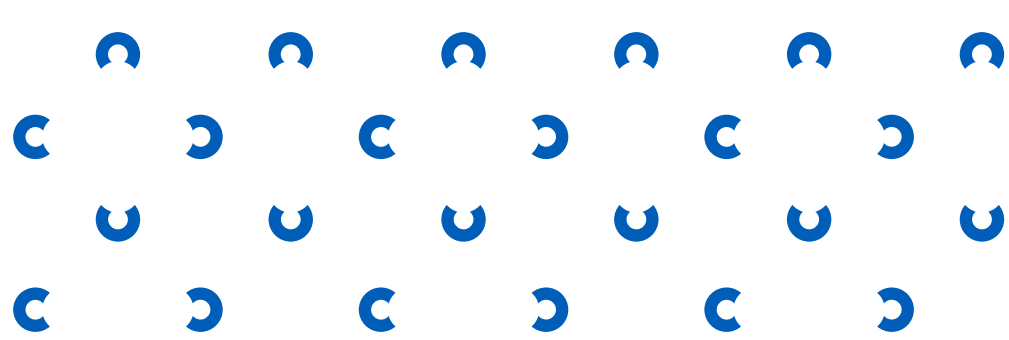




THE
CENTER
AT BELVEDERE



NEWS from THE CENTER

REFRAMING AGING SINCE 1960

SEPTEMBER/OCTOBER 2026

ON EXHIBIT IN SEPTEMBER & OCTOBER



Tom Tartaglino

Stroll through the first-floor gallery to explore oil paintings by Tom Tartaglino. Tom says that he tries “to capture a psychological truth about my subject, which I see in plain air impressionism, but I will be looking for subtleties that an impressionistic handling would miss.” Join Tom for an Art Walk and Talk during Active Aging Week to learn more!



Ann Cheeks

The second-floor gallery houses an exhibit by Ann Cheeks entitled “Relationships.” The paintings, monotypes, and drawings were created over several decades and include representational water, birds, and trees, and abstractions of the same. Everything is related.

Don’t forget about the admin hall, where you can view vibrant watercolors by Juliette Swenson.



Juliette Swenson

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What Does Active Aging Mean to You?

The annual Active Aging Week returns in October for another full slate of programs elevating healthy aging in our community.

While frequent visitors and engaged members see and enjoy healthy aging programs at The Center year-round, this is a wonderful opportunity to reflect on your journey and your goals.

Active aging can encompass so much! Consider what aging well means to you and use the week to explore new ways to improve your healthspan.

Throughout this year’s Active Aging Week, we’re bringing in multiple expert guest speakers, each with their own perspective on active aging.

Local author and mental health advocate Candace Schoner views active aging as “living more in the present time, taking advantage of opportunities you might not have had if you were younger... making meaningful connections, and just enjoying life.”

End-of-life doula Diane Button says, “Active aging to me means moving forward and being still at the same time.” Combining reflection with living in the present and future planning ensures we’re able to “say the things we need to say and do the things we need to do.”

Scott Fulton, a professor of longevity and aging whose bestselling book *Function* presents a new approach to improving your healthspan, puts it this way: “Active aging is freedom and independence... It comes down to the ability to make choices about the things you want to do.”

Learn more about each of these speakers and the presentations and hands-on workshops they will lead on page 16. You can find a complete schedule of all our Active Aging Week programs on page 17, as well as details about the Active Aging Expo on page 15. ■



Ageism Awareness Day is an opportunity to draw attention to the pervasive and often unnoticed ways that age-based discrimination affects our society and to foster a more inclusive society for people of all ages.

Age-Related Beliefs Impact Health, for Better or for Worse

Conversations about healthy aging often center around lifestyle behaviors and the different ways people pursue well-being. Diet and nutrition, sleep habits, exercise, and social activity are popular topics. But there is one often-overlooked factor that may have a bigger impact on health than anything else: how you think about old age.

Some countries revere age. America is not one of them. Just look at the way birthday cards characterize older people or the ubiquitousness of advertisements for anti-aging products. Think for a minute about the comment “You look good for your age,” undoubtedly intended as a compliment. The message is that there is something wrong with aging, and it’s everywhere—so commonplace that we often don’t even notice it.

Even if we do register the inherent ageism, we may shrug it off with no more than an “ouch!” But such bias does more than

See AGEISM on page 20



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–7:00 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 connection, physical well-being, civic engagement, 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.

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For more news, follow us on:



Membership

Invite a Friend to Experience The Center on Thursday, October 8 1:00–3:00 pm

Experience The Center is a fun event designed especially for community members who want to discover what The Center has to offer.

Rather than just hearing about our programs, participants will experience elements of a variety of them firsthand. It’s the perfect opportunity to meet members and explore The Center as resource for staying active, connected, and engaged.

Bring a non-member to Experience The Center and you’ll receive \$40 of credit in your My Active Center wallet to use toward fee-based programs. What could be better? You share everything you enjoy about The Center and get credit for future programs, and someone in our community might get a jump on more years in good health.

So think of a friend, neighbor, or family member who would enjoy The Center and invite them to Experience The Center during Active Aging Week. If your guest is hesitant to attend alone, come with them! Register on our website or call the Welcome Desk.

Making the Most of Your Membership Try Something New Challenge

Step outside your comfort zone. Challenge yourself to try something new this fall. Attend a speaker series, join a fitness class, learn a new skill or craft, or invite a friend to a program. Research consistently shows that staying physically active, socially connected and mentally engaged is key to healthy aging and your membership makes all of these easy to explore.

- Trivia**
1st and 3rd Tuesday each month, 5:00–6:30 pm
- Arthritis Exercise**
Tuesdays and Thursdays, 10:30–11:30 am
- Tai Chi**
*Mondays and Thursdays, 3:30–4:30 pm
Tuesdays, Thursdays, and Fridays, 9:00–10:00 am*

- Creative Crocheters**
Fridays, 10:30 am–12:30 pm
- Line Dance for Beginners**
*Wednesdays, 5:00–6:00 pm
Fridays, 12:15–1:45 pm*
- WWII Discussion Group**
2nd Thursday each month, 12:00–2:00 pm
- Card Making**
Thursday, September 24, 12:30–2:30 pm

Questions about membership? Contact Membership Director Suzanne Orejuela at 434.974.7756 or membership@thecentercville.org.

THE CENTER COUNCIL

A reminder to all new as well as long-time Center members: *all of you* are Council members and welcome to attend monthly Council meetings, no registration required. Shuffle your autumn schedule to include an hour-long meeting that always includes lively discussion, friendly exchange of ideas from participants across the range of Center activities, and valuable insights to Center planning, policy, and procedures. Try it out once or become a regular. For more information contact staff/Council liaison Rosanna Breen (rosanna@thecentercville.org) or Council President Peggy Slez (mjslez@gmail.com).

Upcoming meetings: Council ordinarily meets on the first Monday of each month, but the first Monday in September is Labor Day, so the next Council meeting will be at 1:00 pm on **September 14**. Then, continuing a plan to expand your social network, mark your calendar for the Council meeting on **October 5** at 1:00 pm.

TRY IT OUT TUESDAY

Learn about everything The Center has to offer on the first Tuesday of every month at 10:00 a.m.



Programs

PROGRAM WAITLISTS

If a program is full, you can join the waitlist by emailing programs@thecentercville.org with your full name, the program title, and the exact date you'd like to attend.

If you registered through MyActiveCenter:

If a spot becomes available before the class, it will automatically appear in your MyActiveCenter activity calendar. If a spot opens on the day of the class, we'll notify you by text.

If you registered through The Center's website:

We'll notify you by email if a spot becomes available.

Spots open up about 90% of the time! If you're unable to attend a program you've registered for, please let us know as soon as possible by emailing cancel@thecentercville.org.

SPECIAL EVENTS



SOUL EXPRESSIONS DANCE PARTY

Open to all; registration required

Friday, September 18, 6:00–9:00 pm

Dance the night away to crowd-pleasing hits from Motown through the '80s and beyond, with a few surprises mixed in. This band knows how to have a good time and makes sure you do too—wear your dancing shoes! BYOB beer and wine. \$20 per person.

ARTISTS RECEPTION

Free and open to all

Saturday, September 19, 11:00 am–1:00 pm

Meet the artists whose work is currently on display in The Center's galleries.

SHREDDING TRUCK

Open to all

Saturday, October 24, 9:00–11:00 am

Bring your paper to be shredded on site in a state-of-the-art high-speed shredding truck. Drive through service—stay in your car and a volunteer will collect your bags! \$10 for up to five bags; \$5 per additional bag. Cash only. Please note, we cannot accept entire car- or truck-loads of paper from one individual.

SECOND ACT STAGED READING PERFORMANCE

Free and open to all

Thursday, October 29, 11:00 am–1:00 pm

Need a chuckle, laugh, or outright guffaw? Center members perform staged readings of scenes from Neil Simon comedies, enhanced with props and costumes.

180 BAND DANCE PARTY

Open to all

Friday, October 30, 6:00–9:00 pm

This 7-piece cover band specializes in keeping large parties on their feet with the best dance tunes from the '60s through today. Expect classic rock and roll, Top 40, light rock, country, alternative, and soul music. \$20 per person.

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.

PAINTING THE NATIONAL PARKS

Members only; registration required

Tuesdays, September 1–October 20, 12:30–3:30 pm (8 weeks)

Discover Bryce Canyon, American Samoa, and Denali National Parks through visual media and learn how to express what you see using the artistic tools and medium of your choice. For intermediate and advanced painters in any medium. Class fee: \$240. See required materials online.

CREATIVE COLLAGE

Members only; registration required

Wednesday, September 2, 2:00–4:00 pm

Explore the art of creating collages in a supportive and encouraging environment with instructor Sue Oliveri. Work with many cool images, textured papers, colors, and design possibilities. No experience necessary. Class fee: \$20. Materials fee: \$10.

WOODCARVING A SHARK

Members only; registration required

Thursdays, September 3 & 10, 10:00 am–12:00 pm (2 weeks)

Carve two 5" wooden sharks under the guidance of instructor Mike Micucci. Class fee: \$20. Materials fee: \$40, with additional materials available for optional purchase onsite.



MINDFUL DOODLING PRACTICE LAB

Members only; registration required

Thursdays, September 3–24, 10:00–11:00 am (4 weeks)

Past students of Mindful Doodling can sharpen visual thinking skills through structured weekly prompts to jumpstart creativity and build community. Class fee: \$40.

ASSEMBLAGE ART

Members only; registration required

Fridays, September 4–October 23, 9:30 am–12:30 pm (8 weeks)

Repurpose the random objects you've been hanging onto. Multiples of the same item work best: washers, small pieces of wood, sticks, buttons, and other odds and ends. Layer, pattern, and stack them into a piece of art that's uniquely yours. Class fee: \$240. Materials fee: \$15.



THE ILLUSTRATED JOURNAL

Members only; registration required

Tuesdays, September 15–October 13, 10:00 am–12:00 pm (5 weeks)

Before cameras existed, explorers and scientists captured their travels through quick sketches in illustrated journals. Learn to keep one yourself: part diary, part visual record, filled with drawings supplemented by notes, annotations, and lettering. Cover a range of mediums and techniques as you build a record of your own life and events. Class fee: \$100. See required materials online.

SOUL COLLAGE

Free and open to all; registration required

Saturday, September 19, 10:00 am–12:00 pm

Embark on a path of sacred self-discovery through this creative, simple process. Using magazines, photos, books, and other media, assemble visual imagery that speaks to you in a meaningful way, and leave with cards you've created as totems of your inner work. No experience necessary.

PAINT AUTUMN LEAVES IN A PUMPKIN "VASE"

Members only; registration required

Thursday, September 24, 9:30–11:30 am Thursday, October 22, 9:30–11:30 am

The leaves are turning and pumpkins are ready for the patch. Combine the two in an acrylic painting on a 6" x 6" canvas and go home with a finished piece in just two hours. No experience necessary. Class fee: \$20. Materials fee: \$20.

CARD MAKING WITH SHERRY

Members only; registration required

Thursday, September 24, 12:30–2:30 pm

Craft seasonal cards to give to friends and loved ones. Bring your own alcohol markers and colored pencils. Class fee: \$20. Materials fee: \$15.

BEGINNER DRAWING AND WATERCOLOR II

Members only; registration required

Mondays, September 28–November 9, 9:30 am–12:30 pm (7 weeks)

Explore composition more deeply and experiment with techniques that create the illusion of 3-dimensional space on a flat surface. Class fee: \$240. Materials fee: \$42. See additional required materials online.

INKTOBER INK-BLOT CREATURES

Members only; registration required

Fridays, October 2–23, 12:00–1:30 pm (4 weeks)

Use your imagination to create three to four fantasy creatures using Stefan Butcher's process of air-spraying ink, then layering in other archival materials. Dream up a monster, strange insect, bizarre animal, sea creature, odd bird, or anything else you can imagine. Class fee: \$60. Materials fee: \$35.

MINDFUL DOODLING

Members only; registration required
Tuesdays, October 6 & 13, 9:30–11:30 am (2 weeks)
Relax, spark your imagination, and express your thoughts and ideas with more clarity through visual thinking. Learn basic drawing skills and consider how to communicate using simple pictures and words. No experience necessary. Class fee: \$40. See required materials online.



THE BEAUTY OF FALL LANDSCAPES

Members only; registration required
Wednesdays, October 7–November 11, 1:30–4:30 pm (6 weeks)
Bring your most inspiring photos of fall scenes and let instructor Katie Hutter help you plan the structure and composition of your painting, capture light and shadow, and mix those gorgeous neutral and explosive autumn colors. For advanced beginner painters in any medium. Class fee: \$180. See required materials online.

PAINTING WITH ACRYLIC GOUACHE

Members only; registration required
Tuesdays, October 27–November 17, 1:00–4:00 pm (4 weeks)
Discover acrylic gouache, a versatile medium that combines the properties of traditional gouache and acrylic for vibrant color with a matte, water-resistant finish. Bring a simple image to paint—whether a pet, flowers, or a favorite landscape—and let instructor Anne Hopper guide you. Class fee: \$120. See required materials online.

LIFELONG LEARNING

GOOD LIFE SERIES

Free and open to all; registration required
1st Tuesday each month, 11:00 am–12:00 pm
Explore practical, need-to-know information for older adults in this monthly series. September and October address key challenges of aging. On September 1, bring your questions about life planning for an elder law attorney and a financial advisor. On October 4, learn how to use technology to support home monitoring and family communication, as well as when to downsize or move to a senior community.

INTRODUCTION TO CONSCIOUS COMMUNICATION

Included in Center membership; registration required
Tuesdays, September 1–October 27, 12:00–1:00* pm (9 weeks)
Communicating with clarity, empathy, and care can bring you more connection with yourself and others. This interactive workshop series equips you with skills to apply in personal relationships, family settings, workplaces, and beyond. * The September 1 session ends at 1:30 pm.

KNOW YOUR WATER, KNOW YOUR OPTIONS

Free and open to all; registration required
Tuesday, September 1, 1:00–2:30 pm
What’s really in your water? Local educators Chad Shafer and Laura Cochran explore where our water comes from, how it’s treated, and the common quality concerns that can affect your home and daily life. Learn how to read water reports, evaluate treatment options, and make informed decisions.

BOOK GROUP

Included in Center membership
1st Wednesday each month, 11:00 am–12:00 pm
Meet monthly to discuss contemporary fiction and nonfiction. On September 2, discussion is on *The Chosen* by Chaim Potok. The October 7 book is *The Art Thief* by Michael Finkel.

BUILDING AN INCLUSIVE COMMUNITY: GETTING TO KNOW YOUR NEIGHBOR

Free and open to all; registration required
Wednesday, September 2, 6:00–7:30 pm
Wednesday, October 7, 6:00–7:30 pm
Knowledge builds empathy and ensures everyone has a place in our community. Learn about important issues affecting people in Charlottesville and its surrounding areas with representatives from local organizations. On September 2, hear from Owen Brennan, Executive Director of The Haven, and Shayla Washington, Executive Director of Blue Ridge Area Coalition for the Homeless. The October 7 topic is women in recovery with Kristina Smith, Executive Director of Georgia’s Friends.

MEDICARE PROGRAMS

Free and open to all; registration required
Thursday, September 3, 1:00–2:00 pm
Wednesday, September 9, 11:00 am–12:00 pm
Thursday, October 1, 1:00–2:00 pm
Wednesday, October 14, 11:00 am–12:00 pm

REVALATION WINE TASTING

Open to all; registration required
Friday, September 4, 2:00–3:30 pm
Francoise Seiller-Moiseiwitsch, owner of Revalation Vineyard, leads a wine tasting and discussion of the winemaking process. A great preview of our September 21 day trip. 21+; valid ID required. \$10 per person.



UNDERSTANDING JEFFERSON'S ESCAPE FROM THE BRITISH

Free and open to all; registration required
Tuesday, September 8, 10:30–11:30 am
Wendy Tacket, PhD, shares how historians research and understand the circumstances around the British-attempted capture of Governor Thomas Jefferson and his escape from Monticello to Poplar Forest. This is an ideal precursor to our October 1 day trip.

LATIN: ALIVE AND WELL

Included in Center membership; registration required

Tuesdays, September 8–29, 4:30–6:00 pm (4 weeks)
Explore the language that shaped the vocabulary of modern English, law, medicine, science, and literature. Clear instruction and interactive activities will deepen your understanding of Latin while sharpening your broader vocabulary and analytical thinking. No experience necessary.

MONEY AND YOU

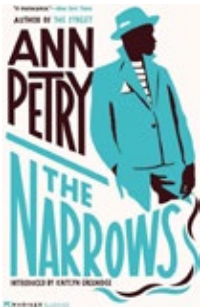
Free and open to all; registration required
2nd Tuesday each month, 10:00–11:30 am
Jørgen Vik, partner with SKV Group, leads monthly discussions to support your financial knowledge and well-being. The September 8 topic is portfolio allocation across stocks, bonds, cash, and other investments. The October 13 topic is how the midterm elections may affect your finances.

SENIOR STATESMEN OF VIRGINIA

Free and open to all; registration required
2nd Wednesday each month, 2:30–4:00 pm
The September 9 session hosts a 5th Congressional District candidate forum. The October 14 session covers the emerging European balance of power.

WORLD WAR II DISCUSSION GROUP

Free and open to all; registration required
2nd Thursday each month, 12:00–2:00 pm
Each month explores a different aspect of World War II through presentations by club members or guest speakers. The September 10 session covers the Battle of Stalingrad with Mike Taylor. The October 8 session covers the Battle of Kursk with J.C. Mernin.



AFRICAN AMERICAN AUTHORS BOOK CLUB

Free and open to all
2nd Thursday each month, 5:00–6:30 pm
Gather monthly to discuss books by African American authors. The September 10 book is *The Narrows* by Ann Petry. The October 8 book is *Tangleroot* by Kalela Williams.

FICTION WRITERS CRITIQUE GROUP

Included in Center membership; registration required
2nd Saturday each month, 11:30 am–1:30 pm
Bring pages and get real, constructive feedback from fellow writers working on novels, novellas, or short stories. Novices and experienced writers alike will benefit from critiques that highlight strengths with specific suggestions for improvement. Trade tips on craft, plotting, and research along the way.

AUTHORS CRITIQUE GROUP

In partnership with Blue Ridge Writers
Free for Center members and Blue Ridge Writers members; registration required
2nd Monday each month, 2:30–4:00 pm
Writing can be a solitary pursuit, especially for authors just starting out. This group provides early, continual feedback from others with similar backgrounds, experiences, and motivations. Submit your work in progress for review and receive constructive criticism from fellow writers.



BOTSWANA: MY HOME AWAY FROM HOME

Free and open to all; registration required

Tuesday, September 15, 10:00–11:30 am

Discover Botswana through the eyes of long-time traveler JJ Towler, whose heart belongs to this small country north of South Africa. She'll share stories of the Okavango Delta, its wild-life, and the local families who have welcomed her as one of their own.

SCIENCE SEMESTER BOOK DISCUSSION

Included in Center membership; registration required

3rd Tuesday each month, 1:30–3:30 pm

Learn about and discuss scientific topics from a variety of nonfiction books. The September 15 book is *The Elements of Marie Curie: How the Glow of Radium Lit a Path for Women in Science* by Dava Sobel. The October 20 book is TBA.

LONG-TERM CARE PROGRAMS

Free and open to all; registration required

LTC Insurance: Submitting a Claim

Thursday, September 17, 11:00 am–12:30 pm

A Guide to Your Long-Term Care Policy

Tuesday, October 6, 2:00–3:30 pm

LTC Insurance: What to Know Before You Start a Claim

In partnership with Loving Arms Care

Tuesday, October 27, 10:00–11:00 am

Moving Forward to the Future

Friday, October 30, 11:00 am–12:30 pm

CAT WORKSHOP AND FIELD TRIP

Free and open to all; registration required

Monday, September 21, 12:45–3:45 pm

Tuesday, October 13, 12:45–3:45 pm

Explore alternatives to driving with PATH (Partnership for Accessible Transportation Help). Learn how to plan your route on Charlottesville Area Transit (CAT), then put it into practice on an optional guided bus trip to destinations such as Walmart, The Shops at Stonefield, or the Downtown Mall.

A WONDERFUL ADVENTURE

Free and open to all; registration required

4th Tuesday each month, 1:30–3:00 pm

Tom Worosz Jr. introduces you to regions around the world through his photos and experiences, hoping to ignite your travel bug and curiosity. The September 22 topic is Peru. The October 27 topic is Türkiye.

UNITED NATIONS PROGRAMS

In partnership with UNA-USA Blue Ridge Virginia Chapter

Free and open to all; registration required

4th Tuesday each month, 5:00–6:00 pm

Rotating topics and expert guest speakers explore history, politics, and current events. The September 22 topic is how forces such as war and energy challenges are reshaping Europe under stress. The October 27 topic is the history of globalization and why it won't be going away anytime soon.

DOCUMENTARIES AND DISCUSSION

Free and open to all; registration required

4th Wednesday each month, 5:00–7:00 pm

Engage with a range of topics relevant to diversity and inclusion through documentary

screenings followed by thoughtful conversation. The September 23 film is *American Revolutionary: The Evolution of Grace Lee Boggs*. The October 28 film is *More Than a Word*.

WORLD WAR II MOVIE MATINEE

Free and open to all; registration required

4th Thursday each month, 1:00–4:00 pm

The September 24 film is *Battle of Britain*. The October 22 film is *The Monuments Men*.

FRENCH CLASSES

Members only; registration required

Fridays, September 25–October 23

(5 weeks)

Advanced speakers meet from 10:00–11:30 am. Intermediate students meet from 11:30 am–1:00 pm. Beginners meet from 1:00–2:30 pm. Class fee: \$75.

MYSTERY BOOK CLUB

Included in Center membership; registration required

4th Monday each month, 12:00–1:00 pm

Satisfy your inner detective with monthly mystery novel discussions. The September 28 book is *D Is for Deadbeat* by Sue Grafton. The October 26 book is *The Violin Conspiracy* by Brendan Slocumb.



COME SEE ME IN THE GOOD LIGHT: FILM AND DISCUSSION

In partnership with Panorama Natural Burial

Free and open to all; registration required

Tuesday, September 29, 1:30–3:45 pm

This award-winning documentary chronicles poet Andrea Gibson's journey after their terminal cancer diagnosis. Produced by Tig Notaro, this luminous portrait of life and resilience captures the love story between Andrea and their partner, poet Megan Falley, told with honesty and humor.

TALES OF THE UNIVERSITY WITH RICK BRITTON

In partnership with OLLI

Members only; registration required

Thursdays, October 1–29, 3:00–4:30 pm

(5 weeks)

Since first opening its doors in 1825, the University of Virginia has grown into a world-class institution of higher learning. Delve into some of its greatest stories with historian Rick Britton. Class fee: \$10 per session.

ITALIAN CLASSES

Members only; registration required

Mondays, October 12–November 9 (5 weeks)

Pre-Intermediate students meet from 10:00–11:30 am. Beginners meet from 11:30 am–1:00 pm. Class fee: \$75.

USING TECHNOLOGY TO AGE SAFELY AT HOME

Included in Center membership; registration required

Thursday, October 15, 11:00 am–12:00 pm

Jeanne McCusker, owner of Home Instead, discusses everything from simple technologies to advanced AI solutions that help keep you safe in your home.

PHYSICAL WELL-BEING

DIABETES DISCUSSION GROUP

Free and open to all

1st Friday each month, 10:00–11:00 am

Staying motivated to manage your blood sugar takes real effort, especially when primary care providers have limited time to spend with each patient. Connect with others facing similar challenges and take charge of your own healthy choices in this supportive discussion group facilitated by RN Ruth Sweet, who has lived with Type 1 diabetes for more than 40 years.

HEARING HEALTH

Free and open to all; registration required

3rd Wednesday each month, 10:00–11:00 am

Audiologists from Evolution Hearing present educational talks to support your hearing. The September 16 topic is how to clean and maintain your hearing aids. The October 21 topic is what to do when hearing aids aren't enough.

LIVING FULLY THROUGH UNEXPECTED TURNS

Included in Center membership; registration required

Friday, September 4, 10:00–11:30 am

Life rarely unfolds the ways we imagined.

Health changes, loss, caregiving, retirement, and family shifts can leave us wondering how to move forward. Author and mental health advocate Candace Schoner leads an interactive workshop where you can explore the mindset, self-compassion, and practical tools that will help you adapt with resilience, rediscover purpose, and find joy and meaning in every season of life.

HEALTHSPAN TALKS

Included in Center membership; registration required

Tuesday, September 8, 9:00–10:00 am

Tuesday, October 27, 9:00–10:00 am

Darcy Higgins, DPT, discusses topics to help you move better in your day-to-day life. Learn about pain science in September and building strength for muscles and bones in October.

MEMORY CHANGES: NORMAL AGING OR SOMETHING MORE?

In partnership with Trinity Hospice

Free and open to all; registration required

Thursday, September 10, 2:00–3:00 pm

Are occasional memory lapses a normal part of aging or could they signal something more? Nurse Practitioner Tanya Prachar of UVA's Department of Neurology explores the differences between normal cognitive aging, Mild Cognitive Impairment, and dementia. Learn how to recognize signs that may warrant medical evaluation and ask questions after the presentation.

COGNITIVE SCREENINGS

In partnership with ACAC

Included in Center membership; registration required

Tuesday, October 13, 10:00 am–12:00 pm

Tuesday, October 27, 10:00 am–12:00 pm

Speech therapists from ACAC offer a brief 10 to 15-minute assessment covering short-term memory, word finding, and your ability to stay focused, followed by a short conversation about available resources.



EMOTIONAL WELL-BEING

CONFLICT TO CONTENTMENT

Free and open to all; registration required

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

Conflict is inevitable, but handling it with grace is a skill you can build. Clinical psychologist Dan Elash explores the different types of conflict we encounter in daily life and identifies practical tactics for navigating them.

LOVE: MORE THAN A FOUR-LETTER WORD

Free and open to all; registration required

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

See love not as a feeling or a relationship status, but as a living practice that can transform how you see yourself and others. This preview for a future series uses facilitated dialogue, experiential exercises, and wisdom from contemplative traditions to challenge old assumptions and explore what love has taught you through joy and loss.



SOUND BATH

Members only; registration required

Wednesday, September 16, 5:00–6:00 pm

Relax into healing vibrations that support feelings of deep peace. Get into a comfortable position, let go of distractions, and tune into the present moment. Wear comfortable clothing. Arrive a few minutes early if you'd like help setting up with blocks, bolsters, and blankets. Class fee: \$10.

HEALING YOURSELF

Included in Center membership; registration required

4th Wednesday each month, 10:00–11:30 am

Research suggests that when the body is relaxed, anxiety, blood pressure, insomnia, and pain all decrease. Learn a simple breath-work exercise and meditation technique with Nancy Zamil, holistic nurse, Reiki Master, and Board-Certified Nurse Coach, and explore holistic practices including reiki and yoga.

NAVIGATING FRIENDSHIPS

Included in Center membership; registration required

Thursday, September 24, 11:00 am–12:30 pm

Strong relationships are a key foundation of healthy aging. Discover how to enrich your social life and protect your emotional energy as you explore ways to navigate life transitions, process loss with grace, and build new connections with Dr. Dan Elash.

KINDRED SPIRITS

Included in Center membership; registration required

2nd & 4th Thursday each month, 2:00–3:30 pm

Formerly known as Varieties of Spiritual Experience, this group explores different traditions and practices. Each member takes turns leading the session focus on a specific person, approach, or tradition.

RECLAIMING YOUR PEACE

Included in Center membership; registration required

Tuesday, October 6, 11:30 am–1:00 pm

Bullying doesn't end when we grow up; it just changes form. Workplace gaslighting, passive-aggressive social circles, and today's digital hostility all call for a modern response. Dr. Dan Elash discusses ways to protect your peace and confidently mentor the next generation.

THE FREEDOM OF FORGIVENESS

Free and open to all; registration required

Wednesday, October 21, 10:00–11:30 am

We all make mistakes. It's part of being human, but holding onto anger or regret can weigh us down. Explore what it means to forgive, starting with yourself. Dr. Dan Elash discusses how forgiveness can lighten your heart, strengthen your relationships, and lead to greater peace of mind.

LIVING A.W.A.R.E.

Included in Center membership; registration required

Wednesday, October 21, 11:00 am–12:00 pm

Reduce stress, build resilience, and bring more joy into everyday life through the practice of Awe, Wonder, Appreciation, Reverence, and Embodiment. This session guides you through simple, intentional techniques that shift your nervous system toward calm and clarity.

SKETCH STRETCHING

Members only; registration required

Mondays, October 26–November 16,

9:30–10:30 am (not a series)

Combine mindfulness, reflection, creativity, and simple sketching to support healthy aging and lifelong learning. Drop in on any or all of these sessions to explore thoughts, feelings, memories, and insights that arise during short guided contemplations to deepen self-awareness and connection rather than create art. No experience necessary. Class fee: \$10 per class.

SOCIAL/RECREATIONAL



CINEMA DISCUSSION GROUP

Included in Center membership

2nd Wednesday each month, 4:30–5:30 pm

Film fans gather monthly to discuss a selected movie and explore the art of filmmaking. The September 9 film is *The Rookie*. The October 14 film is *Radio Days*.

SECOND ACT STAGED READERS

Included in Center membership; registration required

Mondays, September 21–October 26,

10:00 am–12:00 pm (6 weeks)

Pick up a script, take a seat, and bring a scene to life. Working with a partner, you'll rehearse one scene across six weeks, performing with your script on a music stand. Show biz without the stress! No experience or movement required. The series concludes with a public performance on October 29.



MEMBER APPRECIATION SOCIAL

Included in Center membership; registration required

Thursday, September 24, 2:00–3:00 pm

Gather with fellow members for fellowship and food at a build-your-own nacho bar.

PRIDE SOCIAL

Free and open to all

Thursday, September 24, 5:00–7:00 pm

Grab a game or just enjoy music and good vibes among members of the LGBTQ+ community and its allies. Bring a snack to share!

SPEED FRIENDING

Included in Center membership; registration required

Wednesday, September 30,

10:30 am–12:00 pm

Meet new people and spark genuine connections in a fun, fast-paced social environment with no romantic pressure. Bring your own stories or use provided conversation starters. Snacks and a beverage from The Center Café are included.

STANDARD BALLROOM DANCE

Open to all; registration required

Wednesdays, October 21–December 2,

4:30–5:30 pm (7 weeks)

Learn the most popular ballroom dances with instructor Steven Babusko. Brush up on the Quickstep, the Waltz, and the Foxtrot in this series. Class fee: Members \$60; Guests \$90.

LATIN BALLROOM DANCE

Open to all; registration required

Wednesdays, October 21–December 2,

5:30–6:30 pm (7 weeks)

Learn the most popular ballroom dances with instructor Steven Babusko. Brush up on the Mambo, the Bolero, and the Hustle in this series. Class fee: Members \$60; Guests \$90.

PRIDE HALLOWEEN DANCE

Free and open to all

Thursday, October 29, 5:00–7:00 pm

Wear your favorite costume to this festive Halloween dance. Feel free to bring snacks and non-alcoholic beverages to share.

A NOTE ABOUT OUR PROGRAM NOTES

This just a partial list of the 160+ programs offered every week at The Center! Weekly recurring programs are shown on the pull-out calendar, 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 fill that spot and enjoy the program.

Travel

DAY TRIPS

STRATFORD HALL WINE AND OYSTER FESTIVAL

Saturday, September 19, 9:00 am–8:00 pm

This popular annual event features live music, artisan booths, food trucks, tastings from over a dozen Virginia wineries, oysters, distilleries, car shows, and more. Take a self-guided tour of the 18th-century Great House, walk to the cliffs overlooking the Potomac River, and explore the gardens. Members \$164; Guests \$200.

REVALATION VINEYARDS

Monday, September 21, 9:00 am–8:00 pm

Drink in spectacular views of Madison's Hebron Valley as you savor a guided tasting of award-winning wines alongside a sandwich platter. The tasting room sits in a rustic 1830s log cabin, featuring a stone fireplace, original log chinking, and hand sawn floorboards. Must be 21 or older. Members \$153; Guests \$189.

POPLAR FOREST

Thursday, October 1, 9:30 am–5:00 pm

Step inside Thomas Jefferson's private retreat in Lynchburg for a docent-guided tour of his meticulously restored home. Learn about the restoration process, and gain insights into 19th-century architecture, Jefferson's daily life, and the lives of the enslaved community. Lunch is on your own at The Neighbors Place prior to the tour. Members \$128; Guests \$164.



TOUR AND TEA AT THE HOMESTEAD

Tuesday, October 13, 8:30 am–6:30 pm

This grand resort in Hot Springs, Virginia, blends colonial charm with modern luxury. Tour its elegant Georgian-style architecture and renowned Palladian wings, then indulge in tea with finger sandwiches, scones, and pastries amid an atmosphere of grace and elegance. Members \$192; Guests \$228.

VINT HILL MUSEUM AND WINERY

Thursday, October 15, 9:30 am–4:30 pm

Today home to a winery, brewery, and café, these grounds were once a top-secret Army signals intelligence base! Learn about the history and legacy of the Cold War in a memorabilia-packed museum and enjoy a glass of wine. Lunch is on your own at Covert Café. Members \$123; Guests \$159.

BERKELEY PLANTATION

Thursday, October 22, 8:30 am–5:00 pm

Tour Berkeley Mansion, built in 1726, and take in beautiful views of the James River and surrounding grounds at this Charles City, Virginia, estate, home to Declaration of Independence signer Benjamin Harrison V and Presidents William Henry Harrison and Benjamin Harrison. Lunch is on your own at Culs Courthouse Grill, in the historic Lance-Major Store. Members \$120; Guests \$156.



ARLINGTON NATIONAL CEMETERY TOUR

Thursday, November 5, 8:00 am–5:00 pm

Walk among the rolling hills and iconic memorials of one of the nation's most revered landmarks as your guide brings history to life with stories and lesser-known details about those buried there. Lunch is on your own at Pentagon City Mall where shopping is also available. Members \$146; Guests \$182.

VIRGINIA STATE CAPITOL

Friday, November 13, 8:30 am–3:00 pm

Tour the seat of Virginia's state government in Richmond, home to the oldest elected legislative body in North America. Lunch is on your own at Olive Garden follows the tour. Members \$90; Guests \$126.

A CHRISTMAS CAROL AT RIVERSIDE CENTER

Wednesday, November 18, 9:30 am–6:30 pm

Follow Ebenezer Scrooge through one unforgettable Christmas Eve as three ghosts lead him from his miserly past into a transformed future in Alan Menken and Lynn Ahrens's musical adaptation of the Dickens classic. Members \$191; Guests \$227.

WHITE HOUSE HOLIDAY TOUR

December 2026

Stroll through the celebrated spaces of the White House decked out in all their festive glory. Lunch is your own at Pentagon City Mall. Note: Tour date must be assigned by the White House. Contact the Travel Office by October 9 to get on the list.

THE QUEEN'S LIBRARY TEA ROOM

Wednesday, December 9, 10:00 am–4:30 pm

You're only going as far as Richmond, but you'll feel whisked away to Victorian London in this inviting tea room. Enjoy a festive menu and the finest blends of British tea as actors bring *A Christmas Carol* to life with music and readings. Members \$215; Guests \$251.

GETAWAYS

FALLINGWATER AND PITTSBURGH

October 7–9, 2026

The AIA calls Frank Lloyd Wright's *Fallingwater* "the best all-time work of American architecture." Before touring this World Heritage site, visit the Flight 93 National Memorial, ride the historic Duquesne Incline, and tour the Heinz History Center. Package includes round trip transportation, lodging, breakfasts, dinners, and admission to estates and gardens.

NASHVILLE FOR THE HOLIDAYS

December 3–6, 2026

Kick off the holiday season with a three-night stay at the Gaylord Opryland Hotel. Highlights include General Jackson Showboat lunch cruise with live music, ICE! exhibit featuring *A Charlie Brown Christmas*, evening performance at the Grand Ole Opry, guided tour of the Ryman Auditorium, and Delta River flatboat ride.

NEW YORK FOR THE HOLIDAYS

December 13–16, 2026

From your base in Midtown Manhattan, enjoy world-class entertainment and iconic sightseeing experiences, including the 9/11 Memorial and Museum, a Broadway play, Rockefeller Plaza, Morgan Library & Museum, The Christmas Spectacular with the Rockettes at Radio City Music Hall, and more.

SPLENDOURS OF THE CARIBBEAN YACHT CRUISING

January 2–11, 2027

Embark on one of Emerald Cruises luxury yachts for an unforgettable seven-day Caribbean cruise. Overnight in St. Thomas before setting sail to St. John, Nevis, Falmouth Harbour, Gustavia, and Virgin Gorda. The voyage concludes in San Juan, Puerto Rico.



TOTAL SOLAR ECLIPSE IN EGYPT ON THE NILE

July 29–August 9, 2027

A once-in-a-lifetime adventure begins with a view of the solar eclipse from the deck of a Dahabiya on the Nile River. Cruise through legendary sites like the Valley of the Kings and the Temple of Esna, visit the Grand Egyptian Museum, explore the Great Pyramids of Giza, and stand in awe before the ancient Sphinx. Trip concludes with a relaxing stay by the Red Sea.

DANUBE RIVER CRUISE AND OKTOBERFEST

September 19–29, 2027

Celebrate the world's largest beer festival during a two-night stay in Munich before boarding a luxurious Emerald Cruises Star-Ship. Stop at iconic and picturesque ports of call between Regensburg, Germany, and Budapest, Hungary, while sampling incredible cuisine and absorbing the culture of four countries.

PRESENTATIONS

TRAVEL CHAT

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

Thinking about a family trip or an exciting getaway for yourself? Want to know more about all of the wonderful trips The Center has to offer. Seasoned jetsetter and travel agent Linda Hahn leads an informal monthly discussion.

Trip prices include a 3% credit card processing fee. Pay by cash or check for a 3% discount.

Trips are open to the public of all ages. For more information or to book a trip, call the Travel Office at 434.974.6538 or email Linda Hahn at linda@thecentercville.org.

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

The 411 on Calling 911 at The Center

Imagine that you are at The Center and you see someone fall. Or the person sitting next to you loses consciousness. What should you do?

The first thing anyone should do is dial 911. You don't need to find a staff member or go to the Welcome Desk before you do this. Stay with the person as you **call 911** so that the dispatcher can gather essential details quickly and get help on the way.

Then, if other people are on site, one person can be sent to collect a staff member or inform the Welcome Desk (who will inform a staff member). Most of the Center team has CPR and first aid training, which, again, teaches us to **call 911** and then render appropriate aid.

Occasionally, the person who is hurt does not want 911 to be called. Their concerned friends may opt to connect with the Welcome Desk or a team member. And we will **call 911** so they can get checked out. This is not bothering EMTs, and it does not cost the injured person or The Center anything to receive this initial emergency assessment. The person may elect not to follow the recommendations of the

responders, but we want them to be evaluated and receive recommendations from professionals as soon as possible.

The bystander effect is real, but we should all **be comfortable calling 911**. Too often a mild-looking injury can turn out to be a serious one. We all need to look out for each other, not just at The Center but everywhere in our community. ■



Indoor Access Restricted to Service Dogs Beginning September 15

We love dogs. For many of us, they are family. However, beginning September 15, dogs will no longer be permitted inside The Center at Belvedere building. This indoor restriction does not apply to ADA service animals.

This decision was made to address health and liability concerns. While a dog owner is primarily responsible if a person is injured by their pet, under Virginia personal injury law, The Center owes a legal duty of care to ensure our facility is safe for members and visitors. If someone is injured by a dog while inside The Center building, The Center could also be held responsible. Additionally, some of our members and visitors have dog allergies. Reactions to dander and saliva can cause respiratory or skin symptoms that are often mild but, in some cases, can be severe.

Dogs are still welcome to enjoy our outdoor spaces, including the patio, perimeter walking paths, and lawns. To ensure the safety and comfort of everyone enjoying the fresh air, all dog owners must comply with Albemarle County animal ordinances, including these requirements:

- **Physical Leash Required:** Dogs must be secured by a physical leash or lead attached to a collar or harness at all times. "Voice command" or verbal control is not permitted in public areas
- **Immediate Waste Clean-Up:** Handlers must immediately clean up after their pets and dispose of the waste in one of our outdoor trash receptacles
- **Behavior Control:** Dogs must be kept under the physical control of a responsible person capable of restraining them. They should not be allowed to jump toward or block walkways used by other members.

Starting September 15, if a dog is brought into The Center, the dog and its owner will be asked to leave the building (except for ADA service animals). Any repeated failure by an owner to keep their dog outside The Center building will be considered a violation of The Center's Code of Conduct policy and will be subject to disciplinary action.

We recognize that this is a significant shift in our Center's daily routine and understand that this news will be disappointing to many of our pet-owning members and friends. However, ensuring a safe, comfortable, fully accessible indoor environment for all of our members and visitors must be our priority.

Thank you for your understanding, cooperation, and commitment to keeping our Center safe and welcoming for all members and visitors. If you have any questions, please contact Executive Director Melanie Benjamin at melanie@thecentercville.org. ■



Our all-inclusive senior healthcare includes:

- 11-person team of healthcare experts
- Neighborhood community care centers
- Transportation to and from medical appointments
- Social activities and healthy meals
- No extra costs with both Medicare and Medicaid coverage

If you know someone who may need a little extra help, talk to us.

434-285-9358

PACE – All-Inclusive Care for Seniors
InnovAge.com

innovAge
Life on Your Terms®



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.

Pull-Out Program Calendar

THURSDAY

9:00 Tai Chi, Party Bridge
Ivy Creek Hikers
Empowering Yoga \$
NIA Moving to Heal \$
Retreads Softball
9:15 PRIMETIME FITNESS \$/Ø
10:00 Another Group for Men
Writing for Self Expression
& Insight
10:30 ARTHRITIS EXERCISE
Tap Dance Level 3 \$
First Wind Band
10:45 Discovering Your Strength \$
11:45 BALANCE & STABILIZATION \$/Ø
American Tribal Dance
12:00 Music in the Atrium, Sheepshead
12:30 More Wise Women
1:00 NIA-Moving to Heal
Woodcarvers, Zumba \$
Conversational French
2:00 Backgammon, Cribbage
2:15 Strong & Stable \$
2:30 International Folk Dance
American Mah Jongg
3:30 Tai Chi \$
4:30 Tap Your Troubles Away \$
5:30 Square Dancing
After-Work Wonders
5:45 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
10:30 Creative Crocheters
Flashbacks \$
10:45 Qigong Zhan Zhuang Stand
Like a Tree
11:00 Ping Pong
CHAIR YOGA \$/Ø
12:15 Beginners Line Dance
12:30 American Mah Jongg
12:45 Piano Music in the Atrium
1:00 Euchre
Writing for Pleasure
Still Sharp Singers
1:45 Adv./Int. Line Dance
2:30 Barbershop Belles & Beaux
Acoustic Jam Session
Music in the Atrium
Bingo \$

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
Social Cards
1:00 ChairOne Fitness \$

The Center at Belvedere

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

1	10:00 12:30 12:45 1:00 3:00 4:00 5:00 5:30	Hearing Screenings More Wise Women Girl Talk Mastering Medicare Apple/Mac Users Group Socrates Café Befriending the End Tales of the University \$ Chair Volleyball NAMI Support Group Jazz Jam	2	9:30 10:00 11:00 11:30 12:00 1:00	Assemblage Art (cont.) Aphasia Conversation Café Diabetes Discussion Group Advanced French (cont.) Aging in Place Intermediate French (cont.) Ink Blot Creatures \$ Beginner French (cont.)	3	10:00	Active Aging Expo
8	10:00 12:00 1:00 2:00 3:00 4:00 5:00	Beyond Zero Film and Discussion Dementia Caregiver Support Group WWII Discussion Group Experience the Center Mexican Train Dominoes Women Connected Kindred Spirits Tales of the University \$ Tremor Support Group Speak Up for Your Health NAMI Support Group African American Authors Book Club	9	9:30 10:00 11:00 11:30 12:00 1:00 2:00	Assemblage Art (cont.) Building Better Bones Advanced French (cont.) Music in the Atrium Giving From Your IRA Intermediate French (cont.) Ink Blot Creatures (cont.) Beginner French (cont.) Art Talk and Walk	10	11:00 11:30 12:30	Pride Lunch Fiction Writers Critique Group IT Happens
15	11:00 12:30 12:45 1:00 3:00 5:00	Using Technology to Age Safely at Home More Wise Women Girl Talk Apple/Mac Users Group ADHD Support Group Socrates Café Tales of the University (cont.) NAMI Support Group	16	9:30 10:00 11:30 12:00 1:00	Assemblage Art (cont.) Memory Café Advanced French (cont.) Intermediate French (cont.) Lunch Box Readings Ink Blot Creatures (cont.) Beginner French (cont.)	17		
22	9:30 11:00 1:00 2:00 3:00	Paint Autumn Leaves \$ Navigating Senior Living Options WWII Movie Matinee Women Connected Kindred Spirits Tales of the University (cont.)	23	9:30 10:00 11:00 11:30 12:00 1:00	Assemblage Art (final) Writers Critique Workshop Advanced French (final) Music in the Atrium Intermediate French (final) Ink Blot Creatures (final) Beginner French (final)	24	9:00 10:00	Shredding Truck \$ Stop By Saturday Medicare Made Simple
29	11:00 3:00 5:00	Second Act Staged Readers Performance Tales of the University (final) Pride Halloween Dance	30	11:00 6:00	Moving Forward to the Future 180 Band Dance Party \$	31		

September 2026

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 Golf 8:30 Calm Yoga \$ 9:00 Hiking Sit to Be Fit \$ 9:30 Monday Group for Men 9:45 Chair Yoga \$ 10:00 Writing for Healing & Growth Getting Better at Bridge Tap Dance Level 1 \$ Grateful Threads Quilters 10:15 Maximize Your Strength \$ 11:00 Silver Swans Ballet II Poker 11:15 Tap Dance Level 2 \$ 11:30 Discovering Your Strength \$ 11:45 BALANCE & STABILIZATION \$/Ø 12:15 Silver Swans Ballet I 12:30 Chess Royal Siamese Mah Jongg 12:45 Chinese Mah Jongg 1:00 Beginner Recorder Lessons Ageless Grace English Country Dance Music in the Atrium Member Social Artwork in Progress 1:30 Bocce Ball & Cornhole 1:45 Strengthen Your Health & Life \$ 3:00 Meditative Stretch \$ 3:30 Tai Chi \$ Mat Pilates for Active Aging \$	9:00 Empowering Yoga \$ Tai Chi Horticulture Club Retreads Softball 9:15 PRIMETIME FITNESS \$/Ø 9:30 Splendor 9:45 Strong & Stable \$ 10:00 A Group for Men 10:30 ARTHRITIS EXERCISE Second-Wind Band \$ 11:45 Intro. to Movement 12:00 Intro. to Conscious Communication 12:30 Party Bridge 12:45 Piano Music in the Atrium 1:00 English Country Dance Ageless Grace 2:15 Core Stability & Functional Training 2:30 Conversational Spanish (Int./Adv.)* 3:30 MOVE TO THE RHYTHM DANCE PARTY \$/Ø 4:30 Evening Group for Men 4:45 FIT TO GO 5:00 Line Dance (Int./Adv.) 5:45 Ping Pong 7:00 Families Anonymous *Starts Sept. 8	8:30 Hatha Yoga \$ 9:00 Hiking Fitness Room Orientation 9:15 PRIMETIME FITNESS \$/Ø 9:30 Crafty Ladies 9:45 Tone & Groove \$ 10:00 Push Card Game 10:30 Basic Qigong & Tai Chi Practice 11:00 Maximize Your Strength \$ 12:00 Canasta, Crafts DIY Advanced Line Dance Dollhouse Miniatures Senior Bowling \$ 12:30 Square Dance Lessons Wednesday Group for Men TOPS, American Mah Jongg 1:00 Ageless Grace Scrabble Recorder Lessons (Int.) 1:45 Strengthen Your Health & Life \$ 2:00 Knit-Wits Center Stage Players, Ping Pong 2:30 Conversational Spanish (Adv. Beg.) 3:00 Meditative Stretch \$ 3:15 Bereavement & Loss Support Group 4:15 Mat Pilates for Active Aging \$ 5:00 Line Dance (Beg.) 5:30 Slow & Stretchy Yoga International Folk Dance 6:00 AA Meeting
	1 9:00 Injury & Pain Screenings 9:30 Coffee & Caregiving 10:00 Try It Out Tuesday 11:00 Good Life Series 12:00 Bunko 12:30 Painting National Parks \$ 1:00 Ladies Connected Know Your Water, Know Your Options 2:00 Chair Volleyball 5:00 Trivia	2 9:30 Kingfishers 10:45 Wise Women, Too 11:00 Book Group Veterans Coffee Hour 12:30 Open Waltz Social 2:00 Creative Collage \$ 4:30 Standard Ballroom Dance Lessons (cont.) 5:30 Latin Ballroom Dance Lessons (cont.) 6:00 Building a More Inclusive Community: Unhoused
7Center Closed	8 9:00 Healthspan Talks Getting the Most Out of Your Membership 10:00 Money and You Wise Women Connect Travel Chat 10:30 Understanding Jefferson's Escape from the British 12:30 Painting National Parks (cont.) 2:00 Karaoke 4:00 Singles Schmooze 4:30 Latin: Alive and Well	9 9:00 Getting the Most Out of Your Membership 10:00 Welcome Wednesday 10:30 Parkinson's Caregiver Support Group 11:00 Navigating Medicare 12:15 Bookmobile 2:30 Senior Statesmen of Virginia 4:30 Cinema Discussion Group Standard Ballroom Dance Lessons (cont.) 5:30 Latin Ballroom Dance Lessons (cont.) 6:00 Moonlighter's Quilting
14 1:00 Council Meeting Piedmont Pastelists 2:00 Current Events 2:30 Authors Critique Group	15 9:00 Injury & Pain Screenings 9:30 Alzheimer's Caregiver Support Group 10:00 The Illustrated Journal \$ Botswana: My Home Away from Home 12:00 Bunko 12:30 Painting National Parks (cont.) 1:00 Ladies Connected 1:30 Science Semester Book Discussion 2:00 Chair Volleyball 4:30 Latin: Alive and Well (cont.) 5:00 Trivia Albemarle Modern Quilt Guild	16 10:00 Hearing Health 10:45 Wise Women, Too 12:00 Fall Luncheon \$ 12:30 Open Waltz Social 4:30 Standard Ballroom Dance Lessons (cont.) 5:00 Sound Bath \$ 5:30 Latin Ballroom Dance Lessons (cont.) Welcome Wednesday Veterans Social
21 10:00 Second Act Staged Readers 12:45 CAT Workshop and Fieldtrip	22 10:00 Wise Women Connect The Illustrated Journal (cont.) Caregiver Resource and Support Group 12:30 Painting National Parks (cont.) 1:00 Mexican Train Dominoes 1:30 A Wonderful Adventure: Peru 2:00 Karaoke 4:00 Singles Schmooze 4:30 Latin: Alive and Well (cont.) 5:00 United Nations Program	23 10:00 Healing Yourself 10:30 Parkinson's Caregiver Support Group 12:15 Bookmobile 4:30 Stroke Support Group Standard Ballroom Dance Lessons (cont.) 5:00 Documentaries and Discussion: American Revolution-The Evolution of Grace Lee Boggs 5:30 Latin Ballroom Dance Lessons (cont.) 6:00 Moonlighter's Quilting
28 9:30 Chair Volleyball 10:00 Second Act Staged Readers (cont.) Beg. Watercolor and Drawing II \$ 12:00 Mystery Book Club 2:00 Current Events	29 10:00 The Illustrated Journal (cont.) 12:30 Painting National Parks (cont.) 1:30 Come See Me in the Good Light Film and Discussion 4:30 Latin: Alive and Well (final)	30 10:30 Speed Friending 4:30 Standard Ballroom Dance Lessons (final) 5:30 Latin Ballroom Dance Lessons (final) 6:00 Moonlighter's Quilting

Pull-Out Program Calendar

THURSDAY

9:00 Tai Chi, Party Bridge
Empowering Yoga \$
NIA Moving to Heal \$
Retreads Softball
Ivy Creek Hikers
9:15 PRIMETIME FITNESS \$/Ø
10:00 Another Group for Men
Writing for Self Expression
& Insight
10:30 ARTHRITIS EXERCISE
Tap Dance Level 3 \$
First Wind Band
10:45 Discovering Your Strength \$
11:45 BALANCE & STABILIZATION \$/Ø
American Tribal Dance
12:00 Music in the Atrium
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Woodcarvers, Zumba \$
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8:30 Hatha Yoga \$
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Tai Chi
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Writing for Pleasure
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2:30 Acoustic Jam Session
Music in the Atrium
Bingo \$
Barbershop Belles & Beaux

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
Social Cards
1:00 ChairOne Fitness \$

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3	10:00	Hearing Screenings Woodcarving a Shark \$ Mindful Doodling Practice Lab \$ 12:30 More Wise Women 12:45 Girl Talk 1:00 Mastering Medicare Apple/Mac Users Group 3:00 Socrates Café Befriending the End 5:00 NAMI Support Group 5:30 Jazz Jam	4	9:30	Assemblage Art \$	5	Center Closed
10	10:00	Dementia Caregiver Support Group Woodcarving a Shark (final) Conflict to Contentment Mindful Doodling Practice Lab (cont.) 11:00 Love: More Than a Four-Letter Word 12:00 WWII Discussion Group 1:00 Mexican Train Dominoes Women Connected 2:00 Kindred Spirits Memory Changes: Normal Aging or Something More? 4:00 Tremor Support Group 5:00 African American Authors Book Club NAMI Support Group	11	9:30	Assemblage Art (cont.)	12	11:00 Pride Lunch 11:30 Fiction Writers Critique Group 12:30 IT Happens
17	10:00	Mindful Doodling Practice Lab (cont.) 11:00 Long Term Care Insurance: Submitting a Claim 12:30 More Wise Women 12:45 Girl Talk 1:00 Apple Mac Users Group ADHD Support Group 3:00 Socrates Café 5:00 NAMI Support Group	18	9:30	Assemblage Art (cont.)	19	10:00 Soul Collage Medicare Made Simple 11:00 Artists Reception
24	9:30	Paint Autumn Leaves \$	25	9:30	Assemblage Art (cont.)	26	10:00 Stop By Saturday
	10:00	Mindful Doodling Practice Lab (final)		10:00	Writers Critique Workshop		
	11:00	Navigating Senior Living Options			Advanced French \$		
		Navigating Friendships		11:00	Music in the Atrium		
	12:30	Card Making with Sherry \$		11:30	Intermediate French \$		
	1:00	WWII Move Matinee		1:00	Beginner French \$		
		Women Connected					
		Getting the Most Out of Your Membership					
	2:00	Kindred Spirits					
		Member Appreciation Social					
	5:00	Pride Social					

October 2026

PROGRAM KEY: green = off-site; **bold** = open to the public; blue = online; purple=Active Aging Week; 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 Hiking , Sit to Be Fit \$ 9:30 Monday Group for Men 9:45 Chair Yoga \$ 10:00 Writing for Healing & Growth Getting Better at Bridge Tap Dance Level 1 \$ Grateful Threads Quilters 10:15 Maximize Your Strength \$ 11:00 Silver Swans Ballet II , Poker 11:15 Tap Dance Level 2 \$ 11:30 Discovering Your Strength \$ 11:45 BALANCE & STABILIZATION \$/Ø 12:15 Silver Swans Ballet I 12:30 Chess Royal Siamese Mah Jongg 12:45 Chinese Mah Jongg 1:00 Beginner Recorder Lessons Ageless Grace English Country Dance Artwork in Progress Music in the Atrium Member Social 1:30 Bocce Ball & Cornhole 1:45 Strengthen Your Health & Life \$ 3:00 Meditative Stretch \$ 3:30 Tai Chi \$ Mat Pilates for Active Aging \$	9:00 Empowering Yoga \$ Tai Chi Horticulture Club Retreads Softball 9:15 PRIMETIME FITNESS \$/Ø 9:30 Splendor 9:45 Strong & Stable \$ 10:00 A Group for Men 10:30 ARTHRITIS EXERCISE Second-Wind Band \$ 11:45 Introduction to Movement 12:00 Intro. to Conscious Communication 12:30 Party Bridge 12:45 Piano Music in the Atrium 1:00 English Country Dance Ageless Grace 2:15 Core Stability & Functional Training 2:30 Conversational Spanish (Int./Adv.)* 3:30 MOVE TO THE RHYTHM DANCE PARTY \$/Ø 4:30 Evening Group for Men 4:45 FIT TO GO 5:00 Line Dance (Int./Adv.) 5:45 Ping Pong 7:00 Families Anonymous	8:30 Hatha Yoga \$ 9:00 Hiking , Fitness Room Orientation 9:15 PRIMETIME FITNESS \$/Ø 9:30 Crafty Ladies 9:45 Tone & Groove \$ 10:00 Push Card Game 11:00 Maximize Your Strength \$ 12:00 Canasta, Crafts DIY Advanced Line Dance Dollhouse Miniatures Senior Bowling \$ 12:30 Square Dance Lessons Wednesday Group for Men, TOPS American Mah Jongg 1:00 Ageless Grace , Scrabble Recorder Lessons (Int.) 1:45 Strengthen Your Health & Life \$ 2:00 Knit-Wits, Center Stage Players, Ping Pong 2:30 Conversational Spanish (Adv./Beg.) 3:00 Meditative Stretch \$ 3:15 Bereavement & Loss Support Group 4:15 Mat Pilates for Active Aging \$ 5:00 Line Dance (Beg.) 5:30 Slow & Stretchy Yoga International Folk Dance 6:00 AA Meeting

*Will not meet Oct. 6

5	10:00 Second Act Staged Readers (cont.) Beg. Watercolor and Drawing II (cont.) 11:00 Vaccine Clinic 1:00 Council Meeting 2:00 Positive Aging and Finding Purpose	6	9:00 Injury & Pain Screenings 9:30 Coffee & Caregiving Mindful Doodling \$ 10:00 Try It Out Tuesday The Illustrated Journal (cont.) Reclaiming Your Peace 11:30 Bunko 12:00 Painting National Parks (cont.) 1:00 Ladies Connected 2:00 Chair Volleyball Function Five A Guide to Your Long Term Care Policy 5:00 Trivia 5:30 Piedmont Master Gardener Talk	7	9:30 Kingfishers 10:15 Wednesday Music Club: Ragged Mountain Quartet 10:45 Wise Women, Too 11:00 Book Group Veterans Coffee Hour 1:30 The Beauty of Fall Landscapes \$ 5:30 What Matters Most: Lessons the Dying Teach Us About Living 6:00 Building a More Inclusive Community: Women in Recovery
12	10:00 Pre-Intermediate Italian \$ Second Act Staged Readers (cont.) Beg. Watercolor and Drawing II (cont.) 11:30 Beginner Italian \$ 1:00 Piedmont Pastelists 2:00 Current Events 2:30 Authors Critique Group	13	9:30 Mindful Doodling (final) 10:00 Money and You Wise Women Connect, Travel Chat Cognitive Screenings The Illustrated Journal (final) 10:30 Slow Flow Vinyasa Yoga \$ 12:30 Painting National Parks (cont.) 12:45 CAT Workshop and Field Trip 2:00 Karaoke, Scams & Spams 4:00 Singles Schmooze 5:30 Function Five	14	9:30 Chair Volleyball 10:00 Welcome Wednesday 10:30 Parkinson's Caregiver Support Group 11:00 Navigating Medicare 12:15 Bookmobile 1:30 The Beauty of Fall Landscapes (cont.) 2:30 Senior Statesmen of Virginia 4:30 Cinema Discussion Group 6:00 Moonlighter's Quilting
19	10:00 Pre-Intermediate Italian (cont.) Second Act Staged Readers (cont.) Beg. Watercolor and Drawing II (cont.) 11:30 Beginner Italian (cont.)	20	9:00 Injury & Pain Screenings 9:30 Alzheimer's Caregiver Support Group 10:30 Slow Flow Vinyasa Yoga \$ 12:00 Bunko 12:30 Painting National Parks (final) 1:00 Ladies Connected 1:30 Science Semester Book Discussion 2:00 Chair Volleyball 5:00 Trivia Albemarle Quilt Guild	21	10:00 Hearing Health The Freedom of Forgiveness 10:45 Wise Women, Too 11:00 Living AWARE 12:30 Open Waltz Social 1:30 The Beauty of Fall Landscapes (cont.) 4:30 Standard Ballroom Dance Lessons \$ 5:30 Latin Ballroom Dance Lessons \$ Welcome Wednesday Veterans Social
26	9:30 Sketch Stretching \$ 10:00 Pre-Intermediate Italian (cont.) Second Act Staged Readers (final) Beg. Watercolor and Drawing II (cont.) 11:30 Beg. Italian (cont.) 12:00 Mystery Book Club 1:00 Low Vision Resource & Support Group 2:00 Current Events	27	9:00 Healthspan Talks 10:00 Wise Women Connect Cognitive Screenings Long Term Care Insurance: What to Know Before You Start a Claim Caregiver Resource & Support Group 10:30 Slow Flow Vinyasa Yoga \$ 1:00 Mexican Train Dominoes Painting with Acrylic Gouache \$ 1:30 A Wonderful Adventure: Turkey 2:00 Karaoke 4:00 Singles Schmooze 5:00 United Nations Program	28	10:00 Healing Yourself 10:30 Parkinson's Caregiver Support Group 12:15 Bookmobile 1:30 The Beauty of Fall Landscapes (cont.) 4:30 Stroke Support Group Standard Ballroom Dance Lessons (cont.) 5:00 Documentaries and Discussion: More Than a Word 5:30 Latin Ballroom Dance Lessons (cont.) 6:00 Moonlighter's Quilting

Volunteering

Hit the Happiness Jackpot When You Volunteer

The good vibes we get volunteering aren't magic. There is real science behind why volunteering makes us feel so good!

In a 2021 edition of Psychology Today UK, Dr. Eva Ritvo and Laura Shalev Greene, Head of Volunteering for Kingston Hospital NHS Foundation Trust, spell out the neurological effects of performing acts of kindness.

Volunteering is an inherently social activity and that combination of socializing and practicing kindness releases what is called the Happiness Trifecta: the neurochemicals oxytocin, serotonin, and dopamine. Oxytocin reduces cortisol, the stress hormone; serotonin is a natural mood stabilizer; and dopamine is your brain's "feel-good" reward system. It all adds up to a big boost in your happiness.

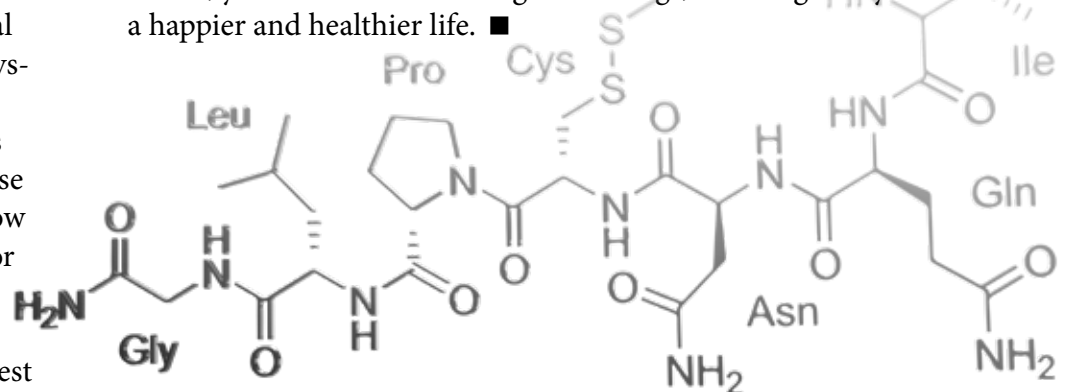
Another component of the neuroscience behind volunteering is mirror neurons. When you perform an action and see somebody else do the same thing, mirror neurons activate. A perfect example is how quick we all are to return a smile. Some scientists believe that mirror neurons are how we learn and develop empathy.

That empathy is what keeps our relationships strong, which the Harvard Study of Adult Development identifies as the single strongest

predictor of healthy aging.

Sometimes empathy can make us feel distressed, but taking that further step into compassion and caring action is what activates reward centers and positively impacts your healthspan. Research shows that people who volunteer have stronger mental health and lower mortality rates.

All of these elements fire away in the background, motivating us to give of ourselves to the community. When you volunteer and help others, you reinforce all those good feelings, ensuring that you too live a happier and healthier life. ■



Want to volunteer?

There are many opportunities to help, both at The Center and in the community. These include: Welcome Desk • Red Cross • Literacy Volunteers
Contact mbarthlow@thecentercville.org

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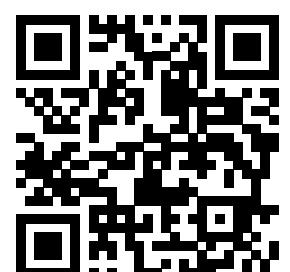
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2026

THE CENTER AT BELVEDERE ACTIVE AGING WEEK + Expo

Saturday, October 3, 10:00 am to 1:00 pm

Free and open to all!

This kickoff to Active Aging Week offers resources and information on community services, senior living, caregiving, financial planning, safety, and more, all designed to enhance everyday life for older adults and their families.

- Health Screenings • Functional Fitness Assessments • Demonstrations • Live Music •
- Light Refreshments • Games and Giveaways • 40+ Prizes •

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Charlottesville Tai Chi Center
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Senior Resource Specialists
Sunnyside Communities
The Blake at Charlottesville
The Center Café
The Heritage Inn
Tiger Fuel Company
Tiger Solar Company
TRIAD
Trinity Hospice
Twice is Nice
UVA Encompass Health Rehabilitation Hospital
Natural Bridge State Park
Visiting Angels Senior Home Care
Wednesday Music Club
Welcome Homecare

Interactive educational and healthy activities indoors and out!

KNOW WHO'S ON YOUR TEAM WORKSHEET

Elder Law attorney Doris Gelbman helps you identify professionals who will support you as you age. Having this information in place offers great peace of mind for you and your loved ones.

TIMED UP AND GO (TUG)

Curious about where you fall on the mobility spectrum? Blue Ridge ElderCare Advisors offers a simple, widely used test in which you rise from a chair, walk, turn around, walk back, and sit down.

TOUR THE POLLINATOR GARDEN & PLANT MICROGREENS

Incredibly knowledgeable Piedmont Master Gardeners show off native plants in the demonstration garden at The Center. You can also plant your own microgreens!

COGNITIVE SCREENINGS

Sit down with a speech therapist from ACAC for a 10–15-minute assessment of short-term memory, word finding, and focusing ability.

FUNCTIONAL FITNESS ASSESSMENTS

Functional fitness trains your body for everyday activities, making it easier and safer to do things like carry groceries, pick up grandkids, get up from a chair, or hike a trail. Get a gauge of your strength, balance, and flexibility—and see where you have room to improve—with simple Grip Strength, Tandem Stance, and Shoulder Flexibility tests.

TREE PRUNING

Trees need healthy aging too! Charlottesville Area Tree Stewards provide instruction in proper pruning, which contributes to a tree's structure, resilience, and longevity.

ASK A DEATH DOULA

Wondering about death doulas, what kind of support they provide, or how to connect with one? Volunteers from Hospice of the Piedmont answer your questions.

SIGN UP FOR JAUNT

Get information or set up a rider account for JAUNT, provider of curb-to-curb demand-response service in rural Albemarle and surrounding counties as well as ADA paratransit service in the City of Charlottesville and urban Albemarle County.

SUSTAINABLE SHOPPING

Browse through a rack of clothes and find your next favorite outfit. Proceeds from Twice as Nice, a donation-based resale boutique, benefit organizations that support quality of life for community seniors.

GO FISH!

Anglers from the Kingfishers teach casting and lure tying, great for joint mobility and manual dexterity.

GET HOOKED

Learn simple techniques to get you started with crochet, a hobby that promotes creativity, relaxation, and mindful living!

COME AND PLAY

Enjoy a game of cornhole or croquet. Lawn games are an easy way to stay physically active, boost your mood, and connect with people.

HEARING SCREENINGS

Do you suspect that you're having trouble hearing? A quick screening with an audiologist from AudioNova will show whether your hearing falls within normal limits or you need a more thorough evaluation.

You could win a Massanutten Resort Getaway that includes a 3-night stay in a two-bedroom condo, 4 rounds of golf with cart, 4 passes to Massanutten Family Adventure Park, and 4 passes to Massanutten WaterPark.



Finding Meaning in Everyday Moments

“Death is just one day. All the other days are an opportunity to live fully.” So says Diane Button, an end-of-life doula, lead instructor at University of Vermont, and bestselling author of three books.

“I became interested in end-of-life on the day that my grandfather died,” she says. “I was holding him in my arms and he had ... a big, beautiful smile on his face ... the biggest smile I’ve ever seen.” From that moment, Diane decided, “I want to know how to live well so I can die well.” She got a Masters’ degree in Existential Therapy and after 10 years volunteering with hospice care, learned about the field of end-of-life doula. “The nurses, the social workers, and the doctors—they’re so busy. We have the gift of time,” Diane explains. “We are invited into a very profound and vulnerable time in people’s lives ... We get to experience some of those last moments. The last bite of strawberry ice cream, the last time somebody leaves their house, the final goodbyes to families and loved ones. It can be sad and it is beautiful and raw and real.” That gift extends to how Diane spends her own time. She says,

“Every single client causes me to pause and reflect.” Through her most recent book *What Matters Most* and her upcoming presentation during Active Aging Week, Diane shares stories and lessons from her work so people can consider their lives now and make the most of all the days to come. She says, “So many of us in life are chasing the ‘firework’ moments. Big events, travel, weddings, promotions, big achievements. We’re on that hamster wheel.” When she connects with a client as an end-of-life doula, however, she witnesses a very different rhythm. “Facing end-of-life, they become still and reflective,” she explains. “They stop chasing and start living.” Simple pleasures like a morning cup of coffee with one’s partner or a neighborhood walk with a friend become increasingly important. Diane carries similar lessons from her own journey with breast cancer. “I spent my whole life focusing on my flaws,” she says, recalling a sudden shift to showing herself kindness. Deep in the trenches of treatment and recovery, “I looked in the mirror ... and saw my own beauty. I felt beautiful for the first time in my life and let myself honor that beauty inside.” “It was only a moment, but I’ve never forgotten it.” Find your own unforgettable shift at *What Matters Most: Lessons the Dying Teach Us About Living*, brought to Active Aging Week by the Haney Compassionate Care Collaborative. Diane’s hope is that “every person can walk away with some nugget that causes them to live a little differently and with a little more intention.” ■



Pivot with Purpose to Make a Happier Life

Candace Schoner is no stranger to the life changes that can come with aging. Several years ago, she started experiencing tremors, brain fog, confusion, and double vision—what would eventually be diagnosed as Parkinson’s Disease—and could not continue working in marketing. “My brain said ‘I can’t do it anymore,’” she shares. “So I went back to my first love. I love sharing people’s stories.” In 2019, Candace started the Voices for Mental Health podcast and a nonprofit organization of the same name to further education and awareness. “This is a safe space for people with mental health issues to share their stories,” she explains. Her subject matter “blends of common topics that are current in the media like suicide, addiction, and trauma

with other things that are less talked about ... things that are invisible but affect emotional regulation.” Candace also shared her own story in the book *Recipe for a Happier Life: Apron Optional*. “There is wisdom in age,” she says. “You learn resilience ... new ways of thinking, new ways of being happy.” This book forms the foundation for Positive Aging and Finding Purpose, an “energizing and thought-provoking ... workshop to help recognize common myths about aging and challenge limiting beliefs.” The program, part of Active Aging Week, is on Monday, October 5, from 2:00–3:00 pm, and is free and open to everyone. Workshop goals include redefining success, finding a source of meaning and purpose, and reconnecting with childhood dreams and interests. Candace emphasizes how interactive and collaborative the experience will be. She says, “We share knowledge as a collective; I don’t have all the answers.” The key takeaway: “Happiness is a choice we make, not a destination.” “If someone can take home one small realistic action that they can use to support their physical and mental health, then it was a success.” ■



Discovering the Best Metric for Healthspan

“My midlife crisis, I bought a bicycle instead of a convertible,” says local author and researcher Scott Fulton. Taking to two wheels both “reignited that thing I loved as a kid” and satisfied a “bug to do something

different” as casual rides with friends evolved into completing two Ironman triathlons. These new athletic experiences shifted his data-oriented engineer’s mind to the field of health and aging. He is a Professor of Longevity and Aging for UVA, the University of Delaware, and Northwestern University, and served as President for the National Council on Aging in Place for six years. Now, his recently published book *Function: Turn Your Blind Spots into Strengths* has swept the nation as a bestselling sensation. “Endurance sports have more in common with aging than many people realize,” he says. “You’re having to plan ahead and there are a lot of uncertainties.” What helps you plan ahead for what one might consider the ultimate marathon? Reviewing over 10 million person-years of data pointed Scott to the answer: functional capacity. Rather than focusing on disease, simple daily activities like climb-

ing stairs, carrying groceries, or getting up from a chair are the strongest predictor for your healthspan outcome, the number of years you remain independent and in good health. “This is so radically different from everything we hear in wellness,” he says. Scott’s Function Five system identifies five domains: Strength & Power, Cardiovascular & Recovery, Mobility & Balance, Flexibility & Structure, and Neuromotor & Cognition. “You don’t have to be great at everything,” he says. “You need to not have a blind spot.” Identifying which of these five domains is your weakest link gives you a clear map to improving your healthspan. Scott says, “With simple habits, you can get yourself back onto track of where you want to be.” For instance, did you know your walking speed is connected to your cognition? That’s because when you walk faster, your brain needs to process information faster as you recognize the things you see or make decisions to avoid bumping into obstacles. “Just applying attention shifts your habits with things you’re already doing,” Scott explains. “I’ve never had to tell anyone they need to walk faster ... As soon as they realize it matters, they change their behavior.” The book *Function* presents 44 quick self-assessments you can use to discover which of the five domains you most need to work on. You can do many of these onsite during Active Aging Week at the Active Aging Expo on Saturday, October 3 and with Scott himself at Function Five: Healthspan in Your Hands on Tuesday, October 6. “Whatever age you are ... everybody has the opportunity to make significant improvements,” Scott says. ■



October 3–9, 2026

These programs are free and open to all! Please register at thecentercville.org.

Active Aging Week emphasizes the possibilities and opportunities of aging. The Center is partnering with other nonprofits to offer free programs that highlight well-being in ways that engage body, mind, and spirit. Authors, artists, and wellness experts from different fields will share information through workshops, documentaries, music, and more.

MONDAY, OCTOBER 5

Positive Aging and Finding Purpose

2:00–3:30 pm

Reframe aging as growth rather than decline and explore what purpose, energy, and connection can look like in your next chapter in this workshop with Candace Schoner, founder of Voices for Mental Health and author of *Recipe for a Happier Life: Apron Optional*.



Vaccine Clinic with CVS

11:00 am–3:00 pm

Available vaccines: Influenza; Shingles; COVID; Hepatitis; Measles, Mumps and Rubella; HPV; Meningitis B; Pneumonia; RSV; and Whooping Cough/TDAP. Please bring your ID and insurance card.

TUESDAY, OCTOBER 6

Intro to Function Five: Healthspan in Your Hands with Scott Fulton

2:00–4:00 pm

While common health markers predict disease risk, functional capacity is the stronger determinant of how well you live day to day. Explore the most meaningful way to assess and protect your ability to stay active and independent.

Gardening in Small or Awkward Spaces

5:30–7:00 pm

Gardening offers real health benefits: gentle physical activity, stress relief, and time outdoors. Learn how to do it successfully on your balcony or in another small space that’s easy to manage and enjoy. Presented by Piedmont Master Gardeners.



WEDNESDAY, OCTOBER 7

The Ragged Mountain Quartet

10:15–11:30 am

Violinists Daniel Sender and Benjamin Rous, violist Danielle Wiebe Burke, and cellist Clara Lee Rous perform Beethoven’s String Quartet Op. 131 in C-sharp minor. Presented by Wednesday Music Club.



What Matters Most: Lessons the Dying Teach Us About Living

5:30–7:00 pm

Through her work, end-of-life doula, author, and educator Diane Button has gathered profound lessons about what it means to truly live. Presented in partnership with the Haney Compassionate Care Collaborative.

THURSDAY, OCTOBER 8

Beyond Zero Film and Panel Discussion

10:00 am–12:00 pm

This award-winning 2022 documentary chronicles the inspiring journey of Ray Anderson, CEO of the global flooring company Interface, after a life-changing epiphany about his company’s environmental footprint. Presented by the Community Climate Collaborative.

Experience The Center

1:00–3:00 pm

An opportunity designed especially for community members who want to get experience firsthand what The Center has to offer.



Speak Up for Your Health: A Guide for Older Adults

5:00–6:30 pm

Jeanita Richardson, PhD, emeritus Professor in the Department of Public Health Sciences, UVA School of Medicine, provides information on how you can partner with your healthcare team to take an active role in maintaining your well-being and quality of life.

FRIDAY, OCTOBER 9

Building Better Bones

10:00 am–12:00 pm

Learn ways to optimize your daily habits to improve your bone and muscle health with Darcy Higgins, DPT.

Giving from Your IRA

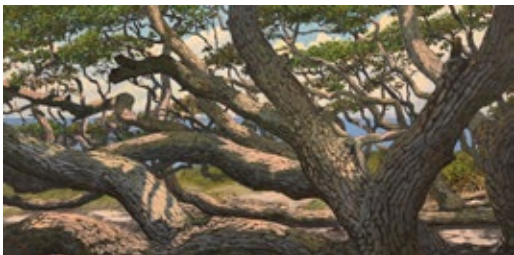
11:30 am–1:30 pm

Discover tax-smart strategies for maximizing your giving dollars both now and in the future. Presented by Kimberlee Barrett Johnson with ArkWise Wealth, a private wealth advisory practice of Ameriprise Financial Services, LLC.

Art Walk and Talk

2:00–3:00 pm

Artist Tom Tartaglino walks you through his exhibit of oil paintings and will discuss the ideas, experiences, and inspirations that shape his work.





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

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

The Center’s Tell-A-Thon is returning for its third year October 19 through October 31! During this time, representatives from The Center will briefly attend programs to share the importance of charitable giving to fulfilling our healthy aging mission.

Did you know more than 50% of our operating revenue comes through philanthropic gifts from foundations, organizations, and—most especially—individuals? To continue providing the healthy aging programming that supports older adults, The Center needs to raise more than \$1.3 million this fiscal year.

Last year, the Fall Tell-A-Thon inspired dozens of thoughtful conversations from 152 presentations to more than 1,500 people and raised 188 gifts totaling more than \$46,000. This included six gifts towards our building loan and 10 gifts for acoustic improvements in the Auditorium. We also welcomed 36 brand new donors to The Center.

One Center member and donor encapsulated the idea behind the Tell-A-Thon perfectly: “When you love something, you invest in it.”

We keep the annual Tell-a-Thon going because it has proven to be an effective way for members and guests to learn more about the organization they love.

If you are already a donor, thank you for your financial support of healthy aging and this community resource. If you haven’t yet considered The Center in your philanthropy, we hope that you too might love The Center enough to invest in it.

For more information, please contact Philanthropy Director Lynn Divers at 434.220.9745 or lynn@thecentercville.org. ■

DONATIONS MADE IN HONOR OF (June 1–July 31, 2026)	
Joyce Nunge by Sandra Pollock	The Charlottesville Retreads by Gregory Amante
Clay Sisk by Shelby Clements	Steven Weingarten by Ursolina Creel
Peggy Slez by Barbara Mateus	

MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (June 1–July 31, 2026)	
Anonymous (2) Beverly Adams Donna Arehart & Gary Chovan Bearing Insurance Benchmark Senior Solutions Best-Roberts Charitable Funds Linda DesBarres Bonnie & Jeff Farrar Barbara Fried Jolene Green Hospice of the Piedmont Ivy Eco-Friendly Dental	Eva Marie Ireland & Walter Morgan Logan Family Foundation Sheila McCormick Bonnie & Barry Pendleton Petrichor Wealth Management SKV Group, LLC Margreta & David Swanson Tiger Fuel Company Jane & Thomas Tirrell UVA Encompass Health Rehabilitation Hospital Mary & Michael Wilson

DONATIONS MADE IN MEMORY OF (June 1–July 31, 2026)	
Mabel Berger by John Berger	Barbara Olejarz by Michael Olejarz
James “Jim” Berry by Anonymous	Patti Pitts by Gregory Pitts
John S. Bias by James Bias Joy & Matthew Sawatzki The Skrabut Family	Bruce Saunders by Peggy Slez Bridget Bownes Stevens by Cori Fingeret
Evelyn Gray-Moline by Sheila McCormick	Ann R. Waldner by Wendy Waldner Flynn
Denny King by Peggy Slez	

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To learn more about partnership opportunities, please contact Sylvia Horowitz at 434.220.9731 or sylvia@thecentercville.org.

THANK YOU TO MEMBERS OF THE
FRANCES JEAN ROBEY LEGACY SOCIETY,
which recognizes individuals who include The Center
in their estate plans or other planned gifts.

- Anonymous (7)

Elizabeth Allen Allan

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Catherine & James Newman

Estelle Phillips

Amy Richardson

Xan & Randy Rinehart

Esther Shorr

Linda Uihlein

Ann Vonnegut-Frieling & Chris VonFrieling

Jane Whitworth

L. Lee Wouters

WE REMEMBER

We remember Center members and friends who recently passed away.

- Peter Kashatus

John Rady
- Bruce Saunders

Bridget Stevens



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A Tribute to Jane Belisle



When Jane Belisle joined the staff of what was then the Senior Center in 2001, it marked the start of a wonderful 25-year relationship. As our first Coordinator of Volunteer Resources, Jane brought enthusiasm, creativity, and resourcefulness to the job for more than four years. She delighted in connecting people with roles that sparked their passion and purpose, and it was as a dedicated volunteer herself that she returned over the years to support an organization she loved.

Jane was all in when the Center convened a volunteer task force in 2007 to secure a second five-year accreditation from the National Institute of Senior Centers. Drawing on reams of experience gained as a staff member when the Center became the first nationally accredited center in Virginia in 2002, she contributed immeasurably to a months-long process.

Three years later, she was recruited to chair a benefit gala celebrating the Center's 50 years of service to our community. As always, Jane carried out her mission with skill and aplomb, ensuring that the James Bond-themed event was a bang-up success.

When she returned as a travel volunteer in 2021, it was a perfect fit for an experienced globetrotter—Jane had traveled around the world and to 49 states before ever setting foot in The Center. (Yes, she did get to all 50.) She planned trips, managed logistics, and led groups to destinations far away as Africa and as close as Richmond. When her health made a weekly on-site schedule impossible, she became The Center's International Travel Concierge, answering questions and offering advice on everything from packing to passports.

The Center's Travel Manager Linda Hahn met Jane on the job back in 2001 and the two remained close. "Jane's kindness, compassion, and wisdom touched everyone who had the privilege of knowing her. She had a remarkable gift for making people feel seen, heard, and truly valued. The world is a better place because she was in it, and those of us who loved her are better because she was part of our lives."

When the time came for Jane to move on from her staff position at The Center in 2005, she said a graceful goodbye in her monthly newsletter column. "I want to thank all of you for enriching my life and showing me that growing older is simply growing better," she wrote, closing with "Peace, Jane."

Sadly, Jane passed away on August 2, 2026. We thank her for the many ways she enriched us individually and collectively and now, in turn, wish her peace. ■



Jane leading a day trip in 2021.



Jane with Peter Thompson at the 50th birthday bash in 2010.

hurt people’s feelings and promote discriminatory behavior, it has quantifiable negative impact. It turns out that what you believe about aging is a powerful predictor of how well you’ll do.

Becca Levy, PhD, is a Professor of Epidemiology at Yale School of Public Health and Professor of Psychology at Yale University whose pioneering research is chipping away at age stereotypes. She is credited with creating the field of how age stereotypes, absorbed from the culture, impact the health of older adults.

At a very young age, we internalize negative messages about aging, which are reinforced over the years. Eventually, as older adults, these stereotypes—operating implicitly and explicitly—become relevant to us, negatively influencing our health through different pathways.

Ageism is associated with decreases in the ability to recover from illness and injury, increases in risky health behaviors and depressive symptoms, and earlier death. These consequences are accompanied by an economic toll as well, and not just on individuals; one study showed the financial cost of ageism in one year in the U. S. was \$63 billion. Given that older adults are predicted to outnumber children in the U.S. by 2035, it is critical that we change the negative narratives around age and aging.

This doesn’t have to be wishful thinking. Levy and other researchers have demonstrated that some of the adverse health conditions assumed to be exclusively a result of aging are, in fact, influenced by negative age stereotypes. Further, for every entrenched belief about getting older, they found evidence that contradicted the negative stereotype. And just as people who take in more negative age beliefs tend to show worse physical, cognitive, and mental health, those who are exposed to or develop more positive beliefs tend to show benefits in health.

The hope is that such findings will upend the popular perception of old age as a depressing and inevitable period of decline and encourage policy makers to increase support for preventive care and other health-promoting programs, like those offered at The Center.

If you are reading this newsletter as a friend of the Center, you value older adults and recognize that, sure, some do need support, but mostly they are providing it in ways that include paid work, volunteering, and caregiving—all valuable contributions to society. If you know some cool seniors, share their stories whenever opportunities arise. With each positive image, we get a little closer to redefining aging. ■



Second Annual Holiday Crafts Fair

**Saturday, November 7, 2026
10:00 AM–3:00 PM**

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