

DISCOVER THE POWER OF HEALTHY AGING

SEPTEMBER/OCTOBER 2022



## Pastels, Watercolors, and Oils on Display

The Center's first floor gallery will feature works by members of the MidAtlantic Pastel Society in September and October. On the second floor, visitors can enjoy solo exhibits by Linda Abbey, Susan Lang, Carolyn Ratcliffe, and Chris Rich. These works will be exhibited through the end of October.

## New Program for Dementia Caregivers

**Mondays, September 19–October 24  
9:00–11:00 am (6 weeks)**

The Effective Strategies Program for Caregivers is an evidence-informed group intervention for dementia caregivers that is being developed at UVA Health by Shannon Reilly, PhD; Carol Manning, PhD; and Ishan Williams, PhD. The program involves personalized collaboration to develop strategies to navigate the joys and challenges of caregiving while promoting wellbeing for both the caregivers and their family member or friend with dementia. For caregivers of individuals who have been diagnosed with dementia. Care is provided for the care recipient during the program. Free. Registration and information is at [thecentercville.org](http://thecentercville.org).

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## Collaboration with UVA creates opportunity for intergenerational learning

Through a pilot program with the University of Virginia, Center members can participate alongside undergraduates in four sessions of “Introduction to Native American Indigenous Studies: Intergenerational Conversations about (Mis)Representations.” The course provides an introduction to the broad field of Native American studies with a focus on the themes of identity and erasure.

The instructor is Kasey Jernigan, a citizen of the Choctaw Nation of Oklahoma and an Assistant Professor of Anthropology and American Studies at UVA. It came about from a conversation between Dr. Jernigan, who was part of The Center's speaker series last fall, and Center board member Mary Wilson (Lakota heritage).



Kasey Jernigan, Ph.D.

While Kasey had been teaching Intro to Native Studies for several years, she always felt that voices were missing. She and Mary talked about the possibility of bringing together young people and elders for a richer, more meaningful experience; the result is a course—made possible by a grant from The Equity Center at UVA—that will bring together 45 UVA students and 45 Center members. Drawing on work in anthropology, history, literature, art, film, politics, and current events, they will explore the complex relationship between historical and contemporary issues that Indigenous peoples face in North America, with a focus on the United States.

See *STUDIES* on page 11



## Meet Piano Man Bill Porter

“I’m not sure what I want to do when I grow up.”

That sounds as if it could be the opening line of a great song. But it's an acknowledgment from 80-year-old Center member Bill Porter, talking leisurely one afternoon on the back terrace, that he is still curious and open to new adventures.

That Bill is still not committing to a single “grown-up” occupation is no surprise. He's been a photographer and a choir director. He's run his own real estate company. He has a master's degree in linguistics and was Head of School at Tandem Friends School, the position that brought him to Charlottesville in the 1980s.

At The Center, Bill is known first and foremost as a musician. Back in 1999, he explains, “the Municipal Band at the time didn't have a spot for me and suggested I go to the Senior Center, as it was called back then.” Now Bill plays at The Center with the Second-Wind Band and the Flashbacks. And he did eventually find his place with the Municipal Band—now Cville Band—where he plays trumpet.

That's the instrument Bill picked up in second grade, getting good enough to play with his father in two bands while he was growing up. The two of them would switch off between bass and trumpet. It wasn't until he was in his 30s that Bill starting playing the piano. He is mostly self-taught, with just a little bit of jazz instruction.

Piano is what many people around The Center hear him play. He regularly sits down at the grand piano in the Atrium, to the delight everyone around. It is pure pleasure to listen to the way he glides seamlessly from one song to the next. Bill doesn't want to be called a pianist, though; he likes being called a piano man. “The trumpet, while nice, isn't fun to play as a solo—but with piano you can play by yourself just fine.” Bill enjoys the slower songs the best, and he plays by ear for the most part because, he says, “the notes just get in the way.”

Bill also goes to nursing homes and hospitals to play his favorite tunes like “The Wonder of You” by Elvis, which he still sings to the love of his life, his wife of 60 years. Bill and Constance met while in the ninth grade at his parents' insistence. They stayed together seven years before marrying and have two children and five grandchildren. Sometimes parents do know best.

Along with playing trumpet and piano at The Center, Bill enjoys playing bridge and is a Bridge Silver Lifer. He urges anyone unfamiliar with The Center to come in and check out all the activities. There is something here for you. Or come with an instrument even if you haven't played in a long time and play a tune. The diversity of opportunities at The Center excites Bill, “and the acoustics are amazing in this new building!”

Spoken like a true piano man—one who can play you a song and get you feeling alright. ■







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

Hours

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

About THE CENTER AT BELVEDERE

The Center’s mission is to positively impact our community by creating opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity, and lifelong learning. Founded in 1960, The Center is a 501(c)(3) nonprofit organization. EIN/TAX ID #54-073566

Healthy Aging for All

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

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

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

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

WELCOME NEW MEMBERS!

Susan Allan	Heidi Gordon	Angela O'Sullivan
Laura Bachman	Carol Grant	James O'Sullivan
Jacqueline Bailey	Nancy Hackman	Catherine Otterbein
Edward Bain	William Haffey	Janet Parham
Diana Barfield	Marianne Haffey	Ann Patterson
Walter Barfield	Teresa Haller	Mary Power
Dennis Bigelow	Nabil Hanna	Carol Richart
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Sarah Bingham	Anne Henley	JoAnn Robertson
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Lou Bloomfield	Gray Heppner	Nancy Rosen
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Agnes Booker	Robert Jacobsen	Dale Sadler
Elizabeth Braswell	Charlene Johnson	Yvette Schmalz-Riedt
Jeffrey Brill	Bob Johnson	Sabine Scholes
Shay Brill	Kathryn Jones	Kimberley Shafran
Roxanne Broadbent	Wanda Jones	Lee Shapiro
Jennifer Brown	Frannie Joseph	Patricia Shawley
Brenda Bunch	Michelle Kampsen	Myra Shinkle
Leslie Chisholm	Kathleen Keating	Mark Stapp
Jill Christenholz	Trena Kelly	Sammy Swale
Gale Courtney	Carolyn L'Heureux	Beverly Tavener
Al Damico	Jeff LaVault	Ronald Tekel
Sandra Damico	Richard Leach	Frank Tetrick
Angela Daniel	Barbara Linney	Mary Ellen Tetrick
Daphne Dillard	Jorg Lippuner	Stuart Thomas
Banani Dirghangi	Dennis Lynch	Susan Tiezzi
Jayanta Dirghangi	Jeanne Lynch	Leonard Touchette
Kenneth Doyle	Ann Mallek	Bonnie Touchette
Richard Drumm	Sherry Mangold	Donald Ubben
Stuart Fears	Michael Martin	Donna Vandepol
Peter Fekety	William McConnell	Lois Wagner
Cynthia Fischer	Debby Mercer	Dianna Watkins
Barbara Fleming	Ferrell Mercer	Sheryl Whaley
Douglas Forness	Sharon Midgett	Ernestine Wilson
Vicki Frantz	Alvin Mirmelstein	Wilfred Wilson
William Frantz	Cecil Morgan	Karen Wilson
Helen Gatling-Austin	Milissa Morris	Stanley Witkin
Bruce Gatling-Austin	Josephine Mott	Adele Wood
Terry Gibbons	Robert Murtha	Wendy Wright
James Gordon	Mary Nightengale	

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

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



COUNCIL NOTES

You’re invited! The Center Council meeting is your opportunity to become informed and to be heard. Program leaders are voting members of the Council but all Center members are encouraged to attend and participate at meetings, which last approximately one hour and ordinarily take place on the first Monday of each month (note exception for September). The meeting agenda is designed to communicate the policies, plans, and

decisions of the Board of Directors to Center members as well as the members’ concerns to the Board. Also, since the Council acts as an advisory body to The Center staff regarding program-ming and other issues, the Council meeting is an effective forum for sharing your ideas and con-cerns. For more information, please contact Council president Peggy Slez at mjslez@gmail.com.

**Monday, September 12** – Two of The Center’s newest Board members, Dr. Beverly Adams and Shareef Tahboub, will be special guests.

**Monday, October 3** – The agenda will include the September Board of Directors meeting report and “up close and personal” introductions to new staff members!

—Peggy Slez, Council President

# programs

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

This a partial list of offerings; recurring programs without topic updates are listed in the calendar on pages 8–9. Check the website for programs added after our print deadline!

## SPECIAL EVENTS

### THURSDAYS AROUND 5

Free and open to all; registration requested

Enjoy live performances by area musicians! Concerts are held outside, weather permitting, with food available for purchase from a food truck and Greenberry's open for your favorite beverages, including beer and wine.

#### Scuffletown

Thursday, September 8, 5:01–7:00 pm

This high-energy acoustic duo features John Whitlow on harmonica, accordion, flute, and vocals and Marc Carraway on guitar and vocals. **Food Truck: Bavarian Chef**

#### Matty Metcalfe and Dave Kuland

Thursday, September 22, 5:02–7:00 pm

Accomplished and versatile musician Matty Metcalfe is a master of multiple instruments, from piano and accordion to banjo and guitar. Singer-songwriter David Kuland is a veteran of popular bands in New York and Boston. **Food Truck: Raclette on the Run**

#### Mark Patterson and the Midnight Special

Thursday, October 13, 5:03–7:00 pm

Specializing in classic country, oldies rock 'n' roll, and a touch of bluegrass music, this group has performed with Conway Twitty, Johnny Paycheck, Keith Whitley, and Lee Roy Parnell. Band members include Renee Shifflett, Frank Dunlap, Joe Dunlap, and David Watson. **Food Truck: Crustworthy**

#### Isabel Bailey Band

Thursday, October 27, 5:04–7:00 pm

This folk-rock group is led by singer and songwriter Isabel Bailey, whose velvet vocals and impactful performance deliver an experience reminiscent of the '60s and '70s. **Food Truck: Raclette on the Run**

### CVILLE BAND PERFORMANCES

Free and open to all

#### Brass Quintet

Thursday, September 15, 7:00–8:00 pm

Join the quintet for some upbeat and fun classics.

#### Clarinet Ensemble

Thursday, October 20, 7:00–8:00 pm

Enjoy musicians playing all types of clarinets featuring a repertoire that runs the gamut from Baroque to jazz to popular music.

### HOUSE OF HAMILL CELTIC TRIO

Open to all; registration required

Friday, October 7, 6:00–8:00 pm

This Pennsylvania based trio has shared their music and stories on the country's premier folk stages. A lively collection of original instrumentals, reimagined folk ballads, and new songs showcase the trio's versatility. \$15 per person, payable at the door.

### CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP

In partnership with JABA

Free and open to all; register by Sept. 9

Thursdays, September 15–October 20, 1:00–3:30 pm (6 weeks)

This evidence-based program is for those suffering with chronic health conditions such as arthritis, diabetes, heart disease, or other ongoing health problems. Participants will learn to problem-solve, make decisions, and find techniques for managing problems common to people with chronic diseases.

### NATIVE AMERICAN STUDIES

Members only; registration required

Mondays, September 19, October 10, 17, and 24, 2:00–4:30 pm (4 separate sessions)

In partnership with UVA, Dr. Kasey Jernigan (Citizen of the Choctaw Nation of Oklahoma), The Center will offer four sessions of her "Introduction to Native American Studies" class at The Center. Visit the [centercville.org](http://centercville.org) or call the Welcome Desk for details.

### SHREDDING TRUCK

Open to all

Thursday, October 27, 10:30 am–1:00 pm

No need to sign up, just show up with your paper, which is shredded on-site and then recycled. Cost is \$5 for up to 5 grocery bags. Additional bags are \$2 each. All proceeds go toward the cost of the truck and to help fund Center operations.

## ARTS

### BEGINNING SCRAPBOOKING

Open to all; registration required

Wednesdays, September 7–28, 1:00–3:00 pm (4 weeks)

With help from scrapbooker Laurie Bayma, make progress or even complete an album full of memories. Prime members free; Standard members \$25; Guests \$35. Materials fee \$50 or \$62 depending on album package purchased, payable to instructor at first class.

### INTRO TO WOOL APPLIQUÉ AND EMBROIDERY

Open to all; registration required

Mondays, September 12 and 19, 10:00 am–12:00 pm (2 sessions)

Learn basic wool appliqué in session one and embroidery skills in session two as you make a butterfly garden pincushion with Moira and Ellen MacAvoy. Prime members free; Standard members \$15; Guests \$20. Materials fee is \$20, payable to instructor at time of class.

### LANDSCAPE OILS

Open to all; registration required

Tuesdays, September 13–October 18, 9:30 am–12:30 pm (6 weeks)

Kathleen Hutter will teach you how to effectively use compositional tools and colors to make your landscapes eye-catching. Prime members free; Standard members \$60; Guests \$70. Materials not provided. See list online or call the Welcome Desk.

### COMFORT BIRD WOODCARVING CLASS

Open to all; registration required

Tuesdays, September 13 & 20, 2:00–4:00 pm

Long-time carver Mike Micucci will teach you to carve a comfort bird. Prime members free; Standard members \$10; Guests \$20. Materials fee (block, carving knife, pencil ruler and glove) is \$50 for all, payable to instructor at time of class.

### SPEED START TO OILS – STILL LIFE

Open to all; registration required

Tuesday, September 13, 5:00–8:00 pm

In this fast-paced intro to oils with artist Kathleen Hutter, get an overview of tools, mediums, different brush uses, and more. Prime members free; Standard members \$10; Guests \$15. Materials fee \$30, payable to instructor at time of class.



### ACRYLICS WITH NGA KATZ

Open to all; registration required

Thursdays, September 15–October 6, 10:00 am–12:00 pm (4 weeks)

Learn about combining colors, various brush-strokes, and setting up your composition in acrylics. Prime members free; Standard members \$30; Guests \$40. Materials fee is \$20 for all, payable to instructor during the first class.

### CARD MAKING WITH SHERRY

Open to all; registration required

Thursday, September 15, 12:30–2:30 pm

Design three festive fall cards and a pocket envelope with Sherry Sinard. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$10 for all, payable to instructor at time of class.

### ACRYLICS WITH KATHLEEN HUTTER

Open to all; registration required

Thursdays, September 15–October 6, (4 weeks), 5:30–7:30 pm

Create a lovely fall scene painting with acrylics in this course taught by Kathleen Hutter. Materials not provided; see list online or call the Welcome Desk. Prime members free; Standard members \$30; Guests \$45.

### BEGINNERS OIL PAINTING

Open to all; registration required

Fridays, September 16–October 21st 1:00–4:00 pm (6 weeks)

Artist Kathleen Hutter teaches you the fundamentals of oil painting. Learn the steps to creating a good painting, how to mix colors, and more. Prime members free; Standard members \$60; Guests \$70. Visit the website or call the Welcome Desk for a list of materials needed.



SCRAPBOOKING

Open to all; registration required  
Wednesdays, October 5–26, 1:00-3:00 pm  
(4 weeks)  
Learn how to preserve memories and photos with scrapbooker Laurie Bayma. Prime members free; Standard members \$25; Guests \$35. Materials fee varies depending on album package purchased, payable to instructor at first class.

CORNUCOPIA OILS

Open to all; registration required  
Thursdays, October 13–November 3,  
9:30 am–12:30 pm (4 weeks)  
In this short, playful series you will paint a beautiful cornucopia just in time for Thanksgiving while learning how to use the brushes, paints, and mediums. Prime members free; Standard members \$30; Guests \$45. Visit the website or call the Welcome Desk for a list of materials needed.

FIBER ART RIBBON SCARF MAKING

Open to all; registration required  
Monday, October 17, 1:00–3:00 pm  
Learn how to make (and tie!) a fiber scarf comprised of ribbons, yarns, sequins, and metallics that can be worn year- round. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$20 for all, payable to instructor at time of class.

AUTUMN LANDSCAPES – OILS

Open to all; registration required  
Tuesday, October 25–November 15,  
9:30 am–12:30 pm (4 weeks)  
Create a beautiful fall scene with Kathleen Hutter as you learn how to manipulate oil paints and mediums using different brushes and brushstrokes. Prime members free; Standard members \$30; Guests \$45. Visit the website or call the Welcome Desk for a list of materials needed.

LIFELONG LEARNING

RECURRING MEDICARE PROGRAMS

Free and open to all; registration requested  
*There’s no question that Medicare can be confusing. Join in any of these programs that will help you through the process.*

- Thursday, September 1, 1:00–2:00 pm with Margo Kreider
- Wednesday, September 14, 11:00 am–12:00 pm with Sharon Accardo
- Thursday, October 6, 1:00–2:00 pm with Margo Kreider
- Wednesday, October 12, 11:00 am–12:00 pm with Sharon Accardo
- Tuesday, October 18, 6:00–7:00 pm with Sharon Accardo

MAH JONGG FOR BEGINNERS

Free to members; registration required  
Thursdays, September 1–29,  
2:30–4:30 pm (5 weeks)  
Learn to play American Mah Jongg, a rummy-like game using Chinese tiles. Requirements include a \$4 (quarters) purse and the Large Print 2022 playing card available for \$10 at nationalmah-jonggleague.org. Contact instructor Joyce Nunge at jnunge@comcast.net for more information.

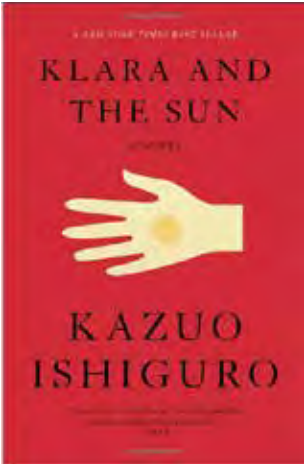


GOOD LIFE SERIES

Free and open to all  
First Tuesday of each month,  
11:00 am–12:00 pm  
Tuesday, September 6  
Navigating Our Local Healthcare Continuum: Tips from the Experts - Healthcare professionals from an area hospital, rehab facility, and homecare agency share information about how to prepare for the unexpected—like when a heart attack or bad fall lands you in the hospital—as well as for planned procedures like a hip or knee replacement and the associated rehabilitation care.  
Tuesday, October 4  
Finding Meaningful Volunteer Opportunities - Looking for ways to give back to our community? Join representatives from area nonprofits and learn about the multitude of volunteer positions available.

BOOK DISCUSSION GROUP

First Wednesday of each month,  
11:00 am–12:00 pm  
This enthusiastic group meets to discuss predominantly contemporary works of fiction and nonfiction. Free for members but first-time guests are always welcome.  
September 7 - *Klara and the Sun* by Kazuo Ishiguro  
October 5 - *Circe* by Madeline Miller

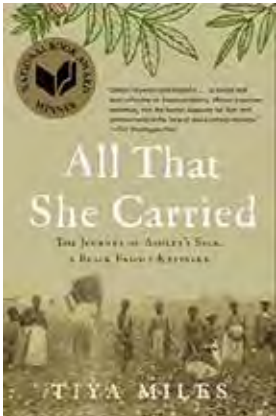


RIISING RATES, INFLATION, AND GEOPOLITICAL STRESS

Free and open to all  
Wednesday, September 7, 6:00–7:00 pm  
Where are the markets and the economy headed? The confluence of rising interest rates, inflation, and geopolitical stress have given rise to increased market volatility and greater uncertainty. Join Rodney Sullivan, Executive Director of the Mayo Center for Asset Management at the Darden School.

AFRICAN AMERICAN AUTHORS BOOK CLUB (AAABC)

Free and open to all  
Second 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, club members are racially and culturally diverse and join together to enjoy intellectual discussions and camaraderie.  
September 8 - *The 1619 Project: A New Origin Story* by Nikole Hannah-Jones  
October 13 - *All That She Carried* by Tiya Miles



CHARLOTTESVILLE CAMERA CLUB

2nd Thursday of each month, 6:30–8:00 pm  
Center members are welcome to join in these monthly meetings! See below for photo competition categories.  
September 8 - Abstracts and Altered Reality  
October 13 - Fresh Perspectives



ITALIAN REFRESHER CLASS

Open to all; registration required  
Mondays, September 12–26,  
11:30 am–1:00 pm (3 weeks)  
Know a little Italian and want to brush up on the basics? Join native Italian AnnaMaria Bakalian for a three-week refresher course. Relearn simple exchanges and understand Italian customs relating to everyday life. Prime members free; Standard members \$15; Guests \$30.

ADVANCED BEGINNERS GUITAR LESSONS

Open to all; registration required  
Mondays, September 12–October 31  
(8 weeks), 1:00–2:00 pm  
If you can play a few guitar chords and strum, this class is for you! Join accomplished musician and instructor Mike D’antoni to learn more advanced chords, fingerpicking, and strum patterns. BYOG (bring your own guitar). Prime members free; Standard members \$70; Guests \$100.

BEGINNERS GUITAR LESSONS

Open to all; registration required  
Mondays, September 12–October 31  
(8 weeks), 2:15–3:15 pm  
If you’ve never touched a guitar or only know that it has strings, join Mike D’antoni for this class. It’s also a good refresher if you played many moons ago and might need a do-over. BYOG (bring your own guitar!) Prime members free; Standard members \$70; Guests \$100.

MONEY AND YOU

Free and open to all  
Tuesday, September 13, 10:00–11:30 am  
Annuities - Jorgen Vik, CFP, and Partner with SKV Group, LLC, will discuss various types of annuities and situations that may be of value to an investor.  
Tuesday, October 11, 10:00–11:30 am  
Midterm Elections & Investing - Jorgen Vik, CFP, and Partner with SKV Group, LLC, leads a discussion on how the upcoming election may impact the economy and personal finances.

ADULT FIRST AID/CPR/AED CERTIFICATION COURSE

Open to all; registration required  
Tuesday, September 13, 12:00–3:00 pm + online sessions  
Through a combination of online and in-person sessions, learn the basic concepts and skills needed to respond to emergency situations, including basic First Aid practices, CPR, and how to use an AED. Taught by Red Cross Certified Instructor Olivia Watts. Passing students will be awarded a certification in Adult First Aid/CPR/AED by the American Red Cross. Members \$35; Guests \$50.

MEDICARE AND SOCIAL SECURITY PLANNING 101

Free and open to all  
Thursday, September 15, 6:00–7:30 pm  
Wednesday, October 19, 6:00–7:30 pm  
Part A, B, C, D ... what does it all mean? And when should you enroll in Medicare and Social Security? Find out the answers to these questions and much more. Presented by Sharon Accardo, Senior Insurance Advisor, and Tracy Meade, CLTC, Financial Planner.



**ELDER LAW WITH DORIS GELBMAN**

Free and open to all  
Tuesday, September 20, 10:00–11:30 am  
**Aging Gracefully (Part 2): Assisted Living and Continuing Care Retirement Communities** - Sometimes remaining completely independent isn't possible. Assisted living, with or without memory care, is one option. Moving into a "continuing" care retirement community is another. If you decide one of these is the option for you, how will you pay for it?

Tuesday, October 18, 10:00–11:30 am  
**Aging Gracefully (Part 3): End of Life – Nursing Care and Hospice** - After an illness or accident and a stay in the hospital, you might need nursing care. The goal of that is rehabilitation and a return to your home. Sometimes independent living is not possible and extensive care is required. What about Hospice? There's a place for that, and it might not be where you think it is.

**CRAFTING YOUR EXTENDED CARE PLAN**

Free and open to all  
Thursday, September 22, 6:00–7:30 pm  
Thursday, September 29, 11:00 am–12:30 pm  
Taking the time to set up a plan for long-term care will give you, your family members, and your caregivers peace of mind. Presented by Kim Volker, COO, *Care is There*, and Tracy Meade, Certified Long-Term Care Consultant and Financial Planner.



**NEW SERIES OF SPANISH CLASSES**

Classes are **ONLINE**, but meet at The Center the 2<sup>nd</sup> Tuesday of each month.

**Beginning Spanish**

Center members free; registration required  
Tuesdays, beginning September 27, 1:00–2:00 pm

This year-long course uses *Conversational Spanish in 7 Days* by Shirley Baldwin and Sarah Boas. If you are looking for a basic course in Spanish and can commit to spending at least **two to three hours a week** (ideally 20–30 minutes a day!) studying, this is the one for you!

**Advanced Beginner Spanish**

Free and open to all; registration required  
Tuesdays, beginning September 27, 2:10–3:10 pm

This year-long course uses 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, beginning September 27, 3:15–4:30 pm

This is an intermediate level course for students who want to improve their skills or keep up their fluency in Spanish. Materials used will include podcasts and readings about current events, plays, and stories.

**WRITERS CRITIQUE WORKSHOP**

Free and open to all; registration required  
Fridays, September 30 and October 14, 2:00–3:30 pm (2-part series)  
Alden Bigelow of the Blue Ridge Writers group facilitates this workshop for both seasoned writers and those in the initial stages of shaping their first short story, novel, memoir, or collection of poetry. You will submit a work and receive helpful tips.

**REEF LIFE**

Free and open to all; registration required  
Monday, October 17, 10:00–11:30 am  
From sharks to seahorses, eels to angelfish, much of reef life knowledge is the result of a productive partnership between recreational divers and scientists. Scuba enthusiast Carolyn Merrick shares photos and fun facts about underwater animals she has encountered, then tests your newfound learning in a rousing game of FISH-O bingo.

**DEMYSTIFYING SOLAR ENERGY**

Free and open to all; registration required  
Tuesday, October 18, 2:00–3:30 pm  
Join Tim Heltzel from SunDay Solar to learn about solar theory, how solar energy works, and the components of a Photovoltaic (PV) system.

**PHYSICAL WELL-BEING**

**NEW! LEVEL 1 WALKING**

Free and open to all  
Fridays beginning September 16, 9:00–10:00 am  
Join Center member and wellness counselor Gary Denny for this easy-paced walking class for folks who haven't exercised in a while. It's a great way to start a fitness routine! Locations are TBD; visit the website or call the Welcome Desk for info.

**HEARING HEALTH WITH EVOLUTION HEARING (on-site and online)**

Free and open to all; please register if attending on-site  
Wednesday, September 21, 10:00–11:00 am  
**New Relief for Tinnitus** - Ringing, swishing, crickets, white noise ... anything you hear that really isn't there is called tinnitus. Audiologist Dr. Kristin Koch will review tinnitus, why it happens, and new treatment options.  
Wednesday, October 19, 10:00–11:00 am  
**Comparing Apples to Oranges in Hearing Aids** - The hearing aid world is confusing. Top of the line, middle level technology ... how do you know what to do? Join Dr. Koch to educate yourself about the hearing aids that are available and what you get for your money.

**SOCIAL/RECREATIONAL**

**TAP YOUR TROUBLES AWAY**

Open to all; registration required  
Returns Thursdays, beginning September 1, 5:00–5:50 pm  
Veteran instructor Lynn Divers teaches tap dancing with a focus on rousing Broadway style tap. Learn steps from basics to showstoppers. Increase your cardio while having fun! Prime members free; Standard members \$30/month; Guests \$45/month.



**THE CENTER PLAYERS ACTING CLASS**

Open to all; registration required  
Tuesdays and Thursdays, September 6–November 15, 11:00–12:30 (24 sessions)  
All are welcome to join the exciting new acting ensemble, The Center Players. Class, training and rehearsals will culminate in two one-act pieces performed at The Center. Directed by Boomie Pedersen and Larry Goldstein. Center members \$200; Guests \$250.

**MOVIE NIGHT**

Free and open to all; registration requested  
1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month, 5:00 pm until the movie ends  
It's BYOP — bring your own popcorn!  
**September 7** - *Itzhak* (documentary)  
**September 21** – *The Hundred Foot Journey*  
**October 5** – *The Eagle Huntress* (documentary)  
**October 19** – *North by Northwest*

**CAJUN/ZYDECO DANCE PARTY**

Free and open to all; registration required  
Every 2nd and 4th Thursday, 6:30–7:50 pm  
Cajun and Zydeco music is infectious, and the basic dance steps are easy to learn. Other dance steps lend themselves well to this fun, funky music, too—ballroom, swing, country, etc. Join Dan Falwell and *laissez les bons temps rouler!*

**JIGSAW PUZZLE SWAP**

Free and open to all  
Tuesday, September 20, 1:30–7:00 pm  
Looking for a new puzzle, or two, or three? Please only bring puzzles that have all the pieces and are in good condition. Any remaining jigsaw puzzles will be donated to local nonprofits.

**BIRDING AT FOXHAVEN (OFFSITE)**

Free for Center; registration required  
Friday, September 23, 7:30–9:00 am  
Friday, October 28, 7:30–9:00 am  
Join Center member and avid birder Jon Rockett for a bird walk at Foxhaven Farm (directions on website). No previous knowledge or experience necessary, just a desire to learn about birds.

**MOVIES AND DISCUSSION - LGBTQ DOCUMENTARIES**

Free and open to all; registration requested  
Tuesday, September 27, 5:30–7:30 pm  
*Senior Prom* (15 minutes) - For residents in an LGBTQ retirement home, "Senior Prom" takes on a whole new meaning. In *Alabama Bound* (55 minutes), three families fight for equality while gay marriage cases crowd the courts.

**LGBT & ALLIES GAME NIGHT**

Free and open to all—everyone welcome  
Wednesday, October 19, 5:00–7:30 pm  
You're invited to an LGBT & Allies Game Night! From Boggle to Rummikub, Pictionary to Mexican Train Dominoes, we've got game, or come with your own! Bring your friends and grab a drink at Greenberry's.

**LUNCHEON**

Open to all; registration required  
Wednesday, October 26, 11:30 am–12:30 pm  
Join your friends for a luncheon catered by Wayside. Menu is on our website. Prime and standard members \$15; Guests \$16.

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

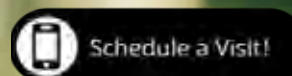


# ROSEWOOD VILLAGE



WE ARE STRONGER  
*Together*

For the past 21 years, we have supported The Center at Belvedere's mission to positively impact our community by creating opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity, and lifelong learning. We are so grateful for all you do and would like to send a special thank you to the entire team at The Center. Our incredible partnership comes with great pride and together we look forward to many more years of continuing to care for our seniors in Charlottesville.



**Two Awarding Winning Locations** in one great place called Charlottesville.

#### HOLLYMEAD

2029 LOCKWOOD DRIVE  
CHARLOTTESVILLE, VA

#### GREENBRIER

500 GREENBRIER DRIVE  
CHARLOTTESVILLE, VA







# 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.

## Want to get started as a volunteer? Follow these tips to ensure the best experience.

Many people find that volunteering is a fulfilling way to use their valuable skills, give back to their communities, and mentor others. It may be helpful to keep the following tips in mind when planning where, when, and how to volunteer:

- Time management is important—make sure you don't over-commit, especially at first. A good amount to start with is a couple of hours a week. It's harder to step back, which can also be frustrating and cause a sense of insufficiency, than to step up later and take on more.
- Make it convenient—getting there shouldn't be a hassle. There are probably plenty of opportunities for you near your home.
- Expect to be interviewed. Just because you're available doesn't mean you're needed. Many volunteer positions have waiting lists. Be patient and let them know you will take it seriously and be committed.
- Be prepared to interview them. Just because you're needed doesn't mean it will be a rewarding and fulfilling experience for you. You also get to choose the social environment you want to be in, a luxury you may not have been afforded in your previous work life.
- Know what you enjoy, which is often what you're good at. Don't try to reach too far beyond what you've enjoyed in the past, at least not at first.
- If you are also looking at volunteering as a learning experience, let them know that when you're exploring the opportunity.

Expect that you will have to do some searching to find the right fit. There are many not-for-profit organizations that list volunteer opportunities on their website, most for their own organization. There are also many smaller organizations that do not have a web presence. You can obviously expect smaller nonprofits to have less structured volunteer programs: Volunteering as a docent for your local art center would be much different than volunteering for a large museum. Be prepared to invest time and effort in the search process, but try to make it enjoyable.

Approaching it with the right attitude can make all the difference. Talk to friends and acquaintances. Let them know you're looking to volunteer. More often than not they will have some experience to share or know someone you should talk to. Volunteering with a friend can also be enjoyable, especially sharing the search process. On the other hand, some prefer to "go it alone" so they will be able to make new friends more readily. Working volunteering into your weekly plans can play an important role in healthy aging.

*Reprinted from parentgiving.com*

## Meet the Franklin Sisters from Philadelphia

The Franklin sisters, Deborah and Candida, are Philadelphia born and raised and, yes, they are related to that Franklin. They are direct descendants of one of Benjamin's brothers, making Ben their many times great uncle. Deborah Franklin is even named after Benjamin's wife.

A retired ER nurse, Deborah enjoys volunteering as a lobby ambassador at The Center. "It's nice talking to people; it's not lonesome and isolating which can be a problem for older adults," she explains. She loves The Center at Belvedere and became a Charter Member. "Here we have space for everything and everybody."

And that, to Deborah's delight, includes dogs, who enjoy water bowls on the patio and terrace, and are allowed into the lobby while their owners are ordering from Greenberry's. Experienced Center canines run directly to Deborah, knowing that she has a stash of dog biscuits that the café keeps on hand. Being dog friendly adds to The Center's warm vibe, according to Deborah.

How did she find her way to Charlottesville and The Center? While working in Philadelphia, she was asked to set up an open-heart surgery center in Louisiana. After two of the hottest years imaginable, she didn't want to go back to her native city and, looking at a map, decided upon Virginia. Deborah lived in a couple of places around the Commonwealth, but would make trips to Charlottesville as the big city getaway. She loved it here. When she and her sister decided to move in together, they chose Charlottesville.

Enter Candida—librarian, artist, retired paralegal, and owner of a jewelry business called Spirit Girl. Candida began coming to The Center for line dancing one Friday night. Now she comes in three days a week for classes like Tai Chi, Tone and Groove, and Primetime Fitness. She's taken Shakespeare with Boomie Pedersen and Larry Goldstein and songwriting with Jim Richardson.

Candida is an abstract expressionist painter who exhibited her work for the first time at The Center this past summer. She volunteers at the Center's library, loves the music in the Atrium, and attends Thursdays Around 5. "Those in their 60s and 70s who come here are healthy and want to stay that way, so there is a charge, an excitement here," says Candida. "With more people living to be 100 or older, it's important that these opportunities are available to everyone."



Candida and Deborah Franklin

## VOLUNTEER POSITIONS At The Center

### Fitness Room Assistant

Come get your workout on! The Center is looking for volunteers to monitor the Center's fitness room in the evenings from 4:00–8:00 pm. Help build an atmosphere of fun and camaraderie. Please contact Bobbi, or Fitness Coordinator Alex Waltrip, if you are interested.

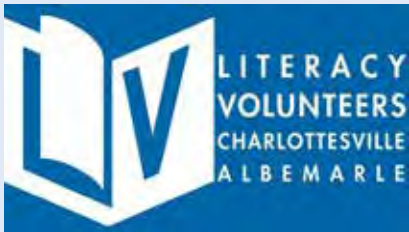
### Lobby Ambassador

Spend an evening meeting new people as a Lobby Volunteer from 4:00–8:00 pm. For more information contact Bobbi.

### Trivia Host

Do you like trivia? Did you ever dream of being Alex Trebek? The Center is looking for a volunteer to host trivia night once a month. Contact Bobbi for all the details.

## In the Community



### Literacy Volunteers of Charlottesville/Albemarle

Compassionate and enthusiastic volunteers needed to tutor adults in reading, writing, or speaking English. Register for the next session of New Tutor Training and help students from a variety of backgrounds who hope to acquire the skills they need to independently pursue life goals, support their families, and contribute to their communities. No teaching experience is necessary—only a desire to make a difference in someone else's life. Learn more at literacyforall.org or call Bobbi.

*SISTERS continues on page 11*

MONDAY	TUESDAY	WEDNESDAY
<div>7:30 <i>Senior Golf Group \$</i></div> <div>8:30 TAI CHI \$</div> <div>9:00 <i>Hiking, Croquet</i></div> <div>9:15 PRIMETIME FITNESS \$</div> <div>9:30 Senior Golf Group \$</div> <div>10:00 <i>Writing for Healing &amp; Growth \$</i> Sew &amp; Sews Getting Better at Bridge</div> <div>10:30 <i>Chair Yoga</i>, Tone &amp; Groove \$</div> <div>11:00 <b>Silver Swans Ballet II \$</b>, Poker</div> <div>11:45 BALANCE &amp; STABILIZATION \$</div> <div>12:15 <b>Silver Swans Ballet I \$</b></div> <div>12:30 Chess</div> <div>1:00 Mah-Jongg (Chinese) <i>Ageless Grace \$</i> <b>English Country Dance</b></div> <div>1:45 Strengthen Your Health &amp; Life \$</div> <div>2:30 Member Social</div> <div>2:45 Stretch Your Limits \$</div>	<div>9:15 PRIMETIME FITNESS \$</div> <div>10:00 <i>Retreads Softball</i>, Tap Dance Lessons (Beg)\$</div> <div>10:30 ARTHRITIS EXERCISE \$</div> <div>10:45 Second-Wind Band \$</div> <div>11:00 am-4:00 pm <b>Massage Appointments Available\$</b>, Tap Dance Lessons (Beg/Int) \$, <b>Center Players Acting Class \$</b></div> <div>11:45 Stretch for Balance &amp; Strength \$</div> <div>12:30 Party Bridge</div> <div>12:45 <i>Beginning Spanish</i> (starts Sept. 27)</div> <div>1:00 <b>English Country Dance</b></div> <div>1:15 <b>Round Dance Lessons</b> (will not meet Sept. 13), <b>Cardio Strength \$</b></div> <div>2:00 <i>Advanced Beginner Spanish</i> (starts Sept. 27)</div> <div>2:15 Core Stability \$</div> <div>3:15 <i>Keeping Up Your Spanish</i> (starts Sept. 27)</div> <div>3:30 <i>Tai Chi</i></div> <div>3:30 MOVE TO THE RHYTHM DANCE PARTY \$</div> <div>5:00 <b>Boot Camp \$</b></div> <div>6:00 <b>AA Women's Group</b></div> <div>6:45 <b>Families Anonymous</b></div>	<div>8:30 TAI CHI \$, <b>Hatha Yoga \$</b></div> <div>9:00 <i>Hiking</i></div> <div>9:00 am-2:00 pm <b>Massaging Your Back Available \$</b></div> <div>9:15 Primetime Fitness \$</div> <div>9:30 Crafty Ladies</div> <div>9:45 Tone &amp; Groove \$</div> <div>10:00 <i>Senior Bowling \$</i></div> <div>11:00 SENIOR FITNESS, P</div> <div>12:00 <b>Tops</b>, Canasta, <b>Murder Mystery</b>, Crafts DIY</div> <div>12:30 <b>Square Dance Lessons</b></div> <div>1:00 <i>Ageless Grace \$</i>, So American Mah-Jongg</div> <div>1:30 Advanced Line Dan</div> <div>1:45 Strengthen Your Hea</div> <div>2:00 Knit-Wits</div> <div>2:30 Ping Pong</div> <div>3:00 Foam Rolling \$</div> <div>5:00 Line Dance (Beg.),</div> <div>6:00 Line Dance (All Lev</div> <div>6:30 <b>International Folk</b></div>

# September

5	Center Closed for Labor Day Holiday	6	10:00 <b>Try it Out Tuesday</b> 11:00 <b>Good Life Series</b> 5:30 <b>Beg. French \$ (cont.)</b> 6:00 <b>Trivia Night</b> 6:45 <b>Has Your Get Up &amp; Go Got Up &amp; Left?</b>	7	9:30 Kingfishers, <b>Veterans Social</b> 11:00 Book Group 1:00 <b>Beg. Scrapbooking</b> 4:00 <b>Wine Glass Painting</b> 5:00 <b>Movie Night</b> 6:00 <b>Rising Rates, Retirement Planning</b>
12	9:30 <b>Beginning Italian (cont.)</b> 10:00 <b>Intro to Wool Applique/Embroidery \$</b> 11:30 <b>Italian Refresher Class \$</b> 1:00 Council Meeting, <b>Piedmont Pastelists, Adv. Beg. Guitar Lessons \$</b> 2:15 <b>Beg. Guitar Lessons \$</b>	13	9:30 <b>Landscape Oils \$</b> 10:00 <b>Paper Crafting \$, Money &amp; You</b> 12:00 <b>First Aid/CPRClass \$</b> 2:00 <b>Comfort Bird Carving Class \$, Karaoke</b> 4:00 <i>Singles Schmooze</i> 5:00 <b>Speed Start to Oils \$</b> 5:30 <b>Beg. French \$ (cont.)</b> 6:30 Civil War Round Table	14	10:30 <b>Parkinson's Center</b> 11:00 <b>Medicare 101</b> 1:00 <b>Beg. Scrapbooking</b> 3:00 <i>Architecture &amp; Design</i> 6:00 Moonlighters Q&A <b>Community K</b>
19	9:00 <b>Effective Strategies for Caregivers</b> 9:30 <b>Beginning Italian (cont.)</b> 10:00 <b>Intro to Wool Applique/Embroidery (final)</b> 11:30 <b>Italian Refresher Class (cont.)</b> 1:00 <b>Adv. Beg. Guitar Lessons</b> 2:00 Bunko, Native American Studies 2:15 <b>Beg. Guitar Lessons</b> 3:00 <b>Fall Wood Paint &amp; Sip \$</b>	20	9:30 <b>Alzheimer's Support Group</b> <b>Landscape Oils (cont.)</b> 10:00 <b>Elder Law with Doris Gelbman</b> 10:30 <b>Move for Health</b> 1:30 <b>Puzzle Swap</b> 2:00 <b>Comfort Bird Carving Class (final)</b> 5:30 <b>Beg. French \$ (cont.)</b> 6:00 <b>Trivia Night</b>	21	10:00 <b>Welcome Wednesday</b> 1:00 <b>Beg. Scrapbooking</b> 5:00 <b>Movie Night</b> 6:00 <b>Veterans Social</b> 6:30 <b>Origins of Per</b>
26	9:00 <b>Effective Strategies for Caregivers (cont.)</b> 9:30 <b>Beg. Italian</b> 11:30 <b>Italian Refresher Class (final)</b> 1:00 <b>Adv. Beg. Guitar Lessons (cont.)</b> 2:15 <b>Beg Guitar Lessons (cont.)</b>	27	9:30 <b>Landscape Oils (cont.)</b> 2:00 <b>Karaoke</b> 4:00 <i>Singles Schmooze</i> 5:30 <b>LGBTQ Documentaries &amp; Discussion, Beg. French \$ (cont.), Reconstruction Documentry</b>	28	10:30 <b>Parkinson's Center</b> 1:30 <b>Dollhouse &amp; M</b> 1:00 <b>Beg. Scrapbooking</b> 6:00 Moonlighters Q&A <b>Welcome Wed</b>

# October

3	9:00	Effective Strategies for Caregivers (cont.)	4	9:30	Landscape Oils (cont'd)	5	9:30	Kingfishers, Vet
	9:30			10:00			11:00	
	1:00	Council Meeting,		11:00	Good Life Series		1:00	Scrapbooking
		Adv. Beg. Guitar Lessons (cont.)		6:00	Trivia Night		5:00	Movie Night
	2:00	Bunko		6:45	Has Your Get Up & Go Got Up & Left?			
	2:15	Beg. Guitar Lessons (cont.)						
10	9:00	Effective Strategies for Caregivers (cont.)	11	9:30	Landscape Oils (cont'd)	12	10:30	Parkinson's C
	1:00			10:00			11:00	
		Adv. Beg. Guitar Lessons (cont.)		2:00	Paper Crafting \$, Money & You		1:00	Scrapbooking
		Piedmont Pastelists		4:00	Karaoke		6:00	Moonlighters Q
	2:00	Native American Studies		6:30	Singles Schmooze			Community K
	2:15	Beg. Guitar Lessons			Civil War Round Table			
17	9:00	Effective Strategies for Caregivers (cont.)	18	9:30	Alzheimer'sSupportGroup,LandscapeOils(final)	19	10:00	Welcome Wed
	10:00			10:00			1:00	
	1:00	Reef Life		10:30	Elder Law with Doris Gelbman		5:00	Movie Night, I
		Scarf Making \$,		2:00	Move for Health		6:00	Veterans Socia
		Adv. Beg. Guitar Lessons (cont.)		6:00	Demystifying Solar Energy			Planning 101
	2:00	Bunko, Native American Studies			Trivia Night, Medicare 101			
	2:15	Beg. Guitar Lessons (cont.)						
24	9:00	Effective Strategies for Caregivers (final)	25	9:30	Autumn Landscape Oils \$	26	10:30	Parkinson's C
	1:00			2:00			11:30	
		Adv. Beg. Guitar Lessons (cont.)		4:00	Karaoke		1:00	Scrapbooking
		Native American Studies			Singles Schmooze		1:30	Dollhouse & M
	2:15	Beg. Guitar Lessons (cont.)					6:00	Moonlighters Q
31	1:00	Adv. Beg. Guitar Lessons (final)						
	2:15							



**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](http://thecentercville.org).

540 Belvedere Blvd. | Charlottesville, VA 22901  
[www.thecentercville.org](http://www.thecentercville.org) | 434.974.7756

THURSDAY

FRIDAY

Yoga \$	9:00 <i>Ivy Creek Walking Group</i> , Party Bridge	8:30 TAI CHI \$, Basic Hatha Yoga \$
Bridge Appointments	9:15 PRIMETIME FITNESS \$	9:00 <b>Croquet and Cornhole available (weather permitting)</b>
	9:30 Beginners Chess	9:15 PRIMETIME FITNESS \$
	10:00 <b>AA Meeting</b> , <i>Retreads Softball</i>	9:30 Friday Art Group, Windows, PC & Systems Class
	10:30 <i>Chair Yoga</i> , First Wind Band \$, Tap Dance Lessons (Int)\$ ARTHRITIS EXERCISE \$	9:45 Tone & Groove \$
Push Card Game	11:00 <b>Center Players Acting Class \$</b>	10:00 Rummikub
Hooker	11:30 Tap Dance Lessons (Adv) \$	10:45 Flashbacks \$
Music in the Atrium,	11:45 BALANCE & STABILIZATION \$	11:00 Balance with Beth \$ <i>Friday Fitness</i>
Lessons	12:00 <i>NIA-Moving to Heal \$</i> , <b>Music in the Atrium</b>	12:15 Writing for Pleasure
Scrabble,	Unwind Yoga \$, Sheepshead	12:15 Beginners Line Dance
Ugg	1:00 Apple/Mac Class	1:00 Euchre, Still Sharp Singers, Mah Jongg (American)
Ice	Woodcarvers	1:45 <b>Improvers/Int. Line Dance</b>
Health & Life \$	1:15 Cardio Strength \$	2:30 <b>Acoustic Jam Session</b>
	1:30 <b>Drumming Group</b>	2:30 <b>Bingo \$</b> , Barbershop Belles & Beaux
	2:00 Backgammon	
	2:15 Core Stability \$	
	2:30 <b>International Folk Dance</b>	
	3:30 Tai Chi	
Game Night	5:00 <b>Tap Your Troubles Away \$</b>	
Levels)	7:00 <b>Square Dancing</b>	
Book Dance		
	<b>1</b> 1:00 <b>Medicare with Margo</b> 2:30 <b>Mah Jongg for Beginners</b> 3:00 <b>Socrates Café</b> 5:00 <b>Fitness Room Orientation</b> 5:30 <b>Beg. French (cont.)</b> 6:00 <b>NAMI Support Group, Jazz Jam Session, Kirtan</b>	<b>2</b> 10:00 <b>Beg. Bridge Lessons</b>
Veterans Coffee Hour	<b>8</b> 2:30 <b>Mah Jongg for Beginners</b> 3:30 <b>Fitness Room Orientation</b> 4:00 <b>Essential Tremors Support Group</b> 5:01 <b>Thursdays Around 5</b> 5:30 <b>Beg. French \$</b> 6:00 <b>African American Book Club</b> 6:30 <b>Camera Club, Cajun &amp; Zydeco Dance</b>	<b>9</b>
Walking \$ Paint & Sip \$		
Inflation & Geopolitical Stress		
Caregiver Support Group	<b>15</b> 10:00 <b>Acrylics with Nga \$</b> 12:30 <b>Card Making \$</b> 1:00 <b>Chronic Disease Self Mgt. Workshop</b> 2:30 <b>Mah Jongg for Beginners</b> 3:00 <b>Socrates Café</b> 5:00 <b>Fitness Room Orientation</b> 5:30 <b>Acrylics with Kathleen \$, Beg. French \$</b> 6:00 <b>NAMI Support group, Medicare &amp; Social Security Planning 101, A Beginners Guide to Medical Cannabis</b> 7:00 <b>Cville Brass Quintet</b>	<b>16</b> 9:00 <b>Level 1 Walking</b> 10:00 <b>Beg. Bridge Lessons</b> , Stitch & Learn 11:00 <b>Has Your Get Up &amp; Go Got Up &amp; Left?</b> 1:00 <b>Beg. Oil Painting \$</b> 2:00 <b>My Life &amp; Wishes</b>
Wednesday, Hearing Health Walking (cont.)	<b>22</b> 10:00 <b>Acrylics with Nga (cont.)</b> 1:00 <b>Chronic Disease Self Mgt. Workshop (cont'd)</b> 2:30 <b>Mah Jongg for Beginners</b> 3:00 <b>Caregivers Discussion Group</b> 3:30 <b>Fitness Room Orientation</b> 5:02 <b>Thursdays Around 5</b> 5:30 <b>Acrylics with Kathleen (cont.), Beg. French \$</b> 6:00 <b>Crafting Your Extended Care Plan</b> 6:30 <b>Cajun &amp; Zydeco Dance</b>	<b>23</b> 7:30 <b>Birding at Foxhaven</b> 9:00 <b>Level 1 Walking</b> 1:00 <b>Beg. Oil Painting (cont.)</b> 2:00 <b>My Life &amp; Wishes (cont.)</b>
al nn Park		
Caregiver Support Group Miniature Crafting Walking (final) Quilting Group Wednesday-Evening Edition	<b>29</b> 10:00 <b>Acrylics with Nga (cont.)</b> 11:00 <b>Crafting Your Extended Care Plan</b> 1:00 <b>Chronic Disease Self Mgt. Workshop</b> 2:30 <b>Mah Jongg for Beginners</b> 5:30 <b>Acrylics with Kathleen (cont.), Beg. French (final) \$</b>	<b>30</b> 9:00 <b>Level 1 Walking</b> 1:00 <b>Beg. Oil Painting (cont.)</b> 2:00 <b>Writer's Critique Workshop, My Life &amp; Wishes (cont.)</b>

Veterans Coffee Hour \$	<b>6</b> 10:00 <b>Acrylics with Nga (final)</b> 1:00 <b>Medicare with Margo, Chronic Disease Self Mgt. Workshop</b> 3:00 <b>Socrates Café, Pet &amp; Play</b> 5:00 <b>Fitness Room Orientation</b> 5:30 <b>Acrylics with Kathleen (final)</b> 6:00 <b>NAMI Support Group, Jazz Jam Session, Kirtan</b>	<b>7</b> 9:00 <b>Level 1 Walking</b> 1:00 <b>Beg. Oil Painting (cont.)</b> 2:00 <b>My Life &amp; Wishes (cont.)</b> 6:00 <b>Celtic Trio \$</b>
Caregiver Support Group (cont.) Quilting Group Kirtan	<b>13</b> 9:30 <b>Cornucopia Oils \$</b> 1:00 <b>Chronic Disease Self Mgt. Workshop</b> 3:30 <b>Fitness Room Orientation</b> 4:00 <b>Essential Tremors Support Group</b> 5:03 <b>Thursdays Around 5</b> 6:00 <b>African American Book Club</b> 6:30 <b>Camera Club, Cajun &amp; Zydeco Dance</b>	<b>14</b> 9:00 <b>Level 1 Walking</b> 1:00 <b>Beg. Oil Painting (cont.)</b> 2:00 <b>Writer's Critique Workshop</b>
Wednesday, Hearing Health (cont'd) LGBT & Allies Game Night al, Medicare & Social Security	<b>20</b> 9:30 <b>Cornucopia Oils (cont.)</b> 1:00 <b>Chronic Disease Self Mgt. Workshop (final)</b> 3:00 <b>Socrates Café</b> 5:00 <b>Fitness Room Orientation</b> 6:00 <b>NAMI Support Group</b> 7:00 <b>Cville Band Clarinet Ensemble Perform</b>	<b>21</b> 9:00 <b>Level 1 Walking</b> 10:00 <b>Stitch &amp; Learn</b> 11:00 <b>Has Your Get Up &amp; Go Got Up &amp; Left?</b> 1:00 <b>Beg. Oil Painting (final)</b>
Caregiver Support Group (final) Miniature Crafting Quilting Group	<b>27</b> 9:30 <b>Cornucopia Oils (cont.)</b> 10:30-1:00 <b>Shredding Truck \$</b> 3:00 <b>Caregivers Discussion Group</b> 3:30 <b>Fitness Room Orientation</b> 5:04 <b>Thursdays Around 5</b> 6:30 <b>Cajun &amp; Zydeco Dance</b>	<b>28</b> 7:30 <b>Birding at Foxhaven</b> 9:00 <b>Level 1 Walking</b>



# The Center Welcomes New Staff Members



## Izzy Menchero

Member & Visitor Services Director Izzy Menchero joined the staff in July. Born in Cuba, Izzy immigrated to the United States in 1961. Upon finishing high school in Miami, he studied history (and played goalie on the soccer team) at Sacred Heart University in Connecticut. He then went on to earn his MA in Latin American Studies at Loyola University.

After years working in education, first as a teacher and coach and then as a principal, Izzy moved into fundraising work, serving as director of development at the Catholic Legal Immigration Network and with the Roanoke Valley Chapter of the American Red Cross. Before joining The Center, he spent 11 years as business manager at Charlottesville’s Church of the Incarnation.

No stranger to The Center, Izzy and his wife, Lynette, enjoyed music programs and monthly luncheons for several years at the Hillsdale location, but marvels at the new setting. “I live in the neighborhood, so I saw the new building go up as I drove by each day.” Having spent his life working to contribute to his communities, he looks forward to doing the same at The Center. In his spare time, Izzy enjoys University of Miami football (with apologies to UVA fans).

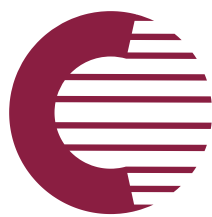
## Kristine Critzer

Kristine Critzer stepped into the new position of Office Manager/Bookkeeper in July. Born in the Philippines, Kristine studied accounting and bookkeeping with computer applications and worked in Dubai, UAE, as a Secretary and Office Administrator. She then opened her own business in the Philippines, managing it for over a year before moving to the U.S. in 2017.

Before joining The Center, Kristine worked as an instructional assistant at Fluvanna Middle School in the Special Education classrooms. It was eye-opening for her to work with children with special needs. While every day was a challenge, she found it rewarding knowing that she was making a difference in her students’ lives.

In her spare time, Kristine likes to play the guitar. She loves karaoke and table tennis, and her family enjoys outdoor activities. “Life here is quite different compared to my life in the Philippines, but I am very happy with my family and with my new job here. I love that everyone is truly kind. I believe being kind is one of the best things we can do, together with being hospitable and respectful to everyone.”

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TRAVEL COORDINATOR  
linda@thecentercville.org  
434.220.9736

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

DAY TRIPS

LURAY CAVERNS

Wednesday, September 21  
Luray Caverns is the largest caverns in the eastern United States—join us to explore! Included with your admission ticket are the Caverns, Car & Carriage Caravan Museum, Shenandoah Heritage Village, and Toy Town Junction. Lunch options are available for purchase or you may bring your own picnic. Center members \$62; Guests \$82.



SMITH MOUNTAIN LAKE 2022

Thursday, September 29  
Called the “Jewel of the Blue Ridge Mountains,” scenic Smith Mountain Lake, with 500 acres of shoreline in Bedford County, is a 40-mile-long man-made lake created by the damming of the Roanoke River. Cruise along the Lake on *The Virginia Dare*, a 19th-century side-wheeler, for a narrated two-hour charter. A buffet lunch is included. Center members \$115; Guests \$135.

COME  
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GETAWAYS

CYPRUS: CULTURAL, HISTORICAL AND CULINARY TOUR

November 9–19, 2022  
Explore Cyprus’ Mediterranean Sea, renowned since antiquity for its mineral wealth, superb wines and produce, and natural beauty.

12 NIGHT SOUTHERN CARIBBEAN CRUISE

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



CHATEAU DE COURTOMER IN NORMANDY, FRANCE

April 11-19, 2023 (ADDED!)  
April 21-29, 2023 (SOLD OUT)  
The magnificent Chateau de Courtomer, one of the last grand French chateaux built in the 18th century, sits on over 300 acres of park, woodland and farmland. The entire structure has gone through extensive renovations since 2005, but has retained the charm and style of France’s elegant past. Package includes airport transfers, all meals, 5 day trips, entrance fees, and more.

ALASKA AND THE YUKON

August 14–26, 2023  
Enjoy the majesty of Alaska, including Denali National Park and the Yukon. Follow your dream Alaska vacation from the awesome fjords to the Yukon. Travel from Anchorage to Denali National Park and Fairbanks before heading into the Yukon. Visit Dawson City and Whitehorse while traveling through the land of the gold rush before ending in Skagway. Board Holland America Line’s *Koningsdam* to sail from Skagway to Glacier Bay and Ketchikan and cruise through the inside passage to end in Vancouver, BC.

BEAUFORT HOUSE – KILLARNEY, IRELAND

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



SISTERS, continued from page 7

Along with its vibe, the Franklin sisters are also fans of the Center’s staff. Both of them give special mention to Coordinator of Volunteer Resources Bobbi Hughes and Facilities Manager Trevor Saunders. “Bobbi has the biggest heart,” Candida says. Deborah nods in agreement, adding, “Trevor is a treasure. People here are truly kind and pleasant.” Candida continues, “The best thing I do at The Center is volunteering Monday mornings with the sewing group that makes the comfort dolls and the bibs for all the little babies and kids at UVA that are extremely sick and going through surgery or other awful procedures. I work to the sound of sewing machines in the middle of a group of angels. It’s a really great experience.” Given how much both sisters are soaring at The Center, we think Great Uncle Ben would be proud of his great grandnieces. ■



“We do not stop playing because we grow old, we grow old because we stop playing!”

— Benjamin Franklin

STUDIES, continued from page 1

This is a natural partnership. As noted in the grant application, “Although The Center has a small community of Indigenous elders, we acknowledge all older people as living connections to the past who serve as valued teachers, protectors, mentors, keepers of wisdom, and advisors. This community-engaged course offers the opportunity for undergraduate students and local elders to engage in conversation around important and meaningful conversations about the First Peoples of this land.” The sessions will include small group discussions, collective film-screening, and questions and discussions. Center participants may be as active or passive as they like, as students and the professor will lead topics, but active engagement is encouraged. Visit the centercville.org or call the Welcome Desk for details. ■

Native American Studies  
Mondays, Sept. 19, Oct. 10, 17, 24  
2:00–4:30 pm





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# 1180 Society Members: *Leaders for Healthy Aging*

As a nonprofit, The Center relies on philanthropic gifts to advance our healthy aging mission. We are grateful for each contribution and every individual, business, foundation, and organization that supports The Center's efforts to extend healthy life expectancy. Among our family of generous donors is a group of people who choose to support The Center with gifts of \$1,000 or more annually. To acknowledge these donors, The Center created the 1180 Leadership Annual Giving Society.

Named in honor of the Senior Center built in 1991 at 1180 Pepsi Place, this group of donors plays a significant role in sustaining The Center's core programs and helping create new ones in response to emerging needs. By electing to contribute to The Center, 1180 Society donors help to increase the number of older adults who live high-quality, productive, and independent lives.

"When my spouse and I considered our philanthropic giving, supporting The Center with a 1180 Society gift just made sense," shared a Center member. "The Center helped us to expand our network of friends and get more involved with our community. We want more people to have this same experience and The Center delivers!"

The 1180 Society membership includes individual donors, organizations, family foundations, and companies. Liesa Dodson is with The Harbor at Renaissance in Stanardsville, which is part of The Center's corporate partnership program. "The Harbor at Renaissance believes in partnering with organizations that make a profound impact on the life of seniors," she says. "We know it takes all of us to build the community our seniors need and deserve. We are proud to partner with The Center to honor our mission and theirs."

The 1180 Society is one of three leadership societies designed to acknowledge gifts made to The Center. Members of the 1180 Society—along with members of The Center's Sustainers Circle, who make monthly contributions, and the Robey Society, recognizing individuals who have named The Center as a beneficiary of their estate—receive invitations to Center events and are recognized in The Center's printed newsletter and annual report and on The Center at Belvedere's donor wall.

Donors may choose to make their 1180 Society gift over time by paying a portion of the gift each month, or with a single contribution of

\$1,000 or more. Gifts made over the course of The Center's fiscal year (April 1–March 31) can be combined to achieve the \$1,000 gift level. Gifts that count toward 1180 membership include: the tax-deductible portion (\$115) of each *Center Soirée: Anchors Aweigh* ticket; gifts made in honor of or in memory of a friend or loved one, and gifts to support Center scholarships or programs. The Center accepts gifts of cash, stocks, or distributions of donor advised funds or retirement funds.

For more information about joining the 1180 Society, please contact philanthropy director Melanie Benjamin at 434.220.9744 or via email at [melanie@thecentercville.org](mailto:melanie@thecentercville.org).

**MANY THANKS TO THESE 1180 SOCIETY MEMBERS!**  
(June 1–July 31, 2022)

Elizabeth & Greg Allen	Diane & Daniel McCallum
Donna Arehart & Gary Chovan/ Donna R. Arehart Fund	Carl Newman
Jeanmarie Badar & James Kauffman	RoseWood Village Assisted Living & Memory Care
Bankers Insurance	Teague Funeral Service
Bankers Life/Colonial Penn	The Heritage Inn
Ayse Brown & Kenneth Doyle	The Watterson Foundation
Barbara Deal	Mary & Michael Wilson
Linda DesBarres	Arline Zabarowsky-Whitcomb & David Whitcomb/Betty and David Whitcomb Fund at the CACF
Vicky & Larry Eicher	
Hill & Wood Funeral Service	
Ivy Rehab Physical Therapy	

**Coming in November**  
**A Cappella Showcase!**  
Tuesday, November 15  
5:00–9:00 pm

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# DEI Committee News

As part of its work to organize educational and artistic programs to build bridges and promote diversity, equity, and inclusion within the wider community and within The Center, the committee is pleased to announce a course collaboration with UVA.

Taught by Kasey Jernigan, professor of Anthropology and American Studies at UVA, “Introduction to Native American Indigenous Studies: Intergenerational Conversations about (Mis)Representations” provides



"Still Here" by Steven Paul Judd (Kiowa/Choctaw)

an introduction to the broad field of Native American studies with a focus on the themes of identity and (mis)representation. A key feature of this course is bringing older adults from The Center at Belvedere together with undergraduate students. “This is a great opportunity for inter-generational dialogue and learning across time/space about Native Studies,” says Jernigan. “We value perspectives from all people and are looking to think through some of the toughest questions in Indian Country today.”

Another highlight at The Center this fall is a showing of “Reconstructed: The Rebuilding of African-American Communities through Faith and Education,” a film by Horace Scruggs that was produced by the Fluvanna County Arts Council with a grant from Virginia Humanities. The documentary follows the history of the Black churches that emerged after Reconstruction and became the hearts and souls of their communities, responding to social, material, and faith needs, and helping to establish Fluvanna’s Rosenwald schools.

LGBT & Allies Game Nights continue at The Center, with the next one scheduled for October 19 from 5:00 to 7:30 PM. Bring your friends, grab your beverage of choice at Greenberry’s, and settle in for a fun evening.

As always, keep an eye out for programs and events that are scheduled after the newsletter goes to print—the website and weekly e-news are your most up-to-date sources of information.

### COMMITTEE MEMBERS

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

## WE REMEMBER

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

- |                 |                          |
|-----------------|--------------------------|
| Mildred Abraham | Thomas Lull              |
| Elsa Barnett    | Judith Lynch             |
| Roger Bensey    | Barbara McCauley-Simmons |
| Leon Blumreich  | Lorraine McDaniel        |
| Grace Bull      | Alice Marie Miller       |
| Richard Cabell  | Harriet Mohler           |
| Bonnie Deaton   | Annette Powell           |
| Don DiMassimo   | Lillian Schomp           |
| Marc Fitzwater  | Alba Vittoria Shank      |
| Lloyd Fox       | Roland Simon             |
| Louis Hart      | Grace Smith              |
| Richard Herbert | Michael Stalch           |
| Diane Hughes    | Donald Zimmerman         |
| Charles Langham |                          |

**Subscribe** to our E-Newsletter at [thecentercville.org](http://thecentercville.org) and get weekly Center news updates

### DONATIONS MADE IN MEMORY OF (June 1–July 31, 2022)

- |   |  |
|---|--|
| <b>Leon Blumreich</b><br>Elizabeth Bean<br>Betty Bollendorf<br>Miriam & Michael Ellis<br>Larry Lugar<br>Sheepshead Card Players | <b>Maxine Gentry</b><br>Rod Gentry<br><br><b>Carl Ogborne</b><br>Judith Ogborne<br><br><b>Betty Mae Pasternak</b><br>Lucille & Ken Digges<br><br><b>Anne R. Waldner</b><br>Wendy Waldner Flynn |
|---|--|

### DONATIONS MADE IN HONOR OF (June 1–July 31, 2022)

- |   |   |
|---|---|
| <b>Melanie Benjamin</b><br>John Lanham<br><br><b>Betty Bollendorf</b><br>Elizabeth Bean | <b>Jennifer Crews</b><br>Anonymous<br><br><b>Julie Horne &amp; Sam Johnson</b><br>Sue Brown Pickett |
|---|---|

Thank YOU

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To learn more about sponsorship opportunities, please contact Lynn Divers at 434.220.9745 or [lynn@thecentercville.org](mailto:lynn@thecentercville.org).



# Thank You for Your Input!

## Member Survey Highlights

Remember that survey you got a few months back? The one that 70% of you enjoyed filling out almost as much as eating ice cream? Early in the spring we distributed our bi-annual\* member survey asking for information about how you spend your time while you are here, how your participation affects your lives, and how you would like to see the organization evolve. We received over 300 responses, approximately 20% of our current membership.

Note that since the previous member survey went out, two things have happened: our move to the new Center and the Covid pandemic. Consequently, direct comparisons from one survey to the next are not always meaningful.

All in all, respondents felt very positive about The Center at Belvedere and about their membership, with 81% planning to renew and 91% believing that membership is a good value. 90% would bring a friend to The Center (compared to 71% in 2019) and 96% agree or strongly agree with the statement “I feel welcome and valued at The Center.”

Regarding participation, 89% of respondents had attended on-site programs and 48% participated online. 70% of survey respondents said they come to The Center at least twice a month, and 38% sometimes come to socialize or hang out rather than to attend a specific program (a 14% increase over the 2019 survey). The top reasons cited for not visiting over the period from March 2020 to February 2021 were Covid, lack of time, health issues, and no interest in the programs offered.

The most popular events involved an educational component, with 55% of respondents reporting that they attended an educational program in the 12 months prior to the survey. Also popular were fitness activities, which drew 50%, and social events, which attracted 43%. Programs focused on diversity and inclusion drew 26%, and 24% sought out activities with an environmental theme.

How do people hear about The Center and what’s going on here? The largest group of respondents, 38%, first learned about it from friends or acquaintances who were already members. There was a big increase in the

number of people who subscribe to the weekly e-news (91% versus 69% in 2019) and the percentage who say that it is their primary source of information (62%, up from 34% in 2019).

Asked about the primary benefit they get from participating in Center programs, most respondents cited meeting or being around people and staying active, with some calling out specific programs. What impact does it have on their lives? 94% have a more positive outlook, 88% feel better physically, 85% say it helps them maintain their independence, 88% agree that they have a better sense of community, and 89% feel less isolated. Of the respondents who volunteer, 85% said that doing so gave their lives more meaning.

The vast majority of comments were positive, and included praise for programs, volunteers, and staff as well as for the atmosphere and amenities at our still-new home. We also received calls to expand hours and programming and suggestions about ways to improve a few building issues and processes. We are working on the actionable items of concern, either individually or as part of strategic and racial equity action plans, and several of the suggestions have already been implemented.

Thank you to everyone who took the time to provide us with this important feedback. If you are interested in reading a fuller report of the Member Survey results, there is a copy available at the Welcome Desk and on our website.

*\* Truth be told, several things combined to throw us off the bi-annual schedule, so it's actually been three years since our last survey. We'll get back on schedule!*



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**SPECIAL EVENT: House of Hamill Celtic Trio**

**Friday, October 7 | 6:00–8:00 pm**

This Pennsylvania-based trio is a fixture on festival stages across the U.S. and has shared its music and stories on the country’s premier folk stages. A lively collection of original instrumentals, reimagined folk ballads, and new songs showcase the trio’s versatility. Open to all, \$15 per person at the door. Cash preferred.

**Movies at The Center**

Free and open to all!

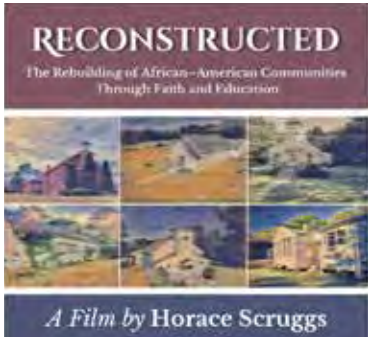


**Itzhak**

**Wednesday, September 7**  
**5:00–6:30 pm**  
This documentary recounts the story of Itzhak Perlman, widely regarded as the finest violinist of his time.

**The Hundred Foot Journey**

**Wednesday, September 21**  
**5:00–7:30 pm**  
An American comedy-drama featuring food, France, and Helen Mirren.



**Reconstructed:**

**The Rebuilding of African American Communities Through Faith and Education**

**Tuesday, September 27**  
**5:30–7:30 pm**  
This documentary follows the history of the Black churches that emerged after the Reconstruction and became the hearts and souls of their communities.

**The Eagle Huntress**

**Wednesday, October 5**  
**5:00–6:30 pm**  
A stirring documentary about a 13-year-old who trains to become the first female in twelve generations of her nomad family to become an eagle huntress.



**North by Northwest**

**Wednesday, October 19**  
**5:00–7:15 pm**  
A classic from Alfred Hitchcock starring Cary Grant and Eva Marie Saint.



*Cheers!*

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