage Hill Apartments

carriagehillapts.com | 434-971-8439

Breathtaking views of Monticello, the Blue Ridge Mountains, & historic downtown C-ville.

CATHCART GROUP40
EST 1984 CELEBRATING OVER 40 YEARS IN BUSINESS

*Can be combined with other offers. Expires 5/30/2027. Restrictions apply. Subject to change without notice.

Pull-Out Program Calendar

THURSDAY

9:00 Tai Chi, Party Bridge
Ivy Creek Hikers
Empowering Yoga $
NIA Moving to Heal $
9:15 PRIMETIME FITNESS $/Ø
10:00 Another Group for Men
Writing for Self Expression & Insight
10:30 ARTHRITIS EXERCISE
Tap Dance Level 3 $
First Wind Band
10:45 Discovering Your Strength $
11:45 BALANCE & STABILIZATION $/Ø
American Tribal Dance
12:00 **Music in the Atrium**, Sheepshead
12:30 More Wise Women
1:00 NIA-Moving to Heal
Woodcarvers, Zumba $
Conversational French
2:00 Backgammon, Cribbage
2:15 Strong & Stable $
2:30 **International Folk Dance**
American Mah Jongg
3:30 Tai Chi $
4:30 Tap Your Troubles Away $*
5:30 **Square Dancing**
After-Work Wonders
5:45 Ping Pong

*Will not meet Dec. 17

FRIDAY

8:30 Hatha Yoga $
10:00 **Easy Hikes & Adventures**
Tai Chi
9:15 PRIMETIME FITNESS $/Ø
9:30 Friday Art Group
9:45 Tone & Groove $
10:00 Rummikub
10:30 Creative Crocheters
Flashbacks $
10:45 Intro. to Qigong
11:00 Ping Pong
CHAIR YOGA $/Ø
12:15 Beginners Line Dance
12:30 American Mah Jongg
12:45 **Piano Music in the Atrium**
1:00 Euchre
Writing for Pleasure
Still Sharp Singers
1:45 Adv./Int. Line Dance
2:30 **Acoustic Jam Session**
Music in the Atrium
Bingo $

SATURDAY

8:45 Empowering Yoga $
9:00 Oil Painting Group
FIT TO GO
10:00 MOVE TO THE RHYTHM DANCE PARTY $/Ø
Calm Yoga $
Chess
1:00 ChairOne Fitness $

The Center at Belvedere

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

3 10:00 **Hearing Screenings** Ornament Woodcarving $ **Strategies to Thrive** 12:30 More Wise Women 12:45 Girl Talk 1:00 Apple/Mac Users Group 2:00 Socrates Café 3:00 **Befriending the End** 5:00 **NAMI Support Group** 5:30 **Jazz Jam**	**4** 10:00 **Diabetes Discussion Group** Advanced French (cont.) Nourishing Mindful Movement 11:30 Intermediate French (cont.) 1:00 Beginner French (cont.) **Prepare Today: Understanding Dementia**	**5** 10:00 **Medicare Made Simple** 11:00 **Center Stage Players Performance** 12:00 **IT Happens: Get Tech Help Here** 3:00 **Holiday Band Concert**
10 10:00 **Dementia Caregiver Support Group** Ornament Woodcarving (final) **Hearing Screenings** 12:00 **WWII Discussion Group** 1:00 Mexican Train Dominoes Women Connected 2:00 Kindred Spirits 4:00 **Tremor Support Group** 5:00 **NAMI Support Group**	**11** 10:00 Advanced French (cont.) Nourishing Mindful Movement 11:30 Intermediate French (cont.) 1:00 Beginner French (cont.) 1:30 **Still Sharp Singers Concert**	**12** 11:00 **Pride Lunch** 11:30 Fiction Writers Critique Group 12:00 **IT Happens: Get Tech Help Here** 3:00 **Army-Navy Football Game**
17 10:00 **Strategies to Thrive** 11:00 **Moving Forward to the Future** 12:30 More Wise Women 12:45 Girl Talk 1:00 Apple Mac Users Group **ADHD Support Group** **WWII Movie Matinee** 2:00 Socrates Café 5:00 **NAMI Support Group** **Pride Social**	**18** 10:00 **Memory Café** Advanced French (final) Writers Critique Workshop 11:30 Intermediate French (final) 12:00 Lunch Box Readings 1:00 Beginner French (final)	**19** 12:00 **IT Happens: Get Tech Help Here**
24 **Center Closed**	**25** **Center Closed**	**26** **Center Closed**
31 11:00 Noon Year's Eve Party **Center closes at 4:30 pm**		

November 2026

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

MONDAY

8:30 Calm Yoga $
9:00 Hiking, Sit to Be Fit $
9:30 Monday Group for Men
9:45 Chair Yoga $
10:00 Writing for Healing & Growth
Getting Better at Bridge
Tap Dance Level 1 $
Grateful Threads Quilters
10:15 Maximize Your Strength $
11:00 **Silver Swans Ballet II**
Poker
11:15 Tap Dance Level 2 $
11:30 Discovering Your Strength $
11:45 BALANCE & STABILIZATION $/Ø
12:15 **Silver Swans Ballet I**
12:30 Chess
Royal Siamese Mah Jongg
12:45 Chinese Mah Jongg
1:00 Beginner Recorder Lessons
Ageless Grace
English Country Dance
Music in the Atrium
Member Social
Artwork in Progress
1:30 Bocce Ball & Cornhole
1:45 Strengthen Your Health & Life $
3:00 Meditative Stretch $
3:30 Tai Chi $
Mat Pilates for Active Aging $

TUESDAY

9:00 Empowering Yoga $
Tai Chi
Horticulture Club
9:15 PRIMETIME FITNESS $/Ø
10:00 A Group for Men
Splendor
10:30 ARTHRITIS EXERCISE
Second-Wind Band $
Strong & Stable $
11:45 Intro. to Movement
12:00 Intro. to Conscious Communication
12:30 Party Bridge
12:45 **Piano Music in the Atrium**
1:00 English Country Dance
Ageless Grace
2:15 Core Stability & Functional Training
2:30 **Conversational Spanish (Int./Adv.)**
3:30 MOVE TO THE RHYTHM DANCE PARTY $/Ø
4:30 Evening Group for Men
4:45 FIT TO GO
5:00 Line Dance (Int./Adv.)
5:45 Ping Pong
7:00 **Families Anonymous**

WEDNESDAY

8:30 Hatha Yoga $
9:00 Hiking
Fitness Room Orientation
9:15 PRIMETIME FITNESS $/Ø
9:30 Crafty Ladies
9:45 Tone & Groove $
10:00 Push Card Game
11:00 Maximize Your Strength $
12:00 Canasta, Crafts DIY
Advanced Line Dance
Dollhouse Miniatures
Senior Bowling $
12:30 **Square Dance Lessons**
Wednesday Group for Men
TOPS, American Mah Jongg
1:00 Ageless Grace
Pickleball, Scrabble
Recorder Lessons (Int.)
1:45 Strengthen Your Health & Life $
2:00 Knit-Wits
Center Stage Players, Ping Pong
2:30 **Conversational Spanish (Adv. Beg.)**
3:00 Meditative Stretch $
3:15 **Bereavement & Loss Support Group**
4:15 Mat Pilates for Active Aging $
5:00 Line Dance (Beg.)
5:30 Slow & Stretchy Yoga
6:00 **AA Meeting**
International Folk Dance

2

9:30 Sketch Stretching
11:00 Intro to How Foods Fight Cancer
1:00 Council Meeting
Holiday Quilling $
IT Happens: Get Tech Help Here

3

9:00 Injury & Pain Screenings
9:30 **Coffee & Caregiving**
Paint Holly and Berries $
10:00 **Try It Out Tuesday**
10:30 Slow Flow Vinyasa Yoga $
11:00 Good Life Series
12:00 Bunko
1:00 Ladies Connected
Getting the Most Out of Your Membership
IT Happens: Get Tech Help Here
2:00 Chair Volleyball
3:30 **How Ageism is Holding You Back**
5:00 Trivia
5:30 **Social Security in Retirement**

4

9:30 Kingfishers
10:15 Wednesday Music Club
10:45 Wise Women, Too
11:00 Book Group
Veterans Coffee Hour
12:30 Open Waltz Social
2:30 **The Basics of Estate Planning**
4:30 **Standard Ballroom Dance Lessons (cont.)**
5:30 **Latin Ballroom Dance Lessons (cont.)**
Cancer Caregiver Support Group
6:00 **Building a More Inclusive Community: Adults with Intellectual Disabilities**

9

9:30 Sketch Stretching
11:00 Intro to How Foods Fight Cancer (final)
1:00 **Piedmont Pastelists**
2:00 Current Events
Authors Critique Group

10

9:00 Healthspan Talks
International Park Landscape Watercolor $
10:00 **Money and You**
Wise Women Connect, **Travel Chat**
Care Beyond a Casserole
Intro to Autofiction
10:30 Slow Flow Vinyasa Yoga $
12:00 Creative Collage $
1:00 Long Term Care Insurance: Submitting a Claim
1:30 **A Wonderful Adventure**
2:00 **Karaoke**
4:00 Singles Schmooze
5:30 **Social Security in Retirement**

11

10:00 **Welcome Wednesday**
10:30 **Parkinson's Caregiver Support Group**
10:45 Cardio Drumming
11:00 **Medicare and Social Security Planning**
12:15 **Bookmobile**
2:00 **True Tales of Walking the Camino**
2:30 **Senior Statesmen of Virginia**
4:30 Cinema Discussion Group
Standard Ballroom Dance Lessons (cont.)
5:30 **Latin Ballroom Dance Lessons (cont.)**
6:00 **Moonlighter's Quilting**

16

9:30 Paint Holiday or Seasonal Winterscape (cont.)
Sketch Stretching
10:00 Pre-Intermediate Italian $
Beg. Watercolor & Drawing Reception
11:30 Beginner Italian $
2:00 **Who Will Inherit the Mess?**

17

9:00 Injury & Pain Screenings
International Park Landscape Watercolor (cont.)
9:30 **Alzheimer's Caregiver Support Group**
10:00 **Elder Law,** Intro to Autofiction (final)
11:30 **Climbing Everest**
12:00 Bunko
1:00 Ladies Connected
1:30 Science Semester Book Discussion
2:00 Chair Volleyball
Pride Movie: *Rent*
4:00 **Small Works Artist Reception**
5:30 **Social Security in Retirement**
6:00 **Albemarle Quilt Guild**

18

10:00 **Hearing Health Strategies to Thrive**
Getting the Most Out of Your Membership
10:45 Wise Women, Too
12:30 Open Waltz Social
1:30 Still Life as a Story $
4:30 **Standard Ballroom Dance Lessons (cont.)**
Stroke Support Group
5:30 **Latin Ballroom Dance Lessons (cont.)**
Welcome Wednesday
Veterans Social

23

10:00 Pre-Intermediate Italian (cont.)
11:30 Beginner Italian (cont.)
12:00 Mystery Book Club
2:00 Current Events

24

9:00 International Park Landscape Watercolor (cont.)
10:00 Wise Women Connect
Aging Like a Boss
1:00 Mexican Train Dominoes
2:00 **Karaoke**
4:00 Singles Schmooze
5:00 **United Nations Program**

25

10:00 Healing Yourself
10:30 **Parkinson's Caregiver Support Group**
10:45 Cardio Drumming
12:15 **Bookmobile**

Center closes at 4:30 pm for Thanksgiving

30

9:30 Paint Holly and Berries $
10:00 Pre-Intermediate Italian (cont.)
11:30 Beginner Italian (cont.)
1:00 A Guide to Your Long-Term Care Coverage

Pull-Out Program Calendar

THURSDAY

9:00 Tai Chi, Party Bridge
Empowering Yoga $
NIA Moving to Heal $
Ivy Creek Hikers
9:15 PRIMETIME FITNESS $/Ø
10:00 Another Group for Men
Writing for Self Expression & Insight
10:30 ARTHRITIS EXERCISE
Tap Dance Level 3 $
First-Wind Band
10:45 Discovering Your Strength $
11:45 BALANCE & STABILIZATION $/Ø
American Tribal Dance
12:00 **Music in the Atrium**
Sheepshead
1:00 NIA Moving to Heal
Woodcarvers, Zumba $
Conversational French
2:00 Backgammon, Cribbage
2:15 Strong & Stable $
2:30 **International Folk Dance**
American Mah Jongg
3:30 Tai Chi $
4:30 Tap Your Troubles Away $
5:30 **Square Dancing**
After-Work Wonders
5:45 Ping Pong

FRIDAY

8:30 Hatha Yoga $
10:00 **Easy Hikes & Adventures**
Tai Chi
9:15 PRIMETIME FITNESS $/Ø
9:30 Friday Art Group
9:45 Tone & Groove $
10:00 Rummikub
10:30 Creative Crocheters
Flashbacks $
10:45 Intro. to Qigong
11:00 Ping Pong
CHAIR YOGA $/Ø
12:15 Beginners Line Dance
12:30 American Mah Jongg
12:45 **Piano Music in the Atrium**
1:00 Euchre
Writing for Pleasure
1:45 Adv./Int. Line Dance
2:30 **Acoustic Jam Session**
Music in the Atrium
Bingo $

SATURDAY

8:45 Empowering Yoga $
9:00 Oil Painting Group
FIT TO GO
10:00 MOVE TO THE RHYTHM DANCE PARTY $/Ø
Calm Yoga $
Chess
1:00 ChairOne Fitness $

The Center at Belvedere

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434.974.7756

5

10:00 **Hearing Screenings**
Strategies to Thrive
Felted Baby Booties $
12:30 More Wise Women
12:45 Girl Talk
1:00 Apple/Mac Users Group
2:00 Socrates Café
3:00 **Befriending the End**
5:00 **NAMI Support Group**
5:30 **Jazz Jam**

6

10:00 **Diabetes Discussion Group**
Basics of Drone Operation
Nourishing Mindful Movement
11:00 **Aging in Place**
Pride Historic Tour of Downtown

7

10:00 **Holiday Arts and Craft Fair**
12:00 **IT Happens: Get Tech Help Here**

12

9:30 Paint Holiday or Seasonal Winterscape $
10:00 **Dementia Caregiver Support Group**
Hearing Screenings
12:00 **WWII Discussion Group**
1:00 Mexican Train Dominoes
Women Connected
2:00 Kindred Spirits
Autism: Causes, Characteristics, and Community
4:00 **Tremor Support Group**
5:00 **NAMI Support Group**
African American Authors Book Club

13

10:00 Basics of Drone Operation (final)
Advanced French $
Nourishing Mindful Movement
10:30 **Oral Health and Aging**
11:30 Intermediate French $
1:00 Beginner French $
Prepare Today: Understanding Dementia

14

11:00 **Pride Lunch**
11:30 Fiction Writers Critique Group
12:00 **IT Happens: Get Tech Help Here**

19

9:30 Paint Holiday or Seasonal Winterscape (cont.)
10:00 Know Thy Neighbor
12:30 More Wise Women
12:45 Girl Talk
1:00 Apple/Mac Users Group
ADHD Support Group
WWII Movie Matinee
2:00 Socrates Café
5:00 **NAMI Support Group**

20

10:00 **Memory Café**
Advanced French (cont.)
Nourishing Mindful Movement
Writers Critique Workshop
11:30 Intermediate French (cont.)
12:00 Lunch Box Readings
1:00 Beginner French (cont.)
2:00 Member Appreciation Social

21

10:00 **Medicare Made Simple**
12:00 **IT Happens: Get Tech Help Here**

26

Center Closed for Thanksgiving

27

Center Closed for Thanksgiving

28

Center Closed for Thanksgiving

December 2026

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

MONDAY

8:30 Calm Yoga $
9:00 Hiking, Sit to Be Fit $
9:30 Monday Group for Men
9:45 Chair Yoga $
10:00 Writing for Healing & Growth
Getting Better at Bridge
Tap Dance Level 1 $
Grateful Threads Quilters
10:15 Maximize Your Strength $
11:00 **Silver Swans Ballet II,** Poker
11:15 Tap Dance Level 2 $
11:30 Discovering Your Strength $
11:45 BALANCE & STABILIZATION $/Ø
12:15 **Silver Swans Ballet I**
12:30 Chess
Royal Siamese Mah Jongg
12:45 Chinese Mah Jongg
1:00 Beginner Recorder Lessons
Ageless Grace
English Country Dance
Artwork in Progress
Music in the Atrium
Member Social*
1:30 Bocce Ball & Cornhole
1:45 Strengthen Your Health & Life $
3:00 Meditative Stretch $
3:30 Tai Chi $
Mat Pilates for Active Aging $

*Meets at 2:00 pm when Council meeting occurs

TUESDAY

9:00 Empowering Yoga $
Tai Chi
9:15 PRIMETIME FITNESS $/Ø
10:00 A Group for Men
Splendor
10:30 ARTHRITIS EXERCISE
Second-Wind Band $
Strong & Stable $
11:45 Intro. to Movement
12:00 Intro. to Conscious Communication
12:30 Party Bridge
12:45 **Piano Music in the Atrium**
1:00 English Country Dance
Ageless Grace
2:15 Core Stability & Functional Training
2:30 **Conversational Spanish (Int./Adv.)***
3:30 MOVE TO THE RHYTHM DANCE PARTY $/Ø
4:30 Evening Group for Men
4:45 FIT TO GO
5:00 Line Dance (Int./Adv.)
5:45 Ping Pong
7:00 **Families Anonymous**

*Will not meet Dec. 29

WEDNESDAY

8:30 Hatha Yoga $
9:00 Hiking, Fitness Room Orientation
9:15 PRIMETIME FITNESS $/Ø
9:30 Crafty Ladies
9:45 Tone & Groove $
10:00 Push Card Game
11:00 Maximize Your Strength $
12:00 Canasta, Crafts DIY
Advanced Line Dance
Dollhouse Miniatures
Senior Bowling $
12:30 **Square Dance Lessons**
Wednesday Group for Men, TOPS
American Mah Jongg
1:00 Ageless Grace, Scrabble
Pickleball
Recorder Lessons (Int.)
1:45 Strengthen Your Health & Life $
2:00 Knit-Wits, Center Stage Players, Ping Pong
2:30 **Conversational Spanish (Adv./Beg.)**
3:00 Meditative Stretch $
3:15 **Bereavement & Loss Support Group**
4:15 Mat Pilates for Active Aging $
5:00 Line Dance (Beg.)
5:30 Slow & Stretchy Yoga
6:00 **AA Meeting**
International Folk Dance

1
9:00 Injury & Pain Screenings
International Park Landscape Watercolor (final)
9:30 **Coffee & Caregiving**
10:00 **Try It Out Tuesday**
11:00 **Good Life Series**
12:00 Bunko
1:00 Ladies Connected
Mindful Doodling $
2:00 Chair Volleyball
Scams and Spams
5:00 Trivia
5:30 **Piedmont Master Gardener Talk**

2
9:30 Kingfishers
10:15 Wednesday Music Club
10:45 Wise Women, Too
11:00 Book Group
Veterans Coffee Hour
1:30 Still Life as a Story (cont.)
4:00 **Center Stage Players Performance**
4:30 **Standard Ballroom Dance Lessons (final)**
5:30 **Latin Ballroom Dance Lessons (final)**
Cancer Caregiver Support Group
6:00 **Building a More Inclusive Community: Formerly Incarcerated**

7
9:30 Paint Holiday or Seasonal Winterscape (final)
10:00 Pre-Intermediate Italian (cont.)
How Nutrition Affects Hormonal Balance
11:30 Beginner Italian (cont.)
1:00 Council Meeting

8
9:00 Healthspan Talks
10:00 **Money and You**
Wise Women Connect
Travel Chat
Sugar Scrub Workshop $
12:30 Felted Wool Mittens $
1:00 Holiday Mocktail Mixology $
Mindful Doodling (cont.)
1:30 Holiday Dance Fest
2:00 **Karaoke**
4:00 Singles Schmooze

9
10:00 **Welcome Wednesday**
10:30 **Parkinson's Caregiver Support Group**
10:45 Cardio Drumming
11:00 **Navigating Medicare**
12:15 **Bookmobile**
1:30 Still Life as a Story (cont.)
2:30 **Senior Statesmen of Virginia**
4:30 Cinema Discussion Group
6:00 **Moonlighter's Quilting**

14
10:00 Pre-Intermediate Italian (final)
How Nutrition Affects Hormonal Balance (final)
11:30 Beginner Italian (final)
1:00 **Piedmont Pastelists**
1:30 **Low Vision Resource and Support Group**
2:00 Current Events
Authors Critique Group

15
9:00 Injury & Pain Screenings
9:30 **Alzheimer's Caregiver Support Group**
12:00 Bunko
1:00 Ladies Connected
Mindful Doodling (final)
1:30 Science Semester Book Discussion
2:00 Chair Volleyball
2:30 Rewind and Reminisce
5:00 Trivia
6:00 **Albemarle Modern Quilt Guild**

16
10:00 **Hearing Health**
Healing Yourself
10:45 Wise Women, Too
12:00 **Winter Luncheon $**
1:30 Still Life as A Story (final)
4:30 **Stroke Support Group**
5:00 Sound Bath $
5:30 **Welcome Wednesday Veterans Social**

21
Center Closed

22
Center Closed

23
Center Closed

28
2:00 Mystery Book Club
Current Events

29
2:00 **Karaoke**

30
10:45 Cardio Drumming
6:00 **Moonlighter's Quilting**

Travel

DAY TRIPS

VIRGINIA STATE CAPITOL

Friday, November 13, 8:30 am–3:00 pm

Tour the seat of Virginia's state government in Richmond, home to the oldest elected legislative body in North America. A new addition to the trip is a visit to the Executive Mansion, the oldest governor's residence in the country still used for its original purpose. Lunch is on your own at Olive Garden. Members $90; Guests $126.

VIRGINIA MUSEUM OF FINE ARTS

Wednesday, January 20, 8:30 am–5:00 pm

The Impressionist Revolution: Monet to Matisse from the Dallas Museum of Art explores the story of Impressionism from its birth in 1874 to its legacy in the early 20th century, revealing the path these artists paved for successive generations. Lunch is on your own at the museum (reservations required for Amuse). Members $102; Guests $139.

SMITHSONIAN ON YOUR OWN

Wednesday, February 17, 8:00 am–6:00 pm

The Smithsonian Institution is the world's largest museum complex. Ten of its 21 museums are located along the National Mall in Washington, DC—choose your own adventure and make a day of it! Some museums require advance ticket reservations. Lunch is on your own. Members $112; Guests $148.

MENDING WALLS

Wednesday, February 24, 9:00 am–5:30 pm

Experience Richmond's vibrant public art scene with a tour of Mending Walls, featuring the work of renowned mural artist Hamilton Glass. Take in the creativity, color, and powerful storytelling behind this project, and enjoy the chance to connect with others through shared experiences. Lunch is on your own. Members $167; Guests $203.

HAMILTON AT ALTRIA THEATER

Sunday, March 7, 3:00–10:30 pm

Travel to Richmond for the Tony Award-winning musical *Hamilton,* the epic saga that follows the rise of Founding Father Alexander Hamilton. Based on Ron Chernow's acclaimed biography and set to a score that blends hip-hop, jazz, R&B, and Broadway, it's become a cultural touchstone. Dinner is on your own prior to the show. Members $279; Guests $315.

GETAWAYS

NASHVILLE FOR THE HOLIDAYS

December 3–6, 2026

Kick off the holiday season with a three-night stay at the Gaylord Opryland Hotel. Highlights include General Jackson Showboat lunch cruise with live music, ICE! exhibit featuring "A Charlie Brown Christmas," Grand Ole Opry evening performance, guided tour of Ryman Auditorium, and Delta River flatboat ride.

SPLENDOURS OF THE CARIBBEAN YACHT CRUISING

January 2–9, 2027

Embark on one of Emerald Cruises luxury yachts for an unforgettable seven-day Caribbean cruise. Overnight in St. Thomas before setting sail to St. John, Nevis, Falmouth Harbour, Gustavia, Virgin Gorda, and San Juan.

DANUBE RIVER CRUISE AND OKTOBERFEST

September 19–29, 2027

Celebrate the world's largest beer festival during a two-night stay in Munich before boarding a luxurious Emerald Cruises Star-Ship. Stop at iconic and picturesque ports of call between Regensburg, Germany, and Budapest, Hungary, while sampling incredible cuisine and absorbing the culture of four countries.

PRESENTATIONS

TRAVEL CHAT

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

Thinking about a family trip or an exciting getaway for yourself? Want to know more about all the wonderful trips The Center has to offer? Seasoned jetsetter and travel agent Linda Hahn leads an informal monthly discussion.

Trips are open to the public of all ages. Prices include a 3% credit card processing fee. Pay by cash or check for a 3% discount. For information or bookings, call the Travel Office at 434.974.6538 or email Linda Hahn at linda@thecentercville.org. **Office Hours:** M–F 9:30 am–2:30 pm

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The Blake at Charlottesville
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Iron Eagle Advisors
Medical Facilities of America
Panorama Natural Burial
Pepsi-Cola Bottling Company of Central Virginia
SKV Group
UVA Encompass Health Rehabilitation Hospital

To learn more about partnership opportunities, please contact Sylvia Horowitz at 434.220.9731 or sylvia@thecentercville.org.

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Your gift is a direct investment in the young people who keep our Charlottesville-Albemarle community safe, healthy, and thriving. **www.pefca.org**

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How to Have a Tax-Smart Giving Season

As the end of the year approaches, we hope you will consider The Center's healthy aging mission in your giving. Year-end charitable giving accounts for nearly a third of all annual donations to nonprofits, and The Center is no exception. In addition to making an impact for older adults in our community, year-end giving is also an opportunity to maximize your tax benefits before the close of 2026.

Charitable deductions, QCDs, DAFs, and stocks all present ways to support The Center and your own financial wellness.

A recent change to tax laws allows you to take a charitable deduction even if you do not itemize. If you plan to take a standard tax deduction for 2026, your gift to The Center could qualify you for an additional $1000 deduction as an individual or $2000 for a married couple filing jointly.

QCDs are Qualifying Charitable Distributions, a unique benefit for anyone 70.5 and older with an Individual Retirement Account (IRA). A QCD allows you to transfer money directly to The Center. Because it's a direct transfer and not a withdrawal, it won't count as income and will be exempt from income tax. QCDs also help meet the Required Minimum Distributions for people 73 and older, and may even lower your tax bracket, reduce your Medicare B premiums, or reduce how much of your Social Security benefits are subject to federal income tax.

To make a QCD, ask your financial advisor or the firm that manages your IRA to make a QCD to The Center (Senior Center, Inc.) at 540 Belvedere Blvd., Charlottesville, VA 22901. Remember, a QCD must be made directly from your IRA to the qualifying charity and the money cannot pass through your personal bank account or it will qualify as income.

DAFs are Donor Advised Funds where you can recommend grants to The Center from your fund. Making a contribution to your DAF allows you to take an immediate tax deduction and you can later decide how much to give to which charities.

Finally, donating a stock or asset that has increased in value can lower your obligation to capital gains taxes. For instance, if you purchased stock for $1,000 and it is now worth $5,000, donating it directly to The Center allows you to deduct the entire $5,000 from your taxable income.

To donate stocks or securities, provide your broker with the following

See SMART on page 2

MANY THANKS TO THESE 1180 SOCIETY MEMBERS!
(August 1–September 30, 2026)

Anonymous
AT Home Care Staffing
Kitty Baker
Better Living Foundation/ Judy & Dick Nunley
Leone Ciporin
Marge Connelly & Julie Christopher
Kathryn Dugger
Gelbman Law PLLC
Iron Eagle Advisors
Jenny Mead & Christine Shaw
John Nunley
The Reserve at Belvedere
Charles Simmons
The Harbor at Renaissance of Greene County
Thomas Worosz Jr.
Gina & Gregory Yoder

DONATIONS MADE IN HONOR OF
(August 1–September 30, 2026)

Jennifer Crews
by Peggy Slez

Clay Sisk
by Justin Lewis

DONATIONS MADE IN MEMORY OF
(August 1–September 30, 2026)

Jane Belisle
by Betsy & Donald Bean
by Betty Bollendorf
by Nancy & Michael DiFeo
by Linda Hill

John S. Bias
by Mona & Theodor Homyk Jr.

Denny King
by Dennise Marie & Gary Berry

Thomas B. Lincoln
by Maryann Lincoln

Ann Marie Worosz
by Thomas Worosz Jr.

WE REMEMBER

We remember Center members and friends who recently passed away.

John Bias
Dorothy Anne Brown
Denny King
Stuart Thomas

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The Center creates opportunities for healthy aging through social connection, physical well-being, civic engagement, creativity, and lifelong learning. We believe that empowering older adults to improve their health and well-being—to live their lives to the fullest—benefits individuals, their families, and our community, and we work to make this a reality for all.

COMMUNITY IMPACT: BY THE NUMBERS

Note: The full version of the FY26 annual report is available on our website at thecentercville.org.

PROGRAM HIGHLIGHTS

Advancing healthy aging in our community involves addressing major issues in the field and responding to emerging needs. In Fiscal Year 2026, that included launching new programming for people living with memory changes and the people who care about them and expanding programs that directly support activities of daily life and the ability to maintain independence over time.

DEMENTIA, including Alzheimer's Disease, affects more than 7 million older adults in the U.S., many of whom live in community settings rather than long-term care facilities. To meet the growing needs of this population, The Center works with myriad community partners to foster quality of life for older adults with dementia and their caregivers.

In FY26, The Center joined the Haney Compassionate Care Collaborative and Sentara's Caregiver & Wellness Center Advisory Committee alongside several other community organizations and health care providers. These partnerships allowed us to host educational programs for caregivers including The Empowered Caregiver and Caring for You: Mind, Body and Soul.

We also partnered with Westminster-Canterbury of the Blue Ridge to stage a performance of *Dementia Man*, Sam Simon's personal story of his own early-stage Alzheimer's diagnosis offering powerful insights into the lived experience of dementia.

Support from Home Instead Senior Care and Visiting Angels made it possible to launch a monthly Memory Café which offers a unique opportunity for people living with dementia and their caregivers to enjoy time together and make social connections.

And finally, building on the latest research about dementia prevention, we invited George Worthington of the Virginia Division for Aging Services to present Healthy Heart, Healthy Brain, demonstrating the link between cardiovascular and brain health and the lifestyle changes that protect both.

Whether community members are looking to reduce their own risk for cognitive decline, support a loved one, or continue engaging with community after a diagnosis, The Center has something to offer.

FUNCTIONAL FITNESS builds strength, balance, and coordination for the movements we make in everyday life like carrying groceries, climbing stairs, and getting up from a chair. We added several programs in FY26 specifically designed to support functional fitness, including Introduction to Movement, Core Stability and Functional Training, and Strong and Stable. Core Stability students often tell us that within just one week they feel more confident about their ability to avoid falls. Other new fitness programs this year included Sit to Be Fit, Mat Pilates, and Slow and Stretchy Yoga.

Facility and Operational Improvements

We all love exciting new programs and meaningful impact stories, but successfully pursuing our healthy aging mission also requires tending the nuts and bolts that keep operations running smoothly. FY26 saw a number of improvements to our daily infrastructure, both in our physical space and our digital footprint.

As the number and popularity of Center programs grew, we knew we needed a way to make registration easier and more convenient. At the start of FY26, we introduced My Active Center, an online scheduling system that can be used on any device. Along with improved speed and reliability, as well as the ability to sign up for individual classes providing more flexible attendance options, it includes a personal calendar to help members stay on top of their schedules.

Belvedere neighborhood builder Greenwood Homes generously took on a sidewalk installation project that connected the roadside sidewalk to The Center's back terrace. This made it possible to walk a complete loop around our building. Six loops equals one mile!

Finally, a franchise agreement with Greenberry's Coffee Co. was scheduled to end in June 2025. Offering food and beverage onsite provides a valuable way for older adults to connect, so we didn't want this to be the end of café service at The Center. Thus, in FY26, we unveiled The Center Café to continue providing members and guests with this popular amenity.

The Opportunity to Age Well

Since 1960, The Center has created opportunities for older adults to support their health, stay active, volunteer, and, most importantly, build friendships that support their well-being. Over our many years as a nonprofit community center, tens of thousands of older adults have found their unique path to aging well. These stories illustrate just a few of those paths and the discoveries made along the way.

"I had no idea how much I would grow to need this place."

Indra Paul and his wife Marjie visited The Center while scouting Charlottesville as a possible retirement location and knew at once that moving here and joining The Center would give them ample opportunities to meet people, stay active, learn, and volunteer. Indra quickly got involved in different pursuits, helping maintain the rose and pollinator gardens, attending engaging discussion programs like Kindred Spirits and Socrates Café, and joining a weekly men's group.

Seven months after becoming members, Indra was diagnosed with cancer. Then, just as he and Marjie decided on his treatment plan, Marjie passed away in her sleep. When Indra returned to his weekly men's group at The Center, the guys asked where he'd been. He answered simply, "My wife died."

Over the next days, weeks, and months, these men—strangers a short time ago—called to check on him, took him to his radiation treatments, and walked with him in his grief. Those buddies became true friends. Indra reflects, "When I joined The Center, I had no idea how much I would grow to need this place."

Now cancer-free, Indra regularly attends several Center programs each week. He also gives back to the community that embraced him by volunteering as a board member for The Center, as well as for Charlottesville Tree Stewards and the Insight Meditation Community of Charlottesville. Thinking about his life today, Indra shares, "I don't know how I would have made it without this community. The Center provides new beginnings."

"I'm still taking care of people."

Most Thursdays, Jean Baker works her weekly shift as a Lobby Ambassador at The Center. Volunteers are central to The Center's ability to provide its healthy aging programming, and Lobby Ambassadors play a vital role in ensuring everyone who enters gets a friendly smile and help should they need it. Jean often welcoming members by name. "I've felt so welcome and gotten so much from The Center, I want to be sure others do too," Jean remarks.

"I look at volunteering like I'm still taking care of people," says the former nurse. But volunteering also helps Jean. Decades of research show that older adults who volunteer are happier, have better physical health, and have lower rates of depression than those who don't. Jean agrees, noting "Volunteering gets me out of the house, gives me a purpose, and makes me more social."

Volunteering, pursuing artistic endeavors like woodcarving, improving her strength and balance in fitness classes, and attending her Stroke Support Group make up Jean's preferred wellness mix. It's a science-backed way for Jean to support her health, reduce stress, and build social connections while also providing a much-needed service to The Center and our community."

"The Center has enriched my life beyond measure."

Ross Sargent first visited The Center shortly after becoming a widower. He knew getting out of the house mattered, so he began walking around his neighborhood. One of those walks took him to The Center. Intrigued by the vibrant activity and people, Ross began visiting The Center regularly, bringing a book along but often enjoying talking with a few members. Several months later, during a lively conversation over coffee on the terrace, he realized that The Center is a place where connection comes naturally, and that being here had helped him develop a group of friends he could count on.

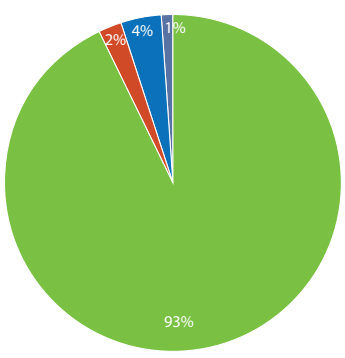
Ross found his "third space"—a place where people gather to relax, talk, build relationships, and create community. Ross decided to join The Center. "That decision was and continues to be one of the best I've ever made," he says.

Today, Ross is often in The Center's atrium, reading or talking with friends. He also attends a weekly men's group and works out in the fitness center. "The Center's membership diversity, along with its broad array of classes and events, has enriched my life beyond measure and continues to be a source of joy and comfort in a world that needs so much of both today."

We know social connections are central to successful aging, and The Center is a great place for older adults to build relationships, with no membership required.

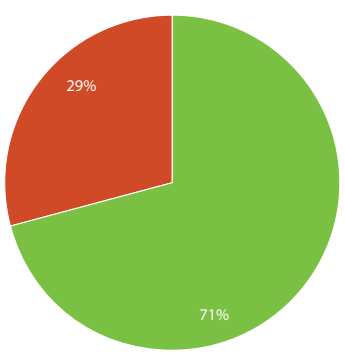
FY26 FINANCIAL DATA

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. Philanthropic support also provides scholarship funds for seniors who express financial need.



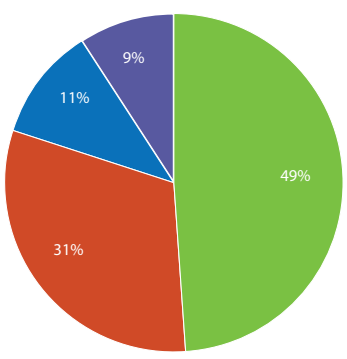
ASSETS

Land & Facilities	$18,520,819
Endowments	692,030
Cash & Cash Equivalents	434,257
Other	176,136
Total Assets	**$19,823,242**



LIABILITIES & EQUITY

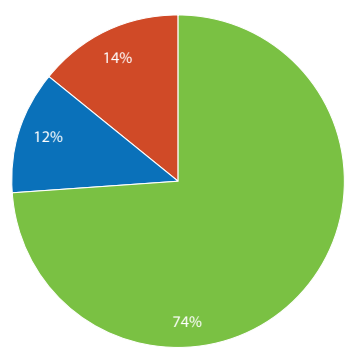
Equity	$14,013,645
Liabilities	5,809,597
Total Liabilities & Equity	**$19,823,242**



REVENUE

Philanthropy	$1,309,614
Membership Dues	813,437
Program Fees, Travel, Newsletter, Misc.	290,388
Rentals/Leases	230,833
Total Revenue	**$2,644,272***

*Excludes Café & Investment Income



EXPENSES

Healthy Aging Program Services	$1,914,804
Philanthropy	373,179
Management & General	321,995
Total Expenses	**$2,609,978***

*Excludes Depreciation

SURVEY continued from page 1

survey responses. Like pickleball! We are partnering with CvilleSmash—an indoor pickleball facility less than three miles away—to offer members pickleball as an official Center club. The group meets on Wednesdays at 1:00 pm for social fun and friendly competition. For those who suggested a tai chi class for beginners, please check out Introduction to Qigong, which meets on Fridays at 10:45 am and provides an excellent starting point for tai chi.

Several respondents mentioned a problem we've been trying to solve for some time: issues with sound quality in the auditorium. It's been surprisingly tricky, even with architects, acousticians, and designers weighing in; experts don't always agree, and acoustical work is expensive. But, thanks to a generous grant from the Perry Foundation and equally generous individuals who met the grant's matching challenge, we installed specially designed sound-absorbing materials in September to reduce echoes and improve clarity.

Another comment we received was about communicating where programs are meeting. This was a much easier fix—we are happy to share that room locations are noted on the screen when you check in at the kiosk!

Among a few other program and event requests (More music! More art!), there was a call for more technology and lifelong learning programs. We hear you and are working on ways to expand those offerings. A lot goes into determining what gets—and stays—on the schedule, including instructor and room availability, attendance, and evaluations, so stay tuned.

This is far from everything revealed in the survey, but we hope this peek behind the curtain shows that we value your input and are always working to create a better member experience. We are encouraged by the overwhelmingly positive responses, which both affirm the important role The Center plays in the lives and health of our members and provide valuable guidance for the future. Thank you to everyone who took the time to share their feedback. ■

The Center at Belvedere
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