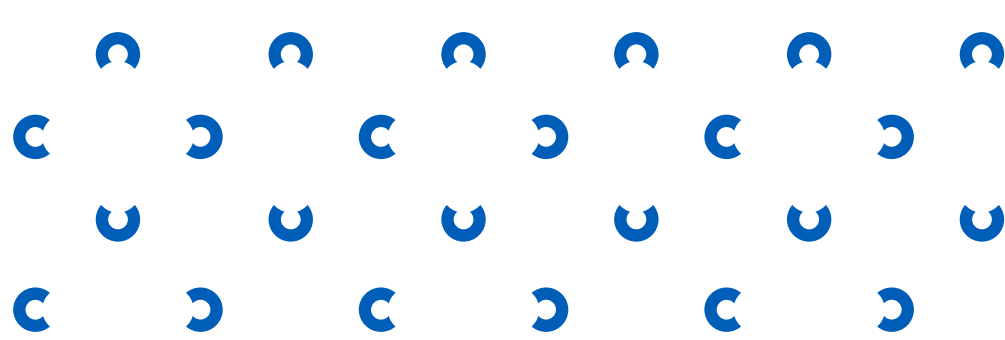




**THE
CENTER
AT BELVEDERE**



NEWS from THE CENTER

DISCOVER THE POWER OF HEALTHY AGING

SEPTEMBER/OCTOBER 2024

Autumn Art at The Center

In September and October, three artists influenced by the natural world will display their work in The Center's second floor gallery areas.



Matalie Deane

Matalie Deane has been drawing and painting throughout her life. The joy of experiencing her native Virginia has helped her develop her eye for designs. She enjoys natural scenes and often draws and paints from the very locations she depicts.



Joan Dreicer

Joan Dreicer is an award-winning fine artist painting in pastels and oils with a strong interest in landscapes and portraiture. Her life experiences bring compassion and emotion to her artwork.



Julia Kindred

Julia Kindred enjoys painting landscapes en plein air and from photographs. She always uses her imagination to add to the scene, whether by altering objects or colors to shift the mood of the painting.

Come and learn more from the artists themselves at the Autumn Artists Reception on Wednesday, October 9 from 4:30–6:30 pm.

Inside

- Programs pg 3
- Volunteering pg 7
- Travel pg 8
- Pull-Out Calendar pg 9
- Annual Report pg 16

Embrace Multidimensional Wellness During Active Aging Week



We all know that exercising and eating right are important foundations of good health, but as ever-increasing amounts of scientific research indicate, it takes so much more for us to truly age well.

The Center at Belvedere is at the forefront of a national movement to focus on the whole person as we empower older adults to age to the best of their potential and pursue the highest possible quality of life. In service of that, our healthy aging programming is structured around the Dimensions of Wellness as described by the International Council on Active Aging (ICAA): Physical, Intellectual, Social, Emotional, Vocational, Spiritual, and Environmental.

These Dimensions of Wellness also guide our participation in the annual ICAA Active Aging Week held each October.

This year, to ensure our members have access to as many Dimensions of Wellness as possible in their healthy aging journeys, we are offering two special Active Aging initiatives.

Each day of Active Aging Week (September 30–October 4) will be themed around a particular Dimension of Wellness with daily keynote addresses and a host of additional programs. This is your opportunity as a member to dig deeper into the Dimensions of Wellness and consider what each can add to your life.

But what if we could combine all the Dimensions of Wellness into one ultra-packed day of healthy aging? The Center's first ever Active Aging Fair will kick off Active Aging Week on Saturday, September 28, from 10:00 am to 2:00 pm. A full slate of programming offers sessions on how to age well where you can learn from experts about subjects that span multiple dimensions of wellness. Throughout the day, local businesses, many of whom support The Center as corporate partners, will be on-site in the Auditorium for a single-stop hub of valuable healthy aging resources in our community.

If you have a friend who might benefit from The Center, Active Aging Week is the best opportunity for them to learn about all we have to offer! And you may discover some new aspects to healthy aging yourself.

See more information and a full schedule for Active Aging Week on pages 14–15. ■

Citizenship Exhibit Comes to The Center

What does it mean to be an American citizen? In the wake of 9/11, artist Robert Shetterly struggled with this and related questions, so he began exploring the issue by painting portraits of Americans who inspired him.

The gallery, which has since grown to over 270 paintings, depicts a vast spectrum of Americans from historical figures like W.E.B. Du Bois and Dwight Eisenhower to modern day citizens. Included are community builders, whistleblowers, peace makers, educators, and champions of countless causes from civil rights to the environment to public health.

Tying it all together is one central idea: that dissent doesn't make you a bad citizen but is, in fact, essential to democracy.

Each painting appears on a 36" tall by 30" wide wooden panel with a quote etched into the background. They invite the viewer to take their time considering the person portrayed and become part of the conversation.

Collections from the gallery tour the country for exhibits at schools, museums, libraries, and other



See TRUTH on page 19



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

Hours

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

About THE CENTER AT BELVEDERE

The Center's mission is to positively impact our community by creating opportunities for healthy aging through social 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 #54-0735666

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

- | | |
|-------------------|---------------------|
| Julie Christopher | President |
| Jennifer King | Vice President |
| Mark Brown | Treasurer |
| Mary Wilson | Secretary |
| Beverly Adams | Deidra Massie |
| Patti Cary | Peggy Slez |
| Katie Caverly | Shareef Tahboub |
| Doris Gelbman | Cecil Thompson, Jr. |
| Michael Joyce | Gregg Winston |

STAFF

- | | |
|------------------------|-------------------------------------|
| Tammy Barboza | Philanthropy Assistant Director |
| Melanie Benjamin | Executive Director |
| Danielle Bricker-Watts | Marketing Manager |
| Jennifer Crews | Program Director |
| Kristine Critzer | Office Manager/Bookkeeper |
| Lynn Divers | Philanthropy Director |
| Linda Hahn | Travel Coordinator |
| Anna Grey Hogan | Philanthropy Manager |
| Bobbi Hughes | Coordinator of Volunteer Resources |
| Gale Jackson | Welcome Desk Associate |
| Alexandra Littlehales | Graphics & Social Media Coordinator |
| Amy Martel | Membership Coordinator |
| Perri Miltier-Sales | Rental Coordinator |
| Suzanne Orejuela | Membership Director |
| Virginia Peale | Strategy & Communications Director |
| Tim Persinger | Facilities Coordinator |
| Trevor Saunders | Facilities Manager |
| Kim Shipley | Finance Director |
| Olivia Watson | Program Coordinator |

For more news, follow us on:



MEMBERSHIP

SUZANNE OREJUELA
MEMBERSHIP DIRECTOR

434.974.7756

membership@thecentercville.org

Join The Center for easy access to hundreds of great programs! To learn about membership options, please visit our website, stop by the Welcome Desk, or email membership@thecentercville.org.

WELCOME NEW MEMBERS!

- | | | |
|-------------------|-----------------------|-----------------------|
| Nancy Allen | Glenda Howard | Manuel Oliveira |
| Libby Allen | Patricia Huber-Fisher | Suzanne Oliveira |
| Beverly Bartczak | Susan Hudson | Nancy Peacock |
| Larry Bauer | Vivian Jackson | L.D. Perry |
| Anne Blankenship | James Jessup | Kathleen Pond |
| Mary Boyd | Nancy Kay | Joanne Riener |
| Elliott Brown | Kelly Kirby | Maria Divinia Rinonos |
| Mecca Burns | Raymond Klein Jr. | Margaret Roberts |
| Mary Camp | John Klump | Kimberly Schmidt |
| Carolyn Cashwell | Julie Klump | Roberta Senechal |
| Donna Clark | Frances Koledoye | Rochelle Shoemaker |
| Michael Crosby | Craig Lanway | Maryann Solano |
| Kenneth Diller | Bobra Locker | Martha Somers |
| Tahirah Elliott | Diane Logusch | Linda Sprinkle |
| Ron Fisher | Janet Lombardi-Diller | Gloria Stackhouse |
| Deanne Flickinger | Gabriele Madison | Jeanne Stanborough |
| Lisa Glass | Rebecca McCann | Michael Stone |
| Ann Hague | Rolanda McLean | Carolyn Stone |
| John Hansell | Elisabeth McRae | Rick Townsley |
| Pearl Hawk | Elaine Moore | David Ulan |
| Carol Heiser | Yukari Nakano | Joan Waller |
| Carolyn Herbert | David Noble | |

If you joined between June 1 and July 31 and were not recognized here, please contact Membership Director Suzanne Orejuela at 434.220.9732 or suzanne@thecentercville.org.



Two funds at The Center make scholarships available to anyone for whom membership dues are a barrier. The Mary P. Reese Scholarship Fund carries on Mary's legacy of working to increase access to programs and resources. The Ralph L. Feil Endowed Scholarship Fund ensures a lasting impact by supporting the need for scholarships in perpetuity. Both are funded by gifts from generous donors and gifts are welcome year-round. For questions about making a gift, please contact Lynn Divers at lynn@thecentercville.org or 434.220.9745.

Welcome to Amy Martel



Have you spotted a new face at the Welcome Desk? Amy Martel came on as Membership Coordinator in July. A true people person, Amy says "My favorite positions throughout my career have been in places where I can get to know and support the members, students, and patrons." She first got involved with The Center as a community partner and secretly knew if she ever left that role, she wanted to come and work here.

Amy grew up in Greene County on a hobby farm and, after many years away, has returned to Ruckersville with her son, who is in college, and two cats, Archimedes and Socrates. She can't wait to meet everyone. Stop by to offer her a warm welcome—especially if you'd like to trade recipes or stories of outdoor adventures!

Subscribe!

Get the latest events and announcements delivered right to your inbox with our weekly "It's Happening" e-newsletter.

programs

Register online at thecentercville.org or call 434.974.7756.

Remember, this is a partial list! Recurring programs are included in the calendar on pages 8–11. Check the website for programs added after our print deadline!

SPECIAL EVENTS

AMERICANS WHO TELL THE TRUTH

September 3–21

Gallery Walk

Free and open to all; registration required
Friday, September 20, 10:00 am–12:00 pm

Explore 20 portraits from Americans Who Tell the Truth with artist Robert Shetterly as he describes his truth-seeking and storytelling process.

Truth Tellers Documentary Screening

Free and open to all; registration required
Tuesday, September 3, 1:00–2:30 pm
Wednesday, September 18, 4:30–6:00 pm
Saturday, September 21, 12:00–1:30 pm

This film chronicles the lives of courageous Americans fighting for racial equity, climate justice, and Indigenous rights. Exploring the intersection of these issues, it stresses the urgency of coming together to confront them and uphold our country's founding ideals. Aran Shetterly, Executive Director of the non-profit Americans Who Tell the Truth, leads a discussion after the Saturday screening.

Making a Movement with Robert Shetterly

Free and open to all; registration encouraged
Wednesday, September 18, 6:00–7:30 pm
Thursday, September 19, 1:30–3:00 pm
Robert Shetterly, creator of the Americans Who Tell the Truth gallery, tells his story about the development of this powerful series.

AWTT Workshop: Show Us Who You Are

Free and open to all; registration required
Thursday, September 19, 5:30–7:30 pm
Create your own self-portrait and write a companion narrative with the guidance of Robert Shetterly, creator of the Americans Who Tell the Truth gallery. This beginner-friendly workshop will help you explore the events, people, and beliefs that helped you become who you are today.

CVILLE BAND PERFORMANCES

Free and open to all

Cville Band Flutes

Thursday, September 12, 6:45–7:45 pm
This ensemble performs classic pieces and puts their own spin on modern day numbers.

Cville Band Brass Quintet

Thursday, September 19, 6:45–7:45 pm
This rotating group of trumpet, horn, trombone, and tuba players specializes in upbeat, fun classics.

Cville Band Clarinet Ensemble

Thursday, October 17, 6:45–7:45 PM

Many types of clarinets come together over a repertoire of styles from Baroque and classical to folk, jazz, and popular music of all kinds.

THURSDAYS AROUND 5

Free and open to all; registration encouraged

Two Wishes

Thursday, September 26, 5:01–7:00 pm
Vocalist Joy Kuhar with vocalist/guitarists Mike D'Antoni and Dan Sebring will delight you with their beautiful harmonies, serious guitar playing, and bad jokes.

Mark Patterson & the Midnight Special

Thursday, October 24, 5:02–7:00 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.

WEDNESDAY MUSIC CLUB

Free and open to Center members; registration required

Wednesday, October 2, 10:15–11:30 am

Lise Keiter, Professor and Chair of the Music Department at Mary Baldwin University, performs on piano.

THE UNCOMFORTABLE TRUTHS OF SYSTEMIC RACISM SPEAKER SERIES

Free and open to all; registration required

Racial Disparities in Healthcare: A Medical Emergency

Wednesday, October 2, 6:00–8:00 pm
National data indicates that Black, Hispanic, and Native American people continue to experience higher rates of morbidity, mortality, disease, and death than white people. Dr. M. Norman Oliver, former State Health Commissioner at the Virginia Department of Health and educator at UVA School of Medicine, explains how racism perpetuates inferior treatment in major healthcare institutions.

Do No Harm: Addressing America's Healthcare Inequity

Wednesday, October 16, 6:00–8:00 pm
Discrimination in health care is often the result of rigid institutional policies and unconscious bias based on negative stereotypes. Dr. Tracy Downs, Chief Diversity and Community Engagement Officer at the University of Virginia, shares insights and discusses how UVA and other health care facilities around the country are working to eliminate structural barriers to well-being.

AUTUMN ARTISTS RECEPTION

Free and open to all

Wednesday, October 9, 4:30–6:30 pm

Join local artists Matalie Deane, Joan Dreicer, and Julia Kindred for light refreshments and conversation about their work.

CENTER HIGH TEA

Open to all; registration required by October 4
Saturday, October 12, 11:00 am–12:30 pm

Enjoy delicious finger foods and a wide variety of teas! Dress your smart casual best and BYOT—bring your own teacup! There will be prizes for the classiest teacup and the most eccentric hat. Members \$18; Guests \$25.



MUSIC OF MALAWI

Open to all; registration required

Wednesday, October 23, 3:00–4:30 pm

Award-winning composer and fiddler/violinist Andrew Magill revives a project collaborating with musicians from the country of Malawi, visiting for a rare U.S. tour. Come learn about the "Warm Heart of Africa" and enjoy some of its music. \$15.

ARTS

Cancellation Policy: If you find that you cannot attend a class after registering, please email programs@thecentercville.org or contact the Welcome Desk to let us know. Because supplies must be purchased in advance, cancellations with fewer than 7 days' notice will incur the materials fee. **No-show Fee:** Prime members will incur a \$30 no-show fee for any uncancelled registrations in addition to the materials fee.

SKETCHING WITH KATIE

Open to Center members; registration required
Tuesdays, September 3–October 22,
2:30–5:30 pm (8 weeks)

Sketch alongside instructor Katie Hutter and learn how to see your subject with an artist's eye. Capture form, light, and shadow to convey your intention as you sketch faces, hands, objects, and other items. Prime Members free; Standard Members \$110. See required materials online.

INTERMEDIATE ACRYLIC PAINTING

Open to Center members; registration required
Wednesdays, September 4–25, 2:00–4:30 pm
(4 weeks)

Learn the joy of painting with acrylics on canvas with Joanne Coleman. Create either an impressionist style or a soft abstract to bring joy and a sense of calm as you tap into your inner self. Prime Members free; Standard Members \$45. See required materials online.

SCRAPBOOKING

Open to Center members; registration required
Fridays, September 6–27, 10:00 am–12:00 pm
(4 weeks)
Mondays, October 7–28, 10:00 am–12:00 pm
(4 weeks)

Celebrating your photo memories of family, friends, pets, travel and more enhances your life and keeps those experiences fresh. Instructor Laurie Bayma demonstrates strategies using photo-safe papers and card kits to bring your memories to life. Prime members free; Standard members \$30. Materials fees vary.

PROGRAMS continue on page 4



RELAX INTO ART

Free and open to Center members; registration required

Saturday, September 7, 10:00 am–1:00 pm
Thursday, September 26, 5:30–7:30 pm

No art experience? Perfect! Come share the joy of art making, using crayons and watercolor paint with Ann Cheeks. Play with color and experiment without worrying about techniques or getting it “wrong.” Materials fee is \$15, payable to instructor at start of class.

PAPER CRAFTING WITH DIANE

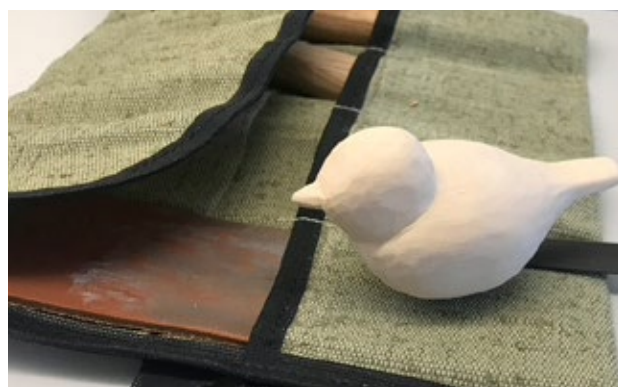
Open to Center members; registration required
2nd Tuesday each month, 10:00 am–12:00 pm

Diane Chapman shares her 30 years of paper crafting experience to help you create cards and other novelties. Prime members free; Standard members \$10. Materials fee is \$10, payable to instructor at start of class.

BEGINNER OIL PAINTING II

Open to Center members; registration required
Thursdays, September 19–November 7,
9:00 am–12:00 pm (8 weeks)

Join Katie Hutter to continue learning the ins and outs of oil painting. Play with paint to create form, shapes, shadows, and lighting effects. Learn basic color mixing and how to use all the tools of the trade. Prime members free; Standard members \$115. Materials fee is \$75, payable to instructor at start of first class.



COMFORT BIRD WOODCARVING CLASS

Open to Center members; registration required
Wednesdays, October 2 & 9, 2:00–4:00 pm
(2 weeks)

Carve two of your own 4" comfort birds with Mike Micucci. Prime members free; Standard members \$10. Materials fee is \$35, payable to instructor at start of first class, and includes two wood blocks, protective glove, and thumb guard. Other tools will be provided and may also be purchased during class.

INTERMEDIATE WATERCOLOR PAINTING

Open to Center members; registration required
Thursdays, October 3–31, 3:30–6:00 pm
(5 weeks)

Learn a variety of watercolor techniques including wet-on-wet, wet-on-dry, and dry-on-dry. Instructor Joanne Coleman helps you create transparent washes, detailed landscapes and still life, oceans, people in the distance, birds, and more. Prime members free; Standard members \$55. See required materials online.

DRAWING PORTRAITS WITH DESMOND

Open to Center members; registration required
Wednesdays, October 16–November 20,
2:00–4:00 pm (6 weeks)

Learn to draw portraits of people and animals from careful observation. Instructor Desmond Cormier will help you work with different mediums to gain an understanding of their unique characteristics. Prime members free; Standard members \$65. See required materials online.

LIFELONG LEARNING

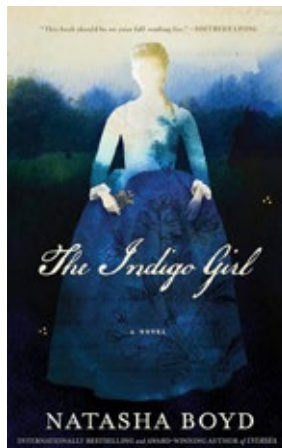
GOOD LIFE SERIES

Free and open to all; registration encouraged
Tuesday, September 3, 11:00 am–12:00 pm

Downsizing and Selling Both Real Estate & Personal Property: Do you know who wants Grandma’s yellow pie plate? We don’t either. How do we make this easier? Learn about options for downsizing in personal property and real estate.

Tuesday, October 1, 11:00 am–12:00 pm

Health Literacy and Why We All So Desperately Need It: In an era of misinformation, getting objective, accurate information is the key to good preventive care, managing acute and chronic illnesses, and navigating our local health care system. Healthcare advocates Kate Daniels and Fred Jung empower you to obtain the best information available to make the most informed decisions possible.



BOOK GROUP

Free and open to Center members
1st Wednesday each month, 11:00 am–12:00 pm

This enthusiastic group meets monthly to discuss predominantly contemporary works of fiction and nonfiction. The book for September 4 is *The Indigo Girl* by Natasha Boyd. October’s read is *Harry’s Trees* by Jon Cohen.

MEDICARE PROGRAMS

Free and open to all; registration encouraged

Thursday, September 5, 1:00–2:00 pm with Margo Kreider

Wednesday, Sept. 11, 11:00 am–12:00 pm with Sharon Accardo

Wednesday, September 18, 6:00–7:00 pm with Margo Kreider

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

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

Wednesday, October 9, 6:00–7:30 pm (Medicare and Social Security Planning with Sharon Accardo and Tracey Meade)

Wednesday, October 16, 6:00–7:00 pm with Margo Kreider

LANGUAGE CLASSES

FRENCH

Open to all; registration required

Beginner & Pre-Intermediate French

Fridays, September 6–November 8,
9:00–10:30 am (10 weeks)

Anne Padilla introduces you to the French language and the cultural heritage of Francophone countries. Prepare for future travels with essential vocabulary or simply enjoy the intellectual stimulation in a nonjudgmental environment. Prime members free; Standard members \$120; Guests \$140.

Intermediate French

Fridays, September 6–November 8,
10:30 am–12:00 pm (10 weeks)

Take your French skills to new heights in an inclusive and supportive learning environment with Anne Padilla. Prime members free; Standard members \$120; Guests \$140.

ITALIAN

Open to Center members; registration required

Beginning Italian

Mondays, September 9–October 7,
9:30–11:00 am (5 weeks)

Learn to read, speak, and write in present and past tense within the context of daily contemporary Italian culture. AnnaMaria Bakalian uses a variety of tools for beginner to pre-intermediate students. Prime members free; Standard members \$35; Guests \$50.

Advanced Intermediate Italian

Thursdays, September 5–October 3,
9:30–11:00 am (5 weeks)

Thursdays, October 24–November 21,
9:30–11:00 am (5 weeks)

Build on your existing knowledge of present tense and basic verbs conjugations to read, speak, and write in-depth in both the present and the past tense within the context of daily contemporary Italian culture. Prime members free; Standard members \$35.

NEW SERIES OF SPANISH CLASSES

Free and open to Center members;
registration required

Beginning Spanish

Tuesdays, beginning September 10,
12:45–2:00 pm

This weekly year-long course, using *Conversational Spanish in 7 Days* by Shirley Baldwin and Sarah Boas, meets in person on the 2nd and 4th Tuesday each month and online on other Tuesdays. Plan to commit at least two to three hours a week to studying, ideally 20 to 30 minutes per day.

Advanced Beginner Spanish

Tuesdays, beginning September 10,
2:00–3:15 pm

Expand your conversational fluency through the use of realistic everyday dialogues, using McGraw Hill’s *Spanish Conversation* by Jean Yates. This weekly year-long course meets in person on the 2nd and 4th Tuesday each month and online on other Tuesdays.

Keeping Up Your Spanish

Tuesdays, beginning September 10,
3:15–4:30 pm

Improve your skills or keep up your fluency in Spanish by reading *Recuerdo* by Juan Fernández. This intermediate group will meet in person the 2nd and 4th Tuesday each month and online on other Tuesdays.

MONEY AND YOU

Free and open to all; registration required
Tuesday, September 10, 10:00–11:30 am

Is It Worth Paying for a Financial Advisor?

Jorgen Vik, financial advisor and partner with SKV Group, leads a discussion on potential benefits and pitfalls of working with a financial advisor. Questions and pushback are warmly encouraged!

Tuesday, October 8, 10:00–11:30 am

Financial Trivia: Let's have some fun. Jorgen Vik, partner with SKV Group, will ask questions on topics of varying financial importance and perhaps share some prizes for correct or creative answers.

FORGOTTEN DISRUPTIVE TECHNOLOGY II

Free and open to all; registration required
Tuesday, September 10, 1:00–3:00 pm

Hank Perritt continues his series examining world-altering technology. This session will explore the history of mechanical refrigeration, roads suitable for motor vehicles, and the rotary printing press.

SENIOR STATESMEN OF VIRGINIA

Free and open to all; registration encouraged
Wednesday, September 11, 2:30–4:00 pm

Congressional District Candidate Forum:

Hear from Congressional candidates to make informed decisions in the upcoming election.

Wednesday, October 9, 2:30–4:00 pm

Voting Information & Changes: Registrars from both the City of Charlottesville and Albemarle County share the information you need to vote in November.

WWII DISCUSSION GROUP

Free and open to all; registration encouraged
2nd Thursday each month, 12:00–1:30 pm

Explore WWII battles, military training, the psychological effects on veterans, life on the home front, and more with monthly presentations by club members and guest speakers.

AFRICAN AMERICAN AUTHORS BOOK GROUP

Free and open to all
2nd Thursday each month,
6:00–7:30 pm

Join in energetic discussion and camaraderie over books by African American authors. The September 12 book is *Finding Me* by Viola Davis. On October 10, it's *The Black Angels* by Maria Smilios.



ELDER LAW WITH DORIS GELBMAN

Free and open to all; registration encouraged
Tuesday, September 17, 10:00–11:30 am

Thriving In Place! Long term care (and the insurance to cover it) is expensive. Learn how to get the most out of your biggest asset, the equity in your home. We'll discuss the costs of care and the best way to use our investment in our homes for as long as our health will allow.

Tuesday, October 15, 10:00–11:30 am

Advocating for Loved Ones in Health-care Settings:

When your loved one is sick, injured, or in need of care, you may need to help with medical jargon, insurance snafus, and other challenges. How can you navigate the healthcare system, making sure they receive appropriate care and understand their treatment options? Find out what's involved in advocating for others and what resources can help you support and empower your loved ones to make the best possible decisions regarding their health and long-term care.

APPLYING THE CREATIVE PROCESS TO LIFE: AN INTRODUCTION

Free and open to Center members; registration required

Tuesday, September 17, 2:00–3:00 pm

Preview an upcoming series exploring elements of the creative process. Instructor and author Albert C. Moore shares how his future class will help you expand your self-definition as a creator.

EMPTY NESTERS BOOK CLUB

Free and open to all; registration encouraged
3rd Wednesday each month, 6:30–7:30 pm

Do you finally have time to read? Join other empty nesters to discuss books and life after the kids are grown and out of the house. The September 18 book will be *Code Name Helene* by Ariel Lawhorn. The October 16 book will be *The Covenant of Water* by Abraham Verghese.

MYSTERY BOOK CLUB

Free and open to Center members; registration encouraged

4th Monday each month, 12:00–1:00 pm

Join a lively discussion about whodunnits with this fun group of mystery lovers. The September 23 book will be *In the Black Midwinter* by Julia Spencer Fleming. The October 28 book will be *The No. 1 Ladies Detective Agency* by Alexander McCall Smith.

FIND FREE LIBRARY SOURCES

Free and open to all; registration encouraged
Tuesday, September 24, 10:00–11:30 am

Amanda Farley and Catherine Fae, Adult Programs Librarians from the James Madison Regional Library system, share the amazing free resources and services JMRL provides beyond physical books. They'll cover everything from downloading eBooks and audiobooks to streaming thousands of films on demand.

UNITED NATIONS PARTNER PROGRAM

Free and open to all; registration encouraged
Tuesday, September 24, 5:00–6:00 pm

Europe in Turmoil: James Sofka is well known for his engaging overviews of European history and regional dynamics. He will provide an update on the impacts of war, energy challenges, and changing power relationships on Europe.

Tuesday, October 22, 5:00–6:00 pm

Celebrating the United Nations: Does U.S. Funding Matter? The U.S. is the largest contributor to UN budgets. What are the costs and benefits of this support and what would be the impact if American funding were curtailed? For many years this funding stream has been under attack in Congress. Monika Chill, Senior Associate for Community Engagement, discusses the threat.



DOCUMENTARIES AND DISCUSSION

Free and open to all; registration encouraged
4th Wednesday each month, 5:00–7:00 pm

This new monthly series explores a range of topics through documentary screenings, followed by thoughtful conversation. The September 25 film will be *Double Victory: The Tuskegee Airmen at War*. On October 23, see *High on the Hog: How African American Cuisine Transformed America*.

VIETNAM, 1945: THE COMPLEX BEGINNING

Free and open to all; registration encouraged
Tuesday, October 1, 2:00–3:30 pm

The events of 1945, including the end of WWII and Vietnam's declaration of independence, laid the groundwork for America's later involvement in the Vietnam War. Retired U.S. Army Colonel Steve Rundle and former Intelligence Officer Carl Pales discuss this pivotal year, its impact on Vietnam's future, and the significant, complex roles the United States, France, Japan, and China each played.



PLANTING FOR FALL AND WINTER INTEREST

Free and open to all; registration required
Tuesday, October 1, 6:30–7:30 pm

A winter garden doesn't have to be a barren landscape. You can keep your garden dynamic and beautiful through the cooler months by considering color, plant structure, and birds. Caroline Polk, a Piedmont Master Gardener volunteer, will offer suggestions for making your garden an engaging space no matter the season.

AARP SAFE DRIVER COURSE

Open to Center members; registration required
Monday, October 21 & Wednesday,
October 23, 9:00 am–1:00 pm

These proven driving techniques help keep drivers and their loved ones safe on the road. Review driving skills, strategies, and tips to adjust to normal age-related changes that may affect driving ability. AARP members \$20; non-AARP members \$25. All fees payable to AARP via cash or check onsite.

FINANCIAL WELLNESS PROGRAMS

Free and open to all; registration required

Investing for Beginners: Account Types

Wednesday, September 11, 10:00–11:30 am

There are numerous types of investment accounts. Where should you start? Jorgen Vik, Certified Financial Planner™ certificant and Partner with SKV Group, LLC, provides an introduction.

Investing with Your Head and Heart

Thursday, September 26, 4:00–5:00 pm

Is investment management all logic and strategy, or should it be built on intuition? Peter Mindnich of Wilkinson Wealth Management will share the nuances of investing with your personal goals and values in mind, as well as discuss common emotional pitfalls that can lead to poor decision-making.

Savvy Generational Planning

Monday, September 30, 2:00–3:00 pm

Generational planning is a complex process that requires being open about personal subjects and often brings thoughts of grief and loss to the forefront. Bryan Strickland and Dustin Ciraco of Wilkinson Wealth Management help you navigate the complexities—both practical and emotional—of effective generational planning.

Philanthropic Giving: Strategies for Gifting Wisely

Monday, September 30, 3:00–4:00 pm

One of the most satisfying things we can do with our success is give back to the causes we care about, but this is often overlooked as a financial planning topic. Susan Wilkinson of Wilkinson Wealth Management shares how to develop a philanthropy plan that keeps the focus on causes you most care about and may potentially help you maximize tax advantages.

Retire with Confidence

Wednesdays, October 2–23,
10:00–11:30 am (4 weeks)

Do you have enough money to last through your retirement? Are your accounts and investments set up to support your goals? Learn how investments can help you be prepared for it all with Jorgen Vik, Certified Financial Planner™ certificant and Partner with SKV Group, LLC.

AGING IN PLACE

Free and open to all; registration encouraged

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

Visiting Angels shares information for older adults, caregivers, and families. The September 6 topic will cover five questions you should ask to live a long, healthy, and secure life at home. On October 4, learn about fall risks and strategies to avoid them.

MIND & BODY

HYPNOSIS FOR WELL-BEING

Open to Center members; registration required

2nd Wednesday each month, 1:00–2:00 pm

Expand your consciousness with a group hypnosis experience led by a certified hypnotherapist. Hypnosis is similar to guided meditation but with a purpose of strengthening and widening your sense of well-being. The focus on September 11 is connecting with playfulness in healing. The October 9 focus is on feeling more confident. Prime members free; Standard members \$15.

NEW! TOTALBARRE®

Open to Center members; registration required

Thursdays, beginning September 12,
1:00–2:00 pm

Integrate elements of Pilates, dance cardio, and strength training with a certified TotalBarre® instructor. The class emphasizes correct biomechanics of movement combined with the power of music to increase your strength, flexibility, stamina, and dynamic stability. Prime members free; Standard members \$30/month.



INSIGHT MEDITATION

Open to Center members; registration required

Tuesdays, September 17–October 22,
4:30–6:00 pm (6 weeks)

Relax and destress, promote a positive frame of mind, and gain insights on life challenges. Holistic healing instructor Barbara Martin leads a mindfulness-based class with simple meditation and relaxation techniques. Prime members free; Standard members \$35.

HEARING HEALTH

Free and open to all; registration encouraged

Wednesday, September 18, 10:00–11:00 am

New Technology in Hearing Aids: Did you know that some hearing aids are now rechargeable, waterproof, over-the-counter, Bluetooth capable, or able to communicate directly with your TV or cell phone? Dr. Kristin Koch, audiologist and owner of Evolution Hearing, shares the game-changing technology featured in today's devices.

Wednesday, October 16, 10:00–11:00 am

When Hearing Aids Aren't Enough: Information on Cochlear Implants. Dr. LeighAnna Morris, audiologist with Evolution Hearing, discusses what cochlear implants are, candidacy criteria, process and procedure, and reasonable expectations. Dr. Alyson Dixon, regional representative for Advanced Bionics, joins in to discuss this groundbreaking technology.

MINDFUL MOVEMENT

Free and open to Center members; registration required

Fridays, September 20–October 4,
10:00–10:30 am (3 weeks)

Slow down to connect with your breath and body with Integral Life Coach Britton Horne.

OPENING TO GRIEF

Free and open to all; registration required

Mondays, October 7–28, 2:00–3:00 pm
(4 weeks)

Grief is not something that goes away over time, but rather something we grow around. Join others in a safe space alongside grief educator Laura Markey Monroe for readings on grief and an open environment for sharing or simply listening.

DEMYSTIFYING AND UNDERSTANDING GRIEF

Free and open to all; registration encouraged

Thursday, October 17, 6:00–7:30 pm

Grief is difficult to navigate, no matter its source. Certified grief educator Laura Markey Monroe offers support and ideas, debunking myths about the grieving process for a better understanding and acceptance of your journey or to help you support someone else on theirs.

SOCIAL/RECREATIONAL

WEDNESDAY NIGHT MOVIES

Free for Center members; registration encouraged

1st and 3rd Wednesday
each month,
5:00–7:00 pm

September 4:

Stand By Me

September 18: *MASH*

October 2: *Brooklyn*

October 16: *Airplane*



PRIDE BRUNCH (OFF-SITE)

Open to all; registration encouraged

1st Saturday each month, 10:30 am–12:00 pm

Meet and socialize with other members of the 50-and-up LGBTQ+ community in the Charlottesville area at local restaurants. See upcoming locations online. No registration cost; you need only pay for your own meal.

BEER AND BINGO

Open to all; registration required

Tuesday, September 10, 5:00–6:30 pm

Try your luck at multiple rounds of bingo and win prizes that include gift cards, cash, and one month of Prime membership! One regular coffee, tea, beer, or wine is included. Members \$10; Guests \$15. One bingo board included; \$5 per additional board.

CINEMA DISCUSSION GROUP

Free and open to all; registration encouraged

2nd Wednesday each month, 6:00–7:00 pm

Movie and cinema fans are invited every month to discuss a movie, explore the art of filmmaking, connect, and share ideas. The September 11 discussion will focus on *The Graduate*. The October 9 discussion will focus on *One Flew Over the Cuckoo's Nest*.

END OF SUMMER MEMBER APPRECIATION SOCIAL

Free and open to Center members; registration required

Wednesday, September 11, 2:00–3:30 pm

Say goodbye to summer with delicious old-fashioned ice cream treats and your friends at The Center. We'll have a variety of popsicles, ice cream sandwiches, Drumsticks, and Fudgsicles.

PRIDE MOVIES

Free and open to all; registration encouraged

Thursday, September 12, 5:30–7:30 pm

All of Us Strangers: In this 2023 romantic fantasy, a screenwriter drawn back to his childhood home enters a fledgling relationship with his mysterious neighbor and begins having visions of his deceased parents.

Thursday, October 24, 2:30–4:30 pm

Rocky Horror Picture Show: In the 1975 cult classic, a newly engaged couple's car breaks down, forcing them to seek shelter at the bizarre residence of Dr. Frank-n-Furter.

SENIOR SELF DEFENSE

Open to Center members; registration required

Tuesdays, September 24–October 15,
1:30–2:30 pm (4 weeks)

Learn and practice skills for defending yourself from robberies, attempted assault, bullying behavior, or car jacking. This hands-on course for men and women will also include how to work around a cane, limited joint movements, or balance difficulties. Prime members free; Standard members \$20.

WORLD WAR II MOVIE MATINEE

Free and open to all; registration encouraged

4th Thursday each month, 2:00–4:00 pm

Gather with fellow WWII buffs for monthly matinees. September 26: *Operation Mincemeat*. October 24: *Ordinary Men*.

OUTSTANDING OCTOBER LUNCHEON

Open to all; registration required by October 11

Wednesday, October 16, 12:00–1:30 pm

Enjoy outstanding lasagna from Layers Catering Company. Choose beef or chicken, served with garden salad and cookies. Members \$15, Guests \$18.

PRIDE HALLOWEEN DANCE

Free and open to all; registration encouraged

Thursday, October 31, 5:00–7:30 pm

Join us for a spooky good time! Wear your favorite costume for a chance to win a gift card. Feel free to bring snacks and non-alcoholic beverages to share.

Remember, this is only a partial list of Center offerings. Check the website for programs added after our print deadline!



VOLUNTEERING

BOBBI HUGHES

Coordinator of Volunteer Resources
434.220.9755 • bobbi@thecentercville.org

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

Too Early to Make Holiday Plans? Not in Our Book!

The winter holidays are one of the most popular times to volunteer. Food banks and shelters often report increases of 10 to 20% more volunteers during November and December than they see the rest of the year.

This isn't necessarily because organizations have greater needs around the holidays, though. Rather, this time of year inspires more people to be community minded and seek out volunteer opportunities. The Corporation for National and Community Service (also known as Ameri-Corps) particularly notes that younger people and families volunteer more around the holidays.

What does this increased interest mean for you? Volunteer spots are in high demand! So if you want to support a nonprofit organization during the holiday season, you need to get on their calendar sooner rather than later.

September and October are the perfect months to engage in some early holiday season planning and consider how your unique skills, interests, and experience can support your community.

If you're curious which nonprofits in our area could use your help, contact Bobbi Hughes, The Center's Coordinator of Volunteer Resources. ■



COUNCIL NOTES

Attend one meeting or attend monthly, your voice is welcome at a Council meeting. Respectful, lively discussions focus on members' ideas and issues, and effective, timely communication between membership and staff is the goal. Come and listen or come and participate—either choice will help provide you with a deeper understanding of Center policies, planning, and procedures. For more information or a copy of the Council bylaws, please contact Council president Peggy Slez at mjslez@gmail.com.

Except for September, when The Center is closed for Labor Day, Council meetings are held on the first Monday of the month at 1:00 pm and last for approximately one hour. All program leaders and Center members are invited to attend—join us for an upcoming meeting!

Monday, September 9 – New Board members Doris Gelbman and Michael Joyce will be special guests.

Monday, October 7 – Special guest, Julie Christopher, president of the Board of Directors, will talk about the governance role of The Center Board and how the Council fits into the Board's strategic planning process.

Peggy Slez, Council President

DONATIONS MADE IN MEMORY OF (June 1–July 31, 2024)

Frank Addonizio

by Diane & Howie Long

Rick Benner

by The Center Writing for
Pleasure Group

Leon Blumreich

by Jay Gammon

Mark Dryer

by Daniel Dreger

William Steigman

by Sherry Sinard

DONATIONS MADE IN HONOR OF (June 1–July 31, 2024)

Kristine Critzer

by Elizabeth & Don Bean

Linda Hahn

by Elizabeth & Don Bean

Bobbi Hughes

by Anonymous

Deborah & Mark Salerno

by Jane Whitworth

Volunteer Opportunities

at The Center ...

A variety of openings

The Center depends on volunteers for its many programs and operations. Opportunities range from the fitness room to special events, data entry to leading programs. All of these positions can use substitutes to help cover needs when a scheduled volunteer is unable to come in. If you have an upbeat personality and a flexible schedule, consider becoming a substitute volunteer and help promote our mission of keeping seniors healthy, engaged, and independent in our community. For more information, contact Bobbi Hughes.

and in the Community ... Emergency Food Network

The EFN reduces food insecurity by providing healthy groceries to Charlottesville and Albemarle residents. Volunteers are needed, particularly on Saturdays, for several positions:

Office Helpers: 9:00 am–12:00 pm, answering phones and taking food orders

Drivers: 12:00–1:00 pm, picking up food from the off-site pantry

Distribution Helpers: 11:00 am–4:00 pm, handing out food to visitors

Training is provided. More information is available at emergencyfoodnetwork.org.



The Center will be participating in this year's United Way Day of Caring by collecting gently used medical equipment for All Blessings Flow to distribute to uninsured patients in our area. Bring items to The Center between 10:00 am and 5:00 pm on Wednesday, September 18. Accepted donations include rollators, walkers, wheelchairs, canes, shower chairs, unopened adult diapers, and much more. Contact Bobbi Hughes for more information.





TRAVEL

LINDA HAHN
TRAVEL COORDINATOR
linda@thecentercville.org
434.220.9736

All trips are open to the public of all ages. For more information about trips or to book a reservation, call the travel office at 434.974.6538 or email Linda.

Personal travel needs? Contact Linda for help!

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

DAY TRIPS

NATIONAL D-DAY MEMORIAL

Wednesday, September 4, 9:00 am–4:30 pm

Honor the Allied forces that participated in the invasion of Normandy on June 6, 1944 at the nation's official monument to D-Day. The Memorial is built upon consecrated earth, a mixture of sand from the coast of Normandy and Bedford soil, and contains the signature monument, The Overlord Arch. Learn about the lessons and legacy of D-Day during a guided docent tour. Lunch is on your own at the nearby All American Family Grill. Members \$95; Guests \$130.

CANNABIS FARM TOUR

Wednesday, September 18, 9:30 am–2:30 pm

Did you know cannabis has been grown in Virginia since as far back as 1632? Ride through the countryside to Buckingham County for an exclusive tour of a legal cannabis farm where you'll meet an expert grower and learn about the role this plant has played throughout history. After the tour, we'll stop in historic Scottsville, located on the banks of the James River, for an included lunch at Tavern on the James. Members \$129; Guests \$164.

“BEAUTIFUL: THE CAROLE KING MUSICAL” AT RIVERSIDE

Wednesday, October 2, 9:30 am–6:30 pm

Follow the story of Carole King's remarkable rise to stardom from spunky, young Brooklyn songwriter to one of music's most successful solo acts in “Beautiful: The Carole King Musical.” Riverside Dinner Theater stages this Tony-winning show full of beloved songs like “I Feel the Earth Move” and “You've Got a Friend.” Lunch is included. Members \$170; Guests \$205.

POPLAR FOREST

Friday, October 11, 9:00 am–4:30 pm

Gain deeper knowledge about the lives and experiences of those who lived in the enslaved community at Jefferson's retreat house on a docent-led tour. Explore award-winning, thought-provoking, and meticulous historical restorations, both inside and outside the walls of the house. Lunch is on your own at The Neighbors Place. Members \$100; Guests \$135.



POQUOSON SEAFOOD FESTIVAL

Saturday, October 19, 7:30 am–6:30 pm

Sample a wide variety of delicious seafood in the Hampton Roads area as the 44th annual Poquoson Seafood Festival works to preserve the heritage of the Chesapeake working watermen. The festival features over 150 arts and craft vendors, seafood vendors, commercial vendors, and musical entertainment. Lunch is on your own. Members \$107; Guests \$142.



VIRGINIA STATE CAPITAL

Friday, November 15, 8:30 am–3:00 pm

Travel with us to the Virginia State Capitol and the Executive Mansion for a guided tour. The Capitol houses the oldest elected legislative body in North America, the Virginia General Assembly, first established as the House of Burgesses in 1619. Also visit the Executive Mansion, the oldest occupied governor's mansion in the United States. Lunch is included at Sam Millers. Open to all. Member \$114; Guests \$149

RIVERSIDE CHRISTMAS SPECTACULAR

Wednesday, November 20, 9:30 am–6:30 pm

Experience the excitement, memories, and joy of Christmas as the Riverside Center's spectacular cast of singers and dancers present the very heart and essence of the holiday season. Escape cold, hustle, and stress with this glittering celebration of everything that makes this “the most wonderful time of the year!” Lunch is included. Members \$170; Guests \$205.

WHITE HOUSE HOLIDAY TOUR

December 2024

Admire the festive holiday decorations at The White House on a self-guided tour. Exact date will be determined by The White House; call the Travel Office to put your name on the interest list ASAP. Some walking is involved and there is a possibility of waiting in line at the gate. A valid government-issued U.S. ID is required. Lunch is on your own at Fashion Centre Mall in Pentagon City. Price TBA.

GETAWAYS

EGYPT

October 15–26

Explore a land of ancient treasures from Cairo, the capital and largest city of Egypt, to the Great Pyramids and beyond. On this very active tour, you'll experience camel rides, a Nile cruise from Aswan to Luxor, optional excursions to Abu Simbel and sunrise balloon rides, temple visits, shopping, and much more. Package includes round trip airfare, two to three meals per day, and a licensed professional Egyptian tour guide.

SAVANNAH, GEORGIA

October 20–23

Stay in the Historic District of charming Savannah, Georgia. Tour historic houses and museums, see downtown Savannah by trolley, and enjoy gospel music on a dinner cruise down the Savannah River. There will be plenty of free time for shopping and independent fun. Package includes round trip bus transportation, hotel stay, 3 breakfasts, 1 lunch, and 2 dinners. Space is limited.

MEMPHIS, PIGEON FORGE AND NASHVILLE FOR THE HOLIDAYS

December 8–13, 2024

Travel through Tennessee for a sparkling holiday season in Memphis, Pigeon Forge, and Nashville. Admire holiday lights and enjoy visits to Elvis Presley's Graceland, the ducks at the famous Peabody Hotel, Sun Records, the Memphis Zoo, and the Country Music Hall of Fame. You'll cap the trip off with the Grand Ole Opry Christmas Show. Package includes round trip transportation, accommodation for five nights, 5 breakfasts, 5 dinners, and admission to listed attractions. Space is limited.

BILTMORE ESTATE FOR THE HOLIDAYS

December 15–17

There is no place like The Biltmore Estate for the holidays. Travel to Asheville, North Carolina and stay in the Village Hotel on the Biltmore Estate grounds. Enjoy festive lights at the North Carolina Arboretum and a candlelight tour of the Biltmore Estate. Package includes 2 breakfasts, 1 lunch, and 2 dinners. Space is limited.



HOLLAND AND BELGIUM IN BLOOM

April 3–12, 2025

Sail on board the Emerald Sky to see the archetypal Dutch topography of windmills, tulips, and winding canals. A fascinating trip through time, this insightful itinerary acknowledges the history of working-Dutch communities, dating as far back as the 13th century, before a guided tour to the Hague and a visit to Mauritshuis. Discover what attracts art lovers to Antwerp's intriguing medieval center before technicolor Amsterdam and Keukenhof Gardens, which leave a lasting impression on the senses.

PRESENTATIONS

UNDERSTANDING JEFFERSON'S ESCAPE FROM THE BRITISH

Thursday, September 5, 4:00–5:00pm

Dr. Wendy Tacket of the ACNSDAR Chapter shares the process for researching and understanding the circumstances around the British attempted capture of Governor Thomas Jefferson and his escape from Monticello to Poplar Forest. Set the landscape for The Center's day trip to Poplar Forest with this informational session and dramatic retelling of the British invasion.

COME ALONG! CENTER TRIPS ARE OPEN TO ALL!

Pull-Out Program Calendar

THURSDAY

- 9:00 Tai Chi, Party Bridge
Energizing Yoga \$
Ivy Creek Hikers
- 9:15 PRIMETIME FITNESS \$
- 10:00 **AA Meeting**
Tap Dance (Level 3) \$
Foot & Nail Care Clinic \$
Another Group for Men
Writing for Self Expression & Insight \$
Retreads Softball
- 10:30 ARTHRITIS EXERCISE \$
- 11:00 Tap Dance (Level 4) \$
- 11:30 Gentle Yoga \$
- 11:45 Stretch for Balance & Strength \$
Balance & Stabilization \$
- 12:00 *NIA-Moving to Heal \$*
Music in the Atrium
Sheepshead
Massage Appts. with Rachel \$
- 1:00 Woodcarvers, Senior Fitness,
Total Barre \$
- 1:30 **Drumming Group**
- 2:00 Backgammon
- 2:30 **International Folk Dance**
American Mah Jongg (Beg.)
Reconnect Support Group II
- 3:30 Tai Chi \$
- 4:00 Afternoon Rummikub
- 4:30 **Tap Your Troubles Away \$**
- 6:15 **Ping Pong**
- 7:00 **Square Dancing**

FRIDAY

- 8:30 Hatha Yoga \$
- 9:00 Tai Chi
- 9:15 PRIMETIME FITNESS \$
- 9:30 Friday Art Group
- 9:45 Tone & Groove \$
- 10:00 Rummikub
Level 1 Walking
Floor Barre \$
- 10:30 Beg./Int. Crochet \$
Flashbacks \$
- 11:00 *Friday Fitness*
Ping Pong
Chair Yoga \$
- 12:15 Beginners Line Dance
- 12:45 Piano Music in the Atrium
- 1:00 Euchre
Still Sharp Singers
American Mah Jongg
Writing for Pleasure
- 1:45 Improvers/Int. Line Dance
- 2:30 **Acoustic Jam Session**
Music in the Atrium
Bingo \$
Barbershop Belles & Beaux
- 3:30 **Parkinson's Yoga \$**

SATURDAY

- 8:45 Energizing Yoga \$
- 9:00 Oil Painting Group
- 10:00 MOVE TO THE RHYTHM DANCE
PARTY \$
Gentle Yoga \$
Chess (All Levels)

The Center at Belvedere

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

<p>3</p> <p>9:00 Beg. Oil II, <i>cont.</i> 9:30 Adv. Int. Italian, <i>final</i> 10:00 Hearing Screenings 12:30 Wise Women Three 1:00 Mastering Medicare Apple/Mac Users Group 3:00 Socrates Café Android Phone Training 3:30 Inter. Watercolor Painting \$ 6:00 NAMI Support Group Jazz Jam</p>	<p>4</p> <p>9:00 Beg & Pre-Int. French, cont. 10:00 Mindful Movement, <i>final</i> 10:30 Inter. French, cont. 11:00 Aging in Place 12:00 Adv. Oil Painting, <i>cont.</i> 1:00 Diabetes Discussion Group</p>	<p>5</p> <p>10:30 <i>Pride Brunch</i></p>
<p>10</p> <p>9:00 Beg. Oil II, <i>cont.</i> 10:00 Dementia Caregiver Support Group Even War Has Rules 10:30 Cardio Drumming 12:00 WWII Discussion Group 2:00 Varieties of Spiritual Experience 3:30 Inter. Watercolor Painting, <i>cont.</i> Monthly Economy Perspective 4:00 Tremor Support Group 4:30 Fashion Show 6:00 NAMI Support Group African American Authors Book Club</p>	<p>11</p> <p>9:00 Beg & Pre-Int. French, cont. 10:00 Healthy Recipe Group 10:30 Inter. French, cont. 12:00 Adv. Oil Painting, <i>cont.</i></p>	<p>12</p> <p>11:00 High Tea \$</p>
<p>17</p> <p>9:00 Beg. Oil II, <i>cont.</i> 12:30 Wise Women Three 1:00 Apple/Mac Users Group 3:00 Socrates Café 3:30 Android Phone Training Inter. Watercolor Painting, <i>cont.</i> 5:30 Pride Movie 6:00 NAMI Support Group Demystifying & Understanding Grief 6:45 Cville Band Clarinet Ensemble</p>	<p>18</p> <p>9:00 Beg & Pre-Int. French, cont. <i>Birding at Foxhaven</i> 10:30 Inter. French, cont. 11:00 Reverse Mortgage Pros & Cons 12:00 Lunch Box Readings Adv. Oil Painting, <i>cont.</i> 1:30 Ribbon Scarfmaking \$</p>	<p>19</p>
<p>24</p> <p>9:00 Beg. Oil II, <i>cont.</i> 9:30 Adv. Int. Italian \$ 10:00 Low Vision Support Group 10:30 Cardio Drumming 11:00 Shredding Truck 12:30 Card Making with Sherry \$ 2:00 Varieties of Spiritual Experience WWII Movie Matinee 2:30 Pride Movie: Rocky Horror Picture Show 3:30 Inter. Watercolor Painting, <i>cont.</i> 5:02 Thursdays Around 5</p>	<p>25</p> <p>9:00 Beg & Pre-Int. French, cont. 10:00 Writers Critique Workshop 10:30 Inter. French, cont. 12:00 Adv. Oil Painting, <i>final</i></p>	<p>26</p> <p>10:00 Stop By Saturday</p>
<p>31</p> <p>9:00 Beg. Oil II, <i>cont.</i> 9:30 Adv. Int. Italian, <i>cont.</i> 3:30 Inter. Watercolor Painting, <i>final</i> 5:00 Pride Halloween Dance</p>		

September 2024

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.

MONDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*
 9:15 PRIMETIME FITNESS \$
 Floor Barre \$
 9:45 Chair Yoga \$
 10:00 Writing for Healing & Growth \$
 Monday Group for Men
 Getting Better at Bridge
Grateful Threads Quilters
 11:00 **Silver Swans Ballet II**
 Poker
 11:30 Feel Good Flow \$
 Intro to Jazz Dance \$
 11:45 BALANCE & STABILIZATION \$
 12:15 **Silver Swans Ballet I**
 12:30 Chess
 12:45 Chinese Mah Jongg
 1:00 *Ageless Grace* \$
 English Country Dance
Music in the Atrium
Member Social
 Royal Siamese American Mah Jongg
 1:45 Strengthen Your Health & Life \$
 3:00 Meditative Stretch \$
 3:30 Tai Chi \$
Parkinson's Yoga \$ (Video)

TUESDAY

9:00 Energizing Yoga \$
 Tai Chi
 Art as Play \$
 9:15 PRIMETIME FITNESS \$
 10:00 A Group for Men
Retreads Softball
 10:15 Tap Dance Lessons (Level 1) \$
 10:30 ARTHRITIS EXERCISE \$
 10:30 Second-Wind Band \$
 11:00 Tap Dance Lessons (Level 2) \$
 11:30 Gentle Yoga \$
 11:45 Stretch for Balance & Strength \$
 12:30 Party Bridge
 12:45 *Beginning Spanish**
Piano Music in the Atrium
 1:00 English Country Dance
 2:00 *Advanced Beginner Spanish**
 2:15 Cardio & Core Strength \$
 3:15 *Keeping Up Your Spanish**
 3:30 MOVE TO THE RHYTHM DANCE
 PARTY \$
Parkinson's Yoga \$ (Video)
 5:00 FIT TO GO
 6:00 **AA Women's Group**
 Line Dance (Int./Adv.)
 6:15 **Ping Pong**
 6:45 *Families Anonymous*

*new classes start September 10
 classes meet online the 1st & 3rd Tuesdays;
 at The Center the 2nd & 4th Tuesdays.

WEDNESDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*
 9:15 PRIMETIME FITNESS \$
 9:30 Crafty Ladies
 9:45 Tone & Groove \$
 10:00 *Senior Bowling* \$
 Push Card Game
 11:00 Maximize Your Strength \$
 12:00 **Tops**
 Canasta
Music in the Atrium
 Crafts DIY
 Advanced Line Dance
 Dollhouse Miniatures
 12:30 **Square Dance Lessons**
 1:00 *Ageless Grace* \$
 Scrabble
 American Mah Jongg
 Recorder Lessons \$
 1:45 Strengthen Your Health & Life \$
 2:00 Knit-Wits
 2:30 Ping Pong
Conversational Spanish (Beg.)
 3:00 Meditative Stretch \$
 3:30 **Parkinson's Yoga \$ (Video)**
 5:00 Line Dance (Beg.)
 6:00 **AA Meeting**
Latin Style Ballroom Dance \$
 6:30 **International Folk Dance**
 7:00 **Standard Style Ballroom Dance \$**

<p>2 Center closed in observance of Labor Day</p>	<p>3 9:00 Injury & Pain Screenings 9:30 Coffee & Caregiving 10:00 Try It Out Tuesday 11:00 Good Life Series 12:00 Bunko 1:00 Leaning into Abstraction \$ Truth Tellers Documentary 2:30 Sketching with Katie \$ 6:00 Trivia</p>	<p>4 9:00 Blue Zone Cooking \$ 9:30 Veterans Coffee Hour Kingfishers 10:30 Wise Women, Too 11:00 Book Group 2:00 Int. Acrylic Painting \$ 5:00 Movie Night: <i>Stand By Me</i></p>
<p>9 9:30 Beg. Italian \$ 1:00 Piedmont Pastelists Council Meeting 2:00 Current Events</p>	<p>10 10:00 Money and You Wise Women Connect Papercrafting \$ Travel Chat 1:00 Bookmobile Leaning into Abstraction, <i>cont.</i> Forgotten Disruptive Technology II 2:00 Karaoke 2:30 Sketching with Katie, <i>cont.</i> 4:00 <i>Singles Schmooze</i> 5:00 Beer and Bingo \$</p>	<p>11 9:00 Blue Zone Cooking, <i>cont.</i> 10:00 Welcome Wednesday Investing for Beginners: Account Types 10:30 Parkinson's Caregiver Support Group 11:00 Medicare 101 12:30 Wednesday Group for Men 1:00 Hypnosis for Well-being \$ 2:00 Int. Acrylic Painting, <i>cont.</i> End of Summer Social 2:30 Senior Statesmen 3:00 Hearing Care Clinic 6:00 Moonlighter's Quilting Cinema Discussion Group</p>
<p>16 9:30 Beg. Italian, <i>cont.</i> 12:30 Int.-Adv. Landscape Painting \$</p>	<p>17 9:30 Move for Health Alzheimer's Support Group 10:00 Elder Law 12:00 Bunko 1:00 Navigating Senior Living Options Leaning into Abstraction, <i>cont.</i> 2:00 Applying the Creative Process to Life 2:30 Sketching with Katie, <i>cont.</i> 4:30 Insight Meditation \$ 6:00 Trivia Albemarle Modern Quilt Guild</p>	<p>18 9:00 Injury & Pain Screenings Blue Zone Cooking, <i>cont.</i> 10:00 Hearing Health 10:30 Wise Women, Too 1:00 Let's Talk Books 2:00 Int. Acrylic Painting, <i>cont.</i> Truth Tellers Documentary 4:30 Movie Night: <i>MASH</i> 6:00 Welcome Wednesday Making a Movement with Robert Shetterly Mastering Medicare 6:30 Empty Nesters Book Club</p>
<p>23 9:30 Beg. Italian, <i>cont.</i> 12:00 Mystery Book Club 12:30 Int.-Adv. Landscape Painting, <i>cont.</i> 2:00 Preparing for Death Series Current Events</p>	<p>24 10:00 Wise Women Connect Find Free Library Sources 1:00 Bookmobile Leaning into Abstraction, <i>final</i> 1:30 Senior Self Defense \$ 2:00 Karaoke 2:30 Sketching with Katie, <i>cont.</i> 4:00 <i>Singles Schmooze</i> 4:30 Insight Meditation, <i>cont.</i> 5:00 Europe in Turmoil 5:30 Silent Film: The Adventures of Prince Achmed</p>	<p>25 9:00 Blue Zone Cooking, <i>cont.</i> 10:00 Scam Prevention Seminar 10:30 Parkinson's Caregiver Support Group 11:00 Service Dog Demo 12:30 Wednesday Group for Men 2:00 Int. Acrylic Painting, <i>final</i> Deserving Dogs Visit 5:00 Documentary Discussion: Double Victory 5:30 Stroke Support Group 6:00 Moonlighter's Quilting</p>
<p>30 9:30 Beg. Italian, <i>cont.</i> 12:30 Int.-Adv. Landscape Painting, <i>cont.</i> 2:00 Savvy Generational Planning 3:00 Philanthropic Giving: Strategies for Gifting Wisely</p>		

Pull-Out Program Calendar

THURSDAY

9:00 Tai Chi, Party Bridge
Energizing Yoga \$
Ivy Creek Hikers

9:15 PRIMETIME FITNESS \$

10:00 **AA Meeting**
Tap Dance (Level 3) \$
Foot & Nail Care Clinic \$
Another Group for Men
Writing for Self Expression & Insight \$
Retreads Softball

10:30 ARTHRITIS EXERCISE \$

11:00 Tap Dance (Level 4) \$

11:30 Gentle Yoga \$

11:45 Stretch for Balance & Strength \$
Balance & Stabilization \$

12:00 *NIA-Moving to Heal \$*
Music in the Atrium
Sheepshead
Massage Appts. with Rachel \$

1:00 Woodcarvers, Senior Fitness
Total Barre \$ (starts Sept 12)

1:30 **Drumming Group**

2:00 Backgammon

2:30 **International Folk Dance**
American Mah Jongg (Beg.)
Reconnect Support Group II

3:30 Tai Chi \$
Parkinson's Yoga \$ (Video)

4:00 Afternoon Rummikub

4:30 **Tap Your Troubles Away \$**

6:15 **Ping Pong**

7:00 **Square Dancing**

FRIDAY

8:30 Hatha Yoga \$

9:00 Tai Chi

9:15 PRIMETIME FITNESS \$

9:30 Friday Art Group

9:45 Tone & Groove \$

10:00 Rummikub
Level 1 Walking
Floor Barre \$

10:30 Beg./Int. Crochet \$
Flashbacks \$

11:00 *Friday Fitness*
Ping Pong
Chair Yoga \$

12:15 Beginners Line Dance

12:45 Piano Music in the Atrium

1:00 Euchre
Still Sharp Singers
American Mah Jongg
Writing for Pleasure

1:45 Improvers/Int. Line Dance

2:30 **Acoustic Jam Session**
Music in the Atrium
Bingo \$
Barbershop Belles & Beaux

3:30 **Parkinson's Yoga \$**

SATURDAY

8:45 Energizing Yoga \$

9:00 Oil Painting Group

10:00 MOVE TO THE RHYTHM DANCE
PARTY \$
Gentle Yoga \$
Chess (All Levels)

The Center at Belvedere

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

<p>5 9:30 Adv. Int. Italian \$ 10:00 Hearing Screenings 12:30 Wise Women Three 1:00 Mastering Medicare Apple/Mac Users Group Socrates Café 3:30 Android Phone Training 4:00 Understanding Jefferson's Escape from the British 5:30 Leadership as Relation 6:00 NAMI Family Support Group Jazz Jam</p>	<p>6 9:00 Beg. & Pre-Int. French \$ 10:00 Scrapbooking \$ 10:30 Int. French \$ 11:00 Aging in Place 12:00 Adv. Oil Painting \$ 1:00 Diabetes Discussion Group</p>	<p>7 10:00 Relax Into Art Life Wishes 10:30 <i>Pride Brunch</i></p>
<p>12 9:30 Adv. Int. Italian, <i>cont.</i> 10:00 Dementia Caregiver Support Group 10:30 Cardio Drumming 12:00 WWII Discussion Group 2:00 Varieties of Spiritual Experience 3:30 Monthly Economy Perspective 4:00 Tremor Support Group 5:30 Pride Movie: All of Us Strangers 6:00 African American Authors Book Club NAMI Support Group 6:45 Cville Band Flute Ensemble</p>	<p>13 9:00 Beg. & Pre-Int. French, cont. 10:00 Healthy Recipe Group Scrapbooking, <i>cont.</i> 10:30 Inter. French, cont. 12:00 Adv. Oil Painting, <i>cont.</i></p>	<p>14 10:00 Life Wishes, <i>cont.</i></p>
<p>19 9:00 Beg. Oil II \$ 9:30 Adv. Int. Italian, <i>cont.</i> 12:30 Wise Women Three 1:00 Apple Mac Users Group 1:30 Making a Movement with Robert Shetterly Socrates Café 3:30 Android Phone Training 5:00 B3 in the Atrium 5:30 Pride Game Night Americans Who Tell the Truth Workshop 6:00 NAMI Support Group 6:45 Cville Band Brass Quintet</p>	<p>20 9:00 Beg. & Pre-Int. French, cont. <i>Birding at Foxhaven</i> 10:00 Mindful Movement Scrapbooking, <i>cont.</i> Americans Who Tell the Truth Gallery Walk 10:30 Inter. French, cont. 12:00 Lunch Box Readings Adv. Oil Painting, <i>cont.</i></p>	<p>21 10:00 Soul Collage Life Wishes, <i>cont.</i> 12:00 Truth Tellers Documentary & Discussion</p>
<p>26 9:00 Beg. Oil II, <i>cont.</i> 9:30 Adv. Int. Italian, <i>cont.</i> 10:30 Cardio Drumming 11:00 Long-term Care Planning 12:30 Card Making with Sherry 2:00 Varieties of Spiritual Experience WWII Movie Matinee 4:00 Investing with Your Head and Heart 5:01 Thursdays Around 5 5:30 Relax Into Art</p>	<p>27 9:00 Beg. & Pre-Int. French, cont. 10:00 Mindful Movement, <i>cont.</i> Scrapbooking, <i>final</i> Writers Critique Workshop 10:30 Inter. French, cont. 12:00 Adv. Oil Painting, <i>cont.</i></p>	<p>28 10:00 am-2:00 pm Active Aging Fair 10:00 Stop By Saturday Life Wishes, <i>final</i></p>

October 2024

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.

MONDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*
 9:15 PRIMETIME FITNESS \$,
 Floor Barre \$
 9:45 Chair Yoga
 10:00 Writing for Healing & Growth \$
 Monday Group for Men
 Getting Better at Bridge
Grateful Threads Quilters
 11:00 **Silver Swans Ballet II**
 Poker
 11:30 Feel Good Flow \$
 Intro to Jazz Dance \$
 11:45 BALANCE & STABILIZATION \$
 12:15 **Silver Swans Ballet I**
 12:30 Chess
 12:45 Chinese Mah Jongg
 1:00 *Ageless Grace* \$
 English Country Dance
Music in the Atrium
Member Social
 Royal Siamese American Mah Jongg
 1:45 Strengthen Your Health & Life \$
 3:00 Meditative Stretch \$
 3:30 Tai Chi \$
Parkinson's Yoga \$ (Video)

TUESDAY

9:00 Energizing Yoga \$
 Tai Chi
 Art as Play \$
 9:15 PRIMETIME FITNESS \$
 10:00 A Group for Men
Retreads Softball
 10:15 Tap Dance Lessons (Level 1) \$
 10:30 ARTHRITIS EXERCISE \$
 Second-Wind Band \$
 11:00 Tap Dance Lessons (Level 2) \$
 11:30 Gentle Yoga \$
 11:45 Stretch for Balance & Strength \$
 12:30 Party Bridge
 12:45 *Beginning Spanish**
Piano Music in the Atrium
 1:00 English Country Dance
 2:00 *Advanced Beginner Spanish**
 2:15 Cardio & Core Strength \$
 3:15 *Keeping Up Your Spanish**
 3:30 MOVE TO THE RHYTHM DANCE
 PARTY \$
Parkinson's Yoga \$ (Video)
 5:00 FIT TO GO
 6:00 **AA Women's Group**
 Line Dance (Int./Adv.)
 6:15 **Ping Pong**
 6:45 **Families Anonymous**

* classes meet online the 1st & 3rd Tuesdays;
 at The Center the 2nd & 4th Tuesdays.

WEDNESDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*
 9:15 PRIMETIME FITNESS \$
 9:30 Crafty Ladies
 9:45 Tone & Groove \$
 10:00 *Senior Bowling* \$
 Push Card Game
 11:00 Maximize Your Strength \$
 12:00 **Tops**
 Canasta
Music in the Atrium
 Crafts DIY
 Advanced Line Dance
 Dollhouse Miniatures
 12:30 **Square Dance Lessons**
 1:00 *Ageless Grace* \$
 Scrabble
 American Mah Jongg
 Recorder Lessons \$
 1:45 Strengthen Your Health & Life \$
 2:00 Knit-Wits
 2:30 Ping Pong
Conversational Spanish (Beg.)
 3:00 Meditative Stretch \$
 3:30 **Parkinson's Yoga \$ (Video)**
 5:00 Line Dance (Beg.)
 6:00 **AA Meeting**
Latin Style Ballroom Dance \$
 6:30 **International Folk Dance**
 7:00 **Standard Style Ballroom Dance \$**

1 9:00 **Injury & Pain Screenings**
 9:30 **Coffee & Caregiving**
 Paint Loose II \$
 10:00 **Try It Out Tuesday**
 11:00 **Good Life Series**
 12:00 Bunko
 1:30 Senior Self Defense, *cont.*
 2:00 **Vietnam 1945 - The Complex**
Beginning
 2:30 Sketching with Katie, *cont.*
 4:30 Insight Meditation, *cont.*
 6:00 **Trivia**
 6:30 **Piedmont Master Gardener Talk**

2 9:00 Blue Zone Cooking, *cont.*
 9:30 **Veterans Coffee Hour**
 Kingfishers
 10:00 **Retire with Confidence**
 10:15 Wednesday Music Club:
 Lise Keiter on Piano
 10:30 Wise Women, Too
 11:00 Book Group
 2:00 Comfort Bird Woodcarving Class \$
 5:00 Movie Night: *Brooklyn*
 6:00 **Racial Disparities in Healthcare**

7 9:30 Beginning Italian, *final*
 10:00 Scrapbooking \$
 12:30 **Int.-Adv. Landscape Painting, cont.**
 1:00 Council Meeting
 2:00 **Opening to Grief**

8 9:30 Paint Loose II, *cont.*
 10:00 **Money and You**
 Paper Crafting \$
 Wise Women Connect
 1:00 **Bookmobile**
 1:30 Senior Self Defense, *cont.*
 2:00 **Karaoke**
 2:30 Sketching with Katie, *cont.*
 4:00 *Singles Schmooze*
 4:30 Insight Meditation, *cont.*

9 9:00 Blue Zone Cooking, *final*
 10:00 **Welcome Wednesday**
Retire with Confidence, cont.
 10:30 **Parkinson's Caregiver Support Group**
 11:00 **Medicare 101**
 12:30 Wednesday Group for Men
 1:00 Hypnosis for Well-being \$
 2:00 Comfort Bird Woodcarving Class, *final*
 2:30 **Senior Statesmen**
 3:00 Hearing Care Clinic
 4:30 **Autumn Artists Reception**
 6:00 **Moonlighter's Quilting**
Medicare & Social Security Planning
 Cinema Discussion Group

14 10:00 Scrapbooking, *cont.*
 12:30 Int.-Adv. Landscape Painting, *cont.*
 1:00 Piedmont Pastelists
 2:00 Current Events
Preparing for Death Series
Opening to Grief, cont.

15 9:30 **Move for Health**
Alzheimer's Support Group
 Paint Loose II, *cont.*
 10:00 **Elder Law**
 Travel Chat
 12:00 Bunko
 1:00 **Navigating Senior Living Options**
 1:30 Senior Self Defense, *final*
 2:30 Sketching with Katie, *cont.*
 4:30 Insight Meditation, *cont.*
 6:00 **Albemarle Modern Quilt Guild**
Trivia

16 9:00 Injury & Pain Screenings
 10:00 **Hearing Health**
Retire with Confidence, cont.
 10:30 Wise Women, Too
 12:00 **October Luncheon \$**
 1:00 Let's Talk Books
 2:00 Drawing Portraits \$
 5:00 Movie Night: *Airplane*
 6:00 **Welcome Wednesday**
Mastering Medicare
Do No Harm: Addressing America's
Healthcare Inequity
 6:30 **Empty Nesters Book Club**

21 9:00 Beg. Oil Painting II, *cont.*
 AARP Safe Driver Course \$
 10:00 Scrapbooking, *cont.*
 12:30 Int.-Adv. Landscape Painting, *cont.*
 2:00 **Opening to Grief, cont.**

22 9:30 Paint Loose II, *cont.*
 10:00 Wise Women Connect
 1:00 **Bookmobile**
Mastering Medicare
Karaoke
 2:30 Sketching with Katie, *final*
 4:00 *Singles Schmooze*
 4:30 Insight Meditation, *final*
 5:00 **Celebrating the United Nations:**
Does US Funding Matter?
 5:30 **Silent Film: The Phantom of**
the Opera

23 9:00 AARP Safe Driver Course, *final*
 10:00 **Retire with Confidence, final**
 10:30 **Parkinson's Caregiver**
Support Group
 12:30 Wednesday Group for Men
 2:00 Drawing Portraits, *cont.*
Deserving Dogs Visit
 3:00 **Music of Malawi \$**
 5:00 **Documentary Discussion:**
High On the Hog
 5:30 **Stroke Support Group**
 6:00 Moonlighter's Quilting

28 10:00 Scrapbooking, *final*
 12:00 Mystery Book Club
 12:30 Int.-Adv. Landscape Painting, *cont.*
 2:00 Current Events
Opening to Grief, final

29 9:30 Paint Loose II, *cont.*
 11:00 **Long-term Care Planning**

30 2:00 Drawing Portraits, *cont.*

Welcome New Staff!

Weddings, birthdays, meetings, and more ... private events help support The Center at Belvedere's nonprofit operations and ensure our state-of-the-art facility can be a true community hub. If you're interested in renting a room at The Center for a private event, Perri Miltier-Sales is your new go-to gal! Perri is a proud wife and mother to two boys and a graduate of HCBU Norfolk State University, as well as a devoted advocate for those with autism and Alzheimer's Disease.



Perri Miltier-Sales

The Center's philanthropy team is thrilled to welcome Tammy Barboza to the fold as Philanthropy Assistant Director.

With more than 25 years of fundraising, marketing, and events management experience, she will be a tremendous asset in furthering our healthy aging mission.

Tammy says, "The core of my career has focused on the betterment of nonprofits that have ranged in size from a small private school for teenage boys to nationwide organizations such as the Arthritis Foundation. The Center is an unhidden gem for older adults of our community... what is offered here solidifies that life is worth living to the fullest, regardless of age."

Tammy's role will focus on increasing visibility, community engagement, and philanthropic support of The Center. Stop by her desk upstairs to say hello.



Tammy Barboza



LIVE *Your* Best Life.

Sunnyside Communities takes living to the next level. With 112 years of experience, our three award-winning Life Plan Communities – all in Virginia – are for those 55 and better who want more than just senior living.

Our residents are active. They travel. They have fun. They share their hobbies with others. They discover new interests. They are adventurous. They embrace lifelong learning. They socialize. Most importantly, they enjoy the journey.

Elevate your next chapter of living with us!



SUNNYSIDE
Harrisonburg, VA
800.237.2257
LiveatSS.com

KING'S GRANT
Martinsville, VA
800.462.4649
LiveatKG.com

SUMMIT SQUARE
Waynesboro, VA
800.586.5499
LiveatSQ.com

Thank YOU

CORPORATE PARTNERS

PREMIER partner



PLATINUM partner

Hill & Wood Funeral Service

GOLD partners

The Blake at Charlottesville
BrightStar Care of Charlottesville
Delaney Hearing Center
Rosewood Village Assisted Living & Memory Care

SILVER partners

Allison Partners
Anthology of Charlottesville
Benchmark Senior Solutions
Branchlands Independent & Assisted Living
The Colonnades
Commonwise Home Care
Craig Builders
UVA Encompass Health Rehabilitation Hospital
Gelbman Law PLLC
Hanckel-Citizens Insurance
The Heritage Inn
An Assisted Living and Memory Care Community
Hospice of the Piedmont
Panorama Natural Burial
SKV Group
Ting Internet

To learn more about sponsorship opportunities, please contact Lynn Divers at 434.220.9745 or lynn@thecentercville.org.

delaney hearing

Anne M. Delaney, Ph.D.
Audiologist

434-202-1430

671 Berkmar Court, Charlottesville, VA

WE ARE H  FOR YOU!

www.DelaneyHearingCenter.com

ACTIVE AGING

Discover the power behind EVERY Dimension of Wellness during Active Aging Week September 28–October 4

You're Invited to Kick Off the Week at The Center's Active Aging Fair

Where can you go for the most up to date information to pursue your healthy aging goals? The Center! Whether you are looking on behalf of yourself, a neighbor, or a family member, The Center's Active Aging Week has you covered.

It all kicks off on **Saturday, September 28** with the **Active Aging Fair** from 10:00 am–2:00 pm. A variety of special programs and **more than 35 businesses** and organizations create one central hub of all the resources you need to age well!

Elder law, internet services, home building and safety, insurance needs, senior living ... all of these needs have locally owned and operated businesses supporting them. Representatives from our community's myriad healthy aging services will be on site to answer your questions, provide information, and offer a chance to win one of more than 30 prizes.

With additional door prizes provided by Carter Bank & Trust, SKV Group, Hantzmon Wiebel CPA and Advisory Services, Martha Jefferson House, Care Advantage, and Massanutten Resort, **you could come away with the healthy aging information you need and be a lucky winner!** The Grand Prize is a three-night stay in a two-bedroom condo at Massanutten Resort, including passes for four rounds of golf (with cart), four Family Adventure Park passes, and four Waterpark passes.

Membership staff and volunteers will be in the Atrium to answer questions and provide **tours of our beautiful building**. Bring a friend for lunch or a snack at Greenberry's Café.

This jam-packed introduction to active aging is, of course, just the beginning. The special programs The Center hosts throughout Active Aging Week will give you an opportunity to **explore the Dimensions of Wellness more deeply**.

Many people's health goals start and stop with **Physical Wellness**, the care for our bodies that keeps us as healthy and independent as possible. But there are many other kinds of well-being that The Center can help you support.

Intellectual Wellness keeps your mind alert and interested by engaging in creative pursuit, lifelong learning, and mentally stimulating activities. **Emotional Wellness** helps you cope with challenges by managing your feelings. **Social Wellness** ensures you can develop a support network by connecting with friends and neighbors. **Vocational Wellness** brings you fulfillment through using your unique skills and strengths to benefit society. **Spiritual Wellness** connects you to a sense of meaning through a greater understanding of your values and beliefs. **Environmental Wellness** improves your personal well-being through spending time in and caring for the natural world.

All events are free and open to the public. To join us during the week as a non-member, simply stop by the Welcome Desk for an Active Aging Week Pass.

On-site at the Active Aging Fair Saturday, September 28 • 10:00 am–2:00 pm

Anthology of Charlottesville
ArkWise Wealth
Benchmark Senior Solutions
The Blake at Charlottesville
Blue Ridge Eldercare Advisors
BrightStar Care of Charlottesville
Cedars Healthcare Center
The Colonnades
Commonwealth Senior Living
Commonwise Home Care
Craig Builders
Cville Village
Delaney Hearing Center
DuCard Vineyards
Evolution Hearing
Five Star Painting of Charlottesville
The Flick Team of Mutual of Omaha
Gelbman Law, PLLC
Hanckel-Citizens Insurance
The Heritage Inn – An Assisted Living
and Memory Care Community
Hill & Wood Funeral Service
Hospice of the Piedmont

IHC of Charlottesville
IKOR of Charlottesville
InnovAge Virginia PACE –
Blue Ridge/Charlottesville
Innovative Insurance Group, LLC/
Anthem BCBS Medicare
Ivy Rehab Physical Therapy
JABA
Loving Arms Home Care
Marathon Financial Group
Monticello Reverse Mortgage, LLC
Norton Health Law, PC
Our Lady of Peace
Panorama Natural Burial
RoseWood Village Assisted Living
& Memory Care
Skyline In-Home Services, LLC
Smooth Skin Laser
Studio R Aesthetics
Ting Internet
TRIAD
UnitedHealthcare
Visiting Angels Senior Home Care

Saturday, September 28

Active Aging Fair Program Schedule

Each time slot has a variety of programs to choose from, as well as free screening services.

10:00–10:50 am

Scam Prevention Seminar: Ron Farmer of Virginia TRIAD, part of the Albemarle County Sheriff's Office, shares ways to avoid scams, fraud, and identity theft.

Dementia Risk Reduction & Brain Health: George Worthington of the Virginia Department of Aging and Rehabilitative Services presents three key studies driving our knowledge of dementia risk factors and the lifestyle changes you can make to protect your brain health.

Nutrition for Healthy Aging: Registered dietitian Kate Bruno offers practical tips, tools, and resources to keep you feeling your best at any age.

11:00 am–12:00 pm

Declutter and Get Organized: Professional organizer Keri-Ann Byrne explains the best ways to declutter your home and reduce your stress levels.

The ReadyCare Model of Aging: Commonwise Home Care describes a process of reflection, education, and action to prepare for aging at home and reduce the anxiety of senior care planning.

Caring for Aging Skin: Dr. Jason Itri provides insights on how our skin changes over time.

Hearing Screenings with Evolution Hearing

12:30–1:30 pm

Moving Forward to the Future: Start your future planning with certified long-term care consultant Tracy Meade, geriatric care manager Kim Volker, and senior real estate specialist Anita Dunbar.

Elder Law: Does getting older really require a special lawyer? Attorney Doris Gelbman details this unique type of law practice and its benefits.

Medicare 2025: Sharon Accardo, Senior Insurance Advisor with Innovative Insurance Group, helps you navigate the ins and outs of Medicare assistance.

WEEK EVENTS

Daily keynote programs highlight impacts of multidimensional wellness

Learn about additional special programming on our website or pick up a flyer at the Welcome Desk.



PHYSICAL WELLNESS

SEPT
30

Markers for Physical Wellness | 11:30 am–1:00 pm

Join Jocelyn Reeder, DPT, a physical therapist at ACAC, for practical guidance on evaluating—and improving—key aspects of fitness central to optimal aging.



ENVIRONMENTAL WELLNESS

OCT
01

The Health Benefits of Gardening | 12:00–1:00 pm

Fern Campbell of Piedmont Master Gardeners talks about the many benefits of gardening for body and mind.



INTELLECTUAL WELLNESS

OCT
02

Dementia Risk Reduction and Brain Health | 1:00–2:00 pm

George Worthington of the Virginia Department of Aging and Rehabilitative Services discusses new studies about addressing risk factors of dementia, then examines several of these factors with an emphasis on lifestyle or other changes that can potentially reduce the chances of developing dementia.



EMOTIONAL AND SPIRITUAL WELLNESS

OCT
03

Common Emotional Impacts of Aging | 1:00–2:00 pm

Dan Elash, PhD, discusses how to use age and experience to your advantage in navigating the inevitable challenges of aging.



SOCIAL WELLNESS

OCT
04

The Flashbacks in Concert | 11:30 am–12:30 pm

Did you know even just 20 minutes of live music can impact your health and outlook on life? Bring a friend to hear The Center's jazz band The Flashbacks perform.



VOCATIONAL WELLNESS

All Week

Stop by the Volunteer Center to browse information from community nonprofits and learn how your unique skills and interests can support their needs and your personal well-being. Can you help us reach our goal of placing 20 new volunteers this week?

Each of these programs is free and open to all. To join us as a non-member, simply stop by the Welcome Desk to register as a guest and pick up an Active Aging Week Pass.

CELEBRATING ANOTHER YEAR OF AGING WELL!

Fiscal year 2024 (April 1, 2023–March 31, 2024) was a year of great accomplishment and change. In FY24, after 24 years, Peter Thompson retired from his role as Executive Director of The Center. Under Peter’s leadership, our community came together to build and successfully open The Center at Belvedere, named one of the top five community centers in the country by the International Council on Active Aging. In FY24, The Center hosted over 10,000 healthy aging programs designed to support the well-being and resilience of area seniors, received over 75,000 visits by community members, logged over 40,000 hours by volunteers, and received vital financial support from over 1,000 donors.

As you may have gathered, successfully creating opportunities for healthy aging is truly a community endeavor. I want to take this opportunity to express my sincere thanks to Peter, our dedicated Board, Center staff, volunteers, community partners, members, and our generous donors. Your hard work, advocacy, and support have made The Center a national model for senior health and independence. Thank you for supporting longer, healthier, happier lives.

—Melanie Benjamin, Executive Director



Melanie Benjamin

2022–2025 STRATEGIC PLAN

Moving through the midpoint of a strategic plan cycle focused largely on ways to maximize The Center’s impact on community health, it follows that much of our progress involved advocacy (transit issues), collaboration (community messaging on aging), and partnerships (programming and education). Along with continuing work in those areas, our emphasis will be on cultivating a model of sustainability to ensure healthy aging opportunities are available to every older adult in our area, both now and in the future.

RACIAL EQUITY ACTION PLAN

This plan was not only a commitment to advance equity in the short term, but to embed equity into how we carry out our mission to promote healthy aging. Much of our work through FY24 has been internal, building evergreen initiatives—designed to create and sustain a culture at The Center where everyone thrives and their success and wellbeing are not predicted by their race, gender, age, and other dimensions of identity—into ongoing operations. Our hope now is to explore actions focused on community collaboration and partnerships.

Climate Champion!

Facilities Manager Trevor Saunders received the Climate Champion Award at the Community Climate Collaborative’s annual Party for the Planet in October 2023 in recognition of his inspirational work and impact. In less than a year, Trevor cut The Center’s greenhouse gas emissions in half!

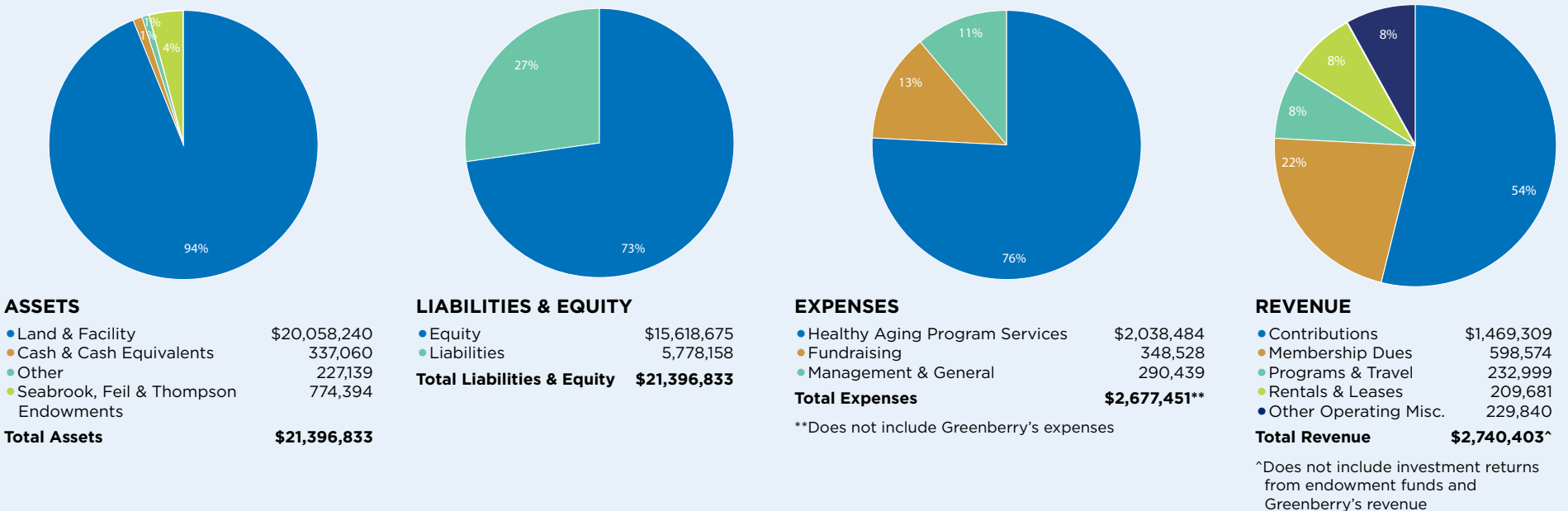


Facilities Manager Trevor Saunders (left) with the Climate Champion Award.

FY24 FINANCIAL DATA – UNAUDITED*

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

*The audit of The Center’s FY2024 (April 1, 2023–March 31, 2024) finances are expected to be released in November 2024.



BY THE NUMBERS



Note: The full version of the FY24 annual report is available on our website at thecenterville.org.

PROGRAMMING HIGHLIGHTS

Programs at The Center grow and change as we work to meet the ever-evolving needs of older adults. Updates for FY24 programming relied heavily on listening to members' feedback and identifying ways we can touch every dimension of wellness.

Book clubs and discussion groups were major areas of growth. The immense popularity of existing programs like Wise Women Connect and Writing for Healing and Growth led our program team to open up many new groups with the same kinds of social and emotional support. Men's social and emotional wellness was also a highly sought after need and Center programming rapidly expanded to not one but three ongoing men's discussion groups.

Book clubs grew to reach new audiences for The Center by adding evening programming specifically for empty nesters. World War II buffs and cinephiles also now have their own monthly discussion groups.

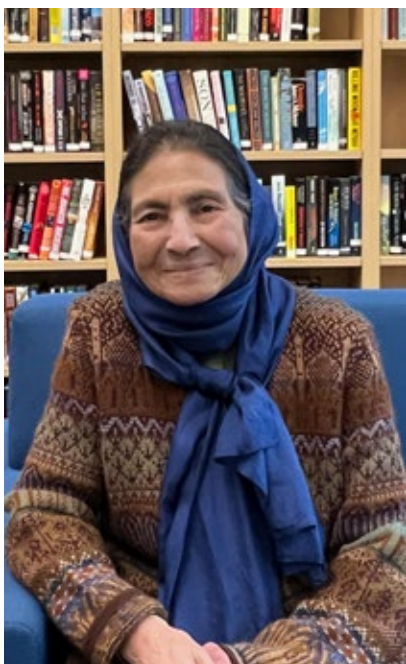
We particularly worked to ensure members can stay on top of evolving technology. In addition to the long-running Apple/Mac group, there are regular trainings and workshops for Android and PC users, plus sessions to orient new users to The Center's website.

Supporting physical wellness is about more than exercise classes. The Center partnered with local pharmacies to bring vaccine clinics in time for flu season and added educational programming like the Explore the Blue Zones series.

These are just a few of the highlights from a rich and robust year of programming supporting multiple dimensions of wellness.

Wellness isn't one dimensional—and neither is The Center!

Unexpected health benefits abound among our healthy aging programming. Did you know that live music can be a pain reliever? Or that viewing visual artwork can have an anti-inflammatory effect? Volunteering can lower your blood pressure. Good nutrition or learning a new language can reduce your risk for dementia. There is so much more to staying healthy and aging well than many realize ... so often members go on to find enjoyment in pursuits far beyond what they originally joined for! These are just a few of their stories.



Cardio to Creativity to Community

Healthy aging is a marathon and members who realize this early have the most opportunity to engage with every dimension of wellness, adapting easily to the natural changes of aging. Center volunteer Zohra Siddiqi has been a member for over 25 years and enjoyed so many benefits she hardly imagined upon first joining.

Zohra initially came to The Center when it was the Senior Center at 1180 Pepsi Place as part of an exercise class supporting cardiovascular health.

From this class, a friend invited Zohra to take part in another group at the Senior Center: the Crafty Ladies. She says, "I learned things from other people and there was such a happy group there."

In exploring multiple programs, Zohra uncovered the true secret to healthy aging: people!

She shares, "I had come from a joint family home in my own country, Pakistan ... for the first few months [in Charlottesville], all I had was the cats and dogs ... But then coming here, I made many friends. I loved all the cheerful bustle and all the new things that went on."

These social connections are what keep Zohra at The Center 25 years later. She volunteers as a Lobby Ambassador and says, "Even when I don't remember the names, I can recognize the faces and I know what we talked about the last time we were all here. So that is one of the reasons I love [The Center], because you get to know people so much better."

The Spiritual Side of Aging

One of the most overlooked dimensions of healthy aging is spiritual wellness, which can provide a sense of meaning and a feeling of connection to the larger world.

Spiritual wellness programming is on the rise at The Center in large part thanks to member Philip Schrodtt.

A longtime academic, he brought an idea to The Center's programming staff for a class about Buddhism in the United States. He said, "Let's see if there's interest in doing it not from a religious, but a more sociological perspective."

Interest turned out to be so high, the class packed The Center's largest classroom to standing room only! From that class grew an ongoing discussion group, Varieties of Spiritual Experience, which meets on the second and fourth Thursday of each month.

"It's a chance to talk about stuff like death and the nature of world," Philip says. "It's a safe place to talk about these things and people are incredibly tolerant — they're listening."

The group includes people who grew up everywhere from New York City to a mining camp in Nevada and it's this variety that Philip emphasizes as his greatest benefit of Center membership. He says, "For me, it's about meeting a diverse set of people with a lot of different ideas, a lot of different experiences."

"Clearly the physical is important," he notes, "But what's really important is you gotta keep your brain moving. This is a way to get exposed to new ideas from your peers."



Lifelong Learning to Lifelong Friendships

"I've done an awful lot here and I've barely touched the surface!" Center member Juanita Estes says.

Juanita joined The Center three years ago to play Scrabble, which meets weekly on Wednesday afternoons. But from one weekly wordy gathering, she discovered a wealth of lifelong learning opportunities.

"I've brushed up on my high school French. I've learned the definitions of LGBTQIA+, which was very interesting. I'm taking a class on plant-based diets for diabetes. I've learned how to use my iPhone better. I've taken a medical marijuana class."

The list goes on and on!

While Juanita isn't a gym goer, she still finds physical fitness opportunities that suit her ability, interest, and needs through chair yoga and Qi Gong classes.

Each of these healthy aging opportunities comes with friends waiting to be made. Lifelong learning classes don't just keep your mind active, but also build the social connections that are equally important in aging well.

A large percentage of members note that even though they joined The Center to pursue learning or fitness opportunities, the greatest benefit they actually receive is the friendships they forge. Juanita is among them.

She shares, "My favorite thing right now is every Wednesday I come to Music in the Atrium with Jim Richardson. I love it and I sit around with a bunch of friends that I've met here and just gossip and talk and have a great time!"

"I look forward to keep doing it. [The Center] has just been a fantastic place for me and I love it!"

A New Take on Telethons

We're putting our own Center spin on a fundraising classic ... get ready for our first-ever Center "Tell-a-thon." Over a 10-day period in October, we'll visit the programs you attend to tell you about ways you can financially support health and well-being for older adults and why it matters so much.

While we offer more than 170 programs a week—many that are free or low-cost to you—it's important to remember that these classes and events are not free to produce. Each year The Center raises over \$1,000,000 to support these programs.

We rely on philanthropy to keep The Center thriving. Membership fees cover about 20% of our annual operating costs. That's why your financial support is crucial to ensure healthy aging programming is available to anyone who wants to increase the number of years they spend in good health and, by extension, continue to contribute to their families and communities.

Last year, 22% of members supported The Center beyond their membership dues—down from 30% in prior years. The number one reason people don't support nonprofits is because they are unaware of how their gift will make a difference. So when someone asks for a few minutes of your time at a program, we hope that you will consider the value that The Center brings to your life and our community, and offer your financial support. ■

Did You Know? Facts About Center Philanthropy

- In FY24 (April 1, 2023–March 31, 2024), 22% of members supported The Center beyond their membership dues. In previous years, 30% of members contributed to healthy aging beyond their dues.
- The most common donation amount is \$100, or \$8.34 a month. Monthly donors become part of the Sustainers Circle, one of our three leadership giving societies.
- Those who give \$1,000 or more annually (or \$83.34 a month) join the 1180 Society.
- If you include The Center as a beneficiary in your estate, you join the Robey Legacy Society.
- The average annual cost for each of The Center's weekly classes exceeds \$15,000.
- It costs an average of \$283 for each hour of programming.
- The actual cost of a Center membership is over \$1,200, which means that *every member and guest* benefits from the generosity our community.

MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (June 1–July 31, 2024)

Evolution Hearing	Judi McGarvey
The Farkas Family Foundation	Skyline In-Home Services
Barbara Fried	UVA Encompass Health
IKOR of Charlottesville	Rehabilitation Hospital
Marathon Financial Group	

WE REMEMBER

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

Ruthe Battestin	Robert Keir	William Rough
Richard Benner	Richard Leach	Diana Zanzot
Joan DeLong	Richard Muniz	



Our 102nd Season

Join us as we continue our 2024 concert series

October 20 Fall Concert / Monticello High School
December 8 Holiday Concert / The Paramount



www.cvilleband.org | info@cvilleband.org

Edward Jones[®]



Is your financial advisor
an 800 number?
Come talk to a person.

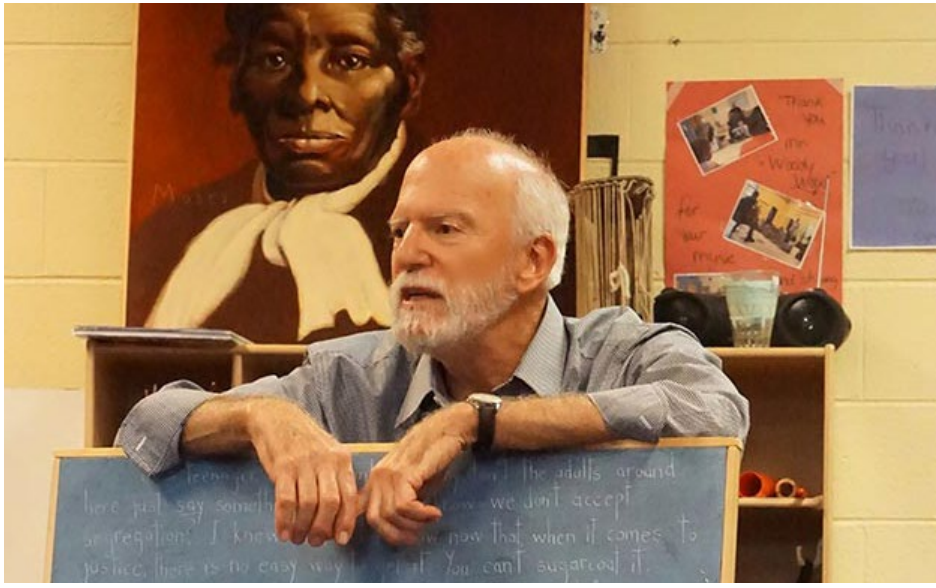


Donald Giannangeli, CFP[®], AAMS[™]
Financial Advisor

1622 Timberwood Blvd Ste 111
Charlottesville, VA 22911
434-956-4351

MKT-5894N-A-A1 AECSPAD 22137704

> edwardjones.com | Member SIPC



Artist Robert Shetterly will be in Charlottesville the third week of September to present several programs at The Center in support of Americans Who Tell the Truth.



public spaces ... and, thanks to the work of our Diversity, Equity, and Inclusion Committee, The Center is next!

From September 3–21, 20 of the Americans Who Tell the Truth portraits will be on display in The Center's first-floor gallery. To enhance the exhibition, there will be multiple educational and community experiences to inspire the active citizenship necessary for upholding America's democratic ideals.

Learn how this artistic project evolved into a movement and its own nonprofit organization at screenings of the 2021 documentary *Truth Tellers*.

Hear from Robert Shetterly himself at

special presentations or participate in his workshop where you can learn how to create your own self-portrait and narrative.

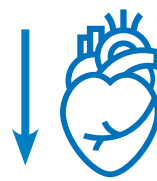
See program details for all of these special events on page 3. ■

Speaker Series in October

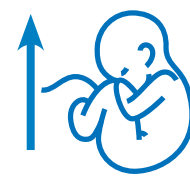
National statistics indicate that Black, Hispanic, and Native American people often experience higher rates of illness and mortality than white people. The Uncomfortable Truths of Systemic Racism speaker series continues in October with two sessions about these inequities and ways to address them. Dr. M. Norman Oliver, former State Health Commissioner at the Virginia Department of Health and an educator at the UVA School of Medicine, presents on Wednesday, October 2 at 6:00 pm. Dr. Tracy Downs, Chief Diversity and Community Engagement Office at UVA, continues exploring these issues on Wednesday, October 16, and will also share how UVA and other institutions are working to ensure more equitable health care for all. Both sessions, planned by the Diversity, Equity, and Inclusion Committee, are free and open to the public. Register at thecentercville.org.

HEALTH OUTCOME DISPARITIES BY THE NUMBERS

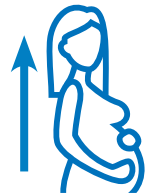
Racial inequities in health care result in critical health disparities. Compared to white people, American Indians/Alaska Native and Black people have:



Lower life expectancies



Higher infant mortality rates



Higher maternal mortality rates



Higher rates of chronic health problems



Higher mortality rates from treatable conditions

Source: The Commonwealth Fund. KKF



NOW ENROLLING IN CHARLOTTESVILLE

Senior healthcare that includes physical therapy.

That's healthy independence.

Our neighborhood healthcare center includes doctor visits, dental care, and social activities all in one place. We even provide transportation to and from your medical appointments. And if you have Medicare and Medicaid coverage, it's available at **no cost to you**.



Let's talk about staying independent.

434-285-9358

InnovAge.com

innovAge
Life on Your Terms

PACE – All-inclusive Care for Seniors



THE BLAKE
AT CHARLOTTESVILLE

At The Blake at Charlottesville, we understand the difficulties that come with memory loss. That's why we work hard to alleviate the day-to-day stress so that you and your loved one can focus on what's important: finding your happiness in every moment.

CALL (434) 270-0229 TO SCHEDULE YOUR TOUR!

blakeseniorliving.com/charlottesville | 250 Nichols Ct, Charlottesville, VA 22901



Need a space for your next event?

The Center at Belvedere has a versatile auditorium, conference rooms, an atrium and terrace for cocktail parties, and outdoor space for tented events. Email rentals@thecentercville.org or visit the facility rental page of our website to learn more.



The Center at Belvedere
 540 Belvedere Boulevard
 Charlottesville, VA 22901

PRSR MKT
 US POSTAGE
 PAID
 CHARLOTTESVILLE, VA
 PERMIT NO. 381



**Decade
 of healthy
 ageing**

Healthy aging is our raison d'être at The Center, but did you know we're helping meet a global need? By 2030, the number of people in the world aged 60 and older will exceed 1.4 billion!

In order to address the challenges and opportunities that come with an aging population, the World Health Organization is leading an initiative endorsed by the United Nations: the Decade of Healthy Ageing. Spanning 2021–2030, the UN Decade of Healthy Ageing aims to combat ageism and promote integrated care, long-term care, and age-friendly environments. The impacts of this work are enormous, holding the potential to reduce health care costs, improve quality of life, and contribute to societal well-being.

Although The Center is not officially affiliated with the UN Decade of Healthy Ageing, our mission aligns with its goals.

Integrated care refers to health care services that address both physical and mental health. Center programming addresses every dimension of wellness, which supports this international shift to “whole person” care.

Even though The Center is not a direct long-term care provider, we do work through programming and community partnerships to ensure members have access to the information and resources they need. Elder law seminars and Medicare information sessions are just a few of the programs you can use in your long-term care planning.

Combatting ageism requires our society to address age-based discrimination and promote positive attitudes towards aging, while creating age-friendly environments means making communities more inclusive and accessible. We hope these are areas where The Center already shines!

Everyone deserves the ability to age to the best of their potential. That's what we're here for and why we are always happy to hear about broader initiatives like the Decade of Healthy Ageing. ■



**Come to Wild Birds Unlimited
 Feed the Birds and Feel the Joy
 20% Off One Item!**

Bring this ad to Wild Birds Unlimited Charlottesville and get 20% off one regularly priced item! Offer good until October 31, 2024. Limit one coupon per customer.



29th Place Shopping Center - US 29 across from Fashion Square Mall • 434-973-5850



**Greenberry's
 hours
 Mon.–Fri.
 8:30 am–4:30 pm**



FIND YOUR CENTER
 civic | community | cultural | fitness | social