

Financial Wellness Series Returns!



With support from  CFA Institute

PLAN FOR A FINANCIALLY SECURE RETIREMENT – 4-PART SERIES

Open to all; please register

Tuesdays and Thursdays, Oct. 19–28,
6:30–8:00 pm

Are you getting ready to retire or just dreaming about it? Either way, get an introduction to specialized vocabulary associated with different types of investing; learn the process of creating a retirement budget that plans for inflation and predicts future income and expenses; learn how to manage debt when your income is fixed; understand how your expenses, including health care costs, will change when you retire; and much more! Join Jorgen Vik, CFP®, Certified Financial Planner Professional™ and partner of the SKV Group, LLC, a Charlottesville based wealth management company. Members free; guests \$20 for the course.

Medicare Open Enrollment

Provided by JABA's Insurance Counseling Team

Free and open to all; appointment required

Tuesdays and Thursdays,
Oct. 19–Dec. 7, 4:00–8:00 pm

Medicare's open enrollment period, Oct. 15–Dec. 7, provides the opportunity for Medicare beneficiaries to make adjustments to their Part D or Medicare Advantage plans. These plans institute changes every year, but many people don't realize it until it is too late and they are stuck with a plan that doesn't work for them. The extensively trained volunteers at JABA's Insurance Counseling department are part of the Federal SHIP program, set up so that you can have unbiased help with Medicare. Call 434.817.5248 to request an appointment at The Center or another JABA counseling site.

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- More!



Finance & Operations Director Scott Hilles

Better Business Challenge Award

Center recognized for commitment to sustainability

You may remember when we announced The Center's involvement in the Community Climate Collaborative's Green Business Alliance. Now we're happy to report more good news! In June The Center was recognized as a community leader in climate action.

This recognition comes from participation in the Community Climate Collaborative's Better Business Challenge (BBC), a community-wide initiative that helps organizations increase sustainability efforts, save energy, and adopt waste reduction strategies. This year's BBC awards recognized

businesses, schools, and nonprofits who stood out during 2020-2021.

The Center's win in the small business/nonprofit category was powered by our new building.

When designing The Center at Belvedere, we worked with Bushman Dreyfus Architects to prioritize features for energy efficiency. The sun provides half of the energy needed to power the building thanks to solar panels from Sun Tribe Solar. LED lighting and sensors conserve energy, and water bottle filling stations help reduce plastic waste.

Environmental wellness is one of The Center's dimensions of wellness, making participating in this challenge a no-brainer. Throughout the challenge, we tracked energy use, costs, and climate impacts to identify areas for greenhouse gas reduction. This information was then used to identify actionable steps. So, what are we doing to positively affect the environment? The Center is reducing and greening energy use, water use, and waste; cutting our carbon footprint with an enhanced recycling program; and spreading community awareness with environmental program offerings. ■



Q&A with Member Teresa Ritzert

Connecting with people and passions

Be it word of mouth, hearing about a program on the radio, seeing newsletters or brochures around town, or visiting the website, there are many ways people discover The Center. Teresa Ritzert, like many, heard about the Center and even attended a program well before she gave a thought to joining.

How did you learn about The Center?

It was over the course of a few years, and through different sources. I first learned of it from a friend who said that her widowed father met his future second wife at a Center dance. I later attended a meeting on hearing loss, when The Center was at its former location. Further introduction came from an acquaintance who mentioned that she was a member of The Center and participates in numerous musical groups there. Her enthusiasm prompted me to look into becoming a member.

What do you enjoy about The Center?

The Center has brought two of my soul's passions back into my life: ballet and writing. I became fully deaf in mid-life and thought that I would not be able to dance again, as I can no longer hear music. When I went to my first Silver Swans ballet class in June, Marie, the teacher, greeted me with warmth and welcomed me into the class. She is so compassionate and supportive of me. The other dancers are equally welcoming. It is a joy to share one hour each Monday with them.

I also participate in the Writing for Pleasure group that meets each Friday. Though I am a new member, I was welcomed with open arms. I use the Live Transcribe app on my cell phone, which captions what people say so that I can follow along as members read their work. Being around other writers is a precious gift to my being.

See Q&A on page 11

“The Center has brought two of my soul's passions back into my life ...



Center member Teresa Ritzert



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

Hours

Monday, Wednesday, Friday 8:30am-4:30pm
Tuesday & Thursday 8:30am-8 pm
Greenberry's: Monday-Friday 7am-4pm

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.

Healthy Aging for All

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

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

BOARD OF DIRECTORS

Jennifer King	President
Larry Martin	Vice President
Patti Cary	Treasurer
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THE CENTER STAFF

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Alex Waltrip	Fitness Coordinator
KevReyl Wells	Membership Coordinator



MEMBERSHIP

KEVREYL WELLS
MEMBERSHIP COORDINATOR
434.974.7756 • kevreyl@thecentercville.org

WELCOME NEW MEMBERS!

Stephen Altenderfer	Nettie Frye	Wayne Mullins
Sara Andrew	Kathryn Garrou	Carl Newman
Carolyn Creedon Andrews	Helen Gregory	Karen Oganowski
Kathleen Ball	C Haffey	Jutta Page
James Ball	Marianne Haffey	Valeta Paige
Deborah Becker	Susan Hall	Donna Parham
Kathryn Bettis	Sharon Hallock	Sheila Porter
Alden Bigelow	Lloyd Harriott	William Porter
Susan Bodilly	Henrietta Harrison-Latham	Michael Powers
Antonia Bouchard	June Heintz	Angelika Prolog
Britony Buxton	Margaret Joseph	Marvin Reese
Elizabeth Cholewa	Ann Kostick	Christine Rich
Theresa Collier	Gail Landry	Joanne Robinson
Donald Cowdrey	Susan Langenkamp	Barry Rosenberg
Nancy Cranwell	Ellen Lopez	Stefanie Somers
Jean Dansey	Joyce Magness	Dolores Somers
John Dayton	Katherine Martin	Katherine Spaar
Elena Deliso	Michael Mayhew	Lianna Spring
Janet Dolzer	Walter Megonigal	Margreta Swanson
Sara Elens	Walt Megonigal	Juandiego Wade
Judy Ellis	Diane Menashe	Jean Wandell
Daniel Falwell	Judith Miller	Robert Wells
Amy France	Debra Miller	Michael Woloski
Nathan Freed	Sylvia Mischal	Hairyo Yi
Elaine Freed	Betty Mkungusi	Daniel Zisk

If you joined between June 1 and July 31 and were not recognized here, please contact KevReyl.

For information about membership options, please visit our website or contact Membership Coordinator KevReyl Wells at 434.974.7756 or kevreyl@thecentercville.org. The Mary P. Reese Scholarship Fund makes scholarships available for anyone who cannot afford membership dues.

New & Prospective Member Orientations are a fun way to learn more about what The Center has to offer. Contact KevReyl for upcoming dates and times.



COUNCIL NOTES

PEGGY SLEZ
COUNCIL PRESIDENT

Think of The Center Council as your voice. The primary role of the Council is to communicate the insights, suggestions, and concerns of membership to the Board of Directors, and the policies, plans, and decisions of the Board to membership. Program leaders or their chosen representatives are automatically voting members of the Council and their attendance at Council meetings counts as volunteer time, but anyone who is a member of The Center is welcome to attend Council meetings and participate.

Except for July and September, Council meetings are held on the first Monday of the month at 1:00 pm, last for approximately one hour, and are open to all members of The Center. Dates and agenda highlights for upcoming meetings are below.

Monday, September 13 (via Zoom) - Guest speaker will be Sean Greer, Board member and chair of the Board Development Committee. Also on the agenda, Executive Director Peter Thompson will present updates on the status of strategic planning for The Center and the Racial Equity Action Plan. Please contact Peggy Slez (mjslez@gmail.com) if you'd like to attend the Zoom meeting as a guest.

Monday, October 4 – Guest speaker will be Mary Wilson, Board member and chair of the Philanthropy Committee.

programs

All programs ON-SITE unless otherwise indicated.

Register online at thecentercville.org or call 434.974.7756.

Note: This is just a partial list; recurring programs without topic updates are listed in the calendar on pages 6–7. Check the website for programs added after print deadline!

SPECIAL EVENTS

THURSDAYS AROUND 5

Free and open to all; registration requested

Enjoy live performances that showcase area musicians! These events are held outdoors, so bring a chair or blanket. In case of inclement weather, the music moves to the auditorium. *Now free!* Registration requested at thecentercville.org.

Bobby Graves

Thursday, September 9, 5:03–7:00 pm

Bobby Graves has played music up and down the east coast for years. He has a vast collection of songs for everyone—including oldies, country, rock, and the blues—and the incredible talent to deliver them with excitement and joy that generates pure fun! **Firefly Food Truck will be on-site with food available for purchase.**

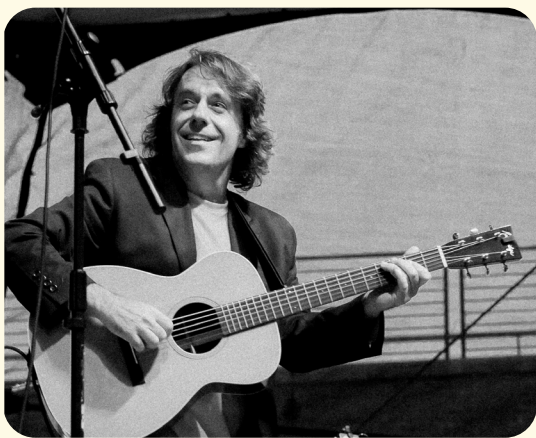
TBA

Thursday, September 23, 5:01–7:00 pm

South River Strings

Thursday, October 14, 5:04–7:00 pm

South River Strings is a four-piece bluegrass, country, new grass band. From the harmonies to the beautiful sounds of acoustic instruments, they aim to bring you a full experience of Appalachia and the way they all grew up picking on the front porch. **Firefly Food Truck will be on-site.**



Michael Clem

Thursday, October 28, 5:02–7:00 pm

For nearly 30 years, Michael Clem has been playing bass, singing, and writing songs for the national touring act he co-founded, Eddie from Ohio. Since relocating from Northern Virginia to Charlottesville when the band began to slow down, he's established quite a foothold in its musical scene, from session work to bluegrass gigs to forming his own acoustic trio.

BIRDS OF PREY LIVE DEMO

Free and open to all; please register

Tuesday, September 21, 10:00–11:00 am
Rescheduled from July

Join Earthquest, Inc., on the back lawn for education and wonder beyond the bars of a zoo! You'll see a

variety of certified non-releasable birds of prey exhibit natural behaviors and fly at their own will. Learn about special features of each bird species and how we can learn to live cooperatively with them.



OPEN-AIR ARCHAEOLOGY IN ROME WITH OLGA (online)

Free and open to all; registration required

Thursday, September 23, 3:00–4:30 pm

Olga Čučković leads you on an exciting overview of ancient Roman archeological sites visible throughout the Eternal City. Walk through the famous Ancient Roman Forum, view the site where Julius Caesar was assassinated, and discover layers of history scattered around the city where traces of former eras are evidenced in the walls everywhere.

SOUL REFLECTIONS WITH MYRA ANDERSON

Free and open to all; registration required

Thursday, September 30, 5:30–6:30 pm

Myra Anderson's poems depict an intimate journey of life, black experience past and present, trauma and hope, ancestors, mental health, and healing and resilience. Myra is a seventh-generation descendant of the enslaved families of Monticello and the enslaved laborers of the University of Virginia, and has been the featured poet at numerous local events. Come engage in this interactive reading event and experience the value of black culture through poetic prose.

ARTISTS RECEPTION

Free and open to all

Thursday, October 7, 4:00–6:00 pm

Come meet the artists whose work will be on display in October and November and enjoy some refreshments! A BozART Fine Arts Collective exhibit encompasses work by 11 Central Virginia artists, with photography, oils, acrylics, and watercolors in both realism and abstraction. The second floor gallery features watercolors by artist Jane Skafte.

BOOK READINGS WITH 3 LOCAL AUTHORS

Free and open to all; registration required

Tuesday, October 12, 6:30–8:00 pm

Alden Bigelow, Harriette Fishburne, and Gerry Kruger have published books based on their love of and fascination with animals. Join them for stories of their experiences and excerpts from their work—a fable involving animals who have acquired a cloak of invisibility to man, photographs of a family of grizzly bears in Alaska, and the inspiring tale of a Canada goose who overcomes obstacles.

DANCE PARTY WITH SOUL EXPRESSIONS

Open to all; registration required

Friday, October 15, 6:00–9:00 pm

From the minute it takes the stage, this dynamic party band will grab you and never let go. With commanding stage presence, powerhouse singing, and tight musicianship, Soul Expressions covers everything from Motown and classic rock-n-roll to your favorite tunes from the 80s through today. This group knows how to have a good time—and makes sure that everyone else does too. Bring your dancing shoes and boogie down. \$10 at the door.



DISCOVERING SCUBA

Free and open to all; registration required

Thursday, October 21, 6:00–7:00 pm

Ever thought about adding scuba to your travel activities? Chip Earle, PADI Master Diver Instructor and Owner of Dive Connections, will describe the many physiological and educational benefits diving provides. He'll also share information about local opportunities to experience scuba and weightlessness underwater.

SHREDDING TRUCK

Open to all

Thursday, October 28, 10:30 am–1:00 pm

Why are you saving stacks of old paper? Let a state-of-the-art, high speed shredding truck from 1st Choice Shredding, an NAID-certified company, lighten your load. Paper is shredded on site and then recycled. Cost is \$5 for up to 5 grocery bags; additional bags are \$2 each. All proceeds go towards the cost of the shredding truck and to help fund Center operations.

ARTS

LEARNING FROM THE MASTERS SERIES

Open to all; registration required

Fridays, September 3–24, 12:00–3:00 pm
(4 classes—register for each individually.)

Join instructor Jan Settle for a little art history and a lot of fun painting time as you learn about a famous artist. Using the artwork as a reference, you'll create your own masterpiece in acrylics. Prime members free; Standard members and guests \$15 per class. Materials fee is \$15 per class for all, payable to instructor at time of class.

September 3 - *Sunflowers* - Vincent van Gogh
September 10 - *Water Lily Pond* - Monet
September 17 - *Starry Night* - Vincent van Gogh
September 24 - *The Scream* - Edvard Munch

PAINTING LANDSCAPES/SEASCAPES WITH OIL FOR BEGINNERS

Open to all; registration required

Tuesdays, Sept. 7–Oct. 26, 5:30–7:30 pm

Working from photographs (your own or ones provided) you will set up your palette, learn to mix color, simplify shape, and create the illusion of depth while discovering the luscious feel of oil paint. At the end of the session, you will have two or more finished paintings. The use of odorless mineral spirits eliminates the harmful agents typically associated with this medium. Artist Ann Cheeks instructs this 8-week class. Prime members free; Standard members and guests \$80. Materials fee is \$40 for all, payable to instructor at the first class.

PAINTING THE FALL LANDSCAPE - WATERCOLOR (online)

Open to all; registration required

Tuesdays, Oct. 5–26, 11:00 am–12:30 pm

The fall landscape is dramatically different from every other season. That drama can be captured by paying attention to color, especially the contrasts of cool against warm, and bright against neutral; light, since the landscape receives more sunlight; and trees, because they reveal their structure. Join artist Jane Skafte for this 4-week class. Prime Members free; Standard members and guests \$45.

PROGRAMS continue on page 4

BASICS OF PAINTING WITH ALCOHOL INK

Open to all; registration required
Friday, October 8, 12:00–3:00 pm
Learn all about this colorful and delightfully unpredictable medium as you experiment using different inks and surfaces to create images using a variety of techniques, with lots of one-on-one instruction from artist Jan Settle. Prime members free; Standard members and guests \$15. Materials \$20 for all participants, payable to instructor at time of class.

ESSENTIALS OF DRAWING

Open to all; registration required
Fridays, Oct. 15–Nov. 5, 10:30 am–12:30 pm
Get a good foundation in the basics of drawing in this 4-week class. You'll become familiar with several drawing styles, rendering techniques, and principles of perspective to draw different subjects with ease and accuracy. Artist Jane Skafte will cover still life and drawing from photographs and portraits in pencil, ink, and colored pencil. Prime members free; Standard members and guests \$55.



MULTIMEDIA COLLAGE

Open to all; registration required
Friday, October 22, 12:00–3:00 pm
Stretch your creative mind to make a work of whimsical shapes and colors in this fun class using multiple media with instruction from Jan Settle. Every piece will be a unique expression of your imagination! Prime members free; Standard members and guests \$20. Materials fee is \$10 for all, payable to instructor at time of class.

LIFELONG LEARNING

NEW SERIES OF SPANISH CLASSES
Tuesdays, beginning September 7
(online, EXCEPT for the 2nd Tuesday of each month)
Beginning Spanish
Free & open to members; registration required
Tuesdays, 1:00–2:00 pm
This year-long course uses *Conversational Spanish in 7 Days* by Shirley Baldwin and Sarah Boas. Everything is explained in clear, concise English, so if you have to miss a class, you can easily keep up. If you are looking for a basic course in Spanish and can commit to spending two-to-three hours a week studying, this is for you!

Advanced Beginner Spanish
Free and open to all; registration required
Tuesdays, 2:10–3:10 pm
In this year-long course we use McGraw Hill's *Spanish Conversation* by Jean Yates in the series of "Practice Makes Perfect." The text serves as a guide for expanding your conversational fluency through the use of realistic everyday dialogues.

Keeping Up Your Spanish
Free and open to all; registration required
Tuesdays, 3:15–4:30 pm
An intermediate level course for students who want to improve their skills or keep up their fluency in Spanish. The materials used will vary.

THE GOOD LIFE SERIES
Free and open to all
1st Tuesday of each month, 11:00 am–12:00 pm
Helpful information for all seniors!
Tuesday, September 7
In-Home Care: What Is It & How Do You Pay For It? With most of us wanting to age in place, you or a loved one will likely need in-home care later in life. But what exactly is it, how do you arrange for it, and does Medicare or other insurance pay for it? Get answers from Fred Jung, RN, PhD, Founder of Blue Ridge ElderCare Advisors, and representatives from area home care agencies.

Tuesday, October 5
Neighbors helping Neighbors - Representatives from Naborforce from Richmond will discuss a program that promotes community caregiving for seniors who might need companionship, meals, computer help, pet help, general check-ins, and more.


BOOK DISCUSSION GROUP
Free and open to members
First Wednesday of each month, 11:00 am–12:00 pm
This enthusiastic group discusses 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. The book for **September 1** is *A History of the World in Six Glasses* by Tom Standish; selection for **October 6** is *American Dirt* by Jeanine Cummins.

MEDICARE 101
Free and open to all; registration required if attending on-site
Wednesday, September 8, 11:00 am–12:00 pm
Wednesday, October 13, 11:00 am–12:00 pm
Tuesday, October 19, 6:00–7:00 pm
Medicare can be so confusing! If you are new to Medicare, or if you already belong but aren't sure you have registered for everything that you need, this is the session for you. If you have Medicare A & B or Medicare A&B with Full Medicaid (CCC+) then you may be eligible for additional benefits and this is the session for you, too. Sharon Accardo guides you through the process so you can take full advantage of the benefits available.

AFRICAN AMERICAN AUTHORS BOOK CLUB
Free and open to all
2nd Thursday of each month, 6:00–7:30 pm
The AAABC has been reading books by African American or African authors since 1996. While selected books are by African American authors, the club members are racially and culturally diverse and join together each month to enjoy intellectual discussions and camaraderie. The book for **September 9** is *Transcendent Kingdom* by Yaa Gyasi; selection for **October 14** is *Memorial Drive* by Natasha Trethewey.

LET'S TALK COFFEE!
Free and open to all; registration required
Monday, September 13, 10:00–11:00 am
Learn from our very own coffee master how the coffee bean is processed. Next, sample a French Press brew of Greenberry's Indian Monsoon blend. Feel free to ask any coffee questions you have while sipping your beverage and enjoying a cookie or two. You will receive a coupon good for 50% off any handcrafted drink at Greenberry's at The Center.

MONEY AND YOU
Free and open to all
Just One Thing
Tuesday, September 14, 10:00–11:30 am
If you could only pass on one financial lesson, which would it be? Jorgen Vik, Partner with SKV Group, will lead a discussion on important financial lessons.



Teaching Young People to Save and Invest
Tuesday, October 12, 10:00–11:30 am
As we get older our appreciation for the value of investing early often increases. But how can you encourage young family members and friends to delay gratification and invest for the long run? Jorgen Vik will lead the discussion.

DEMENTIA AWARENESS
Free and open to all
Tuesday, September 14, 6:00–7:00 pm
Learn the differences between various forms of dementia and how Hospice gauges the severity of cognitive decline, ten tips for enhancing communication with cognitively impaired persons, and insight for handling difficult behaviors. Presented by Legacy Hospice.

THE HUMAN EXPERIENCE: EXPLORING GLOBAL CULTURES
Open to all; registration required
Thursdays, September 16–October 14, 6:00–7:30 pm (5 weeks)
Explore topics from around the world each week. Discussion will include investigation of little-known communities, interesting food practices and herbal remedies, and cultural experiences with a focus on family, friendship, and civic engagement. Join Daisy Rojas, Executive Director of the Cultural Exchange Institute and a career anthropologist who has performed cultural studies across the U.S. and Central America with extensive work in minority communities. Prime members \$70; Standard members and guests \$90.

150 YEARS OF LOST AMERICAN HISTORY
Open to all; please register
Mondays, September 20–October 18, 11:00 am–12:30 pm (5 weeks)
In this 5-week series, you will learn about and engage in lively discussions on Virginia and non-Virginia history from 1622 to 1772. Why and how did this period lead to the American Revolution? Who were the main enemies of the English colonists? Join Dick Somer and step back in time. Members free; guests \$25.

IDENTIFYING BIRDS
Free and open to all; please register
Mondays, September 20–October 11, 1:30–2:30 pm (4 weeks)
Love watching birds but have no idea what you're seeing? Learn to identify local birds as well as not-so-local ones by field marks—distinctive stripes, spots, patterns, colors, and highlights. Dick Somer is an avid bird watcher and has led numerous birding trips. Join him for different information each week.



ELDER LAW WITH DORIS GELBMAN

Free and open to all

Planning for Medicaid

Tuesday, September 21, 10:00–11:00 am

There’s a lot of talk about using Medicaid to pay for long term care. Many clients ask, “How do I keep the nursing home from seizing my house?” What does Medicaid pay for? How does one become eligible and how can you plan for that? Find out the answers to these questions and more!

Reverse Mortgages – Deal or No Deal?

Tuesday, October 19, 10:00–11:00 am

In-depth review of Reverse Mortgages and paying for care in your home. What is a reverse mortgage? There’s an upside and a downside to them and it’s not a good fit for everyone. Learn how they work, who can benefit from them, what the pitfalls are, and where to get more detailed information.


AMERICAN MAH-JONGG LESSONS

Open to all; registration required

Thursdays, September 23–October 21, 2:00–4:00 pm, (5 weeks)


Acquire new skills, exercise your brain, and have some fun! Center members Clarece Edson and Pat McKeown teach the basics of American Mah Jongg in this five-session course. For Center members only. Prime members are free; standard members \$25. Registration required.

Part A




INPATIENT HOSPITAL CARE
SKILLED NURSING SERVICES
HOSPICE CARE

Part B




DOCTORS' VISITS
OUTPATIENT HOSPITAL SERVICES
DURABLE MEDICAL EQUIPMENT
PHYSICIAN-ADMINISTERED DRUGS

Part C



MEDICARE ADVANTAGE PLANS, WHICH COMBINE PARTS A & B
MAY COVER VISION, DENTAL, AND HEARING

Part D



PRESCRIPTION DRUG COVERAGE

NEW TO MEDICARE?

Free and open to all; please register

Tuesday, September 28, 6:00–7:00 pm

Turning 65 soon? Retiring and leaving an employer health plan? Do you have questions about Medicare and what to do? Randy Rodgers, JABA’s Insurance Counseling Manager, will give you the most up-to-date information and answer all your questions. JABA’s Insurance Counseling department is part of the Federal SHIP program. The government has set this program up so that you can have unbiased help with Medicare.

FIVE WISHES

Free and open to all

Thursday, October 21, 6:00–7:00 pm

More than just an Advanced Directive, Five Wishes brings a holistic approach to a living will by including an individual’s care and comfort choices. It provides a means to legally document your choices for medical treatment and end of life wishes. Presented by Legacy Hospice.

PHYSICAL WELL-BEING

MASSAGE APPOINTMENTS

Open to all; appointment required

Wednesdays, 12:00–4:00 pm (starts 9/1)

Massage Therapist Christine Bostic has been practicing full-time for 25 years. She was trained in Seattle with a solid foundation in anatomy and physiology, deep tissue, Swedish and neuromuscular therapy. In addition to traditional muscle-tissue work, she uses subtle intuitive touch, aromatherapy, and zero balancing to support harmonizing of emotion, mind, and energy. For inquiries or to book an appointment, contact Christine directly 434.987.5657 or christinecville@gmail.com.

TAP YOUR TROUBLES AWAY

Open to all; please register

Thursdays, 5:00–5:45 pm (starts 9/2)

Experienced instructor and performer Lynn Divers teaches tap dancing with a focus on rousing Broadway-style tap. Learn steps from basics to showstoppers as you increase your cardio and have fun. Prime members free; Standard members and guests \$30 per month



VINYASA YOGA

Wednesdays, 8:30–9:30 am

Open to all; registration required

Vinyasa style yoga is a dynamic and athletic practice that brings awareness to breath and positioning of the body through smooth, continuous transitions. In this class with Heidi Graham, explore breath and movement through a series of standing, seated, and reclined asanas (poses) that can be modified to increase/decrease intensity and depth of each pose according to the individual. Prime members free; standard members \$25/month; guests \$35/month.

HEARING HEALTH WITH EVOLUTION HEARING (on-site & online)

Free and open to all; registration required if attending on-site

The Crazy World of Health Insurance and Hearing Aids
Wednesday, September 15, 10:00–11:00 am

If you have a secondary health insurance company or have been told that you have a "hearing aid discount program" through your insurance company, you may have coverage that helps with the cost of hearing aids. Learn about how to navigate this challenging and often confusing area of insurance benefits with audiologist Dr. Kristin Koch.

Hearing Loss and Dementia

Wednesday, October 20, 10:00–11:00 am

New research shows a strong link between untreated hearing loss and dementia. Join us to learn how you can protect yourself and your loved ones. This interesting presentation will guide you easily through the latest complex research and give you some practical tips and tricks for everyday life.

SOCIAL/RECREATIONAL



KARAOKE!

Free and open to all

2nd and 4th Tuesdays, 4:00–6:00 pm

Unleash your hidden talent! We provide the music and lyrics, you provide the voice. Non-crooners are also welcome to join in the fun.

BEGINNER BRIDGE LESSONS

Open to all; please register

Fridays, Sept. 10, 24, Oct. 8, 22, Nov. 5, 19, Dec. 3, 17, 1:00–2:00 pm

Join experienced bridge teacher Ken Marino for this series of lessons, available à la carte, for those who have little or no knowledge of the game. Prime and Standard members free; guests \$10 per class.

- Sept. 10 The game and opening bids
- Sept. 24 Responses to the opening bid
- Oct. 8 Rebids by the opening bidder
- Oct. 22 Declarer Play
- Nov. 5 Defensive Play
- Nov. 19 Defensive Bidding
- Dec. 3 Opening Bids at 2, 3, and 4 level
- Dec. 17 Common Conventions

MONTHLY LUNCHEON (4th Wednesdays)

Open to all; registration required

Wed., September 22, 11:30 am–12:30pm

Wed., October 27, 11:30 am–12:30 pm

Monthly luncheons are back! Come enjoy a good meal and good fellowship with friends old and new. Menus TBA. Members \$15; guests \$16

SUPPORT GROUPS

TRANSITIONS: LEARNING TO LIVE WITH LOSS

Open to all; advance registration required

A program from Hospice of the Piedmont’s Center for Grief and Healing

Fridays, October 1–December 10 (will not meet Nov. 26), 3:00–4:30 pm

Join Rene Bond, LCSW and bereavement counselor with Hospice of the Piedmont, for this life-changing program for people still adjusting to loss after a year or more, who are feeling “stuck” and in need of additional support in re-establishing personal contacts, connections, and sense of purpose in life. The focus is on self-determined “steps” rather than “cure” and on discovering resources within oneself and among others. A two-week break between the end of this 10-week series and the beginning of a subsequent one allows participants to practice what they have learned and decide if registering for the next would be helpful. Call 434.817.6915 or email sonja.fahy@hopva.org to register.

ALZHEIMERS ASSOCIATION SUPPORT GROUP

Free and open to all

3rd Tuesday of each month, 9:30–10:30 am

A collaboration between Alzheimer’s Association, JABA and The Center

Are you providing caregiving for someone with Alzheimers? This monthly program will enable you to build a support system with people who understand. Alzheimer’s Association support groups, conducted by trained facilitators, are a safe place for caregivers to develop a support system, exchange practical information on challenges and possible solutions, talk through issues and ways of coping, share feelings, needs, and concerns, and learn about community resources.

.....
All programs are ON-SITE unless otherwise indicated.

Remember that this is only a partial list of programs and events at The Center! Recurring programs without topic updates are listed in the calendar on pages 6–7. Check the website for programs added after the publication deadline!

Register online at thecentercville.org or call 434.974.7756.

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MONDAY	TUESDAY	WEDNESDAY
8:45 Tai Chi \$ 9:00 <i>Hiking, Croquet</i> 9:45 PRIMETIME FITNESS \$ 10:00 <i>Writing for Healing & Growth</i> \$ Sew & Sews Getting Better at Bridge 10:30 <i>Chair Yoga</i> 11:00 Poker, Silver Swans Ballet \$ 11:45 BALANCE & STABILIZATION \$ 12:15 Shake Your Soul Yoga \$ 12:30 Chess 1:00 Mah-Jongg (Chinese) <i>Ageless Grace</i> \$ English Country Dance	9:00 <i>Retreads Softball</i> 9:15 PRIMETIME FITNESS \$ 10:30 ARTHRITIS EXERCISE \$, Tap Dance (Beg)\$ 10:45 Second Wind Band 11:45 Stretch for Balance & Strength \$ 12:30 Party Bridge 1:00 <i>Beginning Spanish, English Country Dance</i> 1:15 Round Dance Lessons 2:00 Chair Yoga 2:10 <i>Advanced Beginner Spanish</i> 3:15 <i>Keeping Up Your Spanish</i> 3:30 MOVE TO THE RHYTHM DANCE PARTY \$ 5:00 Beginners Line Dance 6:00 Boot Camp \$ Improvers/Intermediate Line Dance 6:45 Families Anonymous 7:00 Zumba with Alexys \$	8:30 Tai Chi \$, Vinyasa 9:00 <i>Hiking</i> 9:15 Primetime Fitness 9:30 Crafty Ladies Mexican Train Do 9:45 Tone & Groove \$ 11:00 SENIOR FITNESS Poker 12:00 Tops , Canasta 12:00–4:00 Massage A 12:30 Square Dance Le 1:00 <i>Ageless Grace</i> \$, American Mah-Jo 1:30 Recorder Lesson 2:30 Ping Pong 3:00 Knit-Wits

September

6 Center Closed	7 10:00 Try It Out Tuesday Hearing Screenings 11:00 Good Life Series 3:00 Beginners Guitar Lessons 5:30 Oil Painting for Beginners \$ 7:00 Has Your Get Up and Go Got Up and Left?	8 10:30 Parkinson's Ca 11:00 Medicare 101 1:30 Senior Statesm
13 10:00 Let's Talk Coffee! 1:00 Senior Council Piedmont Pastelists Advanced Guitar Lessons (cont'd)	14 10:00 Money & You 4:00 Karaoke 5:30 Oil Painting for Beginners (cont.) \$ 6:00 Dementia Awareness	15 10:00 New & Prospe Hearing Health
20 11:00 150 Years of Lost American History \$ 1:00 Advanced Guitar Lessons (cont'd) 1:30 Identifying Birds 2:00 Bunko	21 10:00 Elder Law Birds of Prey Demonstration 5:30 Oil Painting for Beginners (cont.) \$	22 11:30 Luncheon at Th
27 11:00 150 Years of Lost American History (cont.) \$ 1:00 Advanced Guitar Lessons (cont'd) 1:30 Identifying Birds	28 10:00 Long Term Care Q&A (by appt.) 4:00 Karaoke 5:30 Oil Painting for Beginners (cont.) \$ 6:00 New to Medicare?	29

October

4 11:00 150 Years of Lost American History (cont.) \$ 1:00 Senior Council Advanced Guitar Lessons (cont'd) 1:30 Identifying Birds 2:00 Bunko	5 10:00 Try It Out Tuesday Hearing Screenings 11:00 Good Life Series <i>Fall Landscape Watercolor</i> \$ 5:30 Oil Painting for Beginners (cont.) \$ 7:00 Has Your Get Up and Go Got Up and Left?	6 9:30 Kingfishers 11:00 Book Group
11 11:00 150 Years of Lost American History (cont.) \$ 1:00 Advanced Guitar Lessons (final class) 1:30 Identifying Birds	12 10:00 Money & You 11:00 <i>Fall Landscape Watercolor (cont.)</i> 4:00 Karaoke 5:30 Oil Painting for Beginners (cont.) \$ 6:30 Book Presentation and Signing	13 10:30 Parkinson's Ca 11:00 Medicare 101 1:30 Senior Statesm
18 11:00 150 Years of Lost American History (final class) \$ 2:00 Bunko	19 10:00 Elder Law 11:00 <i>Fall Landscape Watercolor (cont.)</i> 4:00-8:00 pm Medicare Open Enrollment (by appt.) 5:30 Oil Painting for Beginners (cont.) \$ 6:00 Medicare 101 6:30 Plan for a Secure Retirement \$	20 10:00 New & Prospe Hearing Health
25	26 10:00 Long Term Care Q&A (by appt.) 11:00 <i>Fall Landscape Watercolor (final class)</i> 4:00 Karaoke 4:00-8:00 pm Medicare Open Enrollment (by appt.) 5:30 Oil Painting for Beginners (final class) \$ 6:30 Plan for a Secure Retirement (cont.) \$	27 11:30 Luncheon at Th

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

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

THURSDAY			FRIDAY		
Yoga \$ s \$ ominoes	9:00	<i>Retreads Softball, Ivy Creek Walking Group</i>	8:30	Tai Chi \$	
	9:15	PRIMETIME FITNESS \$	9:00	Croquet	
	10:00	AA Meeting	9:15	PRIMETIME FITNESS \$	
	10:30	Chair Yoga , First Wind Band, Tap Dance Lessons (Int)\$ ARTHRITIS EXERCISE \$, Crafts DIY	9:30	Friday Art Group	
	11:30	Tap Dance Lessons (Adv) \$	9:45	Tone & Groove \$	
	11:45	BALANCE & STABILIZATION \$	10:45	Balance with Beth \$ Flashbacks	
	12:00	NIA-Moving to Heal \$, Unwind Yoga \$, Sheepshead	11:00	Friday Fitness	
	1:00	Apple/Mac Class, Woodcarvers	12:00	Writing for Pleasure Beginners Line Dance	
	2:00	Backgammon Drumming Group	1:00	Euchre, Still Sharp Singers	
	2:30	International Folk Dance , Member Social American Mah Jongg	1:30	Improvers/Int. Line Dance	
5:00	Tap Your Troubles Away \$	2:00	Acoustic Jam Session		
2:00	4:15 Fitness Room Orientation 6:00 Jazz Jam Session	3:00	12:00 Learning from the Masters - Acrylic Art \$		
9:00	4:00 Essential Tremor Support Group 5:03 Thursdays Around 5 6:00 Fitness Room Orientation Camera Club Meeting African American Authors Book Club	10:00	12:00 Learning from the Masters - Acrylic Art \$ 1:00 Beginner Bridge Lessons \$		
16:00	1:00 Move for Health 4:15 Fitness Room Orientation 6:00 Human Experience Course \$	17:00	11:00 Has Your Get Up and Go Got Up and Left? 12:00 Learning from the Masters - Acrylic Art \$		
23:00	2:00 American Mah Jongg Lessons \$ 3:00 Open-Air Archaeology in Rome 5:01 Thursdays Around 5 6:00 Human Experience Course (cont.) \$ Fitness Room Orientation	24:00	12:00 Learning from the Masters - Acrylic Art \$ 1:00 Beginner Bridge Lessons \$		
30:00	2:00 American Mah Jongg Lessons (cont.) 4:15 Fitness Room Orientation 5:30 Soul Reflections with Myra Anderson 6:00 Human Experience Course (cont.) \$				
		1:00	3:00 Transitions: Learning to Live with Loss		
7:00	2:00 American Mah Jongg Lessons (cont.) \$ 4:00 Artists Reception 6:00 Human Experience Course (cont.) \$ Fitness Room Orientation Jazz Jam Session	8:00	12:00 Basics of Painting with Alcohol Ink \$ 1:00 Beginner Bridge Lessons \$ 3:00 Transitions: Learning to Live with Loss		
14:00	2:00 American Mah Jongg Lessons (cont.) \$ 4:00 Essential Tremor Support Group 4:15 Fitness Room Orientation 5:04 Thursdays Around 5 6:00 Human Experience Course (final class) \$ Camera Club Meeting African American Authors Book Club	15:00	10:30 Essentials of Drawing \$ 11:00 Has Your Get Up and Go Got Up and Left? 3:00 Transitions: Learning to Live with Loss 6:00 Dance Party with Soul Expressions \$		
21:00	2:00 American Mah Jongg Lessons (final class) \$ 4:00-8:00 pm Medicare Open Enrollment (by appt.) 6:00 Five Wishes Fitness Room Orientation Discovering Scuba 6:30 Plan for a Secure Retirement (cont.) \$	22:00	10:30 Essentials of Drawing (cont.) \$ 12:00 Multimedia Collage \$ 1:00 Beginner Bridge Lessons \$ 3:00 Transitions: Learning to Live with Loss		
28:00	10:30 Shredding Truck \$ 4:00-8:00 pm Medicare Open Enrollment (by appt.) 4:15 Fitness Room Orientation 5:02 Thursdays Around 5 6:00 New to Medicare? 6:30 Plan for a Secure Retirement (final class) \$	29:00	10:30 Essentials of Drawing (cont.) \$ 3:00 Transitions: Learning to Live with Loss		



Thanks to your gifts, older adults in our area have opportunities that contribute to more years spent in good health.

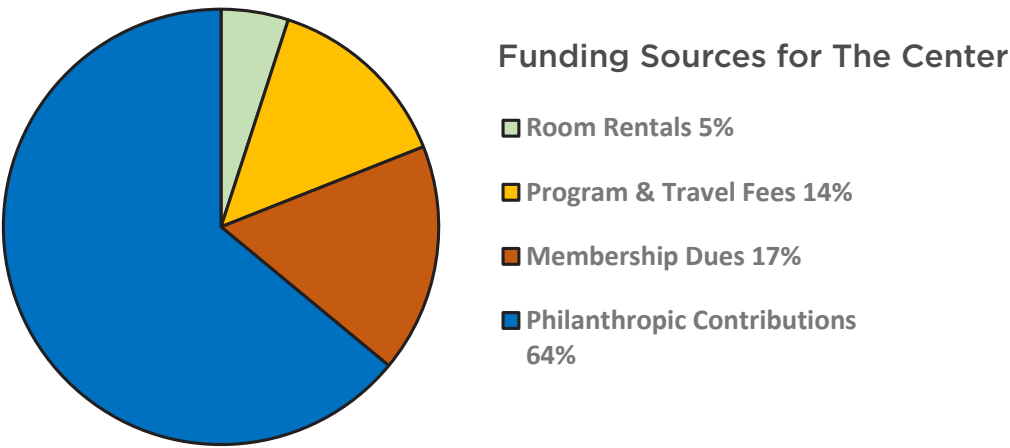
Imagine ...

What would it be like if everyone aged to the best of their potential—if we all had more years of good health, unburdened by the typical challenges of aging? The economic and social benefits could be significant and the impact on quality of life for individuals would be enormous! That’s the power of healthy aging, and your gifts to The Center can make it possible.

One in three residents in the Charlottesville/Albemarle area is 50 years of age or better. Each brings unique experience and value to our community. We want to help increase the number of years spent in good health with programs promoting physical activities, social ties, lifelong learning, resiliency, and independence. Research proves participants in programs like those offered at The Center incur lower healthcare costs, have a more positive outlook on life, and give back to our community in myriad ways.

With no regular government funding, your gifts to The Center fund proven core programs addressing multidimensional wellness—and help create new ones as needs emerge. Please consider a gift to support The Center and access to healthy aging.

Just imagine what your gift can make possible for our community!



Carter Bank & Trust Supporting The Center, One Account at a Time

Recently Jud Foster, Senior Vice President, Regional Commercial Banking Manager, and other representatives from Carter Bank & Trust presented The Center—represented by Council President Peggy Slez and other Council members—with a check from Carter's CARE Forward initiative. Funds will support the Center’s healthy aging programming.

CARE Forward is a comprehensive program that looks to raise funds, organize volunteer opportunities, build relationships, and inspire engagement from the community. Throughout 2021, Carter will donate \$10 to the Center whenever someone opens a checking account at any Carter Bank & Trust in the Charlottesville area.

Carter Bank & Trust's Jud Foster presents a check to Council president Peggy Slez on August 2, 2021.



scenes from summer



Nominations Sought for Board of Directors

The Center is accepting nominations for two open positions on its Board of Directors, the governing body that provides the fiduciary oversight of the organization. These three-year terms begin April 1, 2022. The Board meets bi-monthly on the fourth Monday from 4:00–6:00 p.m.

As a 501(c)(3) nonprofit organization, The Center is owned by the community to serve the community. The Board represents the community ownership in setting strategy; ensuring adequate assets to achieve the mission, including playing an active role with staff in all philanthropy efforts; ensuring effectiveness and efficiency; and providing oversight of the executive director.

If you are interested in nominating someone (self-nominations welcome), please contact Council President Peggy Slez, who serves on the Board Development Committee, at mjslez@gmail.com, or Executive Director Peter Thompson at peter@thecentercville.org.

Meet Gale Jackson and Kiri Soprano



Gale Jackson

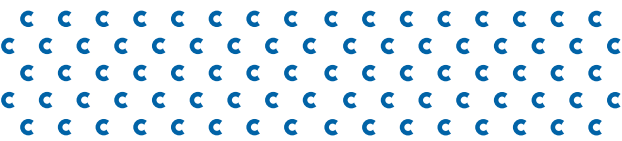


Kiri Soprano

As our part-time Welcome Desk Coordinator, **Gale Jackson** is generally at The Center on Tuesdays and Thursdays in the late afternoon and evenings to assist members and guests. She works closely with Membership Coordinator KevReyl Wells and plays a critical role in ensuring that our Welcome Desk functions smoothly and provides extraordinary customer service. Gale likes helping others—in addition to her role with the Welcome Desk, she works as a Certified Nursing Assistant. Staying active is important to her and she enjoys walking outdoors and exercising in her free time. She is excited about making new connections at The Center.

Kiri Soprano joined The Center in August as Philanthropy Coordinator. She brings over a decade of experience in aging services, from community outreach, education, and fundraising at the Alzheimer’s Association in Houston, TX, to programming at senior centers in Charlotte, NC, and most recently, OLLI at UVA. As a graduate student, Kiri helped develop a strategic plan for a senior center in Worcester, MA. A longtime student of best practices in community aging services, Kiri was drawn to The Center’s innovative programming as well as its commitment to anticipating and meeting the diverse needs of a rapidly growing population.

When not at The Center, Kiri, a self-proclaimed foodie and budding locavore, can be found in her garden, at local farmers markets, wineries, and farms. Kiri also enjoys road-tripping around Virginia to visit LOVEWorks installations (over 30 so far), with her husband, Andy, and toddler son, Cole.



thecentercville.org



TRAVEL

LINDA HAHN
TRAVEL COORDINATOR
linda@thecentercville.org
434.220.9736

Trips are open to the public of all ages. For more information about trips or to book a reservation, call the travel office at 434.974.6538 or email Travel Coordinator Linda Hahn at linda@thecentercville.org.

Planning your own trip? We also offer personal travel services!

Travel Office Hours: Monday–Friday 9:30 am–2:30 pm

DAY TRIPS

SMITH MOUNTAIN LAKE

Thursday, September 23

Board *The Virginia Dare*, a 19th-century side-wheeler for a narrated two-hour charter cruise on the lake called the “Jewel of the Blue Ridge Mountains.” Buffet lunch is included.



RIVERSIDE CENTER - BRIGHT STAR

Wednesday, October 6

Inspired by a real event and featuring the blue-grass-tinged, Grammy-nominated score by Steve Martin and Edie Brickell, Broadway’s *Bright Star* is a tale of love and redemption set against the rich backdrop of the American South in the 1920s and ’40s. Lunch is included.

MENDING WALLS TOUR - RICHMOND

Wednesday, October 13

Mending Walls is a public art project that brings together artists from different cultures and backgrounds to create unique connections and tell their stories collaboratively in an effort to express healing. Join us for a two-hour tuk tuk tour of the project, a discussion with one of the artists, and lunch in Jackson Ward (all included).



VIRGINIA MUSEUM OF FINE ARTS - "FINE ARTS AND FLOWERS"

Thursday, October 21

Enjoy a spectacular museum-wide exhibition of 80 floral designs inspired by works in the VMFA collection. Lunch is on your own at the museum. Presented by The Council of the Virginia Museum of Fine Arts, with floral designs by The Garden Club of Virginia, Virginia Federation of Garden Clubs, Ikebana of Richmond, and Garden Clubs of Virginia.

NATIONAL D-DAY MEMORIAL - BEDFORD

Thursday, October 28

This moving tribute to the American and Allied Forces that fought in the largest amphibious invasion of all time overlooks Bedford, VA, which suffered the greatest loss per capita in the U.S. during the Normandy invasion. Also included is a tour of the Bedford Museum and Genealogical Library. Lunch on your own at Olde Liberty Station.

PEAKS OF OTTER

Wednesday, November 3

Travel into the heart of the Blue Ridge Mountains to the historic Peaks of Otter Lodge in Bedford. Enjoy lunch (not included) at the Lake View Restaurant then take a stroll around tranquil Abbott Lake amid the beauty of all in Virginia.



RIVERSIDE CENTER - MEET ME IN ST. LOUIS

Thursday, November 11

Based on the heartwarming film starring Judy Garland, this is a delightful portrait of a turn-of-the-century American family. Memorable musical numbers include *Have Yourself a Merry Little Christmas* and *The Trolley Song*.

GETAWAYS

NATIONAL MUSEUM OF THE U.S. ARMY

Thursday, December 2

This museum at Ft. Belvoir, VA, celebrates over 245 years of army history and tradition. Through stories, exhibits, and programs, it provides a richer understanding and knowledge of American soldiers and their roles. Lunch on your own at the museum.

GATLINBURG, TENNESSEE

September 12–17, 2021

Gatlinburg is the gateway to the Great Smoky Mountains! Trip includes roundtrip transportation, all meals, and entrance fees for day trips to Great Smoky Mountains National Park, Museum of the Cherokee, Dollywood, and more!

WILLIAMSBURG

December 6–7, 2021

Enjoy a night at the Griffin Hotel in the historic district with time to stroll, dine (on your own), and shop. Stops at Williamsburg Pottery on the way and Williamsburg Premium on the return offer great shopping. Outlets. Hotel breakfast is included.



COSTA BRAVA, SPAIN

April 22–30, 2022

Costa Brava is a perfect location from which to explore the beauty and history of Spain. Lodging is at the Villa Vicentra, ideally situated for a 10-minute walk to the beach, shops, and restaurants. Includes roundtrip transfers and air, all meals, gratuities, and five day trips.

PORTUGAL

May 20–28, 2022

Experience the beautiful Minho region in northern Portugal, just 35 minutes from Porto. Accommodations are at the Casa de Vilela, a magnificent 18th-century manor house. Includes roundtrip transfers and air, meals, gratuities, and six day trips.



ALASKA AND THE YUKON

August 6–17, 2022

Enjoy a dream Alaska vacation! Travel from Anchorage to Denali National Park and Fairbanks before heading into the Yukon to travel through the land of the gold rush. In Skagway, you’ll board Holland America Line’s *Zuiderdam* and sail to Glacier Bay and Ketchikan. A cruise through the inside passage ends in Vancouver, BC. Valid passport required and travel protection is recommended.

TUSCANY 2022

Choose from three departure dates in September and October

Spend a week in the Chianti Hills region, the heart of Tuscany, in a villa built as a country residence for a Florentine noble family. Six days of tours around the region, all transportation, meals, and gratuities are included.

COME
ALONG!



VOLUNTEERING

BOBBI HUGHES
Coordinator of Volunteer Resources
434.220.9755 • bobbi@thecentercville.org

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

Volunteering Benefits Individuals and Community

The Center is operated in large part by volunteers. Some work once a month or a few times a year. Others commit to giving two to six hours every week. All of them make a difference!

We are always looking for individuals who have open and flexible schedules and want to give of their time as lobby ambassadors, Fitness Center assistants, Sew 'n' Sews, administrative support, substitute volunteers, special events volunteers, and more. Along with training for specific positions, volunteers learn about Center policies and procedures to ensure continued excellent customer service, and they are fully supported—and hugely appreciated!—by staff members.

The Center's volunteer program also connects potential volunteers with jobs that match their skills and interests with the needs of other nonprofits in our community. Many organizations in Charlottesville specifically seek out senior volunteers because of their knowledge and experience.

Donating your time, talents, and experience contributes enormously to the quality of life in our community for people of all ages. And those who give also receive: volunteering is proven to enhance physical and mental health. We hope that you will consider being a volunteer, either here or with another local nonprofit. Call, visit, or email Bobbi to learn more.

Volunteers Needed!

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

AT THE CENTER

RECORDING SECRETARY FOR THE BOARD OF DIRECTORS

Attend bi-monthly meetings at The Center to take minutes, transcribe and distribute them, and maintain copies for future meetings and archives. Time commitment is approximately 8 hours every other month. Board meetings are generally held the fourth Monday of every odd month from 4–6 p.m.

With expanded hours on Tuesday and Thursday evenings, we have an increased need for volunteers from 4:00 to 8:00 pm. Help is needed in the following positions:

FITNESS ASSISTANTS

Welcome members and guest as well as assist with the maintenance of fitness rooms and equipment.

LOBBY AMBASSADORS

Assist guest and members in the Center's lobby and ensure they feel welcome.

TRAVEL RESERVATION AGENT

Perform clerical and technical tasks in the operations of the Travel Office.

SUBSTITUTE VOLUNTEERS

Want to volunteer but can't commit to a regular schedule? Consider being a substitute!

IN THE COMMUNITY

LOAVES & FISHES VOLUNTEERS

Loaves & Fishes Food Pantry provides free food—fresh produce and baked goods, frozen meats, and non-perishables—to help people in need in the greater Charlottesville area feed their families. Volunteer positions available include Intake, Greeters, Packers, and Cart loaders.

TWICE IS NICE

Do you like clothes and shopping? Consider volunteering for Twice is Nice. Twice is Nice values the charitable contributions of our many volunteers who work behind the scenes preparing our donated goods for sale, offering assistance in the store, and promoting our mission to support local seniors in need. Be a part of the team and earn store credit for every hour you work! If interested contact Bobbi Hughes for more information.

MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (June 1–July 31, 2021)

Elizabeth & Greg Allen
Tessa Ader
Pamela Burke
Nabil Elbaz
Janet & Eben Morrow
Yvonne & John Watterson
Anne & Mark Logan

DONATIONS MADE IN HONOR OF (June 1–July 31, 2021)

Helen Destrempes
by: Shirley Jones

Paul Jacob
by: Sonnia Kesser

Clay Sisk
by: Bobbye Cohen
Sydna Julian

DONATIONS MADE IN MEMORY OF (June 1–July 31, 2021)

Ronald Fischer
by: Harold Olinger

Thomas Hurlburt
by: Gail Samuels

Dottie Israel
by: Betty Phillips

Mary Elizabeth Sihler
by: Patricia Davis

Elizabeth "Skip" Tewksbury
by: Frances Burnette

Julie Wyatt
by: Betsy Bean

WE REMEMBER

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

James F. Beddow
Nan M. Brown
Elizabeth Chester
Inez Crispens
Robert L. Cross
Ronald E. Fischer
Eldred Hendricks
Elizabeth Tewksbury
Anita M. Cross
Marilyn C. Eubank
Horace E. Fidler, Jr.
Virginia Hallock
Odell H. Hearn
Natalie E. Ross
E. Vernon Smith, Jr.
Mary E. Smyth
JoAnn Trimble
D. Alan Williams

Check out dozens of new titles available in The Center's Sally Grymes Gieck Library.

There are several other programs in which I want to participate, and hope to open space for them on my calendar soon. Along with programs, I enjoy seeing Kev and other staff members when I come to The Center. From the first time I walked through the doors of The Center's beautiful building, each of them has made me feel welcomed and at home.

What impact has participation at The Center had on your life?

The Silver Swans ballet class and Writing for Pleasure group have been lifelines for me. Deafness is very isolating and the pandemic made my isolation even more profound. I have not seen any of my relatives since Christmas 2019, nor have I shared a meal with anyone in 17 months. This winter I was aware of depression lurking within me, so after I received my vaccination and was able to be around other vaccinated people safely, I decided to look for ways to re-engage with people. The Center is exactly what I needed. In the short time that I have been coming to The Center, my joy in life has been restored and I awaken each morning happy. My mind is sharper due to the focus needed for ballet and doing the writing exercise assigned each week in the writers' group. I live for Mondays and Fridays.

What do you wish other people knew about The Center?

The Center has a wide array of groups, classes, gatherings, and resources. There is something for everyone. It is not a place where one comes to be older, but to be alive and engaged in life. The change in my mental health since participating in ballet class and the writers' group is a welcome gift. It is a joy to be around other people who are interesting and interested in living life fully. The Center provides a place where each member can continue to grow, learn, achieve, and engage. The Center helps its members to be their best. ■



Get in a workout, de-stress with an art class, or enjoy live music — all after work or school.

The Center is now open until 8:00 pm on Tuesdays and Thursdays, allowing those who can't enjoy The Center during the day the chance to come and participate in the evenings. Group exercise classes like Boot Camp and Zumba, beginning at 6:00 pm and 7:00 pm, help you get in a sweat even with a busy work schedule.

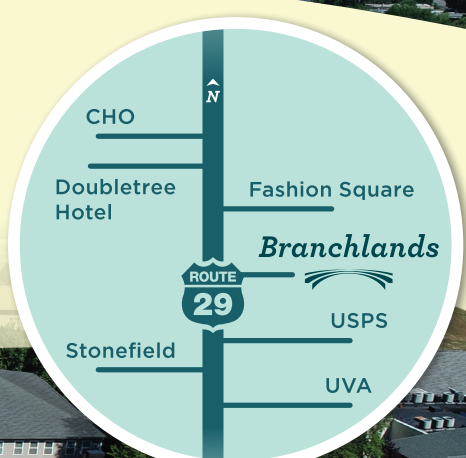

Oil painting, tap dance, and jazz jam sessions are just a few of the programs joining the lineup. Come try something new or revisit an old hobby.

Many of our evening programs are free and open to the community, including our Thursdays Around 5 series that features local musicians and area food trucks. Bring a friend or meet someone new and enjoy all The Center has to offer in the evenings. Check out our program list and September/October pull-out calendar for all of our new evening programs!

scenes from summer




Senior Living in the HEART OF IT ALL



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

BRANCHLANDS



LIVE LIFE TO THE FULLEST!

Independent Living
434.973.9044

Assisted Living & Memory Care
434.973.0311

branchlands.com

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



The Center at Belvedere
540 Belvedere Boulevard
Charlottesville, VA 22901

PRESORT FIRST CLASS
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PERMIT NO. 129

Soul Expressions *Dance Party*

Friday, October 15
6:00–9:00 pm

With commanding stage presence, powerhouse singing, and tight musicianship, this dynamic party band will grab you and never let go. Bring your dancing shoes and boogie down to everything from Motown and classic rock-n-roll to your favorite tunes from the 80s through today.

Open to all / \$10 at the door
Please register at thecentercville.org



FIND YOUR CENTER

civic | community | cultural | fitness | social

Need a space for your next meeting or special event?

Look no further—The Center at Belvedere has it all! An auditorium with versatile space that can accommodate up to 380 people; conference rooms and classrooms for meetings, lectures, and breakout sessions; atrium space for a chic cocktail party; outdoor areas for tented events ... and lots more! If you are planning an event, contact Program Director Jennifer Crews at jennifer@thecentercville.org for more information or visit the facility rental page of our website.



thecentercville.org

Greenberry's®
— ESTD 1992 —
COFFEE CO.

Monday–Friday
Handcrafted
Beverages and
grab-and-go items
7:00 am–4:00 pm

Made to order
breakfast and lunch
sandwiches
9:00 am–1:30 pm

Greenberry's at The Center 540 Belvedere Blvd. | Charlottesville