

SPECIAL ANNUAL REPORT EDITION

YOUR MEMBERSHIP—WHY CHOOSE PRIME?

As you have no doubt heard, you now have a choice between Standard membership at The Center and Prime membership. Standard provides access to about 80% of our programs, with fee-based programs and services available à la carte. Once The Center at Belvedere opens, you can add access to the equipped fitness room for \$15 a month.

Prime membership is an all-inclusive choice that provides access to all programs, including most of those with fees, as well as the equipped fitness room; exceptions are travel, designated special events/programs, and services such as seated massage. Prime members also receive a certificate for a trial month of membership to share with a friend or family member, a 20% discount on facility rental (it's going to be a great place to host a party or conference!), and a \$20 gift card for the Greenberry's Coffee Co. at The Center at Belvedere.

For members who participate in one or more fee-based programs currently, this means that once we are at Belvedere, you won't have to bother with those pesky monthly payments, and you can save money—quite a lot if you take more than one fee-based program.

Sounds wonderful, you may be thinking, I'm all for Prime! But why choose Prime now when we will not make the move to Belvedere until spring?

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Building A More Inclusive Community: Local Voices On Diversity

Fall Speaker Series Kicks Off September 12

“Diversity is heart work, not head work.” —The Reverend Dr. Lehman D. Bates, II

The Center's Diversity & Inclusion Committee has been working to broaden participation in programs and ensure accessibility for everyone. With its latest initiative, the committee hopes to engage our community in a discussion of issues around topics of diversity. A speaker series launching in September features presentations by local leaders who are helping to shape a culture of inclusion in Charlottesville.

“The series includes a wide range of topics, but all of them relate to issues of inclusion in our community,” said Judy Gardner, Membership Coordinator for The Center and chair of the committee.

Presentations will be about an hour, followed by a brief question and answer session. The series is free and open to the community.

About the Speakers:



The Reverend Dr. Lehman D. Bates, II, pastor of Ebenezer Baptist Church, has participated in humanitarian initiatives both in the U.S. and abroad. He is active in the Charlottesville community through organizations such as the African-American Pastors Council, the Charlottesville Clergy Collective, 100 Black Men of Central Virginia, The United Way Review Board, the UVA Health Disparities Board, and the Advisory Board of Thomas Jefferson's Monticello. In 2016, Rev. Bates was recognized by the General Assembly of the Commonwealth of Virginia for his service to the Central Virginia area.



Educator Leontyne Clay Peck is a former Maryland Commissioner on African American History and Culture and a Ford Foundation Scholar in African American Studies. Among her awards is the Maryland Business and Professional Woman of the Year. Ms. Peck is the author of three books—*Silver Children: The African American Family of Henry Clay*; *Our Mother's Dresses: An Ancestry Tribute to my African, European and American Mothers*; and *Paxton Street*.

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Building a More Inclusive Community: Local Voices on Diversity

Thursdays at 6:30 pm | Free and open to the community

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|-----------|---|
| Sept. 12: | Why Diversity and Inclusion? Should It Be Intentional? - The Reverend Dr. Lehman D. Bates, II |
| Sept. 26: | Pillars of Family Restoration: Roots, Ancestors, DNA - Leontyne Clay Peck |
| Oct. 3: | Diversity in the Workplace - Kelli E. Palmer, Ph.D. |
| Oct. 10: | Eracism – What's Happening in Charlottesville and Albemarle Schools - Juandiego R. Wade |
| Oct. 17: | Eracism – What's Happening in Our Community - Khizr Khan |
| Oct. 24: | Reaching for a Higher Ground: A Quraanic Perspective - Aliaa Khidr, MD |

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- Volunteering
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- Pull-Out Calendar
- More!





Hours

Monday: 8:30 AM–4:30 PM
Tuesday: 8:30 AM–8:30 PM
Wednesday: 8:30 AM–8:30 PM
Thursday: 8:30 AM–8:30 PM
Friday: 8:30 AM–4:30 PM
Saturday: Closed
Sunday: 1:00–5:00 PM

Contact

491 Hillsdale Drive
Charlottesville, VA 22901
434.974.7756
thecentercville.org

ABOUT THE CENTER

The Center’s mission is to positively impact our community by creating opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity, and lifelong learning. Founded in 1960 by the University League (now Junior League of Charlottesville), The Center has been an independent 501(c)(3) charitable organization since 1963 and receives no federal, state, or local government funding for operations. *News from The Center* is a bi-monthly publication of The Center. Annual subscriptions are free for members.

**FIRST NATIONALLY ACCREDITED
SENIOR CENTER IN VIRGINIA**

THE CENTER STAFF

Melanie Benjamin	Advancement Director
LaMarké Chapman	Custodian/Event Facilitator
Jennifer Crews	Program Director
Emily Durbin Evans	Philanthropy Coordinator
Margaret Fitch	Program Coordinator
Kirstin Fritz	Philanthropy Director
Judy Gardner	Member & Guest Relations Coordinator
Linda Hahn	Travel Coordinator
Bridget Harrison	Marketing Assistant
Bobbi Hughes	Coordinator of Volunteer Resources
Scott Hilles	Finance Director
Lani Hoza	Program Coordinator
Zach Mayer	Facilities Coordinator
Virginia Peale	Marketing & Communications Director
Deborah Poage	Administrative Assistant
Shannon Stevens	Controller
Peter Thompson	Executive Director

BOARD OF DIRECTORS

Greg Menke	President
Jennifer King	Vice President
Larry Martin	Treasurer
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Jonathan Davis	Larry Martin
Rich DeMong	Deidra Massie
Joe Gieck	Steve Peters
Sean Greer	Christine Thalwitz
Jean Hart	Bill Tucker
Robyn Jackson	Kurt Woerpel
Paul Jacob	

WELCOME NEW MEMBERS!

Guillermina Alvarado
Karin Bendel
Norma Bess
David Black
Ruth Bogan
Victoria Brown
Fredrick Burger
Antonio Burgos
Gerry Callaghan
John Castle
Charles Cocke
Elizabeth Cocke
Michael Coleman
Susan Coleman
Michael Dalton
Pamela Deweese
Carmen Farfan
Norm Fenton
James Foster
Lisette Franqui

Terry Gaudette
Dwayne Holland
Roslyn Holland
Dallas Holloman
Pamela Holloman
Jackie Intihar
William Julian
Carole Kadner
Christi Marlowe
Kirbie Moore
Nelson Moore
Janet Morrow
Monica Notaro
James Passante
Cheryl Ribando
Marge Rivello
Harold Rubel
Rosmarie Sakey
Karen Salmonson
Mora Sims

Lisa Stewart
Mary Sullivan
Paul Sullivan
Nancy Switzer
Therese Titus
Delores Traeger
Carl Van Fossen
Elizabeth Villwock
Barbara Wolfram
Robert Wolfram

WELCOME BACK!

Edwina Addison
Joan Dewson
Saul Kaplan
Dorothy Mahanes
Mary Woloski

If you joined or re-joined between June 1 and July 31, 2019, and were not recognized here, please contact Judy.

Need Help with Membership Dues?

If you do, you are not alone. Did you know that over 10% of our members receive scholarship assistance to cover their membership dues? Thanks to generous donors to the Mary P. Reese Scholarship Fund, we are able to offer no-questions-asked financial assistance to members for annual dues and program fees. Contact Judy Gardner at judy@thecentercville.org or 434.974.7756 for more information about scholarships.

SENIOR COUNCIL

Discussion at the July Council focused on security measures and safety procedures in our existing location. This was prompted by questions from members after the shooting incident in Virginia Beach and in response to the new Code of Conduct for The Center. By unanimous vote the Council approved the following recommendations, which will be included in a proposal to staff: The Center should be declared a weapon-free zone; the welcome desk, as the entry control point, should be equipped with a hidden emergency button to alert staff to notify the police of imminent danger; emergency procedures for fire, tornado, and medical emergencies should be discussed with and practiced by members on a regular basis; and TRIAD should be contacted for advice on these procedures at our current location and at the new Belvedere facility.

Council did not meet in August. All Center members are invited to attend our next meeting on Monday, September 9, at 1:00 p.m.

—Paul Jacob, Council President





TRY IT OUT TUESDAY!

New & Prospective Member Orientation

SEPTEMBER 3, NOON OR OCTOBER 1, NOON

Have you recently joined The Center? Are you considering joining but want to learn more? Then come to our next Try It Out Tuesday for a light lunch and a brief presentation about The Center, along with a chance to meet staff, program leaders, and other new members.

Thank you to The Colonnades for its support of Try It Out Tuesday.

Celebrating Norma Chadwick



Go with the flow.

Norma Chadwick has that saying written on a plaque on her kitchen wall, and in many ways, it sums up her philosophy of life, a life where she has faced many challenges with grit and grace.

Around The Center, Norma may be best known for her tennis ability—rumor has it that this 88-year old still has a deadly serve—but bowling was actually the sport she loved for years. When the arthritis in her hands became too bad for her to hold the ball, she gave it up—along with knitting the argyle hats and socks she once sold in a shop on Harvard Square—and devoted herself to her new sport with a passion that has resulted in her competing in nine National Senior Games. “You just have to go with the flow,” insists Norma. “That’s how you enjoy life.”

Norma is certainly no stranger to making adjustments and moving on. She was once a talented singer, performing in high school with a young Anna Moffo, but she had to give that up too. “Can you believe I sang? Listen to my voice!” Norma says ruefully. “Well, there is always someone worse off than you, so no

need to complain. I taught that to my five kids.” Norma no doubt had to remind herself of that when she and her first child—she was pregnant with her second—found themselves living in a motel for months after her husband, Dale, broke his neck in a car accident. He was receiving treatment in a military hospital in Great Lakes, and they were eating K Rations and waiting to go home. Dale recovered, and they were married for 63 years despite a rather inauspicious beginning to their life-long romance.

Norma loves to tell the story of how she met her late husband. While she was a student at Boston University, she and her roommate paid a visit to Norma’s brother, who was studying at Harvard. Chatting in his room, they were suddenly interrupted by a roar from the adjacent bathroom: “Get those women out of here!” Dale, her brother’s roommate, had fallen asleep (okay, passed out) in the bathtub, no surprise, perhaps, for the president of what Norma describes as a “drinking club.” “That’s why my brother didn’t want me to date him,” she remembers. And Norma did refuse the man who emerged from the bathroom and fell in love with her—for more than half a year. She finally agreed to go to lunch with him on the condition that he went to church with her, and the rest is history.

Part of Norma’s strength and toughness no doubt comes from her life work as a physical therapist who specialized in pediatric rehabilitation, working for a time with polio patients in a hospital in Boston. The case that touched her most was a child born of a totally paralyzed woman who gave birth while in an iron lung. Norma loves helping people, which is one of the reasons she comes to The Center, where she works every yard sale and dance and volunteers once a week at the Welcome Desk. “I love the people,” she says, “and I love seeing people taking part in activities, even with walkers and wheelchairs.”

But the real reason Norma and Dale first came to the Senior Center, as it was called in 1996, was bridge. They had just moved to Charlottesville and hadn’t unpacked a box, but they were already shuffling the cards. “Our first night here, we slept on the floor in sleeping bags, but we came to play bridge! We’ve been a part of the Senior Center ever since. This has been my second home. I’ve really enjoyed being here. People here are so kind and understanding. I can’t thank them enough for what they did for Dale and me. I will miss The Center.”

Norma will miss The Center because she is once again going with the flow, this time when it takes her to a new home in Lynchburg. “It was time,” she says. “I’m close to 90. I need to be near family and other people. Living alone is lonely, so while my legs are still going and my brain is still functioning, it is time to embrace the change.” Norma is not sure exactly what to expect from this new stage of her life—she knows she won’t be able to hold a tennis racket much longer, so some things will certainly be different—but she intends to stay active and plans to find volunteer work as soon as possible. In fact, she admits she may already have her first assignment. When the director of Norma’s new senior living facility mentioned to her that she wanted to put a boardwalk around their pond, Norma immediately questioned the safety of the plan for residents with mobility problems, and then found herself on the planning committee. “I am looking forward to this next stage,” she grins, “but I need to keep my mouth shut. Whatever happens, I will go with the flow!”

Several years ago Norma—who has been member, donor, volunteer, program leader, and goodwill ambassador—noted in an article that she didn’t know what she’d do without The Center. We feel much the same about her; for 23 years, she has been an important part of our Center family. This place, which is a home away from home for so many of our members, wouldn’t be possible without the caring and generosity of supporters like Norma and like you. Thank you. ■

“Learning, exercise, and socialization are the keys to growing older well, all of which The Center offers. Thank you!”
—Leroy & Helen Ida Moyer

MEMBERSHIP, continued from cover

One reason to renew your membership now is because if you do so before January 31, 2020, you will receive a bonus month of membership, and, once the doors open at Belvedere, a \$15 Greenberry’s gift card and a \$20 travel credit. More loot!

And if you chose Prime now, with the understanding that your Prime benefits do not start until we are in our new building, we will not charge you the Prime rate until we move. Instead, we will pro-rate, charging you the Prime amount only for

the months you will be able to access our new programs and new facility. See chart of rates below.

So sign up today! Contact Judy Gardner for details.

CURRENT MODEL		NEW MODEL (STANDARD)		NEW MODEL (PRIME)	
EXAMPLE A		INDIVIDUAL MEMBER		INDIVIDUAL MEMBER	
Annual Membership	\$140	Annual Membership	\$180	Annual Membership	\$480
Primetime Fitness (\$38/mo. x 12)	\$456	Primetime Fitness (\$38/mo. x 12)	\$456	Primetime Fitness	\$ 0
Total annual cost	\$596	Total annual cost	\$636	Total annual cost	\$480
EXAMPLE B				INDIVIDUAL MEMBER	
Annual Membership	\$140			Annual Membership	\$480
Primetime Fitness (\$38/mo. x 12)	\$456			Primetime Fitness	\$ 0
Ageless Grace (\$36/mo. x 12)	\$432			Ageless Grace	\$ 0
Second-Wind Band (\$80/yr.)	\$ 80			Second-Wind Band	\$ 0
Total annual cost	\$1108			Total annual cost	\$480

And That’s How It Started



One Sunday afternoon Lynette Graves just decided to stop by to see what The Center was all about. She found the Welcome Desk volunteers welcoming and friendly. They told her the Sunday afternoon movie had just ended, but that there was a group upstairs playing Mah-Jongg, so she decided to join them. She found the ladies to be welcoming and friendly as well. On her way out that afternoon, she picked up a calendar of events to see what else she might find interesting to do at The Center. And that’s how it started for Lynette.

Shortly after her Sunday visit to The Center, she returned to learn more at Try It Out Tuesday. As a result, new member Lynette is an avid player

of Western, Chinese, and American Mah-Jongg. She also volunteers as a lobby ambassador, is a substitute attendant for the Garden Café, and makes medical dolls with the Sew ‘n Sews for UVA Health System’s Pediatrics Department. Lynette says she loves working with her hands, so she is also looking forward to exploring other Center activities such as wood carving. She plans also to participate in short story discussions and possibly Spanish. Why The Center? Lynette believes her participation several days a week at The Center allows her to remain active and engaged with others. She’s very glad she decided to stop by!

Volunteers Needed!

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

AT THE CENTER

LOBBY AMBASSADOR

The Center is searching for lobby ambassadors—friendly volunteers who will greet members and guests with a warm welcome, promote MySeniorCenter check-in, answer questions, and conduct tours. Training is provided.

LIBRARY ATTENDANT

We’d love to find a volunteer to maintain the collection of books in the De Lawter Library. This includes keeping up with inventory and shelving.

IN THE COMMUNITY

CONCERT USHERS NEEDED AT MCINTIRE SCHOOL OF MUSIC

The UVA Music Department offers an astounding array of great jazz, choral, symphonic, chamber, electronic, newly-composed, historic, and culture-specific music concerts. If you enjoy attending concerts and interacting with people, consider volunteering to usher for the UVA Music Department. You determine the time commitment and concerts that are right for you! Ushers hear the entire concert at no cost.

BECOME AN OMBUDSMAN-RESIDENT ADVOCATE

If you have a passion for helping others, a caring spirit, and a willingness to learn, we need you! Become an Ombudsman-Resident Advocate and help improve the quality of life and care for residents in a facility near you. JABA will provide training, tools, and ongoing support.



Welcome Controller Shannon Stevens



Shannon says more people at The Center know Ewan’s name than know hers.

Are you wondering to yourself what a controller is? If you have a vague notion that it’s got something to do finances ... ding ding ding! You are correct, now please go audition for Jeopardy!

Shannon Stevens, who arrived in June, will oversee the many financial operations necessary for the successful operation of The Center and, soon, The Center at Belvedere. Along with budgeting, analyzing financial data, and reporting, she will monitor financial policies and procedures to ensure compliance with tax laws and other relevant regulations.

“My brain is very analytical, it’s very columns and rows,” Shannon explains when asked about her career path. “I really like the audit side of accounting, unraveling things.”

Born and raised in Austin, TX, Shannon moved to Littleton, CO, a Denver suburb the same size as Charlottesville, for college. She called Littleton home for 26 years but increasingly longed to experience the east coast and “smaller city life.” When a good friend moved to Bedford, VA, last summer, Shannon decided the time was right to make her escape and chose nearby Amherst. She liked that it was a small, quiet town with a historic main street—a characteristic of Littleton that she didn’t want to give up—with proximity to more cosmopolitan areas.

Even if you have not yet met Shannon, you may have met her very congenial corgi, Ewan, who frequently accompanies her to work, perhaps to get a little time away from the six other dogs and six cats at home. A serial animal rescuer from the time she was small, Shannon has fostered animals for different rescue groups where she also volunteered her time as treasurer.

To “animal lover” you can add “Anglophile” and “arts-and-crafter” to Shannon’s CV. British television and books are preferred entertainment (“I’ve maxed out my Kindle about three times,” Shannon says of her book habit), with pottery, crocheting, and punch needle embroidery favorite pursuits. She also loves puzzles—see “analytical brain” above.

What are her impressions of The Center? “I like the community of it. I like the people, the members. Everyone seems happy, they want to interact with you and with each other. The other thing that really impresses me is that many of the members are retired and could do anything, but they choose to come and spend their time volunteering. They are committed to it and they are dependable. I also like that we’re growing—that we have Belvedere, and that we’re going to be giving back to these seniors by giving them Belvedere.”



Join us!

For The Center's 28th Building Anniversary Celebration

**Wednesday, September 11
3:00-4:00 pm**

Since moving in on September 11, 1991, we’ve won awards and achieved multiple accreditations, grown our program offerings, and said hello to new friends and goodbye to others. Join us to mark our last anniversary in this building before we begin celebrating at The Center at Belvedere.

programs

SPECIAL EVENTS

ARE YOU READY FOR AN EMERGENCY?

Free and open to the community

Tuesday, September 10, 2:00–3:00 pm

September is National Emergency Preparedness Month and members of the Charlottesville-Albemarle TRIAD team will provide education about how to be ready for an emergency, including what preparations to have in place, what to stock in a “go bag”, and what action to take should an emergency occur.



RETIREMENT: NOW WHAT?

Free and open to the community

Wednesday, Sept. 11, 10:00–11:30 am

While you were working, you may have counted the days until you could retire. Now that you finally are retired, what do you do with your time and, more important, with the unanticipated feelings you may have? Marguerite David, MSW, leads an interactive workshop in which you will discuss how today’s retirement differs from that of previous generations, identify your own values and feelings, and examine what gives your life purpose and meaning in this next chapter of your life. Space is limited. Please register in advance at the Welcome Desk or online.

BUILDING ANNIVERSARY CELEBRATION

Free and open to the community

Wednesday, September 11, 3:00–4:00 pm

After outgrowing two rented spaces downtown, The Center conducted its first capital campaign. Thanks to the generosity of many, including the Jessup family and Frances Jean Robey—we were able to build our own home at 1180 Pepsi Place (now Hillsdale Drive). Since moving in on September 11, 1991, we’ve won awards and achieved multiple accreditations, grown our program offerings, and said hello to new friends and goodbye to others. Join us to mark our last anniversary in this building before we begin celebrating at The Center at Belvedere.

DEALING WITH TRANSITION

Free and open to the community

Thursday, September 12, 10:00–11:30 am

They say that the only thing constant is change. Whether a transition was precipitated for you by a job change; retirement; a move; the loss a family member, close friend, or beloved family pet; or any other major life event, the change is likely accompanied by myriad thoughts and feelings, some difficult and unfamiliar. Join Marguerite David for this interactive workshop

to explore the characteristics and examples of being in transition, the associated behaviors and feelings, and ways to identify your priorities and options as you face a major life change.

JUST REWARDS

Free and open to the community

Saturday, Sept. 14, 10:00 am–2:00 pm

Do you provide care for a loved one? Take a break from your caregiving responsibilities to join us for some fun, relaxation, and pampering. Be our guest at our annual free event for caregivers, which offers support, massages, speakers, lunch, entertainment, and door prizes. To register, call 434.817.5222 or email info@jabacares.org.

Sponsored by Sentara Martha Jefferson Hospital, Alzheimer’s Association, American Parkinson Disease Association, The Center, InnovAge, Intrepid, Healthcare Services, UVA School of Nursing, Rebecca Getz, RN, CMT, Certified Massage Therapy Team, Home Instead Senior Care, JABA, The Laurels, and New Century Hospice.

FALL RISK REDUCTION AND PROMOTION OF PHYSICAL FITNESS

Free and open to the community

Monday, September 23, 2:30–3:30 pm

September 23 is National Falls Prevention Day. Falls are the leading cause of fatal and non-fatal injuries for older adults. In this session you will learn strategies to reduce your risk of falling, effective techniques for rising from the floor to a chair or standing position, and more! Dr. Diane Huss, physical therapist consultant with the UVA functional neurology and neurosurgery team, and expert in home health service, is the presenter.

DMV CONNECT On Site at The Center

Open to those 50 and better in the community.

Tuesday, September 24, 9:30 am–2:30 pm

Wednesday, Oct. 30, 9:30 am–2:30 pm

DMV Connect will be here to provide the following services to our senior community: driver’s licenses and ID cards, Real ID’s, titles and registrations, driver transcripts, disabled parking placards or plates, address changes, E-ZPass transponders, and hunting and fishing licenses. Members may make appointments from 9:30 until 11:45 by calling the Welcome Desk; walk-ins will be taken only from 12:00 until 2:30 pm.

KICKOFF TO ADOPT-A-SHELTER-DOG MONTH

Free and open to the community

Tuesday, October 1, 3:00–4:30 pm

October is National Adopt-a-Shelter-Dog Month. Katie Roche, Humane Education Coordinator of the Charlottesville-Albemarle SPCA, will talk about the physical, social, and emotional benefits of having a dog. She will also bring some local dogs looking for homes; you may just meet the “fur-ever” friend you’re looking for—and that’s looking for you!

DEATH CAFÉ

Free and open to the community

Sunday, October 13, 2:00–4:00 pm

Hospice of the Piedmont and The Center invite you to this event at which people gather in

small groups to eat cookies and cake, drink coffee and tea, and talk about death. Rather than a grief support or counseling session, a Death Café is a group-directed discussion of death with no agenda, objectives, or themes. The goal is to increase awareness of death with the hope that it helps people make the most of their (finite) lives.

THE A TO Z GUIDE FOR PRIMARY CAREGIVERS OF DEMENTIA

Free and open to the community

Tuesday, October 22, 2:00–3:00 pm

Jane Foy is a veteran broadcaster and has been the primary caregiver for a dementia patient for the last 6 years. Her recently published book, *The A to Z Guide for Primary Caregivers of Dementia Patients*, is a collection of helpful hints based on real-life experiences. Living with and caring for a dementia patient is not easy, but Jane can help you make the “road less bumpy.” The guide puts special emphasis on caring for the caregiver: from hairdresser appointments to finding your own “down” time. Ultimately, it’s a guide to help the caregiver get the most joy out of their time with their loved one.

SHREDDING TRUCK

Open to the community

Wednesday, Oct. 23, 10:00 am–1:00 pm

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



NEW PROGRAMS

MOVING TO THE RHYTHM

Open to the community

Tuesdays, September 10–October 15, 4:00–5:00 pm

It’s exercise and it’s fun! Move to a mixture of African rhythms and “old school” grooves. Join instructor Denise Zeigler-Pilgrim for this low-mid impact aerobic class that focuses on balance, flexibility, and cardio. All levels are welcome to participate—work at your own pace. This is a 6-week class for now but will likely be repeated in the future! Members \$28; Guests \$35. Sign up online or at the Welcome Desk.

SILVER SWANS BALLET CLASS RETURNS!

Open to the community

Mondays, September 9–December 9, 11:00 am–12:00 pm

Whether you’re a seasoned professional or brand new to dance, this class is a great way to move. Silver Swans, a program of the Charlottesville Ballet, incorporates classic ballet principles and will focus on flexibility, strength, and conditioning, but mostly on fun! Get on your toes and join instructor Maria Chee, who has an MA in Dance and years of teaching experience. Center members free; Guests \$6/class

LIFELONG LEARNING

BOOK DISCUSSION GROUP

Free for members, but first-time guests welcome
First Wednesday of each month,
11:00 am–12:00 pm

This enthusiastic group meets monthly to discuss predominantly contemporary works of fiction and nonfiction. Participants make suggestions, the group selects the books, and everyone enjoys sharing their impressions of the month's selection. Join in the discussion!

September 4: *Before the Fall* by Noah Hawley
October 2: *Between Shades of Gray* by Ruth Sepetys

LONG TERM CARE OMBUDSMAN PROGRAM

Free and open to the community
Thursday, September 5, 10:00–11:00 am
(an encore of the May 30 presentation)

Do you have a friend or loved one in a skilled nursing or assisted living facility? Did you know there is a free Ombudsman Program (run by the Administration on Aging) available? Ombudsmen advocate for older persons receiving long term care, whether the care is provided in a nursing home or assisted living facility, or through community-based services to assist persons still living at home. Join Cheairs Graves from JABA for information on how to access and use this service.

NAVIGATING LONG DISTANCE CARE presented by Visiting Angels

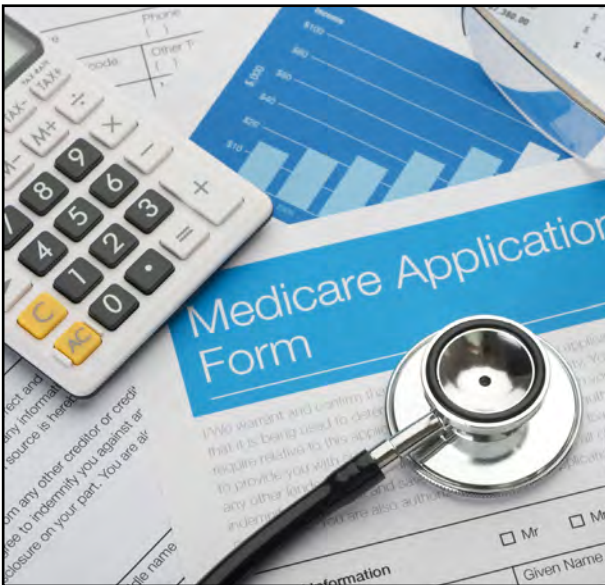
Free and open to the community
Thursday, September 19, 10:00–11:00 am

Did you know that nearly 15 million Americans provide unpaid care to an older adult making them more likely to have physical and emotional health problems themselves? Join us and learn how to manage your own stress, locate neighborhood resources, stay in contact, and plan visits. Presented by Candace Schoner, Director of Intake and Community Relations for Visiting Angels of Charlottesville. Candace has been a long-distance caregiver for her mother for over five years.

MEDICARE PLANS - WHAT'S RIGHT FOR YOU?

Free and open to the community
Wednesday, September 25,
11:00 am–12:00 pm

Medicare can be so confusing! If you are just signing up for Medicare, or if you already belong but aren't sure you have registered for everything that you need, this is the session for you. If you have Medicare A & B and Full Medicaid (CCC+), then you may be eligible for additional benefits and this is the session for you, too. Come find out what you need to do to take full advantage of the Medicare benefits available, and have some fun at the same time. Hosted by Sharon Accardo.



UNDERSTANDING THE AGING BRAIN presented by Home Instead Senior Care

Free and open to the community
Thursday, September 26, 10:00–11:00 am
The brain is a complex structure, and like the rest of our bodily organs, it ages over time. Some people may develop brain aging diseases that abnormally affect memory, cognition, and daily functioning. The symptoms of these diseases can be scary and overwhelming to older adults and their families. Join Christine Shaw of Home Instead Senior Care to:

- Learn how aging affects the brain;
- Understand the differences among brain aging diseases;
- Identify ways abnormal brain aging can affect daily life; and,
- Discover resources to recommend to older adults and their families.

RELIGION, SCIENCE, AND SPIRITUALITY

Free and open to the community
Friday, September 13, 10:00–11:30 am
“We don’t HAVE a soul. We ARE a soul. We just happen to have a body.” C.S. Lewis

Most of today’s problems can be linked to the idea that humanity is a body with a soul as just a guest, or that maybe we are all body, and what we call soul is really our brain. Medicine treats body parts instead of the soul, when sometimes all a sick soul needs is a hug. Suicides are up, drug addiction is soaring, and now we believe that with the right algorithm, machines can become people. Our souls are screaming for acknowledgment. We need to get back to basics. Come join the discussion.

Friday, October 11, 10:00–11:30 am
Native American Religions - There were over 100 Native American religions, though they were more like denominations of one basic religion rather than different religions. What they had in common was that there was no written text. Perhaps by studying Native American religions we can gain insight into what Judaism was like before it had a written text, and what Christianity was like for the mainly illiterate early Christians.

ALL THINGS DIGITAL

Free and open to the community
Monday, September 9, 1:00–2:30 pm
Anti-Virus for Computers/Smart Devices - Derrick Gerstmann and RJ Jones from FlossTech will discuss different types of malware/computer viruses and what you can do to combat them properly. They’ll debunk common myths about various potential scams while also reviewing very real threats and how best to protect yourself from them.

Monday, October 14, 1:00–2:30 pm
A Beginner’s Course on Social Media - Learn about the benefits and uses of social media, including how to connect with others safely, what to watch out for, how to avoid scams, and how to navigate through the pages. This would be an ideal class for anyone who doesn't currently use social media of any kind or would like to learn more about basic uses for these platforms.

MONEY AND YOU with Jorgen Vik

Free and open to the community
Tuesday, Sept. 10, 10:00–11:30 am
Do I Need a Trust? - There are many types of trusts to address different needs and situations. This talk will introduce you to the topic. Find out if you possibly should pursue this further.

Tuesday, October 8, 10:00–11:30 am
Deciphering All the Data - When analyzing investments, one will quickly run into lots of different types of information. What matters more? What matters less? This conversation may help you worry less about some things, and move you away from paralysis by analysis.

ELDER LAW with Doris Gelbman

Free and open to the community
Tuesday, Sept. 17, 10:00–11:30 am
Lions! Tigers! Bears! Elder Abuse, Neglect, and Financial Exploitation - As more Americans age, a crime wave is breaking, too. Assaults, neglect, financial fraud, and exploitation are all rampant. Prevention begins with awareness. Prosecution depends upon evidence and knowledge that a crime is taking place. Join Doris for this difficult but necessary discussion.

Tuesday, October 15, 10:00–11:30 am
Having “The” Conversation: You and Your Adult Children - Is your family gathering for the holidays? This is a perfect opportunity to have “the” talk. Aging parents and their adult children seem to have lots of resistance to discussing issues that face all of us as we age: How will we manage our money and property? Where we will we live as we grow older and our health declines and ultimately fails? Who will take care of us? How will it be paid for? And there are vital pieces of information that must be shared—particularly as it relates to health and healthcare. Let’s talk about “the” talk!

STAR LIGHT, STAR BRIGHT

Free and open to the community
Tuesday, October 8, 2:00–3:00 pm
Larry Saunders, President of the Charlottesville Astronomical Society, returns to share some of the mythology behind familiar fall constellations like Pegasus, Perseus, and Andromeda. In addition, he’ll tell you how to spot Jupiter and Saturn in the evening sky as well as how to safely observe the rare transit of Mercury across the Sun coming up in November.

CREATING BIRD-FRIENDLY ENVIRONMENTS AT HOME

Free and open to the community
Wednesday, Oct. 23, 11:00 am–12:00 pm
Fall is here and the cold days of winter will arrive before we know it. Scott Karr, from Wild Birds Unlimited, will talk about fall migration and the joys of taking care of the birds in the winter, and answer questions you have about feeding and watching the birds in your own backyard.



CREATING YOUR LONG-TERM EXTENDED CARE PLAN

Free and open to the community
Thursday, Oct. 31, 11:00 am–12:00 pm
Tracy Meade, certified long-term specialist, and Betty Sharp, with Innovage Virginia Pace, will discuss the options available in our area for adult day care services—one possibility for those who want to age in their homes.

ARTS

INTRODUCTION TO PASTEL DRAWING

Open to the community

Tuesdays, September 17–October 22,
10:00 am–12:00 pm

A 6-week course in which you will learn how to hold and manipulate a pastel stick to create still life and landscape drawings and how to choose colors that complement one another and enhance the picture. Joanne Coleman, who has displayed her own work in multiple art shows in Central Virginia and who has many years of teaching experience, is the instructor. Space is limited; please register in advance at the Welcome Desk or online. Supplies needed: Nupastel firm pastel sticks, Krylon fixative aerosol, Strathmore drawing pad 9"x12". Members \$55; Guests \$65



DRAWING ON LOCATION

Open to the community

Fridays, September 27–November 8,
12:00–2:00 pm

This 8-week course focuses on drawing outside and in public places. The first three lessons are in the classroom as students gain an understanding of how to draw natural and man-made objects, as well as how to quickly sketch a scene that might include people. The next four lessons will be on location (in a park, a shopping mall, and downtown) before a return to the classroom to add finishing touches. Susan Patrick is the instructor. Space is limited; please register in advance online or at the Welcome Desk. Supplies needed: Pad of drawing paper (80#, 11" x 14"), pencil, and eraser. Members \$75; Guests \$85

PAINTING WITH WATERCOLOR

Open to the community

Sundays, Oct. 13–Nov. 17, 1:30–3:30 pm

Jane Skafte offers a judgment-free opportunity to explore watercolor in this 6-week course that is all about enjoying creative exploration in color using still life and photos as subjects. A variety of techniques and strategies for experimenting with materials will accompany instruction in basic skills and color theory. Techniques such as dry brush, wet brush, bloom, scumbling, blotting, and wet-into-wet will be demonstrated, followed by ample time for you to experiment and produce a beautiful work of art. Space is limited; please register in advance at the Welcome Desk or online. A supplies list is available on The Center's website. Members \$55; Guests \$65

PAINT AND SIP PARTY

Open to the community

Tuesday, October 8, 4:00–6:00 pm

Join local artist Tamara Murray as she walks you through a step-by-step painting lesson designed to help you learn to differentiate between positive and negative space, practice mixing colors, and sharpen your manual dexterity. Participants will leave with new skills and their very own masterpiece! Class is limited to 14 participants. Fee includes all art supplies; bring your own wine! Members \$30; Guests \$35. Please register in advance at the Welcome Desk or online.

PHYSICAL WELLBEING

MOVE FOR HEALTH *with Darcy Higgins, DPT*

Free and open to the community

Thursday, Sept. 12, 1:30–2:30 pm

Walking for Exercise: Guidelines for Success - Walking is one of the greatest forms of exercise, and while you may have been walking most of your life, you may not be maximizing the benefits you can gain from doing it. Darcy Higgins, DPT, will demonstrate proper walking techniques and provide tips for beginning and maintaining a successful walking exercise program.

Thursday, October 10, 1:30–2:30 pm

Improving Your Balance: Decrease Your Risk for Falls - Falls among older adults are quite common; they often lead to injuries that at best limit daily activities or can tragically result in life-altering conditions. One of the main causes of falling is a difficulty with balance. Join Darcy Higgins, DPT, to learn techniques to improve your balance and practice some exercises that will help keep you steady on your feet.

HEARING HEALTH *with Evolution Hearing*

Free and open to the community

Wednesday, Sept. 18, 10:00–11:00 am

The Crazy World of Health Insurance Benefits and Hearing Aids - Do you have a secondary health insurance company? Have you been told that you have a "hearing aid discount program" through your health insurance company? If so, you may have coverage that helps with the cost of hearing aids. Audiologist Kristin Koch shares how to navigate this challenging and often confusing area of insurance benefits.

Wednesday, Oct. 16, 10:00–11:00 am

Navigating the Over-the-Counter Hearing Aid Market - Audiologist Kristin Koch discusses the new options for hearing better without the help of a provider. Learn the advantages and disadvantages and how most of these devices are not worth the money (and time) spent on them.

STAYING HEALTHY *with SPECTRUM Physical Therapy*

Free and open to the community

Tuesday, September 17, 1:00–2:00 pm

Keep your brain healthy! - Natasha Pena, PT Assistant, will highlight some differences between the normally-aging brain and one that is showing signs of dementia. She will also discuss the benefits of exercise for improving brain function and memory, and will demonstrate some exercises you can do to keep your brain happy and healthy for as long as you need it.

Tuesday, October 22, 10:00–11:00 am

How to Exercise When Your Body Hurts - Join Amy Weinheimer, MPT, as she shows you how to maximize your participation in group exercise classes when health conditions like arthritis and limited mobility would otherwise interfere. She will also demonstrate how you can alter your approach to daily activities to minimize further damage and pain.



SOCIAL/RECREATIONAL

KINGFISHERS FISHING CLUB

Members and first-time guests welcome!

Wednesday, September 4, 9:30–11:00 am
Wednesday, October 2, 9:30–11:00 am

WE GOT GAME! NIGHT

1st and 3rd Thurs. evenings, 5:30–7:30 pm

Join fellow gaming enthusiasts to play everything from classic board games (Monopoly, Sorry, Scrabble, and Trivial Pursuit) to more active party games (Cranium, Taboo, Jenga, and Pictionary) to family games (UNO, Yahtzee, Phase 10, and Rummikub) to more contemporary games (Catan, Bananagrams, and Chickapig). Don't know how to play? Come learn! Free for members.



SEPTEMBER LUNCHEON

Open the community

Wednesday, September 18, 11:30 am
Registration deadline: Noon on Friday, September 13

Catered by Harvest Moon. Members \$15; guests \$16. Sign up online or at the Welcome Desk. Menu is TBA.

OCTOBER LUNCHEON

Open the community

Wednesday, October 16, 11:30 am
Registration deadline: Noon on Friday, October 11

Catered by Harvest Moon. Members \$15; guests \$16. Sign up online or at the Welcome Desk. Menu is TBA.

SUPPORT GROUPS

AA

Every Thursday at 10:00 am

BEREAVEMENT SUPPORT GROUP

Every Friday at 3:00 pm

ESSENTIAL TREMOR SUPPORT GROUP

2nd Thursday of each month at 4:00 pm

LOW VISION SUPPORT GROUP

4th Wednesday of each month at 10:00 am

PARKINSON'S CAREGIVER SUPPORT GROUP

1st Thursday of each month at 10:45 am

OVEREATERS ANONYMOUS—NEW!

Wednesdays, 7:00 pm

If you have an unhealthy relationship with food—compulsive overeating, undereating, food addiction, anorexia, bulimia, binge eating, or over-exercising—you are not alone and OA can help. The primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the 12 Steps of OA to those who still suffer.



Kelli E. Palmer, Ph.D., is the Head of Diversity & Inclusion and Corporate Citizenship at CFA Institute, where she leads socially conscious strategy relative to corporate culture, sustainability, and community engagement. A scholar of diversity, equity, and inclusion, Ms. Palmer earned her Ph.D. from the University of Virginia. She currently on the Board of the Peabody School and has worked previously with the Charlottesville Area Community Foundation, Thomas Jefferson Area United Way, Center for Nonprofit Excellence, LiveArts, and the Elon Alumni Board. Charlottesville City School Board member **Juandiego R. Wade** has a Master’s degree in Urban Environ-



mental Planning from the University of Virginia and has worked for Albemarle County for almost 30 years. He has received numerous awards, including the John L. Snook Advocate award for his work with children and youth and the John Baker Legacy Award for his community advocacy. Mr. Wade serves on several community boards and volunteers with his church.

Khizr Khan, Constitutional Rights and National Unity Advocate and a Gold Star parent, migrated to the U.S. in 1980 and attended Harvard Law School for an LL.M degree. He is licensed to practice law before the U.S. Supreme Court and in Washington, DC, and New York State courts. Mr. Khan is author of two recent books, *An American Family—Memoir of Hope and Sacrifice* and *This is Our Constitution—What It Is and Why It Matters—for Middle School Students*. Proceeds of both books benefit



the Captain Humayun Khan Memorial Scholarship at the University of Virginia.

Dr. Aliaa Khidr is a retired professor of Phoniatrics (medical speech pathology) who was on the faculty at Ain Shams Medical School in Cairo and the Curry School of Education at UVA. A graduate of UVA’s Sorensen Institute for Political Leadership Program, she has been active in providing education about Islam in Charlottesville’s schools, colleges, and institutes of faith, as well as in starting programs that serve the local Muslim community. Dr. Khidr serves as faculty advisor for the UVA Muslim Student Association and co-advisor for the UVA Muslim Medical Association. She also promotes understanding of Islam through her nonprofit organization “Lita Aarafu = Knowing Each Other.”



No Kidding!

Tackling weeds and other invasive plants can be a real struggle. That's why we've enlisted the help of a local business, Goat Busters, to help clean up the landscape at The Center at Belvedere. Goat busting is a responsible, earth-friendly method of land clearing with no negative “side effects” or long term negative impacts on the land. Goat Busters is the most environmentally sensitive method to clear land or control invasive species vegetation ever, short of going out and hand-pulling each and every little weed.



FARMINGTON IS HIRING!

Find a job that fits your lifestyle

BENEFITS INCLUDE:

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- Friendly Environment

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- General Kitchen Worker
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Come visit our state-of-the-art office conveniently located at 914 Belvedere Way.

Family Dentistry serving the Charlottesville area since the 1950s!

Stephen Fraites, D.D.S.

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**Currently Seeing Patients
Ages 2-101 (and Counting!)**

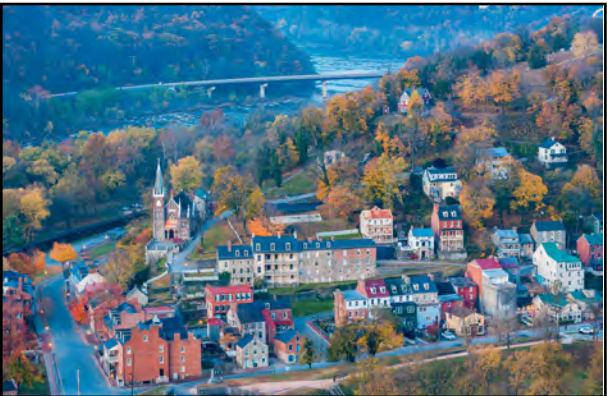


DAY TRIPS

HARPERS FERRY – NATIONAL HISTORICAL PARK

Open to the community
Monday, September 9

This quaint, historic community at the confluence of the Potomac and Shenandoah rivers preserves the flavor of the town at the time of John Brown's raid in 1859. Explore 19th-century buildings, the Wax Museum, and the beautiful shops. There is also special event at the John Brown Museum—a behind-the-scenes tour of rarely seen objects in the archeology collection. Lunch and ice cream on your own. Members \$54; Guests \$64



RIVERSIDE DINNER THEATRE - ANNIE

Open to the community
Wednesday, September 25

This classic family musical at the Riverside Center for the Performing Arts features Little Orphan Annie, billionaire Daddy Warbucks, con artists Rooster and Lily, and the rest of the gang. Sally Struthers returns to Riverside to reprise her Broadway role as the wicked Miss Hannigan. Enjoy favorite songs such as *Easy Street*, *It's the Hard Knock Life* and, of course, *Tomorrow*. Lunch is included. Members \$113; Guests \$123.

HOLLYWOOD CASINO

Open to the community
Sunday, September 29

Enjoy a fun day at the Hollywood Casino in Charles Town, WV. The Casino is the place for exciting Vegas-style games. Play the slots or enjoy the many table games such as Blackjack and poker. You will receive \$20 in slots play on arrival. Lunch is on your own at the Casino. Members \$64; Guests \$74

THE BUNKER AT THE GREENBRIER

Open to the community
Tuesday, October 8

Buried beneath one of the most luxurious resorts in the U.S. is one of the best-kept secrets of the Cold War, only revealed in 1992. The Bunker was built in the 1950s during the “duck and cover” era—a huge complex with three-foot-thick concrete walls to house Congress in the event of an atomic war. Tour this historic site, have lunch at the Greenbrier (included), and indulge in an afternoon of shopping, relaxing, or wandering through the resort. Dress code: No denim/jeans or shorts. Members \$160; Guests \$170

SMITH MOUNTAIN LAKE CRUISE

Open to the community
Thursday, October 17

Called the “Jewel of the Blue Ridge Mountains,” scenic Smith Mountain Lake in Bedford County is a 40-mile long man-made lake with 500 acres of shoreline. Board the *Virginia Dare*, a 19-century side-wheeler for a narrated two-hour cruise and enjoy a delicious included lunch. Members \$94; Guests \$104

NATIONAL D-DAY MEMORIAL & THE BEDFORD MUSEUM

Open to the community
Wednesday, October 23

The National D-Day Memorial is a moving tribute to the American and Allied Forces that fought in the largest amphibious invasion of all time. It overlooks the town of Bedford, VA, which suffered the greatest loss per capita of any community in the U.S. during the invasion of Normandy on June 6, 1944. The Bedford Museum and Genealogical Library showcases Bedford's history. Lunch is on your own. Members \$63; Guests \$73.

AMERICAN CIVIL WAR MUSEUM

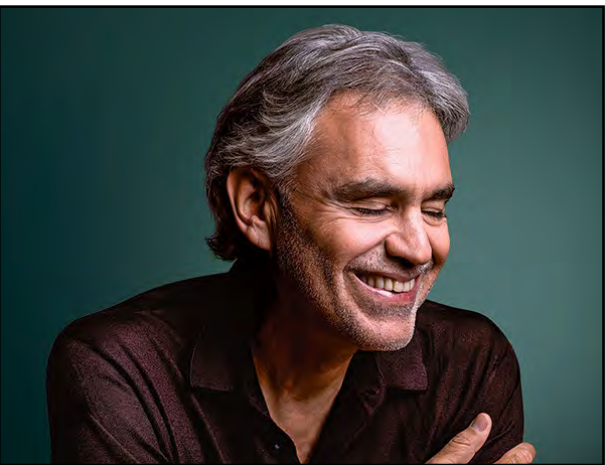
Open to the community
Monday, November 11

A Veterans Day excursion to Richmond begins at the American Civil War Museum at historic Tredegar Iron Works on the James River. This brand new museum is the preeminent center for the exploration of our nation's horrific Civil War from multiple perspectives: Union and Confederate, enslaved and free African Americans, soldiers and civilians. If time permits, we'll walk through the NPS Civil War museum right next door. After lunch at LuLu's in nearby Shockoe Bottom, tour Richmond's famed Hollywood Cemetery, designed in the garden style. Choose lunch selections when you book your trip. Members \$82; Guests \$92

ANDREA BOCELLI IN CONCERT

Open to the community
Sunday, December 15

Travel with us to the Capital One Arena in Washington, D.C., to hear Andrea Bocelli in concert. Born in Tuscany, this Italian singer was blind by the age of 12 from congenital glaucoma. He has had success as a crossover performer, bringing classical music to the top of international pop charts. Tickets are limited! Members \$287; Guests \$297



TRAVEL PRESENTATION

ESSENCE OF PANAMA

Free and open to the community
Wednesday, September 25, 1:30 pm

Join Chip Reynolds with Mayflower Cruises and Tours for details on the 2020 Essence of Panama tour.

GETAWAYS & CRUISES

Please call the Travel Office at 434.974.6538 to book any of the trips listed below.

PORTUGAL & THE DOURO RIVER CRUISE

Open to the community
October 9–19

Spend two nights exploring Lisbon, then set sail through the Portuguese Frontier. Visit Spain's walled city of Salamanca, and the quaint and historic towns of Portugal along the Douro River. Price per person starts at \$5428 double, \$8547 single for Riviera deck. Deposit: \$829 per person. Trip includes Airfare, Travelers Protection Plan, 9 breakfasts, 6 lunches, and 8 dinners.

SOUTH EAST COAST ROYAL CARIBBEAN CRUISE

Open to the community
December 12–20

Set sail on Royal Caribbean International's *Grandeur of the Seas* round trip voyage from Baltimore to Nassau, CocoCay (Royal Caribbean's private island), Port Canaveral, and Charleston. Ground transportation, all meals, accommodations, entertainment, and gratuities are included. Travel protection is available. Contact the Travel Office for pricing.

ESSENCE OF PANAMA

Open to the community
February 13–22, 2020

The diversity of Panama unfolds as you discover the colonial architecture of Panama City, the engineering marvel that is the Panama Canal, local customs and craftsmanship, and Panama's beautiful beaches. You'll experience it all. Price includes round trip airfare from Washington Dulles, accommodations, 9 breakfasts, 7 lunches, 6 dinners, Travelers Protection Plan, and more! Contact the Travel Office for pricing.

VILANOVA, SPAIN

Open to the community
April 13–21, 2020

Enjoy a stay at the Masia Notari, a rustic property where past elements are blended with modern day comforts. Located 45 minutes from Barcelona, it's a perfect location for day trips to explore the beauty and history of Spain. Roundtrip transfers and air, all meals, gratuities, and six day trips are included. Single occupancy \$4396; double occupancy \$3995 per person. Travel protection is additional.

EXCLUSIVE NATURE & PHOTO TOUR OF ICELAND

Open to the community
August 18–30, 2020

Iceland is magical, especially in late summer when the colors, weather, and angles of sunlight are transitioning into fall. This 12-day tour with a veteran guide gives great insight into Iceland's unique nature and culture, with the bonus of experiencing the country's burgeoning culinary scene. All-inclusive package includes round trip transfers (air and ground), all meals, transportation in Iceland, all admissions, and gratuities. Single occupancy \$7,720; Double occupancy \$6,400 per person. Travel protection is additional.

TUSCANY 2020

Open to the community

September 25–October 3, 2020

Spend a week at Villa Teresa in the Chianti Hills region, the heart of Tuscany. Built as a country residence for an Italian noble family from Florence, it is perfectly situated to enjoy everything the area has to offer. Six days of tours around the region, all transportation, all meals, and gratuities are included. Travel Protection is available. Single occupancy \$4,595; Double occupancy \$3,995 per person.

LECTURE SERIES & TOUR

MR. JEFFERSON’S “ACADEMICAL VILLAGE”

Tuesdays, October 15–November 19, 4:00–5:00 pm

In 1819, Central College—the “hobby” of Jefferson’s old age—was officially granted the state

charter making it the University of Virginia. It was truly a new model for higher learning, one shaped by the powerful belief that only an educated citizenry could sustain the new republic, keeping it free from tyranny. Since opening its doors in 1825, the University has become one of the nation’s most renowned educational institutions. Its original structures, designed by Jefferson, are on UNESCO’s World Heritage List of treasures to be preserved at all cost. UVA’s modern status, however, disguises the fact that the founding was a process of many years, much sweat, and considerable debate. Join us as we explore the early days of the University of Virginia! Center members \$80; Guests \$90

Topics: The Founding of the University, The Architecture of the Original Grounds, Slavery at the University, Edgar Allan Poe at UVA, UVA Archaeological Digs, The Marquis de Lafayette’s Visit

Speakers: Historian Dr. Leni Sorensen, UVA’s Cary D. Langhorne Professor Emeritus of Architecture K. Edward Lay, archaeological investigator Dr. Ben Ford, and local award-winning historian Rick Britton.

Tour: Tuesday, November 26, 9:00 a.m.

A free 2-hour tour of the Original Grounds. We’ll see world-class statuary, the Lawn’s numerous architectural gems, the gorgeous Pavilion Gardens, Poe’s room at #13 Rowdy Row, and all three floors of the fabulous Rotunda. *For class participants only.*



With support from CFA Institute

Scholarships are available and/or transportation can be provided if needed. Please contact Lani Hoza at lani@thecentercville.org for more information.

NEW THIS YEAR! MAKE YOUR MONEY LAST THROUGH RETIREMENT

Wednesdays, September 11–October 2, 1:00–3:00 pm
Cost is \$20 for the 4-week series.

This four-week course taught by Jorgen Vik, Certified Financial Planner professional and Partner with SKV Group, will address the topics that are most likely on the minds of retirees and those nearing retirement who haven’t yet taken the plunge: how your expenses, including medical spending and health care costs, will change when you retire; how to manage debt when your income is fixed; factors to consider when deciding when it is best to take Social Security; and more. Learn what questions to ask yourself and what you need to do to manage your portfolio so you can enjoy retirement with fewer financial worries. Space is limited; register in advance at the Welcome Desk or online.

PLANNING FOR YOUR RETIREMENT

Thursdays, October 3–24, 5:30–7:30 PM

Primarily aimed at those approaching retirement or even just thinking about it, this program is designed to teach the benefits and risks of investing. Jorgen Vik, Certified Financial Planner professional and Partner with SKV Group, will introduce specialized vocabulary associated with different types of investing and will explore the impacts of the economy and financial markets on investing. You will be introduced to the process of creating a retirement budget that plans for inflation and predicts future income and expenses; discover your risk tolerance; learn ways to align investments with personal financial goals; and gain an ability to estimate retirement income and calculate net worth. Learn how to create a portfolio that will work for you to allow you to have the retirement when and how you’ve imagined it. Space is limited; register in advance at the Welcome Desk or online.

*Investment products and services are offered through Wells Fargo Advisors Financial Network, LLC (WFAFN), Member SIPC. SKV Group is a separate entity from WFAFN.



As a native Virginian I had always wanted to visit the state’s many historic and natural places, but never found or taken the time to visit them. Now in retirement I have visited most of them thanks The Center’s travel office. In addition, I have enjoyed great company on these trips.

—Nancy Grim, Welcome Desk volunteer



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 November 1, 2019. Limit one coupon per customer.



1510 Seminole Trail, Charlottesville, VA 22901, 434-973-5850

DONATIONS MADE IN MEMORY OF (JUNE 1–JULY 31)		WE REMEMBER
<p>Beckee & Andrew by: Janis Arave</p> <p>Bill Chisholm by: Meta Chisholm</p> <p>Al Falcone by: Clare & William Leach</p> <p>Ralph Feil by: Frank Barham Punkie Feil</p> <p>Suzanne Hildebrand by: Russell Hildebrand</p> <p>Walter Kastenmayer by: Ruth Kastenmayer</p> <p>Vincent McMullen by: Betsy Bean</p> <p>James C. Miller by: Christine Sweeters</p> <p>Harriet Oakley by: Betsy Bean Betty Bollendorf The Center Single's Schmooze Group Norma Chadwick Maureen Connolly Margaret Haugen John Jackson Harold Olinger Martha Sinden Sherry Sinard</p> <p>Mary Reese by: Bruce Garretson</p> <p>MaryAnna & Ed Rushia by: Judith Rushia</p> <p>Second Wind Bandmates Thomas Teisberg, Dr. Vincent Guiliano, and Charles Tewksbury by: Sandra Reid Rebecca & Rick Oliver Renee & William Vollrath</p>	<p>Charles “Chuck” Tewksbury by: Elizabeth A. Allan</p> <p>Dimitre Velikov by: Anonymous</p> <p>Robert Whitworth by: Jarrett & Stephen Millard</p>	<p><i>We remember the following Center members and friends who recently passed away.</i></p> <p>Walter L. Blankenbaker</p> <p>Elizabeth Bonvillian</p> <p>Lorraine W. Butler</p> <p>Donal G. Chester</p> <p>Roger D. Cyr</p> <p>Lois B. Dollens</p> <p>Margaret S. Gable</p> <p>Vincent J. Giuliano</p> <p>Herald Green</p> <p>Barbara M. Johnson</p> <p>Carol Kaplan</p> <p>Stuart Kessler</p> <p>Eleanor M. Mills</p> <p>Audrey Moyer</p> <p>Harriet M. Oakley</p> <p>Marion Lee Sams</p> <p>Leo Shatin</p> <p>Thomas J. Teisberg</p> <p>Charles G. Tewksbury</p> <p>Bruce Thompson</p> <p>Donald J. Wagner</p> <p>Katherine K. Wright</p>
DONATIONS MADE IN HONOR OF (JUNE 1–JULY 31)		
<p>Elizabeth A. Allan by: Jarrett & Stephen Millard</p> <p>Betsy Bean by: Elsie Barnd</p> <p>Melanie Benjamin by: Dr. John Lanham</p> <p>George Nowacek by: Karyl Kayton</p> <p>Clay Sisk by: Karyl Kayton</p> <p>Anne Wayne by: Margaret & Lloyd Willis</p>		
MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (JUNE 1–JULY 31)		
<p><i>The 1180 Society recognizes The Center’s philanthropic leaders. Through unrestricted gifts of \$1,180 or more each year, these generous donors provide significant support for healthy aging in our community. Contact Kirstin to learn more about The 1180 Society.</i></p> <p>Jean Hart</p> <p>Dawn Heneberry</p> <p>Dorothy Richards</p> <p>Mr. & Mrs. Frank Quayle III</p>		

Living Life to the Fullest

From yoga to poker, cardio exercises to cook-outs, you can stay as involved as you wish in the life of the community. For all our residents, our goal is to make life as easy, enjoyable, and worry-free as possible.








434-973-0311 | www.linden.house
 1250 Branchlands Drive, Charlottesville, Virginia 22901

Mark your calendar
for these fall events!

November 28
Annual Thanksgiving
Community Potluck

November 22-23
Winter Yard Sale

December 4
Hats-n-Mittens Party

December 7
Holiday Band Concert
*25th Anniversary of
the Second-Wind Band!*

December 11
Still Sharp Singers
Holiday Concert



The Center
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Exclusive
**NATURE & PHOTO
TOUR OF ICELAND**
August 18-30, 2020
Contact the Travel Office at
434.974.6538 for information
or to book your trip.



ACTIVE AGING FAIR

Free and open to the community
Friday, September 27, 12:30-3:30 pm

Join us for our 16th Annual Active Aging Fair, sponsored by **Barrett-Johnson & Associates**, a private wealth advisory practice of **Ameriprise Financial**, and **The Laurels of Charlottesville**. The Center will showcase the resources available in our community to help seniors live life to the fullest. There will be vendors, speakers, door prizes, and more! **Two Brother's Southwestern Grill Food Truck** will be onsite from 11:30 am-1:30 pm. Vendor and service provider expo is from 12:30-3:30 pm.

12:30 pm - *Five Pillars of Brain Health* - Ken Beals, AARP Speakers Bureau

It's never too late to take charge of your brain health! In this interactive session, you will learn about the five pillars of a brain-healthy lifestyle, share your brain-boosting activities, and be inspired by others. A good overview for anyone interested in improving brain health, it will provide actionable steps you can take as well as resources to learn more.

2:00 pm - *Creating Your "Retirement Paycheck": Strategies to Help You Live the Life You've Earned* - Charles Mas, Associate Financial Advisor, Barrett-Johnson & Associates, Active Aging Fair Sponsor

Learn ways to determine how much you'll need during retirement, identify income sources you can combine to create your "retirement paycheck," and help make your savings last.