

Come meet people. Learn to work your iPhone. Join a band. Try tai chi or hiking. Take a trip. Volunteer. Have fun.



99% HAVE FUN*

Longer lifespans have brought a new stage of life.

The average 65-year-old will live another 20 years. And we're not just living longer than previous generations—how we're living in our later years is changing too.

Changing expectations

Hikers who are in their 60s and 70s? An 80-year-old teaching people how to work their iPhones and iPads? Volunteers in their 90s making a difference in our community? That's what you'll find at The Center.

► DISCOVER NEW PASSIONS

"In six years of retirement, I have become involved in many activities, all of which I enjoy. But the band experience has been my favorite, by far!"

—First-Wind Band Member

* Statistics from program evaluations and surveys.

Relocated or retired?

A social life is as important to health as diet and exercise. If you've relocated or retired and are feeling a little disconnected, The Center is a great place to make connections, explore your interests in new ways, and discover different avenues for staying active and involved. People who get involved with Center activities gain a more positive outlook on life, stay more involved in the community, and feel better physically and mentally.

► STAY INDEPENDENT

"This program expands my life. I challenge my aging brain and gain new understanding ... I am able to do more things independently, do my banking online, and maintain contact with friends who live far away."

—Apple/Mac Users Group Member

It's easy to do what you want.

Get involved in ways that suit you, whether it's a six-week art class, a one-off volunteer opportunity, or an ongoing writing or exercise program that you drop into on your lunch hour. Love to travel? Join a group and you're guaranteed to come home with new friends. If you don't see a program you're looking for, start one of your own!

► CHOOSE YOUR OPPORTUNITY

"It's such a positive thing that at a time of life when choices and skills seem to be narrowing, The Center offers so many options and opportunities for growth and enrichment. Neither mind nor body is neglected."

—Peggy Sleaz

Friendly and welcoming

Center members share both diverse interests and common life experience. It's a vibrant community with professors and plumbers, mechanics and managers. Everyone is valued and respected.

► NO ONE'S TRYING TO IMPRESS

"In some places, people always ask where you went to school, what you got your degree in. Here, no one cares. There is a sense of equality."

— Darien Wei

Connecting with people and purpose

One of Charlottesville's hidden gems, The Center is a testament to the power of healthy aging. It fosters connections that create a wonderful sense of community, both among members and between the many area organizations we partner with on programs and services.

► FIND YOUR TRIBE

"I live in my home, but The Center is where I really live my life. And as a substitute for close family, it's brought companionship to my life."

— James Walker



93% HAVE MADE NEW FRIENDS*

94% HAVE A MORE POSITIVE OUTLOOK ON LIFE*

► COME HAVE FUN

"When I walked into The Center, I was amazed! There was so much going on, lots of people joking and laughing. Everyone was friendly and helpful. I was convinced."

— Paul Jacob



What's in it for you?

You'll find resources to help you to stay well and fit. You might lower your blood pressure or make fewer visits to the doctor. You may discover a talent for painting, a knack for investing, or a flair for making music. Perhaps you'll find a reason to get out of bed or a home away from home. Most importantly, you'll have fun.

Coming soon: The Center at Belvedere

To meet growing community need, construction has begun on The Center at Belvedere, a new facility opening in spring 2020. Learn more at thecentercville.org/belvedere.

LIFELONG LEARNING

- All Things Digital
- Apple/Mac Users Group
- Backyard Birding
- Book Group
- Cooking Demonstrations
- Current Affairs
- DIY Workshops
- Elder Law Seminars
- Financial Wellness Series
- Good Life Design Collaborative*
- Investment Visions
- Investors Forum
- Le Cercle Français
- Lecture Series
- Nutrition Workshops
- Religion, Science & Spirituality
- Senior Statesmen of Virginia*
- Short Story Discussion
- Spanish Classes
- Special Educational Events
- Socrates Café
- Travel
- Wine Club
- Writing for Pleasure
- Writing for Healing & Growth

RECREATION

- Backgammon
- Bingo
- Bowling Club
- Bridge
- Bunko
- Canasta
- Chess
- Dominos
- Kingfishers Fishing Club
- Luncheons
- Mah-Jongg
- Member Social
- Monthly Luncheon
- Ping Pong
- Poker
- Scrabble
- Sheepshead
- Singles Schmoose
- Sunday Movies
- Travel Buddies

Volunteering at the Center and in the community

Center programs evolve with community needs. New programs proposals are always welcome. For program schedules and information, call 434.974.7756 or visit:

TheCenterCville.org

Change the Way You Age

Age actively at the Center! Join us for programs that keep you connected, engaged, healthy, and having fun.

HEALTH & FITNESS

- A Matter of Balance
- Aerobic Dance*
- Ageless Grace
- Arthritis Exercise
- Ballroom Dance
- BeMoved®
- Bowling*
- Chair Yoga
- Chronic Disease Self-Management*
- Full Life Fitness
- Golf
- Healthy Hearing Workshops
- Hiking
- International Folk Dance*
- Line Dancing
- NIA – Moving to Heal
- Pickleball*
- Primetime Fitness
- Racquetball*
- Round Dancing
- Seated Massage
- Square Dancing
- Swing Dancing
- Softball – The Retreads*
- Tai Chi
- Tap Dancing
- Tennis
- Walking Groups
- Water Workout*

ARTS

- Albemarle Wood Carvers
- Art Lessons
- Barbershop Belles & Beaux
- Crafty Ladies
- Encore Players (drama)
- First-Wind Band
- The Flashbacks (swing band)
- Friday Art Group
- Jewelry Making
- Knit-Wits
- Piedmont Pastelists*
- Recorder Lessons
- Second-Wind Band
- Sew & Sews
- Stained Glass Lessons
- Still Sharp Singers

SUPPORT

- Alcoholics Anonymous
- Bereavement
- Essential Tremor
- Low Vision
- Parkinson's Caregiver
- TOPS*



A community resource

For nearly 60 years The Center has served the Charlottesville region. During that time we've changed locations and we've changed our name, but our focus remains the same: providing opportunities for adults age 50 and better to stay healthy and independent.

Come and join us

At less than \$12 a month, membership is a great deal. We also offer no-hassle scholarships. You're always welcome to come look around or try out programs for free. Try It Out Tuesday, our orientation for new and prospective members on the first Tuesday of every month, is also a great way to see what's here for you.

Volunteers and donors make it happen

The Center runs with no government funding thanks to generous philanthropic friends whose gifts provide 65% of our operating budget. We also rely on fabulous volunteers who do much of the work that keeps The Center humming. If you'd like to join our family of supporters by making a donation or volunteering, please call or visit our website.

THE CENTER
491 Hillsdale Drive
Charlottesville, VA 22901
434.974.7756
www.thecenterville.org

HOURS
Mon. & Fri. 8:30 am–4:30 pm
Tue.–Thu. 8:30 am–8:30 pm
Sun. 1:00–5:00 pm

**DISCOVER THE POWER
OF HEALTHY AGING**



Find Your civic | community | cultural | fitness | social **Center**

BY 2030
ONE OUT OF FIVE PEOPLE
IN AMERICA WILL BE

OVER 65



Are you looking for a community center? A cultural center? A social, fitness, or civic center? You can find all of them at one convenient location—The Center!

The Center offers everything from hiking to hearing health, painting to ping pong, bands to book club. More than 8,000 people a year enjoy the 100+ programs happening every week—programs in lifelong learning, the arts, fitness, recreation, travel, and volunteering for adults age 50 and better. And if you just want a place to hang out and read the paper or grab a cup of coffee, we're here for you. So why wait? Come find your Center.