

Autumn Art at The Center



Michael McGurk

In the first floor gallery, near the Auditorium, you'll see pastel paintings and drawings by Charlottesville artist Michael McGurk. Michael studied at the Art League School in Alexandria and has been a full-time artist in our area since 2005. He is a member of the Mid-Atlantic Pastel Society, Piedmont Pastelists, Maryland Pastel Society, and the Pastel Society of America.



Ruth Hammill

Upstairs, browse the handiwork of the Charlottesville Area Quilters Guild. Two of the guild's four chapters meet regularly at The Center. The guild also generously donates a handmade quilt each year for raffle at The Center. This year's proceeds benefited acoustic improvements to the Auditorium, an initiative you can read more about on page 13.

Inside

- Programs

pg 3
- Travel

pg 7
- Pull-Out Calendar

pg 9
- Active Aging Week

pg 14
- Annual Report

pg 16

Discover New Paths to Wellness During Active Aging Week



Healthy aging doesn't have a one-size-fits-all solution—it is a dynamic, ever-evolving journey. At The Center, we recognize that thriving later in life means nurturing all parts of yourself: your body, your mind, your relationships, and your sense of purpose. That's why we're proud to once again take part in Active Aging Week, a national initiative that embraces the full spectrum of well-being.

Active Aging Week was launched in 2003 by the International Council on Active Aging (ICAA) to challenge outdated views on growing older. Held annually in the first week of October, the campaign encourages organizations like The Center to highlight the many ways older adults can stay engaged, connected, and well—physically, mentally, and emotionally.

This year, our celebration kicks off on Saturday, October 4, with the return of the Active Aging Fair, a lively event that brings together expert speakers and community resources for a one-stop experience in healthy aging. If you want to protect yourself from scams, learn how to navigate senior services, or get tips on organizing your space, the Fair offers practical tools and fresh inspiration. While you're here, sign up for The Center's first-ever Walkathon and make your steps count all week long for fitness, fun, and a good cause.

Throughout Active Aging Week (October 6–11), each weekday will highlight one of the Dimensions of Wellness. Dig into artificial intelligence on Monday, connect with your true self on Wednesday, or meet new friends on Thursday. Programs are designed to challenge your thinking, support your growth, and celebrate the joy of staying active in every sense of the word.

Whether you're new to The Center or a longtime member, this is the perfect time to explore all we have to offer! You just might discover a new path to wellness you hadn't considered before.

Read more on page 14 or see a full schedule online at thecentercville.org. ■

Memory Cafés Offer Informal Support and Fun

Social connections are essential for health and well-being, and that doesn't change when someone gets a dementia diagnosis. What can change are the challenges to maintaining those connections.

To help people living with dementia and their care partners stay connected and continue to engage in the community, The Center is launching a memory café. Memory cafés are welcoming and supportive social gatherings designed for individuals with memory loss or dementia and their caregivers.

A combination of emotional, social, and cognitive challenges can cause people with dementia to become withdrawn and avoid socializing. Difficulty expressing thoughts and feelings, deteriorating language skills, loss of independence, anxiety and depression—all of these contribute to social withdrawal and isolation. Caregivers of people with dementia can also suffer from social isolation and distress as their loved one's symptoms progress.

For patients and caregivers alike, a memory café offers a much-needed break from the usual. It's a place to have fun together, to share resources and experiences, and enjoy a safe space free from jud-





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

News from The Center is a publication of The Center.

Healthy Aging for All

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

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

BOARD OF DIRECTORS

- | | |
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For more news, follow us on:



MEMBERSHIP

SUZANNE OREJUELA
MEMBERSHIP DIRECTOR
434.974.7756
membership@thecentercville.org

More than 2,200 members enjoy easy access to hundreds of great programs! To learn about membership options, including scholarships, please visit our website, stop by the Welcome Desk, or email membership@thecentercville.org.

WELCOME NEW MEMBERS!

- | | | |
|-------------------|-------------------|-------------------------|
| Susan Alston | Barry Fontaine | Mark Langlet |
| Virginia Ashcom | Dorrie Fontaine | Abigail Martin |
| Rebecca Beirne | Sherwood Frey | Vicki Martin |
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| Stephen Cross | Natalie Howard | Mickey Speck |
| Claude Davis Jr. | Jada Howard | Jeff Swanson |
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| Gail Delaney | Connor Jones | Annterese Throop |
| Susan Dilbeck | Joan Jordan | Jane Tirrell |
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| Emily Easter | Cheryl Karr | Tatiana Vetrova |
| Diane Epstein | Kathryn Kelly | Yvonne Wagner |
| Ron Farb | Cynthia Kinnier | Carl Wise |
| Dianne Farb | Elizabeth Kloker | Hui Wu |

If you joined between June 1 and July 31, 2025, and were not recognized here, please contact Membership Director Suzanne Orejuela at 434.220.9732 or suzanne@thecentercville.org.



COUNCIL NOTES

The Council’s primary mission has always been about good communication. Sixty-five years ago, membership was made up solely of The Center’s corps of volunteer program leaders. Today, all Center members and all program leaders are invited to participate on the first Monday of most months at 1:00 pm to share and discuss ideas and issues, and deepen understanding of the latest Center happenings. No need to register in advance. Come once or become a committed “regular”—your choice.

Unable to attend a Council meeting but have something on your mind? A suggestion box is available for your convenience! Email your suggestions to feedback@thecentercville.org. Submissions will be reviewed by a Council representative daily and acted upon based on the content and urgency required. Good communication remains the Council’s main goal.

For more information contact Vice President Peggy Slez (mjslez@gmail.com), Council President Gary Moody (gary.moody@yahoo.com); or staff/Council liaison Rosanna Breen (rosanna@thecentercville.org).

September 8: The Center is closed on Labor Day, the first Monday, so Council will meet on the second Monday this month. Hope to see you there!

October 6: Meet new members of The Center's Board of Directors.

—Peggy Slez, Council Vice President

STOP BY SATURDAY

Learn about everything The Center has to offer on the fourth Saturday of (almost) every month at 10:00 a.m.



PROGRAMS

The Center uses the online scheduling tool **My Active Center (MAC)** for most program registration. Visit **myactivecenter.com** to set up an account. For orientations, travel, or special events that require ticket purchase, please visit **thecentercville.org**.

SPECIAL EVENTS

ARTISTS RECEPTION

Free and open to all

Saturday, September 6, 11:00 am-1:00 pm

Meet artists whose work is on display at The Center and enjoy lively conversation with light refreshments.

LENNON, MONK, AND BACH WALK INTO A BAR...

Free and open to all; registration encouraged

Friday, September 12, 6:00-7:15 pm

Peter Saltzman fuses rock, pop, jazz, and classical repertoires into a cohesive, improvisational journey. Spotlighting the towering figures of John Lennon, Thelonious Monk, and Johann Sebastian Bach, Saltzman invites you to hear familiar melodies through fresh, virtuosic transformations.

COMMUNITY CONVERSATIONS: ALZHEIMER'S IN OUR COMMUNITY

In partnership with the Alzheimer's Association

Free and open to all; registration encouraged

Monday, September 15, 2:00-3:30 pm

How do Alzheimer's Disease and dementia affect our community? Hear from others about their experiences and learn about resources available in your area.

DEATH OVER DONUTS

In partnership with Hospice of the Piedmont and JMRL

Free and open to all; registration required

Saturday, September 20, 10:00-11:30 am

The *hole* truth? Planning beats guessing. This upbeat, small-group conversation turns big end-of-life questions into bite-sized coffee-and-cruller chat. Guided by trained death doulas, you'll swap stories, gather practical tips, and leave with the gift of clarity for yourself and your family.



GARTH NEWEL PIANO QUARTET

Free and open to all; registration encouraged

Tuesday, September 23, 5:00-6:15 pm

Enjoy a masterful performance of Mozart and Brahms by artists-in-residence at Garth Newel, one of the premier chamber music organizations in the United States.

WEDNESDAY MUSIC CLUB

Included in Center membership; registration required

Wednesday, October 1, 10:15-11:30 am

"Flow" kicks off a new season of the Wednesday Music Club with flutist Cari Shipp and international virtuoso classical guitarist Colin Davin. This fluid, vivid music is full of imagination and imagery from the familiar Debussy to a rarely performed and never

recorded piece by Elisenda Fábregas. A welcome brunch for current and prospective WMC members follows the performance with \$25 tickets available at wednesdaymusicclub.org.

DANCE WITH SENTIMENTAL JOURNEY

Open to all; registration required

Friday, October 24, 7:00-9:00 pm

Dance to the music made famous by Glenn Miller, Tommy Dorsey, Frank Sinatra, Duke Ellington, Benny Goodman, Ella Fitzgerald, and many others of the great big band era. Sentimental Journey has a library of over 400 arrangements including swing, foxtrot, waltzes, Latin, and contemporary big band. \$20.

ARTS

ART CLASS POLICIES

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

FADING HYDRANGEA

Members only; registration required

Tuesday, September 2, 10:00 am-12:00 pm

Thursday, October 2, 10:00 am-12:00 pm

Preserve the beauty of the hydrangea as it fades into fall on a 6" x 6" canvas with acrylic paint. Learn about mixing colors, paint a sketched drawing of a hydrangea in a vase, and complete the background to finish the painting. No experience necessary. Class fee: \$15. Materials fee: \$20.

CREATIVE COLLAGE

Members only; registration required

Thursday, September 4, 1:00-3:00 pm

Explore the art of creating collages with instructor Sue Oliveri. This stimulating and enjoyable workshop provides a supportive and encouraging environment to create artistic collages with many cool images, textured papers, colors, and design possibilities. Class fee: \$20. Materials fee: \$10.

ADVANCED OIL PAINTING

Members only; registration required.

Fridays, September 5-October 31,

12:00-3:00 pm (7 sessions)

Improve your skills through small studies, focusing on topics such as composition, value, color relationships, and mark making. Class will not meet September 19 or 26. Class fee: \$210. See required materials online.

NATURE JOURNALING

Members only; registration required

Mondays, September 8-29, 1:00-3:00 pm

(4 weeks)

Enhance your observational skills and nurture your creativity with local artist Dawn Bonner by

drawing and writing from the natural world's inspirations. Class fee: \$80. See required materials online.



LEARN TUNISIAN CROCHET

Members only; registration required

Fridays, September 12-October 17,

2:00-4:00 pm (6 weeks)

Learn the art of Tunisian-style crocheting using multiple stitches. Participants must be able to crochet a chain and make a single crochet stitch. Class fee: \$60.

ART JOURNALING

Members only; registration required

Tuesdays, September 16-30, 10:00 am-12:00 pm

(3 weeks)

Learn a technique to capture local scenes using pen, pencil, watercolor, or a watercolor brush pen. You'll be able to capture a quick image of your surroundings while traveling or just sitting in your favorite local spot. No experience needed. Class fee: \$60. See required materials online.

PORTRAITS WITH KATIE

Members only; registration required

Tuesdays, September 16-October 7,

1:30-4:30 pm (4 weeks)

Explore and create meaningful portraits to capture the expression and characteristics of the human face with instructor Katie Hutter. Learn how to see facial features, explore their relationships to one another, and express your interpretation of a portrait from your own references. Class fee: \$120. See required materials online.

ACRYLIC COLLAGE PAINTING WITH JOANNE

Members only; registration required

Mondays, September 22 & 29,

10:00 am-12:00 pm (2 weeks)

Learn various techniques to enhance texture and add dimension to your acrylic paintings using organic materials like flowers, leaves, old beads, seashells, and jewelry pieces. Painting techniques will be based on masters like Henri Matisse, Georgia O'Keefe, Helen Frankenthaler, and Wassily Kandinsky. Class fee: \$40. See required materials online.

GEOMETRIC DRAWING

Members only; registration required

Wednesdays, October 1-22, 9:30-11:30 am

(4 weeks)

Chase your love of shape and color! Work with a compass and ruler to construct triangles, squares, rectangles, and circles, exploring how these forms underlie both the natural and human worlds. You'll finish off by designing a stained-glass window pattern. Open to all skill levels. Class fee: \$80. See required materials online.



CHINESE BRUSH PAINTING

Members only; registration required
Wednesdays, October 1-29, 2:00-4:00 pm (5 weeks)
Continue learning the Sumi-é style of painting, which strives to capture the essence of our planet’s beauty. Nga Katz teaches how to apply this technique through brush movement, use of ink, and color so you can draw bamboo, orchids, plum blossoms, and other lovely traditional flowers. Class fee: \$100. Materials fee: \$50.

PAINT LOOSE II WITH VIVIAN

Members only; registration required
Tuesdays, October 7-November 25, 10:00 am-1:00 pm (8 weeks)
Build on your skills from Paint Loose I or Beginning Watercolor. Explore composition more deeply and experiment with techniques that create the illusion of three-dimensional space on a flat surface. Class fee: \$240. See required materials online.

PUMPKIN WOODCARVING CLASS

Included in Center membership; registration required
Thursdays, October 9 & 16, 10:00 am-12:00 pm (2 weeks)
Mike Micucci teaches you how to carve 4” and 5” pumpkins. Materials fee: \$35. Additional materials available for loan or purchase onsite.

MITTEN MAKERS

Members only; registration required
Saturday, October 11, 12:00-1:45 pm
Turn an old wool sweater into cozy winter mittens. Bring a 100% wool sweater and instructor Valerie Goodman will guide you through the process with instructions, precut pieces, and all the supplies you need. Class fee: \$10. Materials fee: \$20.

PAPER CRAFTING WITH DIANE

Members only; registration required
Tuesday, October 14, 10:00 am-12:00 pm
Create cards and other crafts with Diane Chapman. Class fee: \$10. Materials fee: \$15.

INTRODUCTION TO PAINTING

Members only; registration required
Thursdays, October 23-November 13, 9:00 am-12:00 pm (4 weeks)
If you’re interested in painting but have no idea where to start, this class is a must. Using watercolor and acrylic paint, Ann Cheeks will gently guide you through the magic of color mixing, putting brush to paper or canvas, and creating depth in your paintings. Class fee: \$120. See required materials online.

DRAWING AND PAINTING WITH WAX CRAYONS

Members only; registration required
Wednesdays, October 29-November 19, 9:30-11:30 am (4 weeks)
Wax crayons aren’t just for children! Instructor Vivian Jones-Schmidt will show you how to make lovely and sophisticated compositions with this underrated medium. Class fee: \$80. See required materials online.

LIFELONG LEARNING

GOOD LIFE SERIES

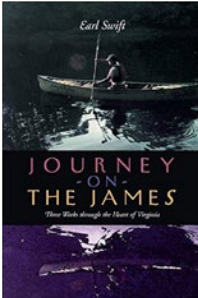
Free and open to all; registration encouraged
Communication Skills for Dementia Caregivers
Tuesday, September 2, 11:00 am-12:00 pm
Learn how to effectively and compassionately communicate with individuals living with dementia. Hear from a panel of Dementia Certified Practitioners and ask questions.

Home Safety for Older Adults

Tuesday, October 7, 11:00 am-12:00 pm
Falls and other home safety-related accidents and injuries are the number one preventable cause of hospitalization and death in older adults. Learn the latest innovations that can keep you and your loved ones safe.

BOOK GROUP

Included in Center membership
2nd Wednesday each month, 11:00 am-12:00 pm
The September 3 meeting will discuss a joint reading of *James* by Percival Everett and *The Tales of Huckleberry Finn* by Mark Twain. The October 1 book is *Journey on the James* by Earl Swift.



CAT WORKSHOP AND FIELD TRIP

Free and open to all; registration required
Wednesday, September 3, 8:45-11:45 am
Thursday, September 18, 12:45-3:45 pm
Thursday, October 2, 9:45 am-12:45 pm
Tuesday, October 21, 12:45-3:45 pm
Learn about CAT and The Center’s bus stop! PATH (Partnership for Accessible Transportation Help) will show you how to get around town in a one-hour workshop followed by an optional two-hour field trip.

RETIRE WITH CONFIDENCE

Free and open to all; registration required
Wednesdays, September 3-24, 6:00-7:30 pm (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, CFP Certificant and partner with SKV Group.

WHO WILL INHERIT THE MESS?

Free and open to all; registration encouraged
Thursday, September 4, 11:00 am-12:00 pm
Would you like a tax efficient estate that makes things easy for its executor and avoids unnecessary family conflict? This interactive workshop will help you understand the importance of accurate and up-to-date estate documents, the difference between a will and a trust, and why asset titles and beneficiaries matter.

MEDICARE PROGRAMS

Free and open to all; registration encouraged
Thursday, September 4, 1:00-2:00 pm with Margo Kreider
Wednesday, September 10, 11:00 am-12:00 pm with Sharon Accardo
Wednesday, September 17, 6:00-7:00 pm with Margo Kreider
Thursday, October 2, 1:00-2:00 pm with Margo Kreider
Wednesday, October 8, 11:00 am-12:00 pm with Sharon Accardo
Wednesday, October 15, 6:00-7:00 pm with Margo Kreider

AGING IN PLACE

Free and open to all; registration required
1st Friday each month, 11:00 am-12:00 pm
Visiting Angels shares information for older adult, caregivers, and families to maintain long, healthy, and secure lives at home. The September topic is the new Medicare GUIDE Program. The October topic is how veteran benefits work with home care services.

AMERICAN MAH JONGG LESSONS

Included in Center membership; registration required
Tuesdays, September 9-October 21, 3:30 pm-5:30 pm (7 weeks)
Learn the basics of American Mah Jongg, a complex rummy-like game involving skill, strategy, and luck. Play in groups of three or four players while competing to create a hand that matches an official card pattern. See required materials online.

MONEY AND YOU

Free and open to all; registration required
7 Common Investor Blind Spots
Tuesday, September 9, 10:00-11:30 am
We’re just not wired for investing. Availability bias, anchoring, confirmation bias, and hot hand fallacies are among the mental traps Jorgen Vik, partner with SKV Group, will discuss.

How Will the Tax Law Changes Impact You?

Tuesday, October 14, 10:00-11:30 am
Jorgen Vik, partner with SKV Group, will discuss specifics of recent tax legislation and how it may impact your finances.

SENIOR STATESMEN OF VIRGINIA

Free and open to all; registration required
Public School Systems Overview and Updates
Wednesday, September 10, 2:30-4:00 pm
Join an informed discussion about both Albemarle County and Charlottesville City public schools covering enrollment trends, facilities issues, career and technical education initiatives, closing achievement gaps, standardized testing, teacher recruitment and retention, and more.

Cybersecurity and Our Elections

Wednesday, October 8, 2:30-4:00 pm
Unpack what’s fact and what’s fiction from so-called “cyber experts.” This informative session with former congressman Denver Riggleman will analyze the integrity of our electoral process.

WORLD WAR II DISCUSSION GROUP

Free and open to all; registration encouraged
2nd Thursday each month, 12:00-2:00 pm
The September 11 topic is the infamous “Bloody Hundredth” bomb group stationed at Thorpe Abbotts Airfield in England with guest speaker Susan Howe. The October 9 topic is the 101st Airborne Division also known as the “Screaming Eagles” with retired Naval doctor John Aguilar.

AFRICAN AMERICAN AUTHORS BOOK CLUB

Free and open to all
2nd Thursday each month, 6:00-7:30 pm
The September 11 book is *A Different Drummer* by William Kelley. The October 9 book is *The Message* by Ta-Nehisi Coates.

FRENCH CLASSES

Members only; registration required
Fridays, September 12–October 17 (6 weeks)
Advanced speakers meet 10:00–11:30 am.
Intermediate students meet 11:30 am–1:00 pm.
Beginners meet 1:00–2:30 pm. Class fee: \$90

REVERSE MORTGAGES

Free and open to all; registration required
Monday, September 15, 2:00–3:30 pm
Find out myths of the reverse mortgage and how it got a bad reputation. Why isn’t the reverse mortgage more popular? Should you consider a reverse mortgage? Karren Tyler with Waterstone Mortgage presents.

ELDER LAW WITH DORIS GELBMAN

Free and open to all; registration required
Paying for Long-Term Care
Tuesday, September 16, 10:00–11:30 am
There is a strong likelihood we will all need some form of long-term care as we grow older. This umbrella may include assistance in your home, independent living, assisted living, nursing home care, or end-of-life care. Explore each of these with elder law attorney Doris Gelbman, including their costs and various ways of offsetting that cost.

End-of-Life Planning

Tuesday, October 21, 10:00–11:30 am
It is never too soon to start considering this important issue. Elder law attorney Doris Gelbman will discuss advanced medical directives, do not resuscitate orders (DNR), and physicians’ orders for life sustaining treatment. What are the differences between these, when are they necessary, and how do you get them? You’ll also learn about hospice care—what it provides, where it is given, and who pays—as well as funeral planning.



WONDERFUL ADVENTURES

Free and open to all; registration required
Tuesday, September 16, 1:30–3:00 pm
Tuesday, October 14, 1:30–3:00 pm
Tom Worosz Jr. introduces you to regions around the world by sharing his photos and experiences. The September topic is Thailand and Laos. The October topic is Vietnam and Cambodia. Prize giveaways end each session.

LONG-TERM CARE PROGRAMS

Free and open to all; registration encouraged
Crafting Your Extended Care Plan
Wednesday, September 17, 1:00–2:30 pm
with Tracy Meade

Moving Forward to the Future

Monday, September 29, 11:00 am–12:30 pm
with Tracy Meade, Kim Volker, Anita Dunbar, Nan Coleman, and John O’Connor

Funding Your Extended Care Plan and the Role of Hospice

Thursday, October 16, 1:00–2:30 pm
with Tracy Meade

Long-Term Care Insurance: Submitting a Claim

Tuesday, October 28, 11:00 am–12:30 pm
with Tracy Meade

CRAFT AND EXHIBITION WORKSHOP

Free and open to all; registration required
Thursday, September 18, 4:00–6:00 pm
New to exhibiting and selling your handmade items? Prepare to show and sell your work with international handicraft specialist Elaine Bellezza. Topics include pricing, design advice for the current market, booth display, and more.

MYSTERY BOOK CLUB

Included in Center membership; registration encouraged
4th Monday each month, 12:00–1:00 pm
Love the suspense of a good mystery? Join fellow armchair sleuths in this monthly gathering. The September 22 book is *A Study in Scarlet* by Arthur Conan Doyle. The October 27 book is *The Murder of Roger Ackroyd* by Agatha Christie.

BATTLES AND LEADERS OF THE CIVIL WAR

In partnership with OLLI
Members only; registration required
Mondays, September 22–October 20, 3:00–4:15 pm (5 weeks)
Historian Rick Britton delves into the famous and infamous battles and leaders of the Civil War from Trevilian Station to Appomattox Court House and more. \$10 per lecture.

EUROPE IN TURMOIL

In partnership with UNA-USA Blue Ridge Virginia Chapter
Free and open to all; registration encouraged
Tuesday, September 23, 5:00–6:00 pm
Former UVA professor and international relations expert James Sofka presents an update on the impacts of war, energy challenges, and changing power relationships on the European community.

DOCUMENTARIES AND DISCUSSION

Free and open to all; registration encouraged
4th Wednesday each month, 5:00–7:00 pm
The September 24 screening is *Amanda Gorman: Brave Enough*. The October 22 screening is *Slavery by Another Name: The Re-enslavement of Black Americans from the Civil War to World War II*.

APPLYING THE CREATIVE PROCESS TO LIFE

Included in Center membership; registration encouraged
Thursdays, September 25–November 13, 10:00–11:30 am (8 weeks)
This series explores the elements of the creative process. Session topics include turning the mind upside down, identifying your essence as a creative tool, the art of surrender, the world as your mirror, living from the heart and soul, love without condition, resculpting your life, and applying the art of concentricity. Whether you’re new to the program or a past participant, you will expand your self-definition as a creator.

MEDICARE AND SOCIAL SECURITY PLANNING

Free and open to all; registration required
Thursday, September 25, 6:00–7:30 pm
Wednesday, October 22, 11:00 am–12:30 pm
Part A, B, C, D... what does it all mean? When should you enroll in Medicare and Social Security? Find out the answers to these questions and more with senior insurance advisor Sharon Accardo and Tracy Meade, CLTC and financial planner.



WHAT MAKES A SPECIES INVASIVE?

In partnership with Piedmont Master Gardeners
Free and open to all; registration required
Tuesday, October 7, 6:00–7:30 pm
Tree of heaven, Japanese stiltgrass, oriental bittersweet... invasive species such as these create serious problems in our ecosystem by promoting the spread of invasive insects and contributing to the decline of native flora and fauna. Professor Emerita Linda Blum will describe why some plants become invasive, the factors that contribute to their spread, and what you can do to help.

ITALIAN FOR TRAVELERS

Members only; registration required
Tuesdays, October 21–November 25, 1:00–2:30 pm (6 weeks)
Get an overview of the structure of the Italian language, including the present tense and the proper articles to read, write, and speak at a basic and effective level with instructor AnnaMaria Bakalian. New students should speak with the instructor before registering. Class fee: \$90. Materials fee: \$10.

PHYSICAL WELL-BEING

HEALTHSPAN TALKS

Free and open to all
Tuesday, September 16, 9:30–10:30 am
Darcy Higgins, Doctor of Physical Therapy, discusses hip and knee replacements. How can you tell whether you really need a joint replacement or not?

HEARING HEALTH

Free and open to all; registration required
How to Clean and Maintain Hearing Aids
Wednesday, September 17, 10:00–11:00 am
Learn quick tips and tricks to keep your hearing aids in top condition with Dr. LeighAnna Morris of Evolution Hearing.

When Hearing Aids Aren’t Enough

Wednesday, October 15, 10:00–11:00 am
Dr. LeighAnna Morris of Evolution Hearing and Dr. Alyson Dixon of Advanced Bionics share what you need to know about cochlear implants.



INTRODUCTION TO HOW FOODS FIGHT CANCER

Free and open to all; registration encouraged
Friday, September 19, 10:00 am–12:00 pm
Saturday, September 20, 10:00 am–12:00 pm
Research from the National Cancer Institute shows that as much as 50 percent of cancer risk may be related to diet. In this class with RN Mary Sherrill, you will learn about the right food choices that can help reduce the risk of developing cancer as well as overcome the disease after its diagnosis.

Programs continued

STANDARD BALLROOM DANCE LESSONS

Open to all; registration required
Wednesdays, October 15–November 19,
5:30–6:30 pm (6 weeks)
Learn the Quickstep with instructor Steven Babusko. Members \$60; Guests \$90.

LATIN BALLROOM DANCE LESSONS

Open to all; registration required
Wednesdays, October 15–November 19,
6:30–7:30 pm (6 weeks)
Learn the Jive with instructor Steven Babusko. Members \$60; Guests \$90.

MINDFULNESS

HEALING YOURSELF

Free and open to all; registration required
3rd Friday each month, 10:00–11:30 am
Research suggests that when the body is relaxed, there is a decrease in anxiety, blood pressure, insomnia, and pain. Learn a simple breath work exercise and meditation technique with Nancy Zamil, RN and Reiki Master, to help your body relax.

FROM CONFLICT TO CONNECTION

Free and open to all; registration encouraged
Tuesday, September 16, 10:00–11:00 am
Getting older doesn't automatically make us better at handling conflict. In fact, we can get stuck in old patterns that don't really help us at all. It's never too late to learn new ways to respond. Learn with clinical psychologist Dr. Dan Elash how to express yourself clearly, avoid adding to your own stress, and handle disagreements with more ease.



THE FREEDOM OF FORGIVENESS

Free and open to all; registration encouraged
Tuesday, September 23, 10:00–11:00 am
We all make mistakes. It's part of being human. But holding onto anger or regret can weigh us down, especially over time. In this session with clinical psychologist Dr. Dan Elash, you'll explore what it means to forgive, starting with the most important recipient: yourself.

A NOTE ABOUT OUR PROGRAM NOTES

This is only a partial list of the 160+ programs offered every week at The Center! Recurring programs are shown in the calendar on pages 9–12, where you will find most of our fitness classes. Check MyActiveCenter.com or The Center's website for programs added after our print deadline.

Can't make a class you that you signed up for? Please email cancel@thecentercville.org so that someone else can benefit from the opening.

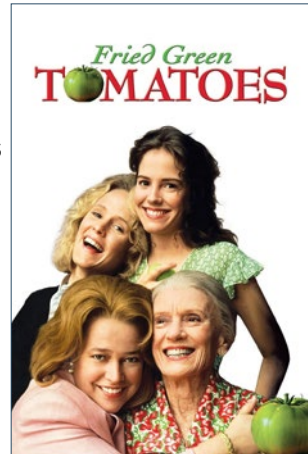
LEARN TO EASE AND MANAGE ANXIETY

Free and open to all; registration encouraged
Wednesday, October 22, 10:00–11:30 am
Anxiety doesn't have to control your day. As we age, life changes can sometimes bring more worry or stress but clinical psychologist Dr. Dan Elash can show you ways to take back your peace of mind. Explore three key areas where you can build skills to reduce anxiety and feel more in control.

SOCIAL / RECREATION

MOVIE NIGHT

Included in Center membership; registration required
1st and 3rd Wednesdays each month, 5:00–7:00 pm
September 3: *Some Kind of Heaven*
September 17: *A Fish Called Wanda*
October 1: *The Biggest Little Farm*
October 15: *Fried Green Tomatoes*



NEW! MEMORY CAFÉ

Free and open to all
3rd Friday each month, beginning September 19, 10:00–11:30 am
This social gathering is designed for individuals with memory loss or dementia and their caregivers, offering a supportive and engaging environment to connect with others.

SQUARE DANCING DEMO

Free and open to all
Wednesday, September 10, 11:30 am–12:30 pm
Have you ever seen eight people moving in sync to music, dancing with joy and connection? That's the fun of square dancing! Virginia Reelers demonstrate in The Center's Auditorium.

CINEMA DISCUSSION GROUP

Included in Center membership; registration encouraged
2nd Wednesday each month, 4:30–5:30 pm
Movie and cinema fans meet every month to discuss a movie, the art of filmmaking, and share ideas. The September discussion will focus on *Forrest Gump*. The October discussion will focus on *Sand Pebbles*.

WORLD WAR II MOVIE MATINEES

Free and open to all; registration encouraged
4th Thursday each month, 2:00–4:00 pm
Gather with fellow WWII buffs to watch a movie each month. The September screening will be *The Counterfeiters*. The October screening will be *Red White Black & Blue*.



PRIDE MOVIE: ORLANDO

Free and open to all; registration encouraged
Thursday, September 25, 5:30–7:30 pm
Tilda Swinton stars in this 1992 film as a young nobleman struggling with his place in the world after Queen Elizabeth I commands him not to grow old.

MEMBER APPRECIATION SOCIAL

Included in Center membership; registration required
Thursday, September 25, 2:00–3:00 pm
This is *nacho* average social! Load up a plate of nachos among friends new and old.



CHASING CAMBODIA FILM SCREENING

In partnership with VPM
Included in Center membership; registration encouraged
Tuesday, September 30, 5:00–7:00 pm
This documentary captures the remarkable journey of Johnny Phan—a son of Cambodian refugees, an elite cyclist, and a new father—as he navigates an unexpected opportunity to join the Cambodian National Cycling Team and represent his ancestral homeland in the Southeast Asian Games. A moderated discussion with Johnny and the producers follows the screening.

OCTOBER LUNCHEON

Open to all; registration required by October 10
Wednesday, October 15, 12:00–1:00 pm
Enjoy a luncheon catered by Wayside. Members \$20; Guests \$25.

PRIDE HALLOWEEN DANCE

Free and open to all; registration encouraged
Thursday, October 30, 5:00–7:30 pm
Join us for a spooky Halloween dance! Wear your favorite costume for a chance to win a gift card. Feel free to bring snacks and non-alcoholic beverages to share.

DONATIONS MADE IN MEMORY OF (June 1–July 31,2025)

Margaret Fitch
by Betty Bollendorf
Marilyn Lutz
by Elizabeth and Donald Bean
Barbara Olejarz
by Michael Olejarz
Anne R. Waldner
by Wendy Waldner Flynn
Jean Zoumaris
by Elizabeth and Donald Bean

DONATIONS MADE IN HONOR OF (June 1–July 31,2025)

Clay Sisk
by Shelby Clements

WE REMEMBER

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



TRAVEL

LINDA HAHN
TRAVEL MANAGER

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

GREEN BANK OBSERVATORY

Tuesday, September 9, 8:30 am–6:00 pm

Take a captivating journey into the realm of radio astronomy with a beautiful background of fall leaves. Guided tour includes science demonstrations, a short film, a bus tour for close-up views of incredible instruments, and the science center and exhibit hall. Lunch is on your own at the on-site Starlight Café. Members \$116; Guests \$152.

THE SOUND OF MUSIC AT RIVERSIDE CENTER FOR THE PERFORMING ARTS

Wednesday, September 10, 9:30 am–6:30 pm

Rodgers & Hammerstein's final collaboration has become one of the world's most beloved musicals. Featuring a trove of cherished songs, it is the inspirational story of governess Maria and the von Trapp family, bringing music and joy to the household as the forces of Nazism take hold of Austria. Members \$191; Guests \$232.

NATIONAL ZOOLOGICAL PARK

Tuesday, September 16, 9:00 am–6:00 pm

The Smithsonian's National Zoo in Washington, D.C., is home to more than 2,200 animals, including giant pandas Bao Li and Qing Boa, Komodo dragons, elephants, sloth bears, sea lions, and more. Get a front-row seat to watch keepers working with animals in demonstrations. Lunch on your own at a variety of dining locations. Members \$99; Guests \$130.

PEAKS OF OTTER

Tuesday, October 28, 9:30 am–5:30 pm

Get to the heart of the Blue Ridge Mountains at the historic Peaks of Otter Lodge in Bedford. Lunch on your own at Lake View Restaurant before a walk around the lake. For an additional onsite fee, you can take a round trip shuttle up to the mountaintop for the grand scenic view. Members \$103; Guests \$140.

WHITE CHRISTMAS AT RIVERSIDE CENTER FOR THE PERFORMING ARTS

Wednesday, November 5, 9:30 am–6:30 pm

Uplifting and wholesome, this holiday classic delights audiences of all ages. Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont lodge. Lunch is included. Members \$191; Guests \$227.

VIRGINIA SCENIC RAILWAY

Thursday, November 13, 9:00 am–3:00 pm

Relax, dine, and take in the breathtaking views as you travel by train west from the historic Staunton Train Station, winding through the stunning George Washington and Jefferson National Forests before returning to Staunton. Trip includes bus transportation, the train ride, a meal, and a beverage (coffee, soda, tea, or water). Wine and beer service is available for onsite purchase by credit card only. Members \$227; Guests \$263.

SMITHSONIAN ON YOUR OWN

Wednesday, November 19, 8:00 am–6:00 pm

Washington D.C. is home to the world's largest museum, education, and research complex, putting 21 museums and 14 education and research centers at your fingertips! Some museums require advance ticket reservations. Lunch is on your own. Members \$103; Guests \$136.

HOLIDAY TEA AT THE JEFFERSON

Tuesday, December 2, 10:30 am–4:30 pm

Get into the spirit of the holiday season with the elegant decorations at the historic Jefferson Hotel in Downtown Richmond. Enjoy tea cakes, assorted finger sandwiches, and delightful pastries along with freshly baked scones, Devonshire cream, fresh preserves, and your choice of endless tea. Menus for dietary restrictions are available for an additional fee. Members \$155; Guests \$191.

GETAWAYS



EGYPT AND A NILE CRUISE

September 30–October 11, 2025

Explore Cairo, the great pyramids, temples, and the new Grand Egyptian Museum, and enjoy a Nile cruise from Aswan to Luxor. Optional excursions to Abu Simbel and a sunrise balloon ride over the Valley of the Kings will take your Egyptian adventure to the next level. Trip includes two meals per day on land and three meals per day during the cruise.

THE GREENBRIER FOR THE HOLIDAYS

December 14–16, 2025

This world-class resort, set among West Virginia's Allegheny Mountains, has been welcoming guests since 1778. Featuring spectacular holiday displays, an array of seasonal programming, and countless restaurants and bars in which to toast the season, there's no better place to exchange warm wishes. Trip includes a two-night stay in a superior room with breakfast buffet, afternoon tea, Interior History Walking Tour, President's Cottage Museum, and more.

CARIBBEAN CRUISE ON THE OCEANIA NAUTICA

January 4–17, 2026

Stay the night in Miami before setting sail to Curaçao, Aruba, Bonaire, St Lucia, Guadeloupe, and the British Virgin Islands on board Oceania Cruise Line's *Nautica*. Prepaid gratuities, house select beverages, \$600 onboard credit, Wi-Fi, and more are included.



YACHTING IN THE CARIBBEAN

January 9–17, 2026

Experience the beautiful Caribbean Sea aboard the luxurious *Emerald Azurra* superyacht from St. John's to San Juan, Puerto Rico. Stops include Antigua & Barbuda; Iles des Saintes and Deshaies, Guadeloupe; Gustavia on St. Barthelemy; and Norman Island and Virgin Gorda in the British Virgin Islands. Each port offers a unique blend of culture, history, and beautiful scenery. Valid passport required.

LONDON TO LIVERPOOL ON THE BEATLES TOUR

March 11–19, 2026

Follow the early musical journey of the Fab Four from iconic London sights like Abbey Road and Savile Row to Liverpool's famous landmarks: Hard Day's Night Hotel, the lads' early homes, Strawberry Fields Exhibition and Gardens, Penny Lane, The Beatles Museum on Mathew Street, The Cavern Club, and The Casbah Coffee Club (including a concert!). Tour includes round trip bus transportation and airfare, daily breakfast, one lunch, and three dinners.

PODSTRANA, CROATIA

May 8–16, 2026

Embark on a journey to Podstrana, a coastal city with a rich cultural heritage and landscapes that are truly amazing: mountain peaks and southern slopes overlooking crystal clear sea with beautiful beaches. Sightseeing includes trips to Split, Krka National Park, Mostar in southern Bosnia and Herzegovina, and much more. Trip includes airfare and round trip transfers, all meals, and day trips.

ALASKAN CRUISE

August 4–14, 2026

Whether you seek adventure, relaxation, or cultural enrichment, an Alaskan cruise offers an unforgettable journey through one of the world's most spectacular natural wonders. Board Norwegian Cruise Line's Joy to sail round trip from Seattle to Ketchikan, Juneau, Skagway, and Victoria in British Columbia.

PRESENTATIONS

TRAVEL CHAT WITH LINDA

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

Are you thinking about a family trip or an exciting getaway for yourself? Maybe you'd like to know more about all of the wonderful trips The Center has to offer. Linda Hahn, seasoned jetsetter and travel agent, leads an informal monthly discussion in the Atrium.

*Prices include a 3% processing fee. Pay by cash or check for a 3% discount.



This engineering plan shows the changes that will be made with the improvements at both intersections.

Intersection Improvement Construction Near The Center Slated to Begin Soon

Most of us have experienced the frustration of trying to turn left from Belvedere Boulevard onto Rio Road. Sometimes you just have to give up, turn right, and then do a U-turn at the first opportunity. The intersection at Rio and the John Warner Parkway has also always been a little awkward. Fear not: the Virginia Department of Transportation (VDOT) has designs for both of these junctions and, according to Albemarle County Transportation Planner Alberic Karina-Plun, construction will begin this fall.

The plan for the Belvedere/Rio intersection is for construction of a Continuous Green-T. If you are trying to visualize what that is, does it help to know that this type of connection is also known as a Turbo-T, a High-T, or a Seagull? Karina-Plun explains it like this:

“The Continuous Green-T is essentially a two-stage left turn; rather than having to shoot through a gap in traffic both ways to make a left turn to go into the city, drivers will now be able to first look left to enter the Green-T and then merge with traffic going towards the city. This will also be a signalized intersection so that drivers will know when it is safe to make the left turn.”

As for the Rio/Warner junction, the existing intersection will be converted to a multi-lane roundabout. A similar roundabout at Hydraulic Road and Hillsdale Drive opened in August 2024.

“The projects on Rio are meant to improve traffic flow from Rio Road onto John W. Warner Parkway, improve pedestrian and bike access with an extension of the shared-use path on Rio Road, and safer left turns from Belvedere Road onto Rio Road,” says Karina-Plun.

These projects are part of the larger Albemarle County Intersection Design-Build Bundle 2, which also includes roundabouts at Rt. 240/250, 5th Street Ext. and Old Lynchburg Road, and Rt. 20/53. For more information on these and other local transportation projects, visit vdot.virginia.gov.■



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@thecentercityville.org or visit the facility rental page of our website to learn more.

Thank You CORPORATE PARTNERS

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Branchlands Independent & Assisted Living
The Colonnades
Craig Builders
Gelbman Law PLLC
Hanckel-Citizens Insurance
Medical Facilities of America
Panorama Natural Burial
RoseWood Village
Assisted Living & Memory Care
SKV Group
Top Notch Computers & Technology Services
UVA Encompass Health Rehabilitation Hospital

To learn more about partnership opportunities, please contact Delton Hanson at 434.220.9731 or delton@thecentercityville.org.

Pull-Out Program Calendar

THURSDAY

9:00 Ivy Creek Hikers
Tai Chi
Party Bridge
Empowering Yoga \$
9:15 PRIMETIME FITNESS \$/Ø
Advanced Strength Training \$
10:00 Tap Dance (Level 3) \$
Foot & Nail Care Clinic \$
Another Group for Men
Writing for Self Expression & Insight
10:30 **ARTHRITIS EXERCISE**
11:45 Balance and Stabilization \$/Ø
12:00 **Music in the Atrium**
Sheepshead
Massage Appts. with Rachel \$
12:30 More Wise Women
1:00 **NIA-Moving to Heal**
Woodcarvers
Zumba \$
2:00 Backgammon
2:30 **International Folk Dance**
American Mah Jongg
3:30 Tai Chi \$
4:30 **Tap Your Troubles Away \$**
5:30 **Square Dancing**
6:15 **Ping Pong**

FRIDAY

8:30 Hatha Yoga \$
9:00 **Easy Hikes & Adventures**
Tai Chi
9:15 PRIMETIME FITNESS \$/Ø
9:30 Friday Art Group
9:45 Tone & Groove \$
10:00 Rummikub
Floor Barre \$
10:30 Creative Crocheters
Flashbacks \$
11:00 **Ping Pong**
CHAIR YOGA \$/Ø
11:15 Basic Qigong & Tai Chi Practice
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 Inter./Adv. Line Dance
2:30 **Acoustic Jam Session**
Music in the Atrium
Bingo \$
Barbershop Belles & Beaux
3:30 **Parkinson's Yoga (Video)**

SATURDAY

8:45 Empowering Yoga \$
9:00 Oil Painting Group
FIT TO GO
10:00 MOVE TO THE RHYTHM
DANCE PARTY \$/Ø
Calm Yoga \$
Chess (All Levels)
11:15 Floor Barre \$
12:30 Total Barre \$

The Center at Belvedere

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

2

9:45 **CAT Workshop and Field Trip**
10:00 Fading Hydrangea \$, **Hearing Screenings**
Applying the Creative Process to Life (cont.)
11:30 Blue Zone Cooking (cont.)
12:45 Girl Talk
1:00 **Mastering Medicare**
Apple/Mac Users Group
3:00 Socrates Café
6:00 **NAMI Support Group, Jazz Jam**
The Empowered Caregiver

3

10:00 Advanced French (cont.)
11:00 **Aging in Place**
11:30 Intermediate French (cont.)
12:00 Advanced Oil Painting (cont.)
1:00 **Diabetes Discussion Group**
Beginning French (cont.)
2:00 Learn Tunisian Crochet (cont.)

4

10:00 **Active Aging Fair**
Center Circuit Walkathon Kickoff
10:30 **Scams: Don't Be a Victim**
Brain Health and Dementia
11:00 **Pride Brunch**
12:00 **Navigating Senior Resources**
Declutter and Get Organized

9

8:30 **Center Circuit Walkathon**
10:00 **Dementia Caregiver Support Group**
Pumpkin Woodcarving Class \$
10:00 Applying the Creative Process to Life (cont.)
11:30 Blue Zone Cooking (cont.)
12:00 **WWII Discussion Group**
1:00 Mexican Train Dominoes
2:00 Varieties of Spiritual Experience
Moving Meditation on a Labyrinth
4:00 **Tremor Support Group**
4:30 **Speed Friending**
6:00 **NAMI Support Group**
African American Authors Book Club
Alive Inside Documentary
The Empowered Caregiver

10

10:00 Healthy Recipe Group
Advanced French (cont.)
11:30 Intermediate French (cont.)
12:00 Advanced Oil Painting (cont.)
Center Circuit Walkathon Awards
and Social
1:00 Beginning French (cont.)
2:00 Learn Tunisian Crochet (cont.)
Stand, Walk, Balance: A Primer

11

12:00 Mitten Makers \$
12:30 Women Connected

16

10:00 Pumpkin Woodcarving Class (final)
Applying the Creative Process
to Life (cont.)
11:30 Blue Zone Cooking (cont.)
12:45 Girl Talk
1:00 Apple/Mac Users Group
ADHD Support Group
Funding Your Extended Care Plan
3:00 Socrates Café
6:00 **NAMI Support Group**
The Empowered Caregiver
Keys, Bags, Names, Words Film Screening

17

10:00 **Memory Café**
Advanced French (final)
Healing Yourself
11:30 Intermediate French (final)
12:00 Lunch Box Readings
Advanced Oil Painting (cont.)
1:00 Beginning French (final)
2:00 Learn Tunisian Crochet (final)

18

23

9:00 Intro to Painting \$
10:00 **Low Vision Support Group**
Applying the Creative Process to Life
(cont.)
11:30 Blue Zone Cooking (final)
Interplay: Movement and Connection
Shredding Truck \$
2:00 **WWII Movie Matinee**
Varieties of Spiritual Experience
6:00 **The Empowered Caregiver**

24

10:00 Writers Critique Workshop
12:00 Advanced Oil Painting (cont.)
7:00 **Dance with Sentimental Journey \$**

25

10:00 **Stop By Saturday**
12:30 Women Connected

30

9:00 Intro to Painting (cont.)
10:00 Applying the Creative Process to Life
(cont.)
12:00 Advanced Oil Painting (final)
5:00 **Pride Halloween Dance**

31

12:00 Advanced Oil Painting (final)

September 2025

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

MONDAY			TUESDAY			WEDNESDAY		
	7:30	Senior Golf \$ (tee times 7:30–9:00 am)		7:30	Senior Golf \$ (tee times 7:30–9:00 am)		8:30	Hatha Yoga \$
	8:30	Calm Yoga \$		9:00	Empowering Yoga \$		9:00	Hiking
	9:00	Hiking			Retreads Softball		9:15	PRIMETIME FITNESS \$/Ø
	9:15	Floor Barre \$			Horticulture Club		9:30	Crafty Ladies
	9:30	Monday Group for Men			Tai Chi		9:45	Tone & Groove \$
	9:45	Chair Yoga \$		9:15	PRIMETIME FITNESS \$/Ø		10:00	Senior Bowling \$
	10:00	Writing for Healing & Growth		10:00	A Group for Men			Push Card Game
		Getting Better at Bridge			Tap Dance Lessons (Level 1) \$		10:30	Basic Qigong & Tai Chi Practice
		Grateful Threads Quilters		10:30	ARTHRITIS EXERCISE		11:00	Maximize Your Strength \$
	10:15	Maximize Your Strength \$			Second-Wind Band \$		12:00	Tops, Canasta
	11:00	Silver Swans Ballet II		11:15	Tap Dance Lessons (Level 2) \$			Crafts DIY
		Poker		12:30	Party Bridge			Advanced Line Dance
	11:30	Discovering Your Strength \$		12:45	Piano Music in the Atrium			Dollhouse Miniatures
		Total Barre \$		1:00	English Country Dance		12:30	Square Dance Lessons
	11:45	BALANCE & STABILIZATION \$/Ø			Ageless Grace			More Wise Women
	12:15	Silver Swans Ballet I		2:15	Core Stability & Functional Training		1:00	Ageless Grace
	12:30	Chess		2:30	Conversational Spanish (Inter./Adv.)			Scrabble
	12:45	Chinese Mah Jongg		3:30	MOVE TO THE RHYTHM			American Mah Jongg
	1:00	Beginner Recorder Lessons			DANCE PARTY \$/Ø			Recorder Lessons (Intermediate)
		Ageless Grace		4:45	FIT TO GO		1:45	Strengthen Your Health & Life \$
		English Country Dance		6:00	AA Women’s Group		2:00	Knit-Wits
		Music in the Atrium			Line Dance (Int./Adv.)		2:30	Ping Pong
	1:45	Strengthen Your Health & Life \$		6:15	Ping Pong			Conversational Spanish (Beg.)
	2:00	Member Social		6:45	Families Anonymous		3:00	Meditative Stretch \$
		Royal Siamese Mah Jongg					3:30	Parkinson’s Yoga Video
	3:00	Meditative Stretch \$					5:00	Line Dance (Beg.)
	3:30	Tai Chi \$					5:30	Slow & Stretchy Yoga
		Parkinson’s Yoga Video					6:00	AA Meeting
							6:30	International Folk Dance
1	Center is Closed for Labor Day		2	9:00	Injury & Pain Screenings	3	8:45	CAT Workshop and Field Trip
				9:30	Coffee & Caregiving		9:30	Veterans Coffee Hour
				10:00	Try It Out Tuesday			Kingfishers
					Fading Hydrangea \$		10:45	Wise Women, Too
				11:00	Good Life Series		11:00	Book Group
				12:00	Bunko		12:30	Wednesday Group for Men
				1:30	Intro to Oils (cont.)		3:00	Trailblazing Women Artists (con’t)
				6:00	Trivia		5:00	Movie Night: Some Kind of Heaven
8	10:00	Sew and Sews	9	10:00	Money and You	10	10:00	Welcome Wednesday
	1:00	Council Meeting			Wise Women Connect		10:30	Parkinson’s Caregiver Support Group
		Piedmont Pastelists			Travel Chat with Linda		11:00	Navigating Medicare
		Nature Journaling \$		1:00	Bookmobile		11:30	Square Dancing Demo
	2:00	Current Events		1:30	Intro to Oils (final)		2:30	Senior Statesmen of VA
				2:00	Karaoke		3:00	Trailblazing Women Artists (final)
				3:30	American Mah Jongg Lessons		4:15	Mambo Mamas
				4:00	Singles Schmooze		4:30	Cinema Discussion Group
15	1:00	Nature Journaling (cont.)	16	9:30	Healthspan Talks	17	9:00	Injury & Pain Screenings
	2:00	Alzheimer’s in our			Alzheimer’s Support Group		10:00	Hearing Health
		Community		10:00	Elder Law		10:45	Wise Women, Too
		Reverse Mortgages			Art Journaling \$		12:30	Wednesday Group for Men
					From Conflict to Connection		1:00	Crafting Your Extended Care Plan
				12:00	Bunko		5:00	Movie Night: A Fish Called Wanda
					Back to the Fifties		6:00	Welcome Wednesday
				1:30	Science Semester Book Discussion			Mastering Medicare
					Portraits with Katie \$		5:30	Std. Ballroom Dance Lessons (cont.)
					Wonderful Adventures:		6:00	Retire with Confidence (cont.)
					Thailand & Laos		6:30	Latin Ballroom Dance Lessons (cont.)
				3:30	American Mah Jongg Lessons (cont.)			
				6:00	Trivia			
					Albemarle Modern Quilt Guild			
22	10:00	Acrylic Collage Painting \$	23	10:00	Wise Women Connect	24	10:30	Parkinson’s Caregiver
	11:00	Success in Life’s Fourth Quarter			Art Journaling (cont.)			Support Group
	12:00	Mystery Book Club			The Freedom of Forgiveness		1:00	Navigating Senior Living Options
	1:00	Nature Journaling (cont.)		12:00	Handle with Love & Care		4:15	Mambo Mamas
	2:00	Current Events			Support Group		5:00	Documentaries and Discussion
	3:00	How the West Wasn’t Won \$		1:00	Bookmobile		5:30	Stroke Support Group
					Mexican Train Dominoes			Std. Ballroom Dance Lessons (cont.)
					History of Materials Technology		6:00	Moonlighters Quilting
				1:30	Portraits with Katie (cont.)			Retire with Confidence (final)
				2:00	Karaoke		6:30	Latin Ballroom Dance Lessons (final)
				3:30	American Mah Jongg Lessons (cont.)			
				4:00	Singles Schmooze			
				5:00	Europe in Turmoil			
					Garth Newel Piano Quartet			
29	10:00	Acrylic Collage Painting (final)	30	10:00	Art Journaling (final)			
	11:00	Moving Forward to the Future			They Called It Gichi Gami			
	1:00	Nature Journaling (final)		1:30	Portraits with Katie (cont.)			
	3:00	Shanks Evans: Forgotten Warrior \$		3:30	American Mah Jongg Lessons (cont.)			
				5:00	Chasing Cambodia Film Screening			

Pull-Out Program Calendar

THURSDAY

9:00	Retreads Softball Tai Chi Party Bridge Empowering Yoga \$ Ivy Creek Hikers
9:15	PRIMETIME FITNESS \$/Ø Advanced Strength Training
10:00	AA Meeting Tap Dance (Level 3) \$ Foot & Nail Care Clinic \$ Another Group for Men Writing for Self Expression & Insight
10:30	ARTHRITIS EXERCISE First Wind Band
11:45	BALANCE & STABILIZATION \$/Ø
12:00	Music in the Atrium Sheepshead Massage Appts. with Rachel \$
12:30	More Wise Women
1:00	NIA-Moving to Heal Woodcarvers Zumba \$
2:00	Backgammon
2:30	International Folk Dance American Mah Jongg
3:30	Tai Chi \$
4:30	Tap Your Troubles Away \$
5:30	Square Dancing
6:15	Ping Pong

FRIDAY

8:30	Hatha Yoga \$
9:00	Easy Hikes & Adventures Tai Chi
9:15	PRIMETIME FITNESS \$/Ø
9:30	Friday Art Group
9:45	Tone & Groove \$
10:00	Rummikub Floor Barre \$
10:30	Creative Crocheters Flashbacks \$
11:00	Ping Pong CHAIR YOGA \$/Ø
11:15	Basic Qigong & Tai Chi Practice
12:15	Beginners Line Dance
12:45	Piano Music in the Atrium
1:00	Euchre American Mah Jongg Writing for Pleasure
1:45	Adv./Int. Line Dance
2:30	Acoustic Jam Session Music in the Atrium Bingo \$
3:30	Parkinson's Yoga (Video)

SATURDAY

8:45	Empowering Yoga \$
9:00	Oil Painting Group FIT TO GO
10:00	MOVE TO THE RHYTHM DANCE PARTY \$/Ø Calm Yoga \$ Chess (All Levels)
11:15	Floor Barre \$
12:30	Total Barre \$

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4	10:00 Hearing Screenings 11:00 Who Will Inherit the Mess? 12:45 Girl Talk 1:00 Mastering Medicare Apple/Mac Users Grou Creative Collage \$ 3:00 Socrates Café 6:00 NAMI Support Group Jazz Jam	5	11:00 Aging in Place 12:00 Advanced Oil Painting \$ 1:00 Diabetes Discussion Group	6	11:00 Artists Reception
11	10:00 Dementia Caregiver Support Group 12:00 WWII Discussion Group 1:00 Mexican Train Dominoes 2:00 Varieties of Spiritual Experience 4:00 Tremor Support Group 6:00 African American Authors Book Club NAMI Support Group	12	10:00 Healthy Recipe Group Advanced French Mindful Movement 11:30 Intermediate French 12:00 Advanced Oil Painting (cont.) 1:00 Beginning French \$ 2:00 Learn Tunisian Crochet \$ 6:00 Lennon, Monk, and Bach Walk into a Bar...	13	11:00 Pride Brunch 12:30 Women Connected
18	10:00 CASPCA Animal Visit 11:30 Blue Zone Cooking 12:45 Girl Talk CAT Workshop and Field Trip 1:00 Apple Mac Users Group ADHD Support Group 3:00 Socrates Café 4:00 Craft and Exhibition Workshop 5:30 Pride Game Night 6:00 NAMI Support Group	19	10:00 Memory Café Advanced French (cont.) Healing Yourself Mindful Movement 11:30 Intermediate French (cont.) 12:00 Lunch Box Readings 12:30 Intro to How Foods Fight Cancer 1:00 Beginning French (cont.) 2:00 Learn Tunisian Crochet (cont.)	20	10:00 Death Over Donuts Intro to How Foods Fight Cancer 11:30 Life Wishes
25	10:00 Applying the Creative Process to Life 11:30 Blue Zone Cooking (cont.) Interplay: Movement and Connection 2:00 WWII Movie Matinee Varieties of Spiritual Experience Member Appreciation Social 5:30 Pride Movie: Orlando 6:00 Medicare & Social Security Planning The Empowered Caregiver	26	10:00 Writers Critique Workshop Advanced French (cont.) Mindful Movement 11:30 Intermediate French (cont.) 1:00 Beginning French (cont.) 2:00 Learn Tunisian Crochet (cont.)	27	10:00 Stop By Saturday 12:30 Women Connected

October 2025

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

MONDAY			TUESDAY			WEDNESDAY		
	8:30	Calm Yoga \$		9:00	Retreads Softball Horticulture Club Empowering Yoga \$ Tai Chi		8:30	Hatha Yoga \$
	9:00	Hiking					9:00	Hiking
	9:15	Floor Barre \$					9:15	PRIMETIME FITNESS \$/Ø
	9:30	Monday Group for Men					9:30	Crafty Ladies
	9:45	Chair Yoga \$		9:15	PRIMETIME FITNESS \$/Ø		9:45	Tone & Groove \$
	10:00	Writing for Healing & Growth Getting Better at Bridge Grateful Threads Quilters		10:00	A Group for Men Tap Dance Lessons (Level 1) \$		10:00	Senior Bowling \$ Push Card Game
	10:15	Maximize Your Strength \$		10:30	ARTHRITIS EXERCISE		10:30	Basic Qigong & Tai Chi Practice
	11:00	Silver Swans Ballet II Poker		11:15	Tap Dance Lessons (Level 2) \$		11:00	Maximize Your Strength \$
	11:30	Discovering Your Strength \$ Total Barre \$		12:30	Party Bridge		12:00	Tops , Canasta, Crafts DIY Advanced Line Dance Dollhouse Miniatures
	11:45	BALANCE & STABILIZATION \$/Ø		12:45	Piano Music in the Atrium		12:30	Square Dance Lessons More Wise Women
	12:15	Silver Swans Ballet I		2:30	Conversational Spanish (Inter./Adv.)		1:00	Ageless Grace Scrabble, American Mah Jongg Recorder Lessons (Intermediate)
	12:30	Chess		3:30	MOVE TO THE RHYTHM DANCE PARTY \$/Ø		1:45	Strengthen Your Health & Life \$
	12:45	Chinese Mah Jongg		4:45	FIT TO GO		2:00	Knit-Wits
	1:00	Ageless Grace English Country Dance Beginner Recorder Lessons Music in the Atrium Royal Siamese Mah Jongg		6:00	AA Women's Group Line Dance (Int./Adv.)		2:30	Ping Pong Conversational Spanish (Beg.)
	1:45	Strengthen Your Health & Life \$		6:15	Ping Pong		3:00	Meditative Stretch \$
	2:00	Member Social		6:45	Families Anonymous		3:30	Parkinson's Yoga Video
	3:00	Meditative Stretch \$					5:00	Line Dance (Beg.)
	3:30	Tai Chi \$					5:30	Slow & Stretchy Yoga
		Parkinson's Yoga Video					6:00	AA Meeting
							6:30	International Folk Dance
						1	9:30	Veterans Coffee Hour , Kingfishers Geometric Drawing \$
							10:15	Wednesday Music Club
							10:30	Wise Women, Too
							10:45	Tips from a Physical Therapist
							11:00	Book Group
							12:30	Wednesday Group for Men
							2:00	Chinese Brush Painting \$
							5:00	Movie Night: <i>The Biggest Little Farm</i>
6	8:30	Center Circuit Walkathon	7	8:30	Center Circuit Walkathon	8	8:30	Center Circuit Walkathon
	9:30	Italian (Pre-Inter. II) \$		9:00	Injury & Pain Screenings		9:30	Geometric Drawing (cont.)
	10:00	Sew and Sews Artificial Intelligence		9:30	Coffee & Caregiving		10:00	Becoming More Authentically You
	1:00	Council Meeting		10:00	Try It Out Tuesday Paint Loose II \$		10:30	Parkinson's Caregiver Support Group
	3:00	The Battle of Trevilian Station		11:00	Good Life Series		11:00	Navigating Medicare
							12:45	Basic Weight Training
							2:00	Chinese Brush Painting (cont.)
							2:30	Senior Statesmen of Virginia
							4:15	Mambo Mamas
							4:30	Cinema Discussion Group
							5:15	Sound Bath
							6:00	Moonlighters Quilting
13	9:30	Italian (Pre-Inter. II)(cont.)	14	10:00	Money and You	15	9:00	Injury & Pain Screenings
	10:00	Sew and Sews			Wise Women Connect		9:30	Geometric Drawing (cont.)
	1:00	Piedmont Pastelists			Travel Chat with Linda		10:00	Welcome Wednesday, Hearing Health
	2:00	Current Events			Paint Loose II (cont.)		10:30	Wise Women, Too
	3:00	Dan Sickles: Hero of Gettysburg? \$			Paper Crafting \$		12:00	October Luncheon \$
							12:30	Wednesday Group for Men
							1:30	Pride Movie: <i>Young Frankenstein</i>
							2:00	Chinese Brush Painting (cont.)
							5:00	Movie Night: <i>Fried Green Tomatoes</i>
							5:30	Std. Ballroom Dance Lessons \$
							6:00	Mastering Medicare
							6:30	Latin Ballroom Dance Lessons \$
20	9:30	Italian (Pre-Inter. II)(cont.)	21	9:30	Alzheimer's Support Group	22	9:30	Geometric Drawing (final)
	3:00	The Battle of Appomattox Court House \$		10:00	Elder Law Paint Loose II (cont.)		10:00	Learn to Ease and Manage Anxiety
				12:00	Bunko		10:30	Parkinson's Caregiver Support Group
				12:45	CAT Workshop and Field Trip		11:00	Medicare and Social Security Planning
				1:00	Italian for Travelers \$		1:00	Navigating Senior Living Options
				1:30	Science Semester Book Discussion		2:00	Chinese Brush Painting (cont.)
				2:00	Mindfulness Meditation Workshop		4:15	Mambo Mamas
				3:30	American Mah Jongg Lessons (final)		5:00	Documentaries and Discussion
				6:00	Albemarle Modern Quilt Guild		5:30	Stroke Support Group
					Trivia		5:30	Std. Ballroom Dance Lessons (cont.)
							6:00	Welcome Wednesday
							6:30	Moonlighters Quilting
								Latin Ballroom Dance Lessons (cont.)
27	9:30	Italian (Pre-Inter. II)(cont.)	28	10:00	Wise Women Connect	29	9:30	Drawing & Painting with Wax Crayons \$
	12:00	Mystery Book Club			Paint Loose II (cont.)		2:00	Chinese Brush Painting (final)
	2:00	Current Events		11:00	Long Term Care Insurance		5:30	Std. Ballroom Dance Lessons (cont.)
				12:00	Handle with Love & Care Support Group		6:30	Latin Ballroom Dance Lessons (cont.)
				1:00	Bookmobile , Italian for Travelers (cont.)			
					Mexican Train Dominoes			
				2:00	Karaoke			
				4:00	Singles Schmooze			

Clearer Sound, Stronger Community

Perry Foundation Matching Grant Makes Acoustic Improvements Possible

“We love the programs—we just can’t hear what’s being said.”

That’s something we’ve heard often from members and guests who attend lectures, movies, concerts, and events in the Hunter J. Smith Auditorium. Despite its beauty and size, the room’s acoustics make it difficult for many—especially those with hearing loss or adaptive devices—to enjoy or even follow what’s happening. Echoes, reverberation, and poor sound quality have limited participation and the Auditorium’s full potential.

With your help, that’s about to change.

Thanks to a generous \$25,000 matching grant from the Perry Foundation, every gift made toward improving the Auditorium’s sound quality will be matched dollar for dollar. That means your gift goes twice as far in making the space more accessible, inclusive, and enjoyable for all.

We’ve worked with expert acousticians and designers to develop a solution that will reduce echoes and improve clarity by installing high-quality sound-absorbing materials on the walls and ceilings. These improvements will help ensure that everyone, regardless of hearing ability, can fully engage in the programs that support healthy aging.

The total cost of this project is \$48,000. With the Perry Foundation’s

match, we’re already halfway there. Your gift today will help close the gap and bring us closer to an Auditorium where everyone can hear, connect, and enjoy.

To make your gift support these acoustic improvements, simply note that on your check, include it in the comment section of your online donation, or connect with Philanthropy Director Lynn Divers at lynn@thecentercville.org or 434.220.9745.

Double your impact. Improve the sound. Make The Center more accessible for all. ■



Back by Popular Demand: The Tell-a-Thon Returns!

Why we’re doing it again and why we need you

When we launched our first-ever Tell-a-Thon last fall, we hoped it would raise awareness about the essential role philanthropy plays in keeping The Center strong. What happened exceeded all expectations.

In just 10 days, Center representatives visited 153 programs to share why community support matters and how every contribution helps older adults pursue healthy, meaningful lives.

Together, our community raised **\$62,432.56**, including gifts from **221 donors**—more than 100 of them giving to The Center **for the very first time**. Contributions ranged from \$5 to \$25,000, with the most common donation amount at \$100. That’s powerful proof that every gift makes a difference.

Thanks to these generous investments in healthy aging, we welcomed 19 new monthly donors to our **Sustainers Circle** and 19 new members to the **1180 Society**, which recognizes donors who give \$1,000 or more annually. We also saw **650 members** contribute beyond their membership dues, an increase from 22% of members in FY24 to 30% in FY25.

Even more inspiring were the conversations the Tell-a-Thon sparked. Many members said they had no idea how much philanthropy it takes to sustain The Center’s work—it accounts for **60% of our operating revenue**. Some shared how eye-opening it was to learn about the financial realities of running a nonprofit, including the ongoing \$5.2 million building loan. Others learned how to give from a qualified IRA or how to include The Center in their estate plans.

One member captured the spirit of the Tell-a-Thon perfectly when she said, “*When you love something, you invest in it.*”

So yes, the Tell-a-Thon is coming back this fall—because it worked and many people appreciated learning more about this vital community resource we all enjoy.

We need to raise **\$1.3 million in FY26** to keep our programs strong, welcoming, and accessible to all.

This October, we will once again take a few minutes at the beginning of each program to share the story of why giving matters. If you are already a donor, thank you; if not, we hope you’ll be inspired to join in.

Because healthy aging isn’t a luxury—it’s a necessity. And together, we make it possible. ■

MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (June 1-July 31, 2025)

- Adelman Family Foundation
- Katherine Brooks & George Beller/Marbrook Foundation
- Rene Bond
- Sherry Burke
- The Colonnades
- Commonwise Home Care
- Pete Cross
- Vicky & Lawrence Eicher
- Evolution Hearing
- June and Frank Heintz Charitable Fund
- Dawn & Ted Heneberry
- Hill & Wood Funeral Service
- Martha Jefferson House
- Debbie & Whit Hollowell
- Mallory & Michael Joyce
- Anne & Mark Logan
- Ann & George Loper
- Kirsten Lynch
- Dan & Diane McCallum
- Page & Walt Megonigal
- Eva Ireland & Walter Morgan
- Norton Health Law
- Skyline In-Home Services
- JoAnne & William Speiden
- The Barclay at Charlottesville
- Trinity Hospice
- Mark Uher
- Visiting Angels Foundation
- Ann Vonnegut-Frieling & Chris VonFrieling
- Marie Arline Zabarowski & David Whitcomb
- Jane Whitworth

- ArkWise Wealth

AT Home Care Staffing

Benchmark Senior Solutions

Blue Ridge ElderCare Advisors

Branchlands Independent and Assisted Living

BrightStar Care of Charlottesville

Charlottesville Albemarle TRIAD

Charlottesville Organizing

Charlottesville Pet Concierge

Commonwise Home Care

Cville Village

Delaney Hearing Center

DuCard Vineyards

Elite Care Advisors
- Evolution Hearing

Hanckel-Citizens Insurance

Heartland Hospice

Hospice of The Piedmont

Iron Eagle Advisors

Ivy Rehab

JABA

Loving Arms Home Care

Martha Jefferson House

Medical Facilities of America

Norton Health Law

Our Lady of Peace

Panorama Natural Burial

Petrichor Wealth Management
- Piedmont Family YMCA

Right at Home

RoseWood Village

Skyline In Home Services

The Barclay at Charlottesville

The Blake at Charlottesville

The Colonnades

The Heritage Inn

Top Notch Computers & Technology Services

Trinity Hospice

UVA Encompass Health Rehabilitation Hospital

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Explore the many Dimensions of Wellness during

Active Aging Week 2025

Kick things off at the Active Aging Fair on Saturday, October 4!

Active Aging Fair

Saturday, October 4

10:00 am–1:00 pm

Browse a huge variety of local healthy aging resources at the fair in the Auditorium and learn from one or more of these special breakout sessions.

Breakout Sessions

10:00–11:30 am

- **Scams: Don't Be A Victim**
with Ron Farmer of Virginia TRIAD
- **Brain Health and Dementia**
with George Worthington of Virginia Department of Aging

12:00–1:00 pm

- **Navigating Senior Resources**
with Jennifer Perry of Benchmark Senior Solutions
- **Declutter and Get Organized**
with Keri-Ann Byrne of Charlottesville Organizing

Find different ways to age well all week long:

INTELLECTUAL

Monday, October 6

- **Artificial Intelligence** 10:00–11:30 am
There's no such thing as too old for technology. Learn about the latest developments in AI and consider what this shift could mean in your life.

ENVIRONMENTAL

Tuesday, October 7

- **What Makes a Species Invasive?** 6:00-7:30 pm
Piedmont Master Gardeners share how you can contribute to a healthier ecosystem.

EMOTIONAL

Wednesday, October 8

- **Becoming More Authentically You** 10:00–11:00 am
Clinical psychologist Dr. Dan Elash discusses ways to connect with your true self. Recognize habits that no longer serve you and consider choices that reflect your values.

SOCIAL

Thursday, October 9

- **Speed Friending** 4:30–5:30 pm
Pull up a seat (or several!) for fun and informal chats with new people. How many connections will you find?

PHYSICAL

Friday, October 10

- **Stand, Walk, Balance: A Primer** 2:00–4:00 pm
Empower your body awareness with healthy movement patterns, especially if you struggle getting out of a chair or up from the floor.

These are just the highlights! From healthy aging trivia to meditation and sound baths, Active Aging Week has much more to offer. See a full calendar online at thecentercville.org. Each of these programs listed above is free and open to all. To join us as a guest, simply stop by the Welcome Desk to register and pick up an Active Aging Week Pass.

Center Circuit Walkathon

With a newly completed sidewalk fully circling the building, it is easier than ever to get your steps in at The Center! Six loops makes one mile, and walking at whatever distance and pace is best for you makes for a healthier life.

As part of Active Aging Week this year, Saturday, October 4 at 12:00 pm through Thursday, October 9 at 8:00 pm will be The Center's first ever Walkathon.

Come sign up and get full instructions at the Active Aging Fair on Saturday and then walk, walk, walk on the paved loop around the building during The Center's operating hours.

You'll log your laps at the Welcome Desk. As an added dimension, we strongly encourage you to find one or more friends to make a gift in honor of your efforts that will benefit The Center.

At an award ceremony on Friday, October 10, at 12:00 pm, we'll celebrate everyone's accomplishment with refreshments, social time, and prizes for the top 3 walkers with the most laps and for the walker who recruited the most donors.

Lace up your comfiest sneakers—we're going for a walk!

COMMUNITY IMPACT:

THIS YEAR THE CENTER OFFERED

10,961

CLASSES, EVENTS, PROGRAMS, AND TRIPS

CENTER VOLUNTEERS CONTRIBUTED

40,000+

HOURS OF SERVICE TO AREA NONPROFITS

1241

DONORS MADE A GIFT TO SUPPORT HEALTHY AGING

147

VOLUNTEER PROGRAM LEADERS

27

NONPROFITS SUPPORTED BY CENTER VOLUNTEERS

CELEBRATING 65 YEARS OF AGING WELL!

In Fiscal Year 2025 The Center celebrated 65 years of creating opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity, and lifelong learning. We believe that empowering older adults to improve their health and well-being—to live their lives to the fullest—benefits individuals, their families, and our community. We work to make this a reality for all.

Creating Community at The Center and Beyond

In the hustle and bustle of the Charlottesville Ten Miler’s only two-way station, Center members Laura and Jerry Giammatteo were hard at work supporting runners in the local tradition’s 50th anniversary race. The excitement and fun of community work isn’t a special occasion for the Giammatteos—you would be hard pressed to find two more active and enthusiastic members.

After moving from Long Island two-and-a-half years ago, Jerry says “We started looking at all the programs you have—exercise programs and I love the continued learning programs. That’s right up my alley.”

On a typical week, the couple will be at The Center three or four times for a wide range of healthy aging activities. Laura gets moving with Tai Chi and Arthritis Exercise, while Jerry works in Balance and Stabilization or joins in Writing for Pleasure and Socrates Café.

All of it adds up to “socialization we may not have had” as friendships form and every program, including volunteer work, creates its own opportunity for fun. The pair regularly help at luncheons, the shredding truck, and UVA Mock Trials.

When they spotted a flyer in the fitness hallway asking for volunteers to represent The Center as a beneficiary of the Ten Miler, joining in was easy. They enjoyed a fun, eye-opening day and found all the runners so grateful for volunteers’ support.

Camaraderie is the common thread in all the Giammatteos' stories and experiences. Truly, this is everything a healthy aging community can be.



Partnerships Expand

More discussion and support groups, more fitness classes included with membership, additional resources for understanding Social Security and Medicare—the list of programs available at The Center regularly evolves to meet the needs and interests of older adults.

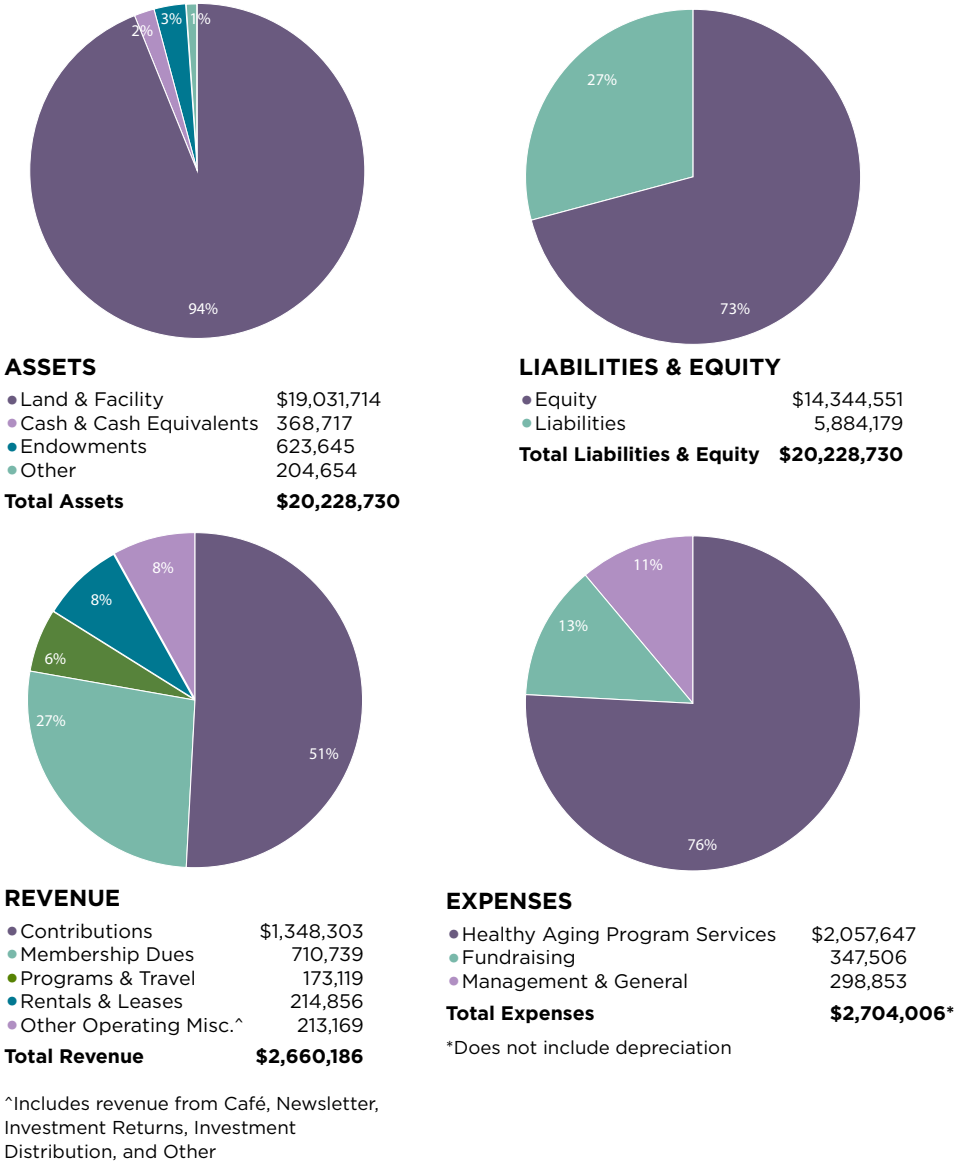
As always, in FY25 The Center offered dozens of fun, educational, and thought-provoking programs that were free and open to the community, often in collaboration with other community organizations. We are grateful for the expanded programming and access that these partnerships provide.

- AA • ARTICINE • ALBEMARLE CHARLOTTESVILLE HISTORICAL SOCIETY • ALBEMARLE MODERN QUILT GUILD • ALZHEIMER’S ASSOCIATION • CHARLOTTESVILLE ALBEMARLE TRIAD • CHARLOTTESVILLE AREA QUILTERS GUILD • CHARLOTTESVILLE BALLET • CVILLE BAND • JABA • JEFFERSON MADISON REGIONAL LIBRARY • NEWCOMER’S CLUB • PIEDMONT MASTER GARDENERS • NAMI • PARKINSON’S DISEASE ASSOCIATION • RIVANNA WATERSHED • SENIOR STATESMEN OF VIRGINIA • SENTARA MARTHA JEFFERSON HOSPITAL • UNA-USA BLUE RIDGE CHAPTER • UVA CENTER FOR HEALTH HUMANITIES & ETHICS • UVA HEALTH SYSTEM • UVA ENCOMPASS HEALTH REHABILITATION HOSPITAL • VIRGINIA FESTIVAL OF THE BOOK • WEDNESDAY MUSIC CLUB

FY25 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. Philanthropic support also provides scholarship funds for seniors who express financial need.

*The audit of The Center’s FY2025 (April 1, 2024–March 31, 2025) finances are expected to be released in November 2025.



Note: The full version of the FY25 annual report is available on our website at thecenterville.org.

BY THE NUMBERS

255

FIRST-TIME
DONORS

MORE THAN
\$137,000

WORTH OF COMMUNITY
SPACE DONATED OR
DISCOUNTED

\$64,067

MEMBER
SCHOLARSHIPS

575

VOLUNTEERS

\$1,290,118
IN DONATIONS
& GRANTS



The Center Turned 65!

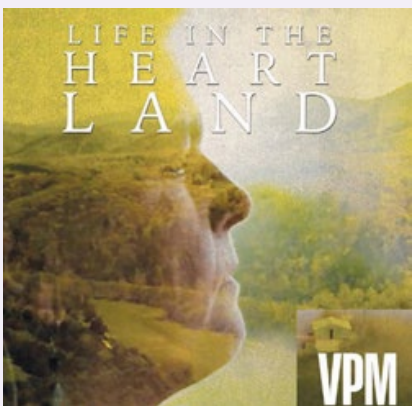
On February 14, 1960, the Senior Center opened its doors, making a commitment to provide enriching and educational opportunities for seniors. Over the decades, through changes of leadership and locations, emerging research, lengthening lifespans, and cultural shifts, that commitment has evolved into The Center at Belvedere, with its mission of providing healthy aging opportunities for everyone.

The Center celebrated its 65th anniversary by honoring its Founding Mothers and with declarations of support from the City of Charlottesville and Albemarle County. A joint resolution of commendation from the Commonwealth of Virginia General Assembly followed later in the year.



Center Gallery Hosted
Americans Who Tell the Truth

In the wake of 9/11, artist Robert Shetterly struggled with the question of what it means to be an American citizen. He explored the issue through portraits of Americans who inspired him. The project has since grown to over 270 paintings with collections touring the country for exhibits at schools, museums, libraries, and other public spaces. Thanks to the work of The Center's Diversity, Equity, and Inclusion Committee, our galleries were able to display a selection. We also hosted Shetterly for several special events including workshops, gallery walks, and documentary film screenings.



Life in the Heart Land

The Center was proud to be included in an episode of *Life in the Heart Land*, a series on PBS that explores the people and places around Virginia who are “creating unique solutions to rural America’s toughest challenges.” It was rewarding to be recognized among the entities building inspiring new pathways to support older adults in aging well.

Parkinson’s Foundation Grant
Supported Programming

A grant from the Parkinson’s Foundation allowed us to provide a series of free yoga classes to our members and the general public. Yoga offers many benefits for those living with Parkinson’s Disease. Participants can improve their balance, flexibility, and muscle strength. The practice can also alleviate common symptoms and reduce stress. The series received rave reviews from participants.

“This group helps me find my strength and capabilities in the best of ways,” says Sara Dickey, “physically, but also in terms of confidence and assurance within myself.”

Christopher Lamb agrees it was a “terrific class” that “has helped [him] to be limber and calm.”

“I would love to see this class continue,” shares Lorri Iorio. “I can see the good results.”

Seeing so much success, we hope to add similar offerings in future years.



CAT Added a Bus Stop at
Our Front Door

After years of advocacy, The Center is now served by the Route 11 CAT bus. This adds another public transportation option to existing JAUNT and MicroCAT service, improving our accessibility to all older adults in our area.



Charlottesville Ten Miler
Named The Center a
Primary Beneficiary

We were honored to be a primary beneficiary of the Charlottesville Ten Miler’s 50th anniversary race. In support of this longstanding community tradition, we sent volunteers to the March 22 event. Center members and staff supported packet pick-up, set up and clean up, merchandise sales, water stops, flyer posting, and more.





Greg Nelsen



Josh Watson



Melanie Barthlow



Delton Hanson

Welcome New Staff!

Several new staff members joined The Center team over the summer!

Evening visitors may have received a greeting from one new face behind the Welcome Desk. Greg Nelsen is here three days a week to support the hours that keep The Center accessible to working adults. Greg has over 40 years of experience as a clinical social worker and is very excited to now be at The Center to contribute to its mission and meet all our wonderful members. He lives in Charlottesville with his wife, mother-in-law, and Hershey—"a 10-pound Shih Tzu/Poodle mix who is King of the Universe."

Operations also gets new support from Facilities Coordinator Josh Watson who will help ensure an optimal environment for our healthy aging programs through day-to-day maintenance and repairs. He's experienced with everything from automotives to electronics and is glad for the opportunity to use his range of skills to help The Center. Beyond our doors, you'll typically find Josh outside hiking, climbing, or swimming. He also teaches ballroom dance and loves anything to do with music.

Curious how you can give back to The Center? Two of our new team members can help direct your time, talents, and treasure to bolster our mission.

Melanie Barthlow (yes, another Mel B!) has come on part-time as our Volunteer Resources Coordinator. Her advice can connect your skills and interests with volunteer opportunities not only at The Center but at nonprofit organizations across our region. She moved from Richmond to be closer to her grandbaby and has a professional history of supporting many a good cause—most recently as Executive Director of the Virginia Diabetes Council and, prior to that, as director of a free clinic.

Last but not least, Delton Hanson is settling in as the Philanthropy Assistant Director. Delton's background includes nine years in development and fundraising for the MS Society, recruiting for Lutheran Family Services, and stints working for two U.S. Senators in Washington D.C. A lover of international travel, exercise, sci-fi, and *Scooby Doo*, he has been married for 33 years to wife Donna, with whom he shares three grown children and two dogs.

Please give them a warm welcome! ■

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Organizations Across the Nation Look to The Center's Example

Because of our innovative healthy aging programming and vibrant community atmosphere, The Center has earned a reputation far beyond Charlottesville. We frequently welcome professionals and leaders from across the country—and around the world—who want to learn from The Center's success in fostering well-being and connection in older adulthood.

In the past year alone, we've received visitors from Georgia's Athens Community Council on Aging, Connecticut's Founders Hall, and more. Representatives from several senior resources in the Allegheny Mountains spent a day at The Center learning from many departments to consider how they can more effectively partner with one another. And while a Director of Communications from the Center for Modern Aging in Princeton, NJ originally visited to exchange ideas about marketing strategies for senior centers, the breadth of our offerings and the beauty of our space left such a lasting impression that a larger group from the organization is planning a return visit to explore our model more deeply.

We also continue to collaborate with the Presidential Precinct, a consortium that brings together universities, historic sites, and global leaders to promote democratic ideals and civic engagement. Through this partnership, The Center annually hosts young leaders from Africa participating in the Mandela Washington Fellowship, a program of the U.S. Department of State. These Mandela Fellows include entrepreneurs, public servants, and nonprofit leaders who are all selected for their outstanding commitment to driving change in their home countries. Meeting with them and exchanging ideas about nonprofit management, community engagement, and healthy aging has been a rewarding, eye-opening experience for everyone involved.

As we share our successes and lessons learned with peers near and far, we extend our mission beyond Central Virginia. By helping to shape how other organizations approach healthy aging, The Center is proud to be part of a broader movement to empower older adults everywhere to age to their fullest potential. ■



A group of Mandela Washington Fellows from Presidential Precinct visit The Center every summer to exchange thoughts on global nonprofit leadership.



Executive Director Melanie Benjamin tours visitors from the Athens Community Council on Aging in Georgia.

CAFE continued from page 1

ment. If someone speaks loudly or says the same over and over and over again, everyone understands.

There are also specific health benefits. Spending time with others can help offset the effects or slow symptoms of dementia. Staying socially engaged with friends and family has been shown to relieve stress and boost self-esteem, which for people with dementia can lead to better eating habits, more exercise, and better sleep.

Caregivers connect with other caregivers and feel supported. Kyra O'Brien, a neurologist and professor at the University of Pennsylvania's Perelman School of Medicine, particularly notes the importance of this benefit. "We know that patients have better quality of life when their caregivers are under less stress," she says. Seeing their loved ones interacting at a level they don't see at home can provide an emotional boost as well.

There are currently more than 600 memory cafés across the country that typically meet once or twice a month. These gatherings date back to 1997 when Bere Miesen, a psychiatrist and dementia specialist in the Netherlands, sought a way to raise awareness of and fight stigmas associated with dementia.

Fostering community support is vital in light of increasing numbers: dementia cases in the U.S. are predicted to double by 2060. (Though, you may remember from past newsletters that about 40% of dementia cases are attributable to modifiable risk factors.)

Details were still evolving at press time for The Center's first memory café on Friday, September 19, as we work in collaboration with Home Instead Senior Care and other local entities interested in helping people navigate life with cognitive and memory issues.

Each Memory Café develops to fit its community. If you or your organization would like to get involved, please contact Program Director, Jennifer Crews. ■

Subscribe to our "It's Happening" e-newsletter at thecentercville.org and get weekly Center news updates



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Presented by Sentara Martha Jefferson's Caregiver and Wellness Center, in partnership with the Alzheimer's Association and The Center at Belvedere

Thursdays, September 25–October 23
6:00–7:00 pm

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual sessions to meet their needs or complete the entire series.



Topics include:

- Building foundations of caregiving
- Supporting independence
- Communicating effectively
- Responding to dementia-related behaviors
- Exploring care and support services

Free and open to all.

Join us in person at The Center at Belvedere or virtually using our secure online meeting space.

To register or receive the virtual link: Email Katy Kreienbaum at krkreien@sentara.com or call 434.654.7991



First Annual Holiday Crafts Fair

Saturday, November 1, 2025
10:00 am–5:00 pm

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The Center will again participate in the United Way Day of Caring by collecting gently used medical equipment for All Blessings Flow to distribute to uninsured patients in our area. On September 17, 10:00 am–5:00 pm, bring walkers, canes, wheelchairs, shower chairs, or other items to The Center's collection point.



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