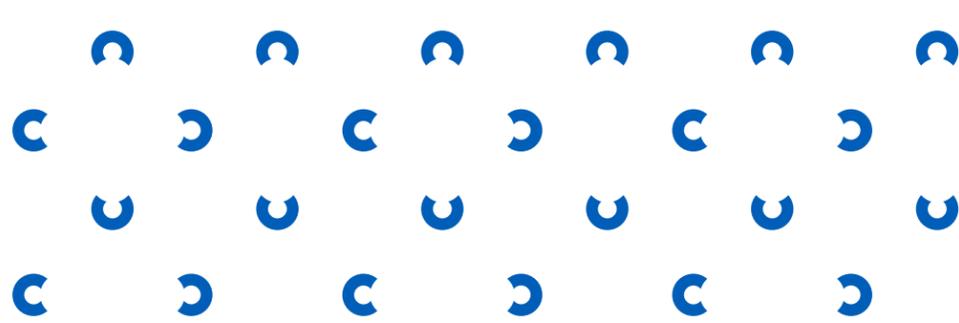




**THE  
CENTER  
AT BELVEDERE**



**NEWS** from  
**THE CENTER**

*DISCOVER THE POWER OF HEALTHY AGING*

SEPTEMBER/OCTOBER 2020

## Our Doors are Open *And online programs continue!*

The Center at Belvedere opened in late June—not as originally planned, alas (no celebration, limited schedule, masks, physical distancing, and all the rest)—but it was wonderful to hear laughter and excited greetings among friends who hadn't seen each other for months. Lots of folks have come to tour the new building and we are gradually adding to our on-site schedule as conditions allow. Our website has real-time updates and information on what we're doing to ensure the safest possible environment. Understanding that in-person activities are out of the question for many, we continue to provide dozens of online programs, from recurring fitness classes to fun one-offs like a virtual tour of Rome. And that grand opening celebration and a full 7-day schedule? We'll get there!

## Your Gift Counts in our Community

As a community nonprofit, The Center exists to provide healthy aging programs and resources to older adults in our community. And The Center relies on philanthropic support from our community to provide over 60% of our annual budget.

In response to the COVID-19 pandemic and the significant danger it poses for older adults, The Center adapted operations and programming to continue serving the community. Currently we are maintaining two different models of program delivery, with a full array of programs online and a growing list of classes on-site. Your financial support of The Center makes this possible.

As it has for many nonprofits, the pandemic has negatively impacted the other financial sources we count on to fund programming, scholarships, and staffing. Now more than ever we must rely on philanthropy to support programs and resources proven to promote healthy aging and independence.

If you value The Center's place in our community, please make a gift to support it. If you are a member of The Center, consider adding a donation to your membership renewal. Or make a gift to The Center to honor the anniversary or birthday of a friend or loved one. Whether you contribute \$5 or \$50,000, your gift will be gratefully received and prudently used to help folks in our area age well. Our community relies on The Center and we rely on you. ■

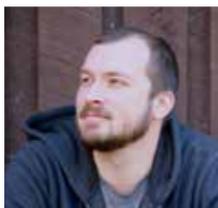
## Fall Speaker Series Kicks Off September 9

### *Building A More Inclusive Community: Local Voices On Diversity*

LAST FALL, THE CENTER'S DIVERSITY & INCLUSION COMMITTEE launched an initiative as a first step toward overcoming issues that divide our community by sponsoring a speaker series entitled, "Building a More Inclusive Community: Local Voices on Diversity." Our goal was to share information and create a safe place for open dialogue around issues of race. The series, which was very well received, will continue this fall beginning September 9. The programs will run for six consecutive Wednesdays from 5:30–7:00 PM, including time for questions and answers.

Presentations are free and open to the public. To access information on how to attend Zoom sessions, please email [judy@thecentercville.org](mailto:judy@thecentercville.org). Look for more information on our website and in our weekly e-news.

#### *About the programs:*



**September 9** — The Jefferson School African American Heritage Center's Digital Humanities Fellow **Jordy Yager** will discuss "The Ground We Stand On," sharing details of the Mapping C'ville project. He will walk us through the history of local racist housing policies and examine the lasting legacies we live with today and what we can do about them.



**September 16** — **Lisa Draine**, the mother of the university student who was seriously injured on the Downtown Mall the day Heather Heyer was killed, will examine "The Summer of Hate: One Woman's Story Navigating the Aftermath." Lisa is manager of The Hometown Summit and is a local activist who spearheaded the "Inside Out C'ville" mural on Second Street. She will be joined by other local activists who were part of her story.



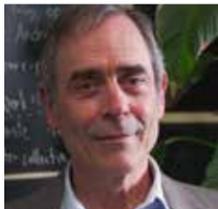
**September 23** — **Beverly Adams**, Ph.D., Association Dean of UVA's College of Arts and Sciences and Associate Professor of Psychology, will discuss "Microaggressions: Why Do They Matter?" Dr. Adams will explore the everyday, thinly veiled instances of racism that many people miss.



**September 30** — "Viva La Causa: Building a Movement" — **Alejandro Hernandez**, Dean of UVA's School of Continuing and Professional Studies, will share information about the movement to unionize Mexican farm workers and the long-term impact on the Latinx community.



**October 7** — In "We Are Still Here: Native Americans in Our Community," Center member **Mary Wilson** will take a quick journey through time, focusing on a few impactful decisions that have created the current environment for Native Peoples in the Charlottesville area. Mary, whose roots are with the Lakota and whose ancestors trace back to Canada, has worked with the Native American Student Union at UVA.



**October 14** — **Frank Dukes**, Ph.D., is a Distinguished Fellow at UVA and a member of the Charlottesville Commission on Race, Memorials and Public Spaces. He will speak on "Changing the Narrative: The Epidemic of Bad Storytelling."

**Building a More Inclusive Community: Local Voices on Diversity**  
Wednesdays, Sept. 9–Oct. 14, 5:30 pm | Free and open to the community

### Dreaming about your next vacation?

Or do you just want to get away now? Stop by The Center's travel office (no appointment necessary) and find out about things you can do safely now and in the future. Linda Hahn, travel coordinator and certified travel agent—or one of her volunteers—will be happy to assist you. All trips and travel services are open to the public of all ages.

Travel Office Hours: Monday–Friday 9:00 AM–1:00 PM | 434.974.6538 | [Linda@thecentercville.org](mailto:Linda@thecentercville.org)



### Current Hours (subject to change)

*The Center*

Monday–Friday: 7:00 AM–4:00 PM

*Greenberry's*

Monday–Friday: 7:00 AM–2:00 PM

### Contact

540 Belvedere Boulevard

Charlottesville, VA 22901

434.974.7756 | thecentercville.org

### 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 by the University League (now Junior League of Charlottesville), The Center has been an independent 501(c)(3) charitable organization since 1963 and receives no federal, state, or local government funding for operations.

The Center welcomes everyone regardless of race, color, religion, gender, sexual orientation, gender identity, national origin, age, physical or mental disability, marital status, or any other basis prohibited by law. Its focus is on serving community members aged 50 and up, with healthy aging opportunities available for all adults.

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

**FIRST NATIONALLY ACCREDITED  
SENIOR CENTER IN VIRGINIA**

### THE CENTER STAFF

Eileen Barber	Marketing Coordinator
Melanie Benjamin	Philanthropy Director
Jennifer Crews	Program Director
Emily Evans	Philanthropy Assistant Director
Corey Fanning	Greenberry's Manager
Judy Gardner	Membership Director
Linda Hahn	Travel Coordinator
Bobbi Hughes	Coordinator of Volunteer Resources
Scott Hilles	Finance & Operations Director
Wiley Martin	Welcome Desk Coordinator
Carolyn Merrick	Program Coordinator
Virginia Peale	Marketing & Communications Director
Deborah Poage	Administrative Assistant
Kim Shipley	Controller
Stephanie Spargur	Greenberry's Assistant Manager
Peter Thompson	Executive Director
Vincent Walker	Facilities Manager
Alex Waltrip	Fitness Coordinator

### BOARD OF DIRECTORS

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Paul Jacob	Kurt Woerpel

# Meet Member Rea Everitt

## Exploring, playing, and finding what fits

**I** AM PASSIONATE ABOUT EXPLORING THINGS."

This is true of Rea Everitt now, and it was true back in the 1970s when she broke through some of the barriers then in place for women who wanted to try out traditionally male roles. The first person in her family to attend college, Rea knew she would need help with tuition, and she heard that the University of Maryland was offering ROTC scholarships, so she became one of the few women to sign up. A self-declared nerd, Rea was interested in what we now call STEM (science, technology, engineering, and mathematics), particularly



computer science, a specialty so new that there was no degree program in it when she entered as a freshman. Things changed her sophomore year, however, when the school recognized the need for specialists in this up-and-coming field.

"Back then, we were trying to program things with punch cards and teletype machines," Rea smiles. She remembers that computers were huge, filling up entire rooms. She loved working with them, however, and computer science became her focus when she entered the Air Force after graduation, moving to Hampton to serve at the Tactical Air Command Headquarters in Langley Air Force Base. There she created software that simulated maintenance work on airplanes during wartime. There too she fell in love and married, processing out of the Air Force (after fulfilling her commitment for the scholarship) on the day she left the hospital after giving birth to her first child.

Rea spent the next 10 years as a stay-at-home mom, raising her two children, and then went on to work at various administrative jobs. When her nest emptied and she felt ready to retire, she determined it was time to find her next adventure. That's what brought her to The Center.

"I was looking for ways to play with my time," Rea says. "I knew I was going to retire soon, and then I could do anything I wanted."

Attracted to The Center because of the lectures and the Knit Wits, Rea discovered a group of kindred spirits she calls "Crafty Explorers," Craft DIY, which stands for Do It Yourself. "We see things that look interesting, and we try to do them," Rea explains. "I enjoy my playtime!"

Rea also became interested in the way The Center operates, and because, as she puts it, "I got on some list," she was invited to join the Senior Council, which she finds both interesting and rewarding. "It amazes me the way this place runs, with such a small staff. I don't think a vast majority of organizations are as successful as it feels The Center is."

And Rea must have gotten on someone else's list, because she was also invited to volunteer at

the Welcome Desk, a job she now does every Tuesday morning and is surprised she loves, because, she says, "I consider myself a loner, not a social creature." But Rea enjoys being the first face people see when they walk in the door, the "beginning of their stories and adventures," as she puts it, and she relishes the chance to interact with all kinds of people. She also appreciates the opportunity to work where "you go when you don't know where to go," to help people get the information they need. "It's a great place to be a know-it-all," she laughs.

Does Rea have a bucket list of future adventures? "Not really," she muses. "I enjoy my kids as adults, I really like them as people, and I enjoy spending time with them." Because her daughter now lives in London and her son in Richmond, getting together takes some doing, so Rea and her children and grandchildren plan a family trip every year. She also enjoys cooking, and, true to her habit of challenging stereotypes, woodworking. "I play with power tools," she grins. "Carefully."

Her advice to others getting ready to retire? "Find something that you enjoy that keeps you busy and provides satisfaction. It doesn't have to include the kind of pressure you may have had at work, but something that will fill your brain. For me, I am enjoying The Center. It's a big part of why I am enjoying this time of life. It truly is. It's an outlet that fits." ■

**M**y mother reminded me recently that the day after I was born, she went for a walk in the Alexandria Hospital halls only to be asked to turn around because she was walking onto the segregated "Black unit." She ignored the suggestion and kept walking. I've realized over the years how fortunate I am to be raised by parents who taught me through their actions that we are all one people.

Perhaps our society has advanced towards this ideal in my 60 years, but clearly not enough. In light of yet another spate of killings of Blacks in America, I have been listening to Center stakeholders and community leaders about racism. I hear you.

I and The Center must acknowledge our part in the historic problems of race, and how we must be part of the solution moving forward. While we have made progress, our work is far from complete. Indeed, our vision for The Center at Belvedere, while focusing on healthy aging, is to be a community center that helps build bridges across the many divisions in our community.

Elsewhere in this newsletter you will see an article about up-coming programs related to our equity efforts. Additionally, we are developing an action plan defining how The Center will redouble our efforts to be anti-racist. We listen. We hear. We act.

Please contact me at [peter@thecentercville.org](mailto:peter@thecentercville.org) if you'd like to discuss how you can help.



**PETER THOMPSON**  
Executive Director

# programs

We are currently offering a mix of online and on-site programs.

Online programs are offered through Zoom, a free, easy-to-install online meeting platform. To access information on how to "attend":

- visit the particular event page on our website, [www.thecentercville.org](http://www.thecentercville.org)  
or
- go to the calendar page on the website and click on the event; the link will take you to the page with instructions  
or
- use the links provided in our weekly e-newsletter

## NEW PROGRAMS

**BALANCE AND STABILIZATION (on-site)**  
Mondays & Thursdays, 11:30 am–12:30 pm

This class uses a unique blend of the best exercise methods to promote long-lasting joint health, unparalleled strength, greater ranges of motion, and injury prevention. It's a workout that can inspire your potential and fuel your passions. Appropriate for all fitness levels. For Center members only: Prime included in membership fee; Standard \$30/month. Registration required online or at the Welcome Desk.

**STRETCH FOR A SAFER, MORE FLEXIBLE LIFE (on-site)**  
Tuesdays, 11:45 am–12:45 pm

Feel better in your body! This class takes you through gentle stretching movements that will help you to become stronger and more flexible. These stretches are appropriate for all fitness levels. Chairs and mats are available. Join Pete Cross, Center Fitness Volunteer and a personal trainer for 22 years. For Center members only: Prime included in membership fee; Standard \$25/month. Registration required online or at the Welcome Desk.

**PATHWAYS TO FLOURISHING HEALTH LECTURE SERIES (on-site)**

Free and open to all

### **FIVE PILLARS OF HEALTH**

presented by **Andy Macfarlan, MD**

Friday, September 4, 12:00–1:00 pm

Join Andy for a discussion on sleep, diet, exercise, stress management, and love relationships (God, self, others, enemies, the environment). Andy has been a Charlottesville physician for the last 37 years in family and geriatric medicine. He has special interests in preventive medicine, cardiovascular disease, brain health, and the interface between physical and the spiritual life.

**HEALTHY MOVEMENT AND RECOVERING FROM INJURY** with **Kurt Elward, MD, and Valeria Niehaus, MA, PT, DPT**

Friday, October 2, 12:00–1:00 pm

Learn how to keep yourself moving and injury free with Dr. Kurt Elward and Dr. Valeria Niehaus. Kurt is a long-time Charlottesville physician in family medicine, internal medicine, and geriatrics. Valeria has a doctorate in physical therapy and a special interest in injury prevention and recovery.

## SPECIAL EVENTS

**THURSDAYS AROUND 5 (on-site)**  
Free and open to all

Thursdays Around 5 is The Center at Belvedere's own version of Charlottesville's Fridays After Five. These free live performances showcase area musicians and provide another opportunity to hear some favorite musicians or discover new ones.

Currently limited to 50 people due to COVID restrictions. Registration is required. Call Linda Hahn at 434.220.9736 to reserve your spot. No one will be admitted without a reservation.

### **SILAS FRAYSER**

Thursday,  
September 10,  
5:03–7:00 pm

Batesville-raised,  
Charlottesville-based  
Silas

Frayser is a singer-songwriter, guitarist, and producer. Playing mostly acoustic rock, Silas shaped his sound to an amalgam of acoustic beach rock/folk rock. His is influenced by artists such as Dave Matthews, John Mayer, The Grateful Dead.



### **STEPHANIE NAKASIAN with KARL KIMMEL**

Thursday, October 8,  
5:03–7:00 pm

World-renowned jazz  
singer Stephanie Naka-

sian is an exciting, well-seasoned vocalist and master of innovative jazz improvisation. She will be joined by bassist Karl Kimmel for a performance full of energy and fun.

**SHREDDING TRUCK (on-site)**

Open to all

Thursday, October 8, 10:00 am–1:00 pm

No need to sign up, just show up with your paper to be shredded. For safety and to keep the line moving, please stay in your car and a volunteer will collect your bag(s) of paper. This is a state-of-the-art, high speed shredding truck from 1st Choice Shredding, an NAID (National Association for Information Destruction) certified company. All shredded paper is recycled. Cost is \$5 for up to 5 grocery bags. Additional bags are \$2 each.

**BUILDING CHARLOTTESVILLE'S  
BOTANICAL GARDEN (online)**

Free and open to all

Thursday, October 22, 3:00–4:00 pm

Building a public botanical garden is not an easy feat. So far, McIntire Botanical Garden (MBG) has been driven by the community's input, aspirations,

insights, and desire to be a place of healing, unity, education, and beauty. The input phase of the design process is not complete; by reaching out to other organizations, we hope to gather more feedback to ensure the built garden will represent the hopes and dreams of the entire community. Jill Trischman-Marks, MBG's executive director, will briefly outline what has already been achieved in the process toward building this garden and will provide insight into the road map ahead.

**WILDLIFE CORRIDORS: HELPING WILDLIFE AND PEOPLE MOVE SAFELY (online)**

Free and open to all

Thursday, October 29, 3:00–4:00 pm

Virginia is consistently among the 10 states with the highest number of deer-vehicle collisions. Misty Boos, Executive Director of Wild Virginia, will share exciting updates in Virginia policy and planning that help identify and protect wildlife corridors to help reduce these collisions. Learn what the Virginia Safe Wildlife Corridors Collaborative is doing to help wildlife move safely across our state, how this work contributes to human safety, and how you can help and get involved.

## LIFELONG LEARNING

**BOOK DISCUSSION GROUP (online)**

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. Participants make suggestions, the group selects the books, and everyone enjoys sharing their impressions of the month's selection. Free for members but first-time guests are always welcome.

Sept 7 - *Between the World and Me*, Ta-Nehisi Coates  
Oct 2 - *True Grit*, Charles Portis

**MONEY AND YOU with JORGEN VIK (on-site)**

Free and open to all

Tuesday, September 8, 10:00–11:30 am

Asset allocation. How much of your portfolio should be in stocks? How much in bonds? Annuities? Real estate? We'll discuss what to consider when constructing a portfolio.

Tuesday, October 13, 10:00–11:30 am

Investing and politics. Should you allow for politics when you invest? We'll discuss how politics may impact your investments.

**PROTECTING OLDER ADULTS AGAINST  
COVID-19 RELATED SCAMS (online)**

Free and open to all

Tuesday, September 22, 12:00–1:00 pm

There are scams for vaccines, treatment, cures, and money or assistance for obtaining Economic Impact Payments. Scammers often impersonate government officials or businesses in an attempt to gain personal information. Learn how to protect yourself against this craziness! This presentation is provided by the National Center on Law and Elder Rights and presented by Tracy M. Meade, CLTC Independent Financial Planner and Certified Long-Term Care Consultant.

**ADDING LIFE TO YOUR YEARS (on-site)**

Free and open to all

Wednesday, September 23, 2:00–3:00 pm

Join Diane Johnson, executive director at Commonwealth Senior Living, to learn about the cultural components that lead to longer lives in Blue Zones—a non-scientific term given to geographic regions that are home to some of the world's oldest people. How can we create these areas in our communities?

## SPANISH CLASSES (online) - ALL LEVELS

Tuesdays starting Sept. 8

Please see back cover for details.

## COPING TECHNIQUES FOR CAREGIVERS (on-site)

Free and open to all

Wednesday, October 28, 2:00–3:00 pm

Caring for a loved one can be tiring both physically and emotionally. Dianne Johnson, Executive Director at Commonwealth Senior Living, will discuss ways for coping with these challenges.

## ELDER LAW WITH DORIS GELBMAN (on-site)

Free and open to all

Tuesday, September 15, 10:00–11:30 am

**HAVING “THE” CONVERSATION: YOU AND YOUR ADULT CHILDREN** - Waiting for the perfect opportunity to have “the” talk? Aging parents and their adult children seem to have lots of resistance to discussing issues that we all face as we age. How will we manage our money and property? Where will we live as we grow older and our health fails? Who will take care of us? How will it be paid for? And there are vital pieces of information that must be shared between us - particularly as it relates to health and healthcare. Come on... let's talk about “the” talk!

Tuesday, October 20, 10:00–11:30 am

**END OF LIFE PLANNING** - There's much to discuss and it is never too soon to start. After all, life is terminal from the moment we are born. In this session we'll explore Advanced Medical Directives, Do Not Resuscitate Orders (DNR), POLST (Physicians Orders for Life Sustaining Treatment), hospice care, and funeral planning.

## HISTORY CLASS WITH RICK BRITTON (on-site and online)

Open to all

**JEFFERSON AND THE THIRST FOR KNOWLEDGE**  
Tuesdays, Oct. 6–Nov. 17, 2:00–3:30 pm

Jefferson was one of our nation's greatest early thinkers, a lifelong learner who continually expanded his already great knowledge base. This class will explore the many ways Jefferson satisfied his yearning for more information. The classes include Jefferson and Science; The Big Bone Lick Expedition; Jefferson and the American West; Jefferson and the Monacan Burial Mound; and The Founding of the University of Virginia. Registration required online at [thecentercville.org](http://thecentercville.org) or by calling the Travel Center at 434.974.6583. Standard members and guests - \$90; Prime members - included in membership fee.

## NAVIGATING THE LANDSCAPE OF LONG-TERM CARE INSURANCE (online)

Free and open to all

Monday, October 19, 2:00-3:00 pm

Learn about the different types of long-term care insurance available. Find out how to leverage retirement assets, and the tax-free benefits of long-term care insurance. Not all policies are “use it or lose it.” Many build cash value and have death benefits if care isn't needed. All this and more! Presented by Tracy M. Meade, CLTC Independent Financial Planner and Certified Long-Term Care Consultant.



## PHYSICAL WELLBEING

### MEDITATION – LIVING LIFE FULLY (online)

2nd & 4th Tuesdays of every month, 2:00–3:00 pm (Sept. 8 & 22; Oct. 13 & 27)

This course introduces the nature and general goals of meditation, along with simple techniques. Instructor Gerry Gorman will present a gentle form of meditation that requires no physical flexibility or special capabilities. Gerry—recently retired engineer, engineering manager, and business development executive—has been a student and practitioner of meditation for over 40 years. He describes a very practical form of meditation and explores how a meditation practice can help each of us develop a healthier perspective to fully appreciate life. Members only.

### MOVE FOR HEALTH with DARCY HIGGINS, DPT (on-site and online)

Free and open to all

Thursday, September 10, 1:00–2:00 pm

To Have or Not to Have a Total Knee or Total Hip Replacement—and How to Achieve Your Best Outcome

Thursday, October 8, 1:00–2:00 pm

Movement and Function Self-Assessment—How Do I Know When I Need Medical and/or Physical Therapy Guidance?

### HEARING HEALTH with EVOLUTION HEARING (on-site)

Free and open to all

Wednesday, Sept. 16, 10:00–11:00 am

Get to know The Center's new Hearing Loop System and How to Use it! Join Dr. Kristin Koch, Audiologist at Evolution Hearing, to learn about the new loop system at The Center. Dr. Koch will review what a loop system is, how it helps your hearing and how to use it with and without hearing aids. If you do wear hearing aids, you may want to ask your hearing healthcare provider if you have a T-coil in your devices before you come. This is an exciting upgrade at The Center!

Wednesday, October 21, 10:00–11:00 am

Navigating the Over-the-Counter Hearing Aid Market Federal legislation made way for a new OTC hearing aid option without the help of a provider. Learn the advantages and disadvantages with Dr. Kristin Koch, Audiologist at Evolution Hearing. We will review several current options and what may be coming in the future as well.

## ARTS

### WATERCOLOR LANDSCAPES with JANE SKAFTE (online)

Open to all

Mondays, September 21–October 19 (no class Sept. 28), 4:00–6:00 pm

Jane offers a judgment-free opportunity to explore watercolor in this four-week online Zoom class for beginning and intermediate artists. It is all about enjoying creative exploration in color. The subjects will be from reference photos that Jane will send via email links prior to each class. In each session, a variety of techniques and strategies for experimenting with materials will accompany instruction in basic brush skills, transparent layering, and color mixing. Participants will receive an email shortly before class with the zoom meeting link and ID number. Standard members and Guests \$45; Prime members - included in membership. (materials not included).

## DRAWING FROM NATURE (online)

Open to all

Wednesdays, September 23–October 14, 4:00–6:00 pm (4 weeks)

This course combines guided sketching exercises from observation of nature with an understanding of the natural geometry of our everyday world - for example, the fractals of trees and the geometric structures of flowers. Online instruction by artist Jane Skafte will also include downloadable PDFs of examples by master artists and making a nature journal. Space is limited - register online. Standard members and guests \$45; Prime members - included in membership (materials not included).

## SOCIAL/RECREATION

### INTRODUCTION TO CANOEING AT BEAVER CREEK RESERVOIR (off-site)

Open to all

Thursday, September 10, 4:30 to 6:30 pm

Learn how to confidently paddle a canoe on a lake with an instructor from Rivanna River Company. You will learn about the equipment, terminology, and techniques of launching, landing, and maneuvering in a tandem (2-person) canoe. Participants will need to sign up in pairs with someone with whom they are already in close contact. With a little instruction, participants will discover the joy of traveling across the water in this classic watercraft. This session is suitable for beginners and anyone else who wants to improve their paddling skills and enjoy a summer evening on the water. All necessary equipment is provided. Physical distancing will be observed by the instructor and participants during this all-outdoor class. Registration is required at [thecentercville.org](http://thecentercville.org). Standard members and guests \$70; Prime members \$60



### BRIDGE LESSONS for BEGINNERS (on-site)

Open to all

Friday, Sept. 25, 1:00 pm – Lesson One

The intent of the first class is to teach the fundamental nature of the game, play of the hand, bidding, and basic scoring. This lesson consists of a lecture and specific hand examples. All classes are available à la carte and are taught by experienced player and teacher Ken Marino. Free for Prime and Standard members; \$20 for Guests. Please register in advance at [thecentercville.org](http://thecentercville.org) or at the Welcome Desk.

Friday, Oct. 23, 1:00–3:00 pm – Lesson Two

Lesson Two of the series consists of a rigorous presentation of the opening bid without a 5-card suit, along with the responses and opener rebids, further exploration of the “Point Count” theory, and “Declarer Play” - both planning the play and strategies for winning additional tricks. All classes are available à la carte and are taught by experienced player and teacher Ken Marino. Free for Prime and Standard members; \$20 for Guests. Please register in advance at [thecentercville.org](http://thecentercville.org) or at the Welcome Desk.

## SUPPORT GROUPS

AA

Open to all

(meets every Thursday at 1:00 pm)

# MEMBERSHIP FAQ



**JUDY GARDNER**  
Membership Director

## 1. What kinds of membership are available to me?

New and renewing members have a choice of either Standard or Prime membership. Standard membership includes access to about 80% of our programs, with fee-based programs available à la carte. The cost of Standard membership is \$180/year for an individual or \$324/year for a household. For members who participate in fee-based programs, Prime membership is an all-inclusive (some exceptions apply)

option that offers more value. Prime members enjoy access to fee-based programs and the equipped fitness room at no additional cost. Prime members also receive a certificate for a trial month of membership to share with a friend or family member, a 20% discount on facility rental, and a \$20 gift card for the Greenberry's Coffee Co. at The Center at Belvedere. The cost for Prime membership is \$480/year for an individual or \$855/year for a household.

## 2. What are the exceptions for what is included in Prime membership?

Exceptions are travel, designated special events/programs, and services (such as seated massage).

## 3. How is a "household" defined?

Any two adults living at the same mailing address with at least one person aged 50 or older is a household.

## 4. Can I pay for my membership by the month?

You can! Contact Judy to set up monthly payments.

## 5. Are Charter memberships still available?

Yes! In honor of our opening The Center at Belvedere, a limited number of Charter memberships are currently available. Charter members enjoy a lifetime of Prime membership at the special rate of \$5000. Contact Judy for more information.

## 6. Are scholarships still available?

Yes. The Center's mission is to provide opportunities for active aging to all members of the community, regardless of their ability to pay. Thanks to generous donors, we offer no-questions-asked scholarships to help with membership and program fees. Contact Judy Gardner at 434.974.7756 or [judy@thecentercville.org](mailto:judy@thecentercville.org) for more information about scholarships.



# VOLUNTEERING

**BOBBI HUGHES**

Coordinator of Volunteer Resources

Looking for meaningful, safe ways to give back to our community? Contact Bobbi at 434.974.7756 or [bobbi@thecentercville.org](mailto:bobbi@thecentercville.org) to learn about the

many opportunities at The Center and at other area nonprofits.

## 5 Great Volunteer Opportunities Available Now at The Center

We have unpacked (most!) of the boxes and organized (most!) of our spaces. We've met some of our new neighbors and look forward meeting more. We have COVID-19 procedures in place and are open to members and the community. Many volunteers have been contributing to Center operations; now as we add more on-site programs, we're seeking more. The following volunteer positions are a few that need filling.

**Lobby Ambassadors:** Assist guests and members with check-in and ensure they feel welcome and safe.

**Fitness Assistants:** Welcome members and guest as well as assist with the maintenance of fitness rooms and equipment.

**Library Assistants:** Assist with tasks such as shelving books and managing the library inventory.

**Greenberry's Host/Hostess:** Welcome customers and assist in keeping tables, counters, etc., clean.

**Travel Reservation Agents:** Perform skilled clerical work to help with travel office operations

### More to come!

*If you are currently volunteering in one of these positions, we hope you will continue. If you are not currently a volunteer, please consider it!*

## Why volunteer? To Feel Healthier and Happier!

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

### Volunteering connects you to others

Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

### Volunteering is good for your mind and body

Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression. Researchers have discovered that being helpful to others delivers immense pleasure. The more we give, the happier we feel. Doing good for others provides a natural sense of accomplishment and can also give you a sense of pride and identity. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

### Volunteering brings fun and fulfillment to your life

Volunteering is a fun and easy way to explore your interests and passions. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

In today's digital age, it's often possible to volunteer your time via phone or computer; many organizations need help with writing, graphic design, email, and other web-based tasks. In any volunteer situation, make sure that you are getting enough social contact, and that the organization is available to support you should you have questions.\* ■

*\*Article at right is excerpted from "Volunteering and its Surprising Benefits" by Jeanne Segal, Ph.D., and Lawrence Robinson, published in Help Guide, June 2019.*

Every MONDAY Every TUESDAY Every WEDNESDAY Every THURSDAY Every FRIDAY

<p>8:30 Tai Chi \$ 9:00 <i>Hiking</i> 9:30 PRIMETIME FITNESS \$ 10:00 <i>Writing for Healing &amp; Growth</i> \$ 10:30 Chair Yoga 11:30 BALANCE &amp; STABILIZATION \$ 1:00 <i>Ageless Grace</i> \$, Mah-Jongg (Chinese), <b>English Country Dance</b> 6:15 <i>Intermediate Line Dance</i></p>	<p>8:00 <i>Biking Through Belvedere</i> 9:30 PRIMETIME FITNESS \$ 10:30 Arthritis Exercise \$ 11:45 Stretch Class \$ 1:00 <i>Beginning Line Dance</i>, <b>English Country Dance</b>, <i>Beginning Spanish</i> (begins Sept. 8) 2:10 <b>Intermediate Spanish</b> (begins Sept. 8) 3:20 <b>Advanced Spanish</b> (begins Sept. 8) 3:30 <i>Moving to the Rhythm</i></p>	<p>8:30 Tai Chi \$ 9:00 <i>Hiking</i> 9:30 Crafty Ladies 11:00 SENIOR FITNESS 12:00 <b>Tops</b> 1:00 <i>Ageless Grace</i> \$ 2:00 <b>Square Dance Lessons</b> 3:00 Knit-Wits, Ping Pong</p>	<p>8:00 <i>Biking Through Belvedere</i> 9:30 PRIMETIME FITNESS \$ 10:30 <i>Chair Yoga</i>, Tap Dancing Lessons \$, Arthritis Exercise 11:00 Crafts DIY 11:30 BALANCE &amp; STABILIZATION \$ 12:00 <i>NIA-Moving to Heal</i>, Reading for Pleasure 1:00 Apple/Mac Class, Woodcarvers 2:30 <b>International Folk Dance</b> 6:15 <i>Intermediate Line Dance</i></p>	<p>8:30 Tai Chi \$ 9:30 PRIMETIME FITNESS \$ 12:00 <i>Writing for Pleasure</i> 1:00 <i>Beginning Line Dance</i></p>
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Every week ... recurring weekly or daily programs are at the top.  
Not every week ... monthly, semi-monthly, special events, etc. are below.

<p><b>September</b></p>	<p><b>1</b> 10:00 <b>Try It Out Tuesday</b></p>	<p><b>2</b> 9:30 Kingfishers 11:00 Book Group</p>	<p><b>3</b> 3:00 Socrates Cafe</p>	<p><b>4</b> 12:00 <b>Pathways to Flourishing Health</b></p>
	<p><b>7</b> Closed for Labor Day</p>	<p><b>8</b> 10:00 <b>Money &amp; You w/ Jorgen Vik</b> 2:00 <i>Meditation - Living Life Fully</i> 5:30 <i>Singles' Shmooze</i></p>	<p><b>9</b> 10:00 Current Events 5:30 <b>Diversity Speaker Series</b></p>	<p><b>10</b> 1:00 <b>Move for Health w/ Darcy Higgins</b> 4:30 <i>Intro to Canoeing at Beaver Creek</i> \$ 5:00 <b>Thursdays Around 5 w/ Silas Frayser</b></p>
<p><b>14</b> 1:00 <b>Piedmont Pastelists</b> 1:00 Senior Council</p>	<p><b>15</b> 10:00 <b>Elder Law w/ Doris Gelbman</b> 2:00 <b>Computer Maintenance</b></p>	<p><b>16</b> 10:00 <b>Hearing Health New &amp; Prospective Member Coffee</b> 5:30 <b>Diversity Speaker Series</b></p>	<p><b>17</b> 3:00 Socrates Cafe</p>	<p><b>18</b></p>
<p><b>21</b> 4:00 <b>Watercolor Landscapes w/ Jane Skafte</b></p>	<p><b>22</b> 12:00 <b>Protecting Older Adults Against COVID-19-Related Scams</b> 2:00 <i>Meditation - Living Life Fully</i> 5:30 <i>Singles' Shmooze</i></p>	<p><b>23</b> 10:00 Current Events 2:00 <b>Adding Life to Your Years</b> 4:00 <b>Drawing from Nature w/ Jane Skafte</b> 5:30 <b>Diversity Speaker Series</b></p>	<p><b>24</b></p>	<p><b>25</b> 1:00 <b>Bridge Lessons for Beginners (Lesson One)</b></p>
<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b> 4:00 <b>Drawing from Nature w/ Jane Skafte</b> 5:30 <b>Diversity Speaker Series</b></p>		

Leadership Giving at The Center

Donors are essential to our ability to deliver high-quality, multidimensional programs to our community—every gift helps sustain and strengthen The Center's work. To honor the individuals who champion our work in specific ways, we have created the leadership giving societies described below. Donors who make leadership gifts and join one or more of these societies will be recognized on The Center at Belvedere's Thank You wall, located just across from the performing arts auditorium. Additionally, Leadership Giving Donors receive invitations to roundtable discussions, other special events, and will be recognized in The Center's Annual Report.

**The 1180 Society**, named in honor of the home we built together at 1180 Pepsi Place in 1991, is a circle of philanthropic leaders who make unrestricted gifts of \$1,180 or more to The Center annually. Its members are a driving force behind our ability to develop new programs and support the annual operations of The Center. Gifts may be made in monthly, quarterly, semi-annual, or annual installments, as well as through transfer of stocks, bonds, or mutual funds. To join the 1180 Society, or to learn more about this important leadership group, please contact Philanthropy Director Melanie Benjamin at 434.220.9744.

**The Sustainers Circle** is a special group of friends who sustain the mission of The Center by making monthly contributions that provide crucial underwriting for healthy aging programs. Many people find that giving monthly is a meaningful way to support The Center, and it's easy to set up. Each month your gift will automatically be charged to your credit or debit card. As a Sustainer, you will receive a yearly tax statement summarizing your annual giving. You can change or cancel your monthly commitment at any time by contacting Philanthropy Assistant Director Emily Evans at 434.220.9743.

**The Robey Legacy Society** recognizes individuals who have named The Center as a beneficiary in their will or estate plans, or other deferred gift arrangements. The Society is named in tribute to Frances Jean Robey, who left her entire estate to The Center. Although not a Center member, Jean was touched by the stories a friend shared about The Center's impact on her life and the community. Jean's legacy and story inspires others to include the Center in their estate plans. Planned gifts to The Center can be made in many forms. If you have named The Center as a beneficiary of your estate or if you are interested making a planned gift to The Center, please contact Philanthropy Director Melanie Benjamin at 434.220.9744.

MANY THANKS TO THESE 1180 SOCIETY MEMBERS!  
(April 15-July 31, 2020)

- |                          |                           |
|--------------------------|---------------------------|
| Liz & Tom Allan          | Phyllis Jackson           |
| Pat Berry                | Jennifer King             |
| Rene Bond                | Mark Logan & Anne Logan   |
| Rich & Roxanne Booth     | Larry & Lynn Martin       |
| Suzanne & Rob Brooks     | Ralph Miller              |
| Dotty & Larry Brown      | Lisa & Donald Morin       |
| Pamela Jean Burke        | LeRoy & Helen Ida Moyer   |
| Patti Cary               | Ann & Carter Myers        |
| Lynne Conboy             | John Nunley               |
| Barbara Deal             | Ruth Parsons              |
| Margaret & Mark Dryer    | Bruce & Jocelyn Saunders  |
| Hi Ewald                 | Virginia & Sameer Tahboub |
| Sally & Joe Gieck        | Peter M. Thompson         |
| Jolene Green             | Vivian Wade               |
| Constance Hallquist      | Carolyn & Joseph Warden   |
| Jean Hart                | David Whitcomb            |
| Brenda & Curtis Hathaway | Mary & Mike Wilson        |
| Harold & Betty Hopkins   |                           |

**PROGRAM KEY:** *green = off-site; bold = open to the public; blue = online; black = on-site; ALL CAPS = online AND on-site; \$ = fee. Programs are subject to change. Check for updates and additions at thecentercville.org or visit our Facebook page.*

**Every MONDAY      Every TUESDAY      Every WEDNESDAY      Every THURSDAY      Every FRIDAY**

<p>8:30 Tai Chi \$ 9:00 <i>Hiking</i> 9:30 PRIMETIME FITNESS \$ 10:00 <i>Writing for Healing &amp; Growth \$</i> 10:30 Chair Yoga 11:30 BALANCE &amp; STABILIZATION \$ 1:00 <i>Ageless Grace \$, Mah-Jongg (Chinese), English Country Dance</i> 6:15 <i>Intermediate Line Dance</i></p>	<p>8:00 <i>Biking Through Belvedere</i> 9:30 PRIMETIME FITNESS \$ 10:30 Arthritis Exercise \$ 11:45 Stretch Class \$ 1:00 <i>Beginning Line Dance, English Country Dance, Beginning Spanish</i> 2:10 <i>Intermediate Spanish</i> 3:20 <i>Advanced Spanish</i> 3:30 <i>Moving to the Rhythm</i></p>	<p>8:30 Tai Chi \$ 9:00 <i>Hiking</i> 9:30 Crafty Ladies 11:00 SENIOR FITNESS 12:00 <b>Tops</b> 1:00 <i>Ageless Grace \$</i> 2:00 <b>Square Dance Lessons</b> 3:00 Knit-Wits, Ping Pong</p>	<p>8:00 <i>Biking Through Belvedere</i> 9:30 PRIMETIME FITNESS \$ 10:30 <i>Chair Yoga, Tap Dancing Lessons \$, Arthritis Exercise,</i> 11:00 Crafts DIY 11:30 BALANCE &amp; STABILIZATION \$ 12:00 <i>NIA-Moving to Heal, Reading for Pleasure</i> 1:00 Apple Mac Class, Woodcarvers 2:30 <b>International Folk Dance</b> 6:15 <i>Intermediate Line Dance</i></p>	<p>8:30 Tai Chi \$ 9:30 PRIMETIME FITNESS \$ 12:00 Writing for Pleasure 1:00 <i>Beginning Line Dance</i></p>
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**October**      Every week ... recurring weekly or daily programs are at the top.  
Not every week ... monthly, semi-monthly, special events, etc. are below.

			<b>1</b> 3:00 Socrates Cafe	<b>2</b> 12:00 <b>Pathways to Flourishing Health</b>
<b>5</b> 1:00 Senior Council 4:00 <i>Watercolor Landscapes w/ Jane Skafte</i>	<b>6</b> 10:00 <b>Try It Out Tuesday</b> 2:00 <b>HISTORY CLASS \$</b>	<b>7</b> 9:30 Kingfishers 11:00 <i>Book Group</i> 4:00 <i>Drawing from Nature w/ Jane Skafte</i> 5:30 <i>Diversity Speaker Series</i>	<b>8</b> 10:00 <b>Shredding Truck \$</b> 1:00 <b>Move for Health w/ Darcy Higgins</b> 5:00 <b>Thursdays Around 5</b>	<b>9</b>
<b>12</b> 1:00 <b>Piedmont Pastelists</b> 4:00 <i>Watercolor Landscapes w/ Jane Skafte</i>	10:00 <b>Money &amp; You w/ Jorgen Vik</b> 2:00 <i>Meditation - Living Life Fully</i> 2:00 <b>HISTORY CLASS \$</b> 5:30 Singles' Shmooze	<b>14</b> 10:00 Current Events 1:30 <b>Senior Statesmen</b> 4:00 <i>Drawing from Nature w/ Jane Skafte</i> 5:30 <i>Diversity Speaker Series</i>	<b>15</b> 3:00 Socrates Cafe	<b>16</b>
<b>19</b> 2:00 <i>Navigating the Landscape of Long-Term Care Insurance</i> 4:00 <i>Watercolor Landscapes w/ Jane Skafte</i>	<b>20</b> 10:00 <b>Elder Law w/ Doris Gelbman</b> 2:00 <b>HISTORY CLASS \$</b>	<b>21</b> 10:00 <b>Hearing Health</b> 10:00 <b>New &amp; Prospective Member Coffee</b>	<b>22</b> 3:00 <i>Building Charlottesville's Botanical Gardens</i>	<b>23</b> 1:00 <b>Bridge Lessons for Beginners (Lesson Two)</b>
<b>26</b>	<b>27</b> 2:00 <i>Meditation - Living Life Fully</i> 2:00 <b>HISTORY CLASS \$</b> 5:30 Singles' Shmooze	<b>28</b> 10:00 Current Events 2:00 <b>Coping Techniques for Caregivers</b>	<b>29</b> 3:00 <i>Wildlife Corridors</i>	<b>30</b>

DONATIONS MADE IN MEMORY OF (April 15-July 31, 2020)	
<b>Andrew Joseph Arave</b> by: Janis Arave	<b>Ralph Feil</b> by: Joe Gieck
<b>James Berry</b> by: Patricia Berry	<b>Luther Gore</b> by: Frank Feigert
<b>Julia Broome</b> by: O. Whitfield Broome, Jr.	<b>Mary Lederman</b> by: Kyra Ritter
<b>Henry Burton</b> by: Peter M. Thompson	<b>Edith Lewis</b> by: Mary Elizabeth Wheeler
<b>Dot Cagley</b> by: Patricia Beltz Melva Jarrell John Anderson & Isolina Nunez-Anderson	<b>Ellen Marie MacCall</b> by: Bruce MacCall
<b>Richard Carpenter</b> by: Anne Hopper Lorraine Momper Peter M. Thompson	<b>Shirley McDaniel</b> by: James McDaniel
<b>Pat C. Cook</b> by: Richard Cook	<b>Tom &amp; Betty McLernon</b> by: Mary Ellen McLernon
<b>William Dunn</b> by: Sally Pecora Dunn	<b>James "Gumba" Paton and Mary Vance Paton</b> by: Eric Pfaff
<b>Theresa Dunlap</b> by: Carolyn German	<b>Uncle Sandy</b> by: Dr. Leslie Durr
<b>Pastor Lindsay Ellis</b> by: Janet Gassman	<b>Joe Teague</b> by: Peter M. Thompson
<b>Al Falcone</b> by: Bruce Garretson Lynette Menchero	<b>Mildred Westbrook</b> by: Betsy Bean Marge Haugen
	<b>Jon Beverly Whitlock</b> by: Richard Cook Lisa Eorio & Cliff Maxwell

DONATIONS MADE IN HONOR OF (April 15-July 31, 2020)	
<b>Melanie Benjamin</b> by: Dr. John Lanham	<b>Bobbi Hughes</b> by: Erika Rogoff
<b>Bonni Bossi</b> by: Anne Pontuso	<b>Jennifer King</b> by: Bonnie Rivkin
<b>The Center</b> by: Ellen & Doug Gallow Betsy Bean	<b>Dan Lee</b> by: Austin & Connie English
<b>Center Staff and Volunteers</b> by: Betsy Bean Barbara Millar John Whitlow, JHW Consulting Services	<b>Dick Nunley</b> by: Joe Gieck
<b>Alan Culbertson</b> by: Joe Gieck	<b>Chuck Rotgin</b> by: Joe Gieck
<b>Jean Foss</b> by: Catherine Anninos	<b>Clay Sisk</b> by: Lucy Burnette Sydna Julian Martha Lee Sikes
<b>Leon Blumreich</b> by: Dr. John Lockney	<b>Peter M. Thompson</b> by: Enid Kreiger
<b>Judy Gardner</b> by: Charles Feigenoff & Marie Hawthorne	<b>Dr. Laurie Thurneck</b> by: Dr. John Lanham
<b>Rich Hewitt</b> by: Joe Gieck	<b>Alex Waltrip</b> by: Rachel Holmes
	<b>The Wednesday Music Club</b> by: Leslie Louise Wilcox

NEW SUSTAINERS CIRCLE MEMBERS	
Janis Arave Kimberlee Barrett-Johnson	Mark Hofmann Christopher Lorish

### BEGINNING SPANISH (online)

Tuesdays, 1:00 pm  
Free for Center members

This year-long course uses *Conversational Spanish in 7 Days* by Shirley Baldwin and Sarah Boas, since it focuses on the most common, everyday situations you'll encounter in Spanish-speaking countries. If you are looking for a basic course in Spanish, and can commit to spending at least 2-3 hours a week studying Spanish, then this is the course for you!

### INTERMEDIATE SPANISH (online)

Tuesdays, 2:10 pm  
Free and open to the community

In this year-long course we use McGraw Hill's Spanish Conversation by Jean Yates in the series of "Practice Makes Perfect." In this course the student's knowledge of the basic structure of the language will be expanded to include complex sentences.

### ADVANCED SPANISH (online)

Tuesdays, 3:20 pm  
Free and open to the community

This is an informal course for students who are fairly fluent in Spanish, designed to give them the opportunity to keep up their Spanish skills. The materials we use will vary, including both articles on current events and short one act plays from a book entitled *En un acto: diez piezas hispano-americanas*, 3rd edition, 1990, edited by Frank Dauster and Leon F. Lyday.

*All classes are online. Register at [thecentercville.org](http://thecentercville.org). Students supply their own materials. For more information, contact instructor Helen Ida Moyer at [duckyoaks@embarqmail.com](mailto:duckyoaks@embarqmail.com)*

The Center at Belvedere  
540 Belvedere Boulevard  
Charlottesville, VA 22901

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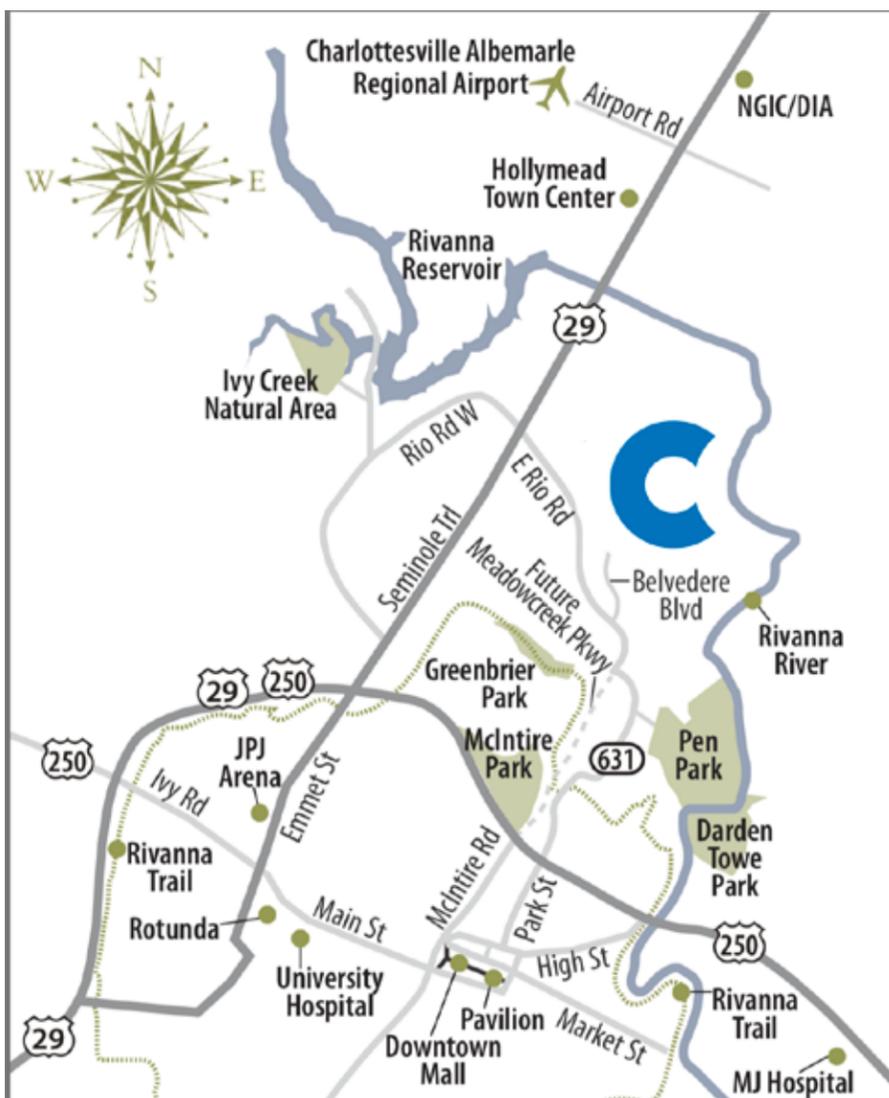


# FIND YOUR CENTER

civic | community | cultural | fitness | social

### Located for Easy Access

Set in the Belvedere neighborhood, The Center is conveniently located just off East Rio Road close to US 29 and the 250 Bypass, making it handy to downtown, UVA, and other local landmarks. JAUNT buses will pull right up to the front door. For walkers and bikers, the neighborhood links up to the Rivanna Trail and the John Warner Parkway's 2.5-mile trail to downtown.



# Greenberry's<sup>®</sup>

— ESTD 1992 —

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540 Belvedere Boulevard

Hours: 7AM-2PM (subject to change)