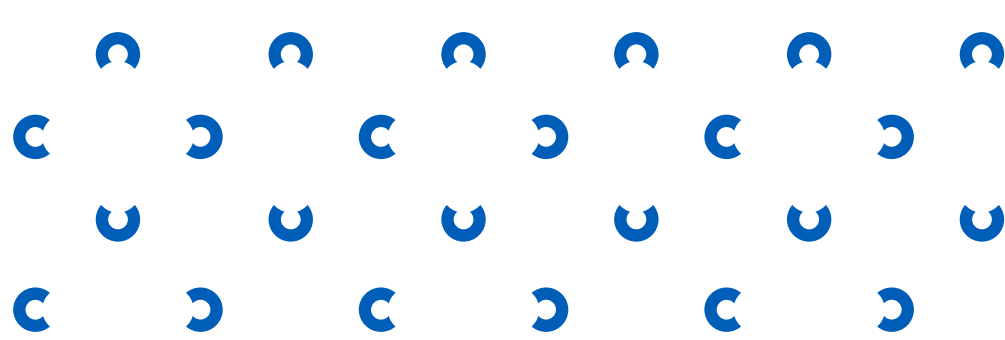




THE CENTER AT BELVEDERE



NEWS from THE CENTER

DISCOVER THE POWER OF HEALTHY AGING

JANUARY/FEBRUARY 2024



Lindsay Heider Diamond

Warm Up with Art at The Center



Ann Cheeks

Looking for a wonderful antidote to winter's chill? Come take in two new art exhibits at The Center during January and February.

The first-floor gallery features works by Ann Cheeks and Lindsay Heider Diamond. You can enjoy their paintings and their company at a reception on Thursday, January 11, from 5:30–7:30 pm.

On the second floor, oil paintings by Randy Baskerville are presented in the exhibit entitled "Near and Far: Oil Paintings from Tennessee, Maine, and Virginia." Meet Randy and learn more about the inspiration for her work at a reception on Thursday, January 4, from 5:30–7:30 pm.



Randy Baskerville

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- More!

New MicroCAT Offers County Free Transportation Option

There's a new way to get to The Center at Belvedere! As of October 2023, Charlottesville Albemarle Transit has debuted a new on-demand rideshare service called MicroCAT to increase public transportation in specific areas of Albemarle County.

Center member Todd Cone is already a regular user of the new service.

Living near Fashion Square Mall, Todd used to rely on patchy bus service to reach The Center for exercise, learning opportunities, and social occasions like movie night. He was all too familiar with the struggles of Center visitors who lack reliable transportation.

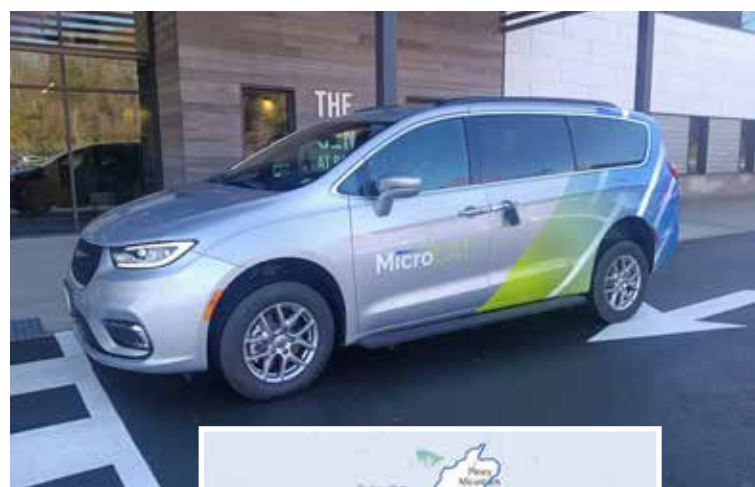
"There is no bus stop here," he says. "You have to [get off and] cross Rio Road where there is no crosswalk, and then walk about a third of a mile down the hill to get here. If you want to go back on the bus, you have to go back up Rio... it's kind of a pain [and] I don't recommend it in the summertime [heat]!"

Promises of a new way to get around town caught his attention early.

Todd shares, "I'm on a county advisory committee as a volunteer. They told us about [microtransit] last January and I've been keeping up with its progress ... Since the MicroCAT, I've been coming in [to The Center] more often, because it's easier to get here."

He explains how the system works: "They have an app you can use to request a ride—it's pretty simple! You just pick where you want to go and confirm it. They'll tell you how long it will be before

See MICROCAT on page 13



Where Do You Rate on the Social Frailty Index?

We know how necessary social connections are to living more years in good health. We also know 1 in 2 people nationwide are struggling with the epidemic of isolation, as noted in the Surgeon General's recent advisory. Now a new prediction tool can use information about your social life to assess your risk of mortality.

In fall of 2023, researchers from Harvard Medical School, Massachusetts General Hospital, and the University of California at San Francisco worked with thousands of older adults to identify lifestyle attributes that can predict "social frailty" or an inability to meet social needs.

Eight of the predictors they found are connected to an increased risk of death within four years. Together with age and gender, they form a 10-question Social Frailty Index.

While scientists are reluctant to state that addressing these items will definitely reduce an individual's mortality risk, many of them are things that *will* improve your quality of life. Better yet, you can accomplish them all at The Center!



Volunteering



Controlling Your Finances



Spending Time with Children



Enjoying a Clean Environment



Feeling Respected



Socializing

See SOCIAL FRAILITY on page 16



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

Hours

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

About THE CENTER AT BELVEDERE

The Center's mission is to positively impact our community by creating opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity, and lifelong learning. Founded in 1960, The Center is a 501(c)(3) nonprofit organization. EIN/TAX ID #54-0735666

Healthy Aging for All

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

News from The Center is a publication of The Center. Subscriptions are free for members.

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MEMBER & VISITOR SERVICES DIRECTOR

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Join The Center for easy access to hundreds of great programs. Come by The Center, contact LaQuanda, or visit thecentercville.org.

WELCOME NEW MEMBERS!

- | | | |
|------------------------|-----------------------|------------------------|
| Gulam Zakrilla | Kelly Fitzgerald | Richard McKeon |
| Abdul-Akhad | Miles Gilbert | Donald Miller |
| Edrina Allen | Dennis Good | Michael Myrsten |
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| Frank Buzzoni | Marlene Jones | Troy Shaver |
| Karen Byrne | David Kariel | Priscilla Shideler |
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| Geoffrey Close | Cynthia Kessel | Melissa Surguine-Smith |
| Howard Davis | Stephen Krone | Toni Teresi |
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| Marlean Davis | Warren Laws | Sheila Tullo |
| Richard Davis | Nicole Lewis | Ann VanDewalker |
| Juanita Day | Gloria Lindsay | Lynne Waid |
| Sharon Diamond-Myrsten | Rebecca Livengood | William Watkins |
| John Dobbins | Eileen Marqusee | Patricia Wightman |
| Allison Downey | Steven Marqusee | Denise Wilkinson |
| David Duvall-Early | Nancy Martin | Bonita Wilson |
| Robert Elzinga | Donna McAdams | Regina Witt |
| Mickie Elzinga | Virginia McCarron | Allan Wooldridge |
| Celeste Fitzgerald | Elizabeth McGarvey | Peggy Wooldridge |

If you joined between October 1 and November 30 and were not recognized here, please contact LaQuanda.

For information about membership options, please visit our website or contact LaQuanda. The Mary P. Reese Scholarship Fund makes scholarships available to anyone for whom membership dues are a barrier.



COUNCIL NOTES

The Center Council communicates the policies, plans, and decisions of the Board of Directors to program leaders, and the concerns of members to staff and the Board. Meetings are usually held on the first Monday of each month, from 1:00-2:00pm. Come to observe or come to be heard – all Center members are invited to attend and participate.

Monday, January 8: Happy New Year! Resolve to become more engaged and to learn more about The Center's members and leadership by attending Council meetings. At the January meeting, DEI Committee chair Enid Krieger will present a dynamic schedule of events for Spring 2024.

Monday, February 5: The Nominating Committee (Rene Bond, Jim Hassmer, Barbara Rogers) will report on Council candidates for election at the March meeting. Nominations may also be taken from the floor. All Center members are eligible. Offices to be filled are President, Vice President, Corresponding Secretary, and Recording Secretary. For more information, please contact Council President Peggy Slez at mjslez@gmail.com or Susan Gallander at susan@thecentercville.org.

Peggy Slez, Council President

Subscribe!

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

programs

Register online at thecenterville.org or call 434.974.7756.

This a partial list of offerings; recurring programs without topic updates are listed in the calendar on pages 7–10. Check the website for programs added after our print deadline!

SPECIAL EVENTS

ARTIST RECEPTIONS

Free and open to all

Thursdays, January 4 & 11, 5:30–7:30 pm

Meet the artists behind the works on exhibit in January and February while enjoying light refreshments and good conversation. Connect with Randy Baskerville on January 4 and Ann Cheeks and Lindsay Heider Diamond on January 11.

THE AFTERPARTY

Open to all; registration required

Friday, January 12, 6:00–8:00 pm

Wear your sparkliest '60s or '70s-style garb for a belated New Year's bash featuring live music and games. Dance the night away to Little Walter and the Convictions and play a round or two of ping pong or cornhole. Greenberry's will be open with alcoholic and nonalcoholic beverages available for purchase. Food truck: Black Jack's Mobile Soul Food Kitchen. \$15 per person.

THURSDAYS AROUND 5

Free and open to all; registration encouraged



Johnny Bishop and Ian Gilliam

Thursday, January 25, 5:01–7:00 pm

These seasoned musical veterans have toured extensively, but recently made their debut as an acoustic blues duo featuring harmonica and guitar.

The Pollocks

Thursday, February 22, 5:02–7:00 pm

Jason Pollock, former guitarist and songwriter for Seven Mary Three, leads an American rock group with just the right amount of soul.

MUSIC FROM THE STAGE AND SCREEN

Free and open to all; registration required

Saturday, February 3, 10:00 am–12:00 pm

Dr. Matthew Cataldi performs classical masterpieces, virtuoso transcriptions, and original arrangements of music inspired by opera, ballet, musical theatre, and television, followed by a discussion of improvisation. From Beethoven to Ger-shwin, Liszt to Broadway, there will be something for music lovers of every age and background.

WEDNESDAY MUSIC CLUB

Free for Center members; registration required
Wednesday, February 7, 10:15–11:30 am

Eric Ruple, professor of music at James Madison University, tickles the ivories.



THE LIVES BETWEEN THE LINES: DOCUMENTARY & PANEL DISCUSSION

Free and open to all; registration encouraged
Thursday, February 8, 6:00–8:00 pm

This powerful film documents the history of slavery at the University of Virginia and the construction of the Memorial to Enslaved Laborers. The Memorial acknowledges the work and the lives of an estimated 4,000 forgotten men and women who built and maintained the university from the early 1800s. A panel discussion follows the screening.

PRIDE VALENTINE'S DANCE

Free and open to all; registration encouraged
Tuesday, February 13, 5:00–7:30 pm

Come and get your groove on with DJ Terri Haller at an LGBTQ+-friendly Valentine's Day dance. Single? Come meet some folks or bring friends for a fun evening out. Coupled? Come dance with your honey! Bring a snack to share.

BROADWAY AND MORE FEATURING MARY MIKELS

Open to all; registration required
Tuesday, February 20, 4:00–5:15 pm

Soprano Mary Mikels shares, "I was born totally blind with hearing loss in my left ear... I was also born with perfect pitch." A two-time featured soloist with The Tenors and finalist in the National Blind Idol Competition, she blends classical music and Broadway favorites with a touch of Rodgers & Hammerstein, opera, patriotic, and Christian gospel music. \$15 per person.



HIGH TEA

Open to all; registration required by Feb. 14
Saturday, February 24, 12:00–1:00 pm

Pull out your fanciest hat and dress in smart casual attire for a high tea catered by Cake Bloom. Enjoy mini tea sandwiches, a mini cake bloomer, cookies, scones, and, of course, a wide selection of teas. There will also be a fancy hat contest with a gift card prize. Members \$18; Guests \$22.

ARTS

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

ART AS PLAY

Open to all; registration required

Tuesdays, January 2–30, 9:00 am–12:00 pm (5 weeks)

Tuesdays, February 6–27, 9:00 am–12:00 pm (4 weeks)

Draw, paint, scrape, collage, write, drip ... play! This class is for people new to art making and those looking to loosen up their current practice. Using acrylic paint, markers, tissue paper and multiple techniques, Ann Cheeks will encourage curiosity, experimentation, and rule breaking. Prime members free, Standard members \$30/month, Guests \$40/month. Materials fee \$40 due to instructor at the start of class.



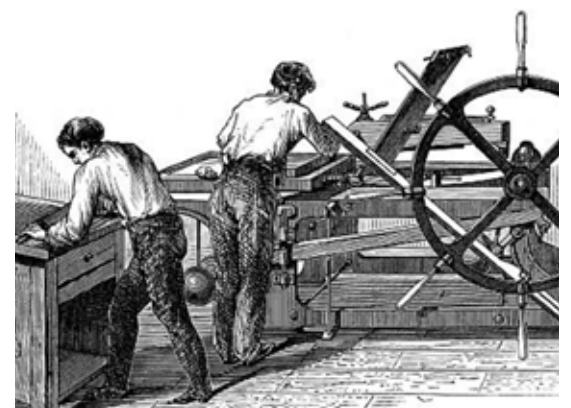
INTERMEDIATE TO ADVANCED LANDSCAPE OIL PAINTING

Open to all; registration required

Tuesdays, January 2–30, 1:00–4:00 pm (5 weeks)

Tuesdays, February 13–27, 1:00–4:00 pm (3 weeks)

Follow the example of great modern artists like Julia Pulinton, Mitchell Albert, Isaac Afremov, Kim Eshelman, Daniel Bailey, and Andrew Tischler with instructor Katie Hutter. Learn the poetry and music of their paintings and how to recreate your own versions of these beautiful masterpieces. Prime members free; Standard members \$35 (5-weeks), \$25 (3 weeks); Guests \$50 (5 weeks), \$40 (3 weeks). Materials fee is \$15, payable to instructor at start of first class. See website for additional required materials.



INTRODUCTION TO INTAGLIO PRINTMAKING

Open to all; registration required

Wednesdays, January 3–31,
9:30–11:30 am (5 weeks)

Create intaglio prints from Plexiglass plates using the dry-point technique. Develop printing plates from your own drawings and sketches creating a final print series of the work with instructor Desmond Cormier. Prime members free; Standard members \$45; Guests \$60. Materials fee is \$35, payable to instructor at start of first class.

PROGRAMS continue on page 4

CHINESE BRUSH PAINTING

Open to all; registration required

Wednesdays, January 3–31,
2:00–4:00 pm (5 weeks)

Wednesdays, February 7–28,
2:00–4:00 pm (4 weeks)

Continue learning the Sumi-é style of painting, which strives to capture the essence of our planet's beauty. Nga Katz teaches how to apply this technique through brush movement, use of ink, and color so you can draw bamboo, orchids, plum blossoms, and other lovely traditional flowers. Prime members free; Standard members \$35; Guests \$50. Materials fee is \$50, payable to instructor at start of first class.



THE BASICS OF ALCOHOL INK

Open to all; registration required

Thursday, January 4, 9:00 am–12:00 pm

Create several small paintings with instructor Jan Settle and prepare to be amazed by the vibrant colors and spontaneity of this exciting process. Prime members free; Standard members \$20; Guests \$30. Materials fee is \$15, payable to instructor at start of class.

BEGINNING TO INTERMEDIATE CROCHET

Open to all; registration required

Fridays, January 5–26,
10:30 am–12:30 pm (4 weeks)

Fridays, February 2–23,
10:30 am–12:30 pm (4 weeks)

Learn how to crochet or better the skills you have with instructor Jane Hermann. Bring your size G or H crochet hook and the pattern of your choice to create gifts, decorations, or other crafts. Yarn is available or you may bring your own. Prime members free; Standard members \$30; Guests \$40.

ADVANCED OIL PAINTING

Open to all; registration required

Fridays, January 5–26,
12:00–3:00 pm (4 weeks)

Fridays, February 2–23,
12:00–3:00 pm (4 weeks)

Ann Cheeks encourages experienced oil painters to tap into their emotional responses to their chosen subjects. Work on value studies, simplifying shapes, and finding your voice in your paintings. Bring several reference photos or drawings to create small studies and a larger painting. Prime members free; Standard members \$35; Guests \$45. Materials fee is \$40 for canvases, paint, palette knives, and brushes or \$25 for only the canvases, all payable to instructor at start of first class.

BEGINNER CHINESE BRUSH PAINTING

Open to all; registration required

Saturdays, January 6–27,
11:45 am–1:45 pm (4 weeks)

Saturdays, February 3–24,
11:45 am–1:45 pm (4 weeks)

Learn the Sumi-é style of painting, which strives to capture the essence of our planet's beauty. Nga Katz teaches how to apply this technique through brush movement, use of ink, and color so you can draw bamboo, orchids, plum blossoms, and other

lovely traditional flowers. Prime members free; Standard members \$35; Guests \$50. Materials fee is \$50, payable to instructor at start of first class.

INTERMEDIATE IMPRESSIONIST PAINTING

Open to all; registration required

Mondays, January 8–29,
1:00–3:00 pm (4 weeks)

Improve your impressionist painting skills with instructor Joanne. Learn advanced techniques for secondary and tertiary colors, brush strokes, and better use of color to create textures. Prime members free; Standard members \$40; Guests \$55. See required materials online.

PAINT LOOSE I

Open to all; registration required

Mondays, January 8–March 4,
9:30 am–12:30 pm (9 weeks)

Linda Abbey teaches dynamic watercolor painting using a step-by-step approach. She will be exhibiting your work at the March 11. No experience necessary. Prime members free; Standard members \$15; Guests \$125. Materials fee is \$15, payable to instructor at start of first class. See additional required materials online.

HANDKNIT SCARF MAKING

Open to all; registration required

Tuesday, January 9, 10:00–11:30 am

Learn simple hand-knitting techniques to create your very own scarf with instructor Jamie Schwartz in a fun and cozy class. Two color options available; no experience or tools necessary. Prime members free; Standard members \$15; Guests \$25. Materials fee is \$25, payable to instructor at start of class.



PAINTING WITH THE MASTERS

Open to all; registration required

Thursdays, January 11–February 29,
9:00 am–12:00 pm (8 weeks)

Join Jan Settle for fun and informational studies of famous artists. Each week, look at the life of an artist and their contribution to the art world before creating a painting in that artist's style. Prime members free; Standard members \$100; Guests \$115. Materials fee is \$15, payable to instructor at start of first class.

CARD MAKING WITH SHERRY

Open to all; registration required

Thursday, January 18, 12:30–2:30 pm

Make a Valentine's card and two all-occasion cards with instructor Sherry Sinard. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$10, payable to instructor at start of class.

WINTER PAINT AND SIP

Open to all; registration required

Thursday, January 18, 3:30–5:00 pm

Create an easy beginner painting using simple acrylic techniques with instructor Jamie Schwartz. One glass of wine, beer, regular coffee, or regular tea from Greenberry's is included. No experience necessary. Prime members \$5; Standard members \$20; Guests \$30. Materials fee is \$20, payable to instructor at start of class.

MANDALA DOT ART PAINTING

Open to all; registration required by Jan. 12

Monday, January 22, 10:00 am–12:00 pm

Mandala dot art forms designs with various sizes of dots. Learn how to use the proper tools and create your own mandala painting with instructor Cory Ryan. No experience necessary. Prime members free; Standard members \$15; Guests \$25. Materials fee is \$25, payable to instructor at start of class.

CREATE A FUZZY WREATH

Open to all; registration required

Tuesday, February 6, 1:00–2:30 pm

Create a ready-to-hang wreath using fuzzy yarn, a wreath form, and ribbon with instructor Jamie Schwartz. Two color options available; no experience necessary. Prime members free; Standard members \$15; Guests \$25. Materials fee is \$20, payable to instructor at start of class.

QUILLING WITH CORY

Open to all; registration required by Feb. 9

Monday, February 12, 10:00–12:00 pm

Learn the history of quilling with instructor Cory Ryan and use unique formed shapes to create a complete design on a notecard. No experience necessary. Prime members free; Standard members \$15; Guests \$25. Materials fee is \$20, payable to instructor at start of class.

PAPER CRAFTING WITH DIANE

Open to all; registration required

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

Diane Chapman shares her 30 years of paper crafting experience to help you create cards and other novelties. Prime members free; Standard members \$10; Guests \$15. Materials fee is \$10, payable to instructor at start of class.

CREATE FRAMED SAND ART

Open to all; registration required

Tuesday, February 13, 1:00–2:30 pm

Create a beautiful ready-to-hang art piece using sand with instructor Jamie Schwartz. No experience necessary. Prime members free; Standard members \$20; Guests \$30. Materials fee is \$25, payable to instructor at start of class.

ADVANCED BEGINNER OILS

Open to all; registration required

Thursdays, February 15–March 7,
12:30–3:00 pm (4 weeks)

Instructor Katie Hutter covers colors and why they are important in your painting; turning shapes into form using light, shadows, and depth; layering versus a la prima; keys to a strong composition; and more. Prime members free; Standard members \$35; Guests \$50. See required materials online.



WOODCARVING COMFORT BIRDS

Open to all; registration required

Mondays, February 26 & March 4,
2:00–4:00 pm (2 weeks)

Mike Micucci teaches you how to carve wooden comfort birds. Prime members free; Standard members \$10; Guests \$20. Materials fees vary; see website for details.

LIFELONG LEARNING

GOOD LIFE SERIES

Free and open to all

Tuesday, January 2, 11:00 am–12:00 pm

The Myths and Truths of Hospice and End-of-Life Care: A group of hospice, end-of-life, and grief counseling professionals share information on how courageous conversations and compassionate care can be provided during the final phases of life. Come with an open mind and open heart to become more able to help loved ones and yourself when the time comes.

Tuesday, February 6, 11:00 am–12:00 pm

Rights and Responsibilities of Residents of Assisted Living Facilities and Nursing Homes: Tamar Goodale, Long-Term Care Ombudsman for JABA, presents. She will also address the role of the Virginia Long-Term Care Ombudsman.

BOOK GROUP

Free for Center members

1st Wednesdays, 11:00 am–12:00 pm

January 3: *Lab Girl* by Hope Jahren

February 7: *The Haj* by Leon Uris

HOW-TOS OF MEDICAL CANNABIS

Free and open to all; registration encouraged

2nd Tuesday each month, 1:00–2:00 pm

Peg Bascom, certified cannabis and CBD advisor, shares how to get a medical cannabis recommendation and how to navigate the websites of licensed dispensaries. Learn common cannabis terms, methods of consumption, and how to safely and easily shop at licensed dispensaries.

MONEY AND YOU

Free and open to all; registration required

Tuesday, January 9, 10:00–11:30 am

The Year Ahead: Where might stocks, bonds, and other securities be headed in 2024? Jorgen Vik, partner with SKV Group, leads a discussion on what to expect in the coming year.

Tuesday, February 13, 10:00–11:30 am

Can We Count on Social Security?: The Social Security trust fund is expected to run out in approximately 10 years. How might this retirement program change? Jorgen Vik, partner with SKV Group, leads the discussion.

LET'S TALK WINE!

Free and open to all; registration required

Tuesday, January 9, 5:00–6:00 pm

Find out what is happening in the local wine industry now and what you can expect in the new year with Scott Elliff, owner of DuCard Vineyards. This is a fun and informal session with plenty of time for Q&A.

DECLUTTER AND GET ORGANIZED

Free and open to all; registration required

Thursday, January 11 & Friday, January 19, 11:00 am–2:00 pm (2 weeks)

Professional organizer Keri-Ann Byrne ex-

plains the best ways to get organized and start decluttering your home in a relaxed and purposeful manner. Having less clutter surrounding you can reduce overwhelming feelings and lead to lower levels of stress.



RECURRING MEDICARE PROGRAMS

Free and open to all; registration encouraged

Medicare can be so confusing! Join in any of these programs to get through the process.

Thursday, January 4, 1:00–2:00 pm with Margo Kreider

Wednesday, January 10, 11:00 am–12:00 pm and 6:00–7:00 pm with Sharon Accardo

Thursday, January 18, 6:00–7:00 pm with Margo Kreider

Thursday, February 1, 1:00–2:00 pm with Margo Kreider

Wednesday, February 14, 11:00 am–12:00 pm with Sharon Accardo

Thursday, February 15, 6:00–7:00 pm with Margo Kreider

ELDER LAW WITH DORIS GELBMAN

Free and open to all

Tuesday, January 16, 10:00–11:30 am

The Continuum of Care, Part I: As we age, our need for assistance increases in many ways. Learn how to plan, manage, and pay for the entire spectrum of long-term care with Kathryn Caverly, owner/director of IKOR life care management; Jeffrey W. Grossman, CEO of Commonwise Home Care; and Doris Gelbman, elder law attorney. This session focuses on caring for seniors in the home or an independent environment.

Tuesday, February 20, 10:00–11:30 am

The Continuum of Care, Part II: Learn about how to provide trained, qualified, and compassionate care for people living with dementia with Amber Moran, dementia care specialist at Legacy Senior Living; Judi Cleary Kelly, dementia care specialist at RoseWood Village; and Doris Gelbman, elder law attorney.

HATE CRIMES AND EXTREMISM: WHAT CAN WE DO ABOUT IT

Free and open to all; registration encouraged

Wednesdays, January 17–February 21, 5:30–7:30 pm (6 weeks)

Learn about many of the forces behind hate crimes and extremism, as well as some strategies to address these forces, with Taylor Frome, Executive Director of the Mediation Center of Charlottesville. Each week's workshop includes an informational presentation and time for discussion.

REVERSE MORTGAGE PROS AND CONS

Free and open to all; registration encouraged

Thursday, January 18, 11:00 am–12:00 pm

Find out myths of the reverse mortgage and how it got a bad reputation. Why isn't the reverse mortgage more popular? Should you consider a reverse mortgage? Karren Tyler with Waterstone Mortgage presents.

DEMYSTIFYING AND UNDERSTANDING GRIEF

Free and open to all; registration encouraged

Thursday, January 18, 6:00–7:00 pm

Whether it is the loss of a loved one, a home, or mobility, the road of grief is difficult to navigate. Certified grief educator Laura Markey Monroe offers support by debunking myths about the grieving process. Understand and accept your journey or learn how to support a grieving loved one.

BEGINNING TO INTERMEDIATE ITALIAN

Open to all; registration required

Mondays, January 22–February 19, 9:30–11:00 am (5 weeks)

Mondays, January 22–February 19, 1:00–2:30 pm (5 weeks)

Learn to read, speak, and write in both present and past tense in the context of daily contemporary Italian culture with instructor AnnaMaria Bakalian. A variety of tools, such as games, exercises, activities on phonetics, and self-assessment tests, will help you learn while having fun. Prime members free; Standard members \$35; Guests \$45.



ADVANCED ITALIAN CONVERSATION

Open to all; registration required

Mondays, January 22–February 19, 11:00 am–12:30 pm (5 weeks)

Native Italian AnnaMaria Bakalian continues an engaging language course for intermediate and advanced students. Learn the past and imperfect tenses, and build up your vocabulary. Prime members free; Standard members \$35; Guests \$60. See required materials online.

BEGINNER GUITAR LESSONS

Open to all; registration required

Mondays, January 22–March 11, 1:00–1:50 pm (8 weeks)

It's never too late to learn a new instrument! Bring your own guitar to learn from accomplished musician and instructor, Mike D'antoni. Prime members \$32; Standard members \$80; Guests \$120.

INTERMEDIATE GUITAR LESSONS

Open to all; registration required

Mondays, January 22–March 11, 2:00–2:50 pm (8 weeks)

Learn more advanced chords, fingerpicking, and strum patterns while having fun with familiar songs. Bring your own guitar to join accomplished musician and instructor, Mike D'antoni. Prime members \$32; Standard members \$80; Guests \$120.

ACHS PRESENTS: THE LEGAL HISTORY OF WHITE SUPREMACY

Free and open to all; registration encouraged

Tuesday, January 23, 6:30–8:00 pm

Risa Goluboff, dean of the University of Virginia School of Law, will speak on the legal history of the white supremacist and anti-Semitic violence that took place in Charlottesville on August 11 and 12, 2017, followed by a meditation on the process of writing such a history.

THE MEDIATION PROCESS

Free and open to all; registration encouraged

Wednesday, January 24, 1:00–3:00 pm

Have you ever wondered how to help resolve disputes in personal and professional life? Mediation offers a less adversarial approach to resolving conflicts, especially when emotions are high. Learn skills and techniques to explore creative solutions that improve your life and the well-being of our larger community with certified mediator Walter Magonigal, Jr.

EXTENDED CARE PLANNING

Free and open to all; registration encouraged

Thursday, January 25, 11:00 am–12:30 pm
Wednesday, February 28, 6:00–7:30 pm

Tracy Meade and Kim Volker discuss resources available for long-term care and the role of a geriatric care manager.



MOUNTAIN DULCIMER BEGINNER LESSONS

Open to all; registration required
 Fridays, February 2–March 8,
 10:30 am–12:00 pm (6 weeks)

Learn to play the Mountain Dulcimer, a traditional Appalachian string instrument, with experienced instructor Dinah Ansley. Use the provided instrument or bring your own. Prime members \$24; Standard members \$60; Guests \$90. A free information session precedes the course on Friday, January 26 from 10:30–11:30 am.

PEACE IN THE MIDDLE EAST

Free and open to all; registration encouraged
 Tuesday, February 27, 5:00–6:30 pm

Roy Hange, a longtime teacher and worker for global peace, draws upon his many years of experience living in the Middle East to discuss peace-building in the context of the current conflict in Gaza. Presented in partnership with the Blue Ridge Virginia Chapter of The United Nations Association of the USA (UNA-USA).

PHYSICAL WELL-BEING

HEARING SCREENINGS

Free and open to all
 1st Thursdays, 10:00 am–12:00 pm

Dr. Anne Delaney of Delaney Hearing Center offers free drop-in hearing screenings on the first Thursday of each month.

AGING IN PLACE

Free and open to all; registration encouraged
 1st Fridays, 11:00 am–12:00 pm

Learn ways to live a long, healthy, secure life at home. Visiting Angels shares information for older adults, caregivers, and families. The January topic will be nutrition and hydration. The February topic will be end-of-life care.

WELLNESS AND HEALTHY AGING

Free and open to all; registration required
 1st Fridays, 1:00–2:00 pm

Dr. Jason Itri provides information about factors that influence health and disease, methods to determine risk of common diseases such as cardiovascular disease, and evidence-based interventions that promote healthy aging. The January topic will be the impact of stress on healthy aging. The February topic will be relevant lab tests and how we interpret them.

MOVE FOR HEALTH

Free and open to all
 Tuesday, January 16, 9:30–10:30 am

Hand Pain and Arthritis: Certified hand therapist Michelle Raphael shares how to treat hand pain and arthritis and improve hand function.

Tuesday, February 20, 9:30–10:30 am

Improving Your Healthspan: Darcy Higgins, Doctor of Physical Therapy, discusses lifestyle factors we can control to increase your years in good health.

HEARING HEALTH

Free and open to all; registration required
 Wednesday, January 17, 10:00–11:00 am

New Relief for Tinnitus: Ringing, swishing, crickets, white noise... anything you hear that really isn't there is called tinnitus. The team from Evolution Hearing will review tinnitus, why it happens, ways that tinnitus can be measured, and treatment options that are available.

Wednesday, February 21, 10:00–11:00 am

Understanding Your Hearing Test: Confused about what your hearing test results have shown? High tones, low pitch, decreased volume...the terms can be overwhelming and often are misunderstood. Join Evolution Hearing for a plain and simple explanation of hearing test results and what they mean for you. There will be examples, but feel free to bring a copy of your own hearing test.

EXPLORE THE BLUE ZONES

Free and open to all; registration encouraged
 Tuesdays, January 30–February 27,
 10:30 am–12:00 pm (5 weeks)

The Blue Zones are the five regions around the world where people live the longest and healthiest lives. Gerontologist and R.N., Dr. Nancy Falk will introduce you to the Blue Zones and what they can teach us about living longer and healthier in this discussion series.

THE GOOD HEALTH SERIES

Open to all; registration required
 Friday, January 26, 12:30–2:00 pm

What can you do to maximize your protection against long-term illnesses? What actually constitutes a healthy diet? How can you maintain your health and energy levels as you age? Nutrition and wellness counselor Gary Denny will touch on the answers to these and many other health-related questions in this series. The January topic will be a primer on healthy eating.

SOCIAL/RECREATIONAL

WEDNESDAY MOVIE NIGHT

Free and open to all; registration encouraged
 1st and 3rd
 Wednesdays each
 month, 5:00 pm

January 3: *Dr. Martin Luther King, Jr.: A Historical Perspective*

January 17: *Meet the Parents*

February 7: *The Legend: The Bessie Coleman Story*

February 21: *The Love Punch*

ROUND DANCE LESSONS

Open to all; registration required
 Saturdays, January 6–March 2, 11:30 am–
 1:30 pm (8 weeks, no class Feb. 17)

Thursdays, February 8–April 4, 4:45–
 6:15 pm (8 weeks, no class March 14)

Pair the steps of ballroom dancing with the calls and cues of square dancing. Learn figures for the Waltz, Foxtrot, Cha-cha, Jive, Two-step, and more to music in various genres to keep the circle going. Beginners learn in the first half of class and intermediate dancers practice in the second half. Prime members free; Standard members and guests \$80 per 8-week session.



PRIDE MOVIE

Free and open to all;
 registration encouraged

Tuesday, January 23,
 2:00–4:00 pm
Songcatcher

Tuesday, February 27,
 2:00–4:00 pm
Rustin



ROUND DANCE

Free and open to all
 Thursday, February 1, 4:45–6:15 pm

Join in an afternoon of round dancing — a style of choreographed ballroom dancing.



LOVELY LUNCHEON

Open to all; registration required by Feb. 16
 Wednesday, February 21, 12:00–1:30 pm

Enjoy a lovely luncheon during the month of love! On the menu from Layers Catering: garden salad, beef or chicken lasagna, and assorted cookies. Members \$15, Guests \$18.

SUPPORT/ DISCUSSION GROUPS

DIABETES DISCUSSION GROUP

Free and open to all; registration encouraged
 1st Friday each month, 1:00–2:00 pm

Registered Nurse Ruth Sweet facilitates topics every month to help you better understand your diabetes diagnosis.



MAINTAINING MENTAL HEALTH SUPPORT GROUP

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

Life comes with a lot of curve balls. Experienced caregivers and LPNs from Loving Arms Care offer a safe space for you to discuss troubles or accomplishments and provide resources on how to support your mental health.

ADHD SUPPORT GROUP

Free and open to all; registration encouraged
 3rd Thursdays each month, 1:00–2:00 pm

ADHD is a lifelong condition that impacts all ages. It is a highly heritable and intergenerational condition. In this support group, certified ADHD life coach Susan McGinnis will use the book "The Mindfulness Prescription for Adult ADHD" to help you learn how to stay present in the moment and better manage your life.

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

Pull-Out Program Calendar

THURSDAY

- 9:00 TAI CHI
Party Bridge,
Energizing Yoga \$
- 9:15 PRIMETIME FITNESS \$
- 10:00 *Ivy Creek Hikers,*
AA Meeting
Tap Dance (Int.) \$
Foot & Nail Care Clinic \$
- 10:15 **Feel Good Flow \$**
- 10:30 First Wind Band \$
ARTHRITIS EXERCISE \$
- 11:15 Tap Dance Lessons (Adv.) \$
- 12:00 **NIA-Moving to Heal \$**
Music in the Atrium
Sheepshead
Massage Appts. with Rachel Available \$
- 12:15 **BALANCE & STABILIZATION \$**
Gentle Yoga \$
- 1:00 Woodcarvers
- 1:15 Cardio Strength \$
- 2:00 Backgammon, Cribbage
- 2:15 **Gentle Yoga \$**
- 2:30 **International Folk Dance, Beginners Mah Jongg**
- 3:00 **Drumming Group**
- 3:30 Tai Chi \$
- 5:00 **Tap Your Troubles Away \$**
- 7:00 **Square Dancing**

FRIDAY

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

SATURDAY

- 8:45 **Gentle Yoga \$**
- 9:00 Oil Painting Group
- 10:00 **MOVE TO THE RHYTHM DANCE PARTY \$**
Energizing Yoga \$
Chess (All Levels)
- 11:15 **Floor Barre \$**

The Center at Belvedere

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

<p>4 9:00 Basics of Alcohol Ink \$ 10:00 Hearing Screenings 12:30 Beg. Oil Painting \$ 1:00 Mastering Medicare Apple/Mac Users Group 3:00 Socrates Café 3:30 Android Phone Training 4:45 Round Dance Lessons, cont. 5:30 Artist Reception with Randy Baskerville (2nd Floor) 6:00 NAMI Support Group, Jazz Jam</p>	<p>5 10:30 Beg/Int. Crochet \$ 11:00 Aging in Place 12:00 Int./Adv. Oil Painting \$ 1:00 Diabetes Discussion Group Wellness and Healthy Aging</p>	<p>6 10:30 Pride Brunch 11:30 Round Dance Lessons \$ 11:45 Beg. Chinese Brush Painting \$ 12:30 Android and PC Users Workshop</p>
<p>11 9:00 Painting with the Masters \$ 10:00 Writing for Health and Healing 11:00 Declutter and Get Organized 12:00 WWII Discussion Group 12:30 Beg. Oil Painting, cont. 2:00 Varieties of Spiritual Experience 3:30 Fitness Room Orientation 4:00 Essential Tremor Support Group 4:45 Round Dance Lessons, cont. 5:30 Artist Reception with Ann Cheeks & Lindsay Diamond (1st Floor) 6:00 African American Book Club Charlottesville Camera Club</p>	<p>12 10:30 Beg/Int. Crochet, cont. 12:00 Int./Adv. Oil Painting, cont. 6:00 The After Party \$</p>	<p>13 11:30 Round Dance Lessons, cont. 11:45 Beg. Chinese Brush Painting, cont.</p>
<p>18 9:00 Painting with the Masters, cont. 10:00 Writing for Health and Healing 11:00 Reverse Mortgage Pros and Cons 12:30 Card Making with Sherry \$ Beg. Oil Painting, cont. 1:00 Apple/Mac Users Group ADHD Support Group 3:00 Socrates Café 3:30 Android Phone Training Winter Paint and Sip \$ 4:45 Round Dance Lessons, cont. 5:00 Fitness Room Orientation 6:00 NAMI Support Group Mastering Medicare Understanding Grief</p>	<p>19 10:30 Writers Critique Workshop Beg/Int. Crochet, cont. 11:00 Declutter and Get Organized 12:00 Lunch Box Readings Int./Adv. Oil Painting, cont.</p>	<p>20 11:30 Round Dance Lessons, cont. 11:45 Beg. Chinese Brush Painting, cont. 12:30 Android and PC Users Workshop</p>
<p>25 9:00 Painting with the Masters, cont. 10:00 Writing for Health and Healing 11:00 Extended Care Planning 12:30 Beg. Oil Painting, final 2:00 Varieties of Spiritual Experience 4:45 Round Dance Lessons, final 5:01 Thursdays Around 5</p>	<p>26 10:30 Beg/Int. Crochet, final Mountain Dulcimer Info Session 12:00 Int./Adv. Oil Painting, final 12:30 Good Health Series</p>	<p>27 10:00 Stop By Saturday 11:30 Round Dance Lessons, cont. 11:45 Beg. Chinese Brush Painting, final</p>

February 2024

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

MONDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*
 9:15 PRIMETIME FITNESS \$, Floor Barre \$
 10:00 Writing for Healing & Growth \$
 Sew & Sews, Getting Better at Bridge, **Grateful Threads Quilters**
 10:30 Core Stability \$
 11:00 **Silver Swans Ballet II**, Poker
 11:30 **Feel Good Flow \$**
 Cardio Strength \$
 11:45 BALANCE & STABILIZATION \$
 12:15 **Silver Swans Ballet I**
 12:30 Chess
 12:45 Mah Jongg (Chinese)
 1:00 *Ageless Grace \$*
English Country Dance
Music in the Atrium
 Member Social
 1:45 Strengthen Your Health & Life \$
 3:00 Meditative Stretch \$
 3:30 Tai Chi \$

TUESDAY

9:00 **Energizing Yoga \$**
 TAI CHI
 9:15 PRIMETIME FITNESS \$
 10:15 Tap Dance Lessons (Beg) \$
 10:30 ARTHRITIS EXERCISE \$
 10:45 Second-Wind Band \$
 Band Workout \$
 11:00 Tap Dance Lessons (Beg/Int) \$
Massage Appointments with Chase (available until 4:00) \$
 11:45 Stretch for Balance & Strength \$
 12:00 Balance with Beth \$
 12:15 Fitness Band Strengthening \$
 12:30 Party Bridge
 12:45 *Beginning Spanish**
 1:00 **English Country Dance**
 1:15 Cardio Strength \$
 2:00 *Advanced Beginner Spanish**
 GO for Beginners
 2:15 **Gentle Yoga \$**
 Core Stability \$
 3:15 *Keeping Up Your Spanish**
 3:30 MOVE TO THE RHYTHM DANCE PARTY \$, **Parkinson's Yoga \$**
 5:00 **Fit to Go**
 6:00 **AA Women's Group**,
 Line Dance (Int./Adv.)
 6:45 **Families Anonymous**

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

WEDNESDAY

8:30 Hatha Yoga \$
 9:00 *Hiking*, **Massage Appointments with Chase (available until 4:00) \$**
Fitness Room Orientation
 9:15 Primetime Fitness \$
 9:30 Crafty Ladies
 9:45 Tone & Groove \$
 10:00 *Senior Bowling \$*, Push Card Game
 10:30 Maximize Your Strength \$
 11:00 SENIOR FITNESS, Poker
 12:00 **Tops, Canasta, Music in the Atrium**, Crafts DIY, Advanced Line Dance
 12:30 **Square Dance Lessons**
 1:00 *Ageless Grace \$*, Scrabble
 American Mah-Jongg
 Recorder Lessons \$
 1:15 Cardio Strength \$
 1:45 Strengthen Your Health & Life \$
 2:00 Knit-Wits
Music in the Atrium
 2:30 Ping Pong
Conversational Spanish (Beg.)
 3:00 Foam Rolling \$
 4:15 **Stretch for Balance & Strength \$**
 5:00 Beginners Line Dance
 6:00 **AA Meeting**
 6:30 **International Folk Dance**

5 9:30 **Paint Loose I, cont.**
Beg./Int. Italian, cont.
 10:00 **Bunko**
Adv. Italian Conversation, cont.
 11:00 **Beg./Int. Italian, cont.**
Beginner Guitar Lessons, cont.
 Council Meeting
Scrapbooking \$
 2:00 **Intermediate Guitar Lessons, cont.**
 3:00 **Drop-in Bereavement Support Group**

6 9:00 **Injury & Pain Screenings**
Art as Play \$
Clogging
Coffee & Caregiving
 10:00 **Try it Out Tuesday**
 A Group for Men
 10:30 **Explore the Blue Zones, cont.**
 11:00 **Good Life Series**
 1:00 **Create a Fuzzy Wreath \$**
 6:30 **Piedmont Master Gardener Talk**

7 9:30 **Veterans Coffee Hour**, Kingfishers
 10:00 Wise Women, Too
 10:15 Wednesday Music Club: Eric Ruple
 11:00 Book Group
 2:00 **Chinese Brush Painting \$**
 2:30 **Re-Connect Support Group, cont.**
 5:00 **Wednesday Movie Night**
 5:30 **Hate Crimes and Extremism: What Can We Do? cont.**
 6:00 **Latin Ballroom Dance \$**
 7:00 **Standard Ballroom Dance \$**

12 9:30 **Paint Loose I, cont.**
Beg./Int. Italian, cont.
 10:00 **Quilling with Cory \$**
Veteran Women's Social
Adv. Italian Conversation, cont.
 1:00 **Beg./Int. Italian, cont.**
Beginner Guitar Lessons, cont.
Piedmont Pastelists
Scrapbooking, cont.
 2:00 **Intermediate Guitar Lessons, cont.**
 2:00 **Preparing for Death Discussion Series**
 Current Events

13 9:00 **Art as Play, cont.**
Clogging, cont.
 10:00 **Money & You**
Paper Crafting with Diane \$
 Wise Women Connect
 10:30 **Explore the Blue Zones, cont.**
 1:00 **Create Framed Sand Art \$**
Bookmobile
How to's of Medical Cannabis
Int./Adv. Landscape Oils Painting \$
 2:00 **Karaoke**
 4:00 *Singles Schmooze*
 4:30 **Insight Meditation \$**
 5:00 **Pride Valentine's Dance**

14 9:00 **Drop-in Bereavement Support Group**
Welcome Wednesday
 10:00 **Parkinson Caregiver Support Group**
 Medicare 101
 1:00 Travel Buddies
 2:00 **Chinese Brush Painting, cont.**
 2:30 **Re-Connect Support Group, cont.**
 5:30 **Songwriter Open Mic Night**
Hate Crimes and Extremism: What Can We Do? cont.
 6:00 **Moonlighter's Quilting**
Latin Ballroom Dance, cont.
Cinema Discussion Group
 7:00 **Standard Ballroom Dance, cont.**

19 9:30 **Paint Loose I, cont.**
Beg./Int. Italian, final
 10:00 **Bunko**
Adv. Italian Conversation, final
 11:00 **Beg./Int. Italian, final**
Beginner Guitar Lessons, cont.
Scrapbooking, cont.
 2:00 **Intermediate Guitar Lessons, cont.**
 3:00 **Drop-in Bereavement Support Group**

20 9:00 **Art as Play, cont.**
Clogging, cont.
 9:30 **Move for Health**
Alzheimer's Support Group
 10:00 A Group for Men
Elder Law
 10:30 **Explore the Blue Zones, cont.**
 1:00 **Int./Adv. Landscape Oil Painting, cont.**
 4:00 **Broadway and more**
 featuring Mary Mikels \$
 6:00 **Albemarle Modern Quilt Guild**

21 9:00 **Injury & Pain Screenings**
Hearing Health, Wise Women, Too
 11:00 **Maintaining Mental Health Support Group**
 12:00 **Lovely Luncheon \$**
 1:00 Let's Talk Books
 2:00 **Chinese Brush Painting, cont.**
 2:30 **Re-Connect Support Group, cont.**
 5:00 **Wednesday Movie Night**
 5:30 **Hate Crimes and Extremism: What Can We Do? final**
 6:00 **Empty Nesters Book Club**
Latin Ballroom Dance, cont.
 7:00 **Standard Ballroom Dance, cont.**

26 9:30 **Paint Loose I, cont.**
 12:00 **Mystery Book Club**
 1:00 **Beginner Guitar Lessons, cont.**
Scrapbooking, final
 2:00 **Intermediate Guitar Lessons, cont.**
 2:00 **Preparing for Death Discussion Series**
 Current Events
Comfort Bird Woodcarving Class \$

27 9:00 **Art as Play, cont.**
Clogging, final
 10:00 Wise Women Connect
 10:30 **Explore the Blue Zones, final**
 1:00 **Bookmobile**
Int./Adv. Landscape Oil Painting, final
 2:00 **Karaoke**
Pride Move: Rustin
 4:00 *Singles Schmooze*
 4:30 **Insight Meditation, final**
 5:00 **Peace in the Middle East**

28 9:00 **Drop-in Bereavement Support Group**
Parkinson Caregiver Support Group
 2:00 **Chinese Brush Painting, final**
 2:30 **Re-Connect Support Group, final**
 6:00 **Moonlighter's Quilting**
Extended Care Planning
Latin Ballroom Dance, final
 7:00 **Standard Ballroom Dance, final**

Pull-Out Program Calendar

THURSDAY

9:00 TAI CHI
Party Bridge
Energizing Yoga \$
9:15 PRIMETIME FITNESS \$
10:00 *Ivy Creek Hikers*
AA Meeting
Tap Dance (Int.) \$
Foot & Nail Care Clinic \$
10:15 **Feel Good Flow \$**
10:30 First Wind Band \$,
ARTHRITIS EXERCISE \$
11:15 Tap Dance Lessons (Adv.) \$
12:00 **NIA-Moving to Heal \$**
Music in the Atrium
Sheepshead
Massage Appts. with Rachel Available \$
12:15 BALANCE & STABILIZATION \$
1:00 Woodcarvers
1:15 Cardio Strength \$
2:00 Backgammon, Cribbage
2:15 **Gentle Yoga \$**
2:30 **International Folk Dance, Beginners Mah Jongg**
3:00 **Drumming Group**
3:30 Tai Chi \$
5:00 **Tap Your Troubles Away \$**
7:00 **Square Dancing**

FRIDAY

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

SATURDAY

8:45 **Gentle Yoga \$**
9:00 Oil Painting Group
10:00 **MOVE TO THE RHYTHM DANCE PARTY \$**
Energizing Yoga \$
Chess (All Levels)
11:15 **Floor Barre \$**

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<p>1 9:00 Painting with the Masters, cont. 10:00 Hearing Screenings 1:00 Mastering Medicare Apple/Mac Users Group 3:00 Socrates Café 4:45 Round Dance 6:00 NAMI Support Group</p>	<p>2 10:30 Mountain Dulcimer Beginner Lessons \$ Beg./Int. Crochet \$ 11:00 Aging in Place 12:00 Int./Adv. Oil Painting \$ 1:00 Diabetes Discussion Group Wellness and Healthy Aging</p>	<p>3 10:00 Music from the Stage and Screen 10:30 Pride Brunch 11:30 Round Dance Lessons, cont. 11:45 Beg. Chinese Brush Painting \$ 12:30 Android and PC Users Workshop</p>
<p>8 9:00 Painting with the Masters, cont. 10:00 Writing for Health and Healing 12:00 WWII Discussion Group 2:00 Varieties of Spiritual Experience Fitness Room Orientation 4:00 Essential Tremor Support Group 4:45 Round Dance Lessons \$ (new series) 6:00 The Lives Between the Lines: Documentary and Panel Discussion 6:30 Charlottesville Camera Club</p>	<p>9 10:30 Mountain Dulcimer Beginner Lessons, cont. Beg./Int. Crochet, cont. 12:00 Int./Adv. Oil Painting, cont.</p>	<p>10 11:30 Round Dance Lessons, cont. 11:45 Beg. Chinese Brush Painting, cont.</p>
<p>15 9:00 Painting with the Masters, cont. 10:00 Writing for Health and Healing 12:30 Adv. Beginner Oils \$ 1:00 Apple/Mac Users Group ADHD Support Group 3:00 Socrates Café Apple/Mac Users Group 4:45 Round Dance Lessons, cont. 5:00 Fitness Room Orientation 6:00 NAMI Support Group Mastering Medicare</p>	<p>16 10:30 Writers Critique Workshop Mountain Dulcimer Beginner Lessons, cont. Beg./Int. Crochet, cont. 12:00 Lunch Box Readings with Alden Bigelow 12:00 Int./Adv. Oil Painting, cont.</p>	<p>17 11:45 Beg. Chinese Brush Painting, cont. 12:30 Android and PC Users Workshop</p>
<p>22 9:00 Painting with the Masters, cont. 10:00 Writing for Health and Healing 12:30 Adv. Beginner Oils, cont. 2:00 Varieties of Spiritual Experience 4:45 Round Dance Lessons, cont. 5:02 Thursdays Around 5</p>	<p>23 10:30 Mountain Dulcimer Beginner Lessons, cont. Beg./Int. Crochet, final 12:00 Int./Adv. Oil Painting, final</p>	<p>24 10:00 Stop By Saturday 11:30 Round Dance Lessons, cont. 11:45 Beg. Chinese Brush Painting, final 12:00 Center High Tea \$</p>
<p>29 9:00 Painting with the Masters, final 10:00 Writing for Health and Healing 12:30 Adv. Beginner Oils, cont. 4:45 Round Dance Lessons, cont.</p>		

January 2024

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

MONDAY	TUESDAY	WEDNESDAY
8:30 Hatha Yoga \$ 9:00 <i>Hiking</i> 9:15 PRIMETIME FITNESS \$, Floor Barre \$ 10:00 Writing for Healing & Growth \$ Sew & Sews, Getting Better at Bridge, Grateful Threads Quilters 10:30 Core Stability \$ 11:00 Silver Swans Ballet II , Poker 11:30 Feel Good Flow \$ Cardio Strength \$ 11:45 BALANCE & STABILIZATION \$ 12:15 Silver Swans Ballet I 12:30 Chess 12:45 Mah Jongg (Chinese) 1:00 <i>Ageless Grace \$</i> English Country Dance Music in the Atrium Member Social 1:45 Strengthen Your Health & Life \$ 3:00 Meditative Stretch \$ 3:30 Tai Chi \$	9:00 Energizing Yoga \$, TAI CHI 9:15 PRIMETIME FITNESS \$ 10:15 Tap Dance Lessons (Beg) \$ 10:30 ARTHRITIS EXERCISE \$ 10:45 Second-Wind Band \$ Band Workout \$** 11:00 Tap Dance Lessons (Beg/Int) \$ Massage Appointments with Chase (available until 4:00) \$ 11:45 Stretch for Balance & Strength \$ 12:00 Balance with Beth \$ 12:15 Fitness Band Strengthening \$** 12:30 Party Bridge 12:45 <i>Beginning Spanish*</i> 1:00 English Country Dance 1:15 Cardio Strength \$ 2:00 <i>Advanced Beginner Spanish*</i> GO for Beginners 2:15 Gentle Yoga \$, Core Stability \$ 3:15 <i>Keeping Up Your Spanish*</i> 3:30 MOVE TO THE RHYTHM DANCE PARTY \$, Parkinson's Yoga \$ 5:00 Fit to Go 6:00 AA Women's Group Line Dance (Int./Adv.) 6:45 Families Anonymous *classes meet online the 1st & 3rd Tuesdays; at The Center the 2nd & 4th Tuesdays; will not meet Jan. 2 **will not meet Jan. 2	8:30 Hatha Yoga \$ 9:00 <i>Hiking</i> , Massage Appointments with Chase (available until 4:00) \$ Fitness Room Orientation 9:15 Primetime Fitness \$ 9:30 Crafty Ladies 9:45 Tone & Groove \$ 10:00 <i>Senior Bowling \$</i> , Push Card Game 10:30 Maximize Your Strength \$ 11:00 SENIOR FITNESS, Poker 12:00 Tops , Canasta, Music in the Atrium , Crafts DIY, Advanced Line Dance 12:30 Square Dance Lessons 1:00 <i>Ageless Grace \$</i> , Scrabble American Mah-Jongg Recorder Lessons \$ 1:45 Strengthen Your Health & Life \$ 2:00 Knit-Wits Music in the Atrium 2:30 Ping Pong Conversational Spanish (Beg.) 3:00 Foam Rolling \$ 4:15 Stretch for Balance & Strength \$ 5:00 Line Dance (Beg.) 6:00 AA Meeting 6:30 International Folk Dance

1 Center closed for New Year's Holiday	2 9:00 Injury & Pain Screenings Art as Play \$ 9:30 Coffee & Caregiving 10:00 Try it Out Tuesday A Group for Men 11:00 Good Life Series 1:00 Int./Adv. Landscape Oil Painting \$ 4:30 Insight Meditation \$	3 9:30 Veterans Coffee Hour Kingfishers Intro to Intaglio Printmaking \$ 10:00 Wise Women, Too 11:00 Book Group 2:00 Chinese Brush Painting \$ 5:00 Wednesday Movie Night 6:00 Latin Ballroom Dance \$ 7:00 Standard Ballroom Dance \$
8 9:30 Paint Loose I \$ 11:00 Veteran Women's Social 1:00 Int. Impressionist Painting \$ Piedmont Pastelists Council Meeting 2:00 Current Events Preparing for Death Discussion Series	9 9:00 Art as Play, cont. Clogging 10:00 Money and You Wise Women Connect Handknit Scarf Making \$ 1:00 Bookmobile How to's of Medical Cannabis Int./Adv. Landscape Oil Painting, cont. 2:00 Karaoke 4:00 <i>Singles Schmooze</i> 5:00 Let's Talk Wine	10 9:00 Drop-in Bereavement Support Group 9:30 Intro to Intaglio Printmaking, cont. 10:30 Parkinson Caregiver Support Group 11:00 Medicare 101 1:00 Travel Buddies Welcome Wednesday 2:00 Chinese Brush Painting, cont. 2:30 Re-Connect Support Group, (new series) 5:30 Songwriter Open Mic Night 6:00 Moonlighter's Quilting Latin Ballroom Dance, cont. Cinema Discussion Group 7:00 Standard Ballroom Dance, cont.
15 Center closed for Martin Luther King, Jr. Day	16 9:00 Art as Play, cont. Clogging, cont. 9:30 Move for Health Alzheimer's Support Group 10:00 Elder Law A Group for Men Welcome to the Website 1:00 Int./Adv. Landscape Oil Painting, cont. 4:30 Insight Meditation, cont. 6:00 Albemarle Modern Quilt Guild	17 9:00 Injury & Pain Screenings 9:30 Intro to Intaglio Printmaking, cont. 10:00 Hearing Health , Wise Women, Too 11:00 Maintaining Mental Health Support Group 1:00 Let's Talk Books 2:00 Chinese Brush Painting, cont. 2:30 Re-Connect Support Group, cont. 5:00 Wednesday Movie Night 5:30 Hate Crimes and Extremism: What Can We Do? 6:00 Latin Ballroom Dance, cont. Empty Nesters Book Club Welcome Wednesday 7:00 Standard Ballroom Dance, cont.
22 9:30 Paint Loose I, cont. Beg./Int. Italian \$ 10:00 Mandala Dot Art Painting \$ 11:00 Adv. Italian Conversation \$ 12:00 Mystery Book Club 1:00 Beg./Int. Italian \$ Int. Impressionist Painting, cont. Beginner Guitar Lessons \$ Intermediate Guitar Lessons \$ Current Events Preparing for Death Discussion Series	23 9:00 Art as Play, cont. Clogging, cont. 10:00 Wise Women Connect Long Term Care Appt. 1:00 Bookmobile Int./Adv. Landscape Oil Painting, cont. 2:00 Karaoke Pride Move: Songcatcher <i>Singles Schmooze</i> 6:30 ACHS presents: The Legal History of White Supremacy	24 9:00 Drop-in Bereavement Support Group 9:30 Intro to Intaglio Printmaking, cont. 10:30 Parkinson Caregiver Support Group 1:00 The Mediation Process 1:30 Dollhouse Miniatures 2:00 Chinese Brush Painting, cont. 2:30 Re-Connect Support Group, cont. 5:30 Hate Crimes and Extremism: What Can We Do? cont. 6:00 Moonlighter's Quilting 6:00 Latin Ballroom Dance, cont. 7:00 Standard Ballroom Dance, cont.
29 9:30 Paint Loose I, cont. Beg./Int. Italian, cont. 11:00 Adv. Italian Conversation, cont. 1:00 Beg./Int. Italian, cont. Int. Impressionist Painting, final Beginner Guitar Lessons, cont. 2:00 Intermediate Guitar Lessons, cont.	30 9:00 Art as Play, cont. Clogging, final 10:30 Explore the Blue Zones 1:00 Int./Adv. Landscape Oil Painting, final 4:30 Insight Meditation, final	31 9:30 Intro to Intaglio Printmaking, final 2:00 Chinese Brush Painting, final 2:30 Re-Connect Support Group, cont. 5:30 Hate Crimes and Extremism: What Can We Do? cont. 6:00 Latin Ballroom Dance, final 7:00 Standard Ballroom Dance, final



TRAVEL

LINDA HAHN
TRAVEL COORDINATOR

linda@thecentercville.org
434.220.9736

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

Personal travel needs? Contact Linda for help!

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

DAY TRIPS



VIRGINIA MUSEUM OF FINE ARTS

Thursday, January 11, 8:30 am–4:30 pm

A perennial favorite, The Virginia Museum of Fine Arts in Richmond has diverse collections, including Faberge eggs, Tiffany glass, Impressionist paintings, Renaissance works, and more. The museum's artworks span several cultures from around the world: Indian, Egyptian, Japanese, French, Native American, and African. Explore and lunch on your own with The Center's convenient transportation. Members \$80; Guests \$100.



DUCARD VINEYARDS

Thursday, February 15, 12:00–5:00 pm

Cozy up to the blazing fireplace at DuCard Vineyards—located along the eastern slope of Shenandoah National Park—for a winter wine tasting with charcuterie. Picnics are welcome. Members \$95; Guests \$115.

JERSEY BOYS AT THE RIVERSIDE CENTER FOR THE PERFORMING ARTS

Wednesday, March 6, 9:30 am–6:30 pm

With phenomenal music, memorable characters, and great storytelling, this musical phenomenon takes you behind the scenes of Franki Valli and the Four Seasons. Follow the evolution of four blue-collar kids who became one of the greatest successes in pop music history as you enjoy electrifying performances of top hits including “Sherry,” “Big Girls Don’t Cry,” “Can’t Take My Eyes Off You,” “Dawn,” and “My Eyes Adored You.” Lunch is included. Members \$150; Guests \$170.



NATIONAL AIR AND SPACE MUSEUM

Friday, March 15, 8:30 am–5:30 pm

Lifelong learning hits the stratosphere as we visit The Steven F. Udvar-Hazy Center in Chantilly, VA. Stroll through thousands of aviation and space artifacts, including the Space Shuttle Discovery, a Blackbird SR-71, and the Concorde. A docent-led tour will highlight the Museum's collection and trace the history of air and space travel. Enjoy lunch on your own at the Museum's onsite Shake Shack. Members \$82; Guests \$102.

ODYSSEY CRUISE ON THE POTOMAC

Friday, March 22, 8:30 am–5:30 pm

Glide along the Potomac River in our Nation's capital aboard the one-level, glass-enclosed *Odyssey* for a delicious luncheon cruise. Admire cherry blossoms as you sail beneath historic bridges and enjoy the up-close views of the nation's greatest monuments. Lunch and live entertainment are included. Members \$190; Guests \$210.



TINA – THE TINA TURNER MUSICAL AT ALTRIA THEATER

Saturday, April 6

Follow the inspiring journey of a woman who broke barriers and became the queen of rock 'n' roll in the electrifying musical that took Broadway by storm. Set to the pulse-pounding soundtrack of her most beloved hits, this sensational show will have you soaring to the rafters. Lunch on your own at the Cheesecake Factory prior to the show at the Altria Theater in Richmond. Contact the Travel Office for pricing.

GETAWAYS

SOUTHERN CARIBBEAN CRUISE WITH ROYAL CARIBBEAN

January 27–February 8

Enjoy a winter getaway to the tropics aboard Royal Caribbean International's *Vision of the Seas*. Sail round trip from Baltimore to St. Croix, U.S.V.I.; Philipsburg, St. Maarten; Castries, St. Lucia; Bridgetown, Barbados; and Basseterre, St. Kitts and Nevis. Package includes round trip bus transportation, all meals, entertainment, port fees, taxes, and gratuities.

EGYPT

February 27–March 9

March 26–April 6

Explore a land of ancient treasures from Cairo, the capital and largest city of Egypt, to the Great Pyramids and beyond. On this very active tour, you'll experience camel rides, a Nile cruise from Aswan to Luxor, optional excursions to Abu Simbel and sunrise balloon rides, temple visits, shopping, and much more. Package includes round trip airfare, two to three meals per day, and a licensed professional Egyptian tour guide. Deposits are due January 10.

CYPRUS

March 12–25

March 19–April 1

From quaint villages nestled amongst tall pine trees to the dazzling blue of the Mediterranean Sea, get to know Cyprus from a local's perspective. This small island country is at the crossroads of East meets West and centuries of invaders and conquerors have fought over its strategic location. Tantalize your senses as you explore the island's rich history, delicious foods, and vast countryside. These spring trips will be just in time for the tulips!

BERMUDA AND PERFECT DAY CRUISE

June 13–22

Spend a summer vacation in the jewel of the Atlantic. Cruise aboard Royal Caribbean International's *Vision of the Seas* round trip from the port of Baltimore with stops in Bermuda and Royal Caribbean's exclusive Coco Cay. Package includes round trip bus transportation, all meals, entertainment, port fees, taxes, and gratuities.

COME ALONG! CENTER TRIPS ARE OPEN TO ALL!

DONATIONS MADE IN HONOR OF (October 1–November 30, 2023)

Melanie Benjamin
by Martha & Ted Coates
by Wendy Novicoff

The Center Volunteers
by Peggy Watts Gup

Paul Jacob
by Sonnia Kesser

Jan & John Stalfort
by Louise & Edward Tayloe

Peter M. Thompson
by Elizabeth Gore
by Mittie & Will Harvey
by Anne Hopper
by Ann “Cherie” &
L. Peyton Humphrey
by Jean Zoumaris

WE REMEMBER

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

Michael Caplan
Dwight Cragun
Faye Davis
Peter Easter
William Florac
George Greene
Barbara Guertin
Walter Haas

Paul Mays
Randy Mays
Eva Page
Joseph Robinson
William Satterthwaite
Mary Kate Stockner St. Clair
Daniel Veliky
Sharon Woltz

Scholarship Funds increase access to healthy aging

Healthy aging should be accessible to all! The Center’s mission of creating opportunities for seniors to connect, flourish emotionally and physically, and contribute wisdom to the community extends to everyone, regardless of financial means. Because the cost of membership might be a barrier for some, we are committed to ensuring that financial constraints never hinder the pursuit of healthy aging.

The Center offers scholarships for those who find membership dues and program fees beyond their means. Everyone should have the chance to benefit from the multidimensional programs proven to increase healthspan—the number of years lived in good health. This commitment to inclusivity is one of our core organizational values.

In 2015, The Center formalized the Mary P. Reese Scholarship Fund to honor the memory of a cherished member, educator, philanthropist, and volunteer leader. Mary was a Center member for two decades and served on the Board of Directors for 12 years, including four years as President. The fund carries on her legacy of working to increase access to programs and resources and is supported by gifts from individuals, corporations, foundations, and organizations.

Five years later, recognizing the growing need for scholarship assistance, generous donors took another significant step in supporting The Center’s mission of healthy aging. In late 2020, the Ralph L. Feil Endowed Scholarship Fund achieved its initial fundraising goal of \$100,000. Named in honor of community leader and Center friend Ralph Feil, this endowment ensures a lasting impact by supporting the need for scholarships in perpetuity.

Last fiscal year (April 1, 2022–March 31, 2023), The Center was able to meet 100% of received scholarship requests through gifts to the Mary P. Reese Scholarship Fund, a disbursement from the Ralph L. Feil Endowed Scholarship Fund, and money raised through The Center’s Soirée, a fundraising gala held in September 2022. Approximately 13% of our members currently receive full or partial scholarship support, consistent with the level of local community need. All scholarships are provided on a no-questions-asked basis and can be renewed annually as needed.

By the end of December 2023, The Center had exceeded \$50,000 in scholarship distribution, an amount double the expected 4% increase over FY23 with three more months still remaining in the current fiscal year. With continuing economic challenges, Center scholarships to support healthy aging for all are even more essential for community health. Participation in programs like those at The Center results in better health outcomes, helping to keep health care costs lower for seniors and their families. These benefits ripple through the community.

To make a meaningful impact on the lives of area seniors, ensuring everyone has the opportunity to age healthily and happily, donations to both scholarship funds are welcome year-round. Supporting access to



Mary P. Reese



Ralph L. Feil

healthy aging honors the legacies of both Mary and Ralph and ensures many more seniors can pursue their healthy aging goals.

One member shares, “My husband plays chess, his only passion, at The Center. I am so grateful to The Center for accommodating him as a scholarship member.”

If you share our passion for empowering healthy aging and would like to contribute to the Mary P. Reese Scholarship Fund or to the Ralph L. Feil Endowed Scholarship Fund, please reach out to Philanthropy Assistant Director Lynn Divers at lynn@thecentercville.org. For inquiries about available scholarship support, feel free to contact our Membership and Visitor Services Director LaQuanda Vest at laquanda@thecentercville.org. ■

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

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VOLUNTEERING

BOBBI HUGHES

Coordinator of Volunteer Resources
434.220.9755 • bobbi@thecentercville.org

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

Volunteering—What's in it for You?

Volunteering is an important part of The Center's multidimensional approach to healthy aging. While it falls under the "vocational" dimension of wellness—the ability to achieve personal satisfaction and fulfillment from paid or unpaid work that matches one's core values, skills, interests, talents, and hobbies with community need—volunteering, like many programs at The Center, has several facets.

Volunteers get emotional rewards as well as physical ones. According to researchers at the Harvard T.H. Chan School of Public Health, a growing body of research shows that "volunteering is associated with better physical and mental health outcomes." Lower blood pressure from contributing to a better world? Yes, please!

At The Center, Coordinator of Volunteer Resources Bobbi Hughes can help you can find a volunteer role that's perfect for you, whether it's a specific position like a Program Assistant or working with a group like the Sew & Sews or Crafty Ladies, whose projects benefit adults and children throughout the community.

Volunteering can give you the chance to try something new and build a real sense of achievement. You can make a difference, meet people, be part of a community, learn new things, take on a challenge, feel better, and have fun! If you are able to share your time and talents, don't miss out on all these benefits—be a volunteer!

Here's what some Center volunteers have to say about why they donate their skills and time to The Center or other community organizations:

"Everyone is kind and the feeling of community is essential if you live alone."

"I like the fact that everyone is very appreciative of the volunteers. I also like talking with everyone and finding out about what is going on in their lives."

"It's a great way to mingle and socialize."

"The most valuable aspect is meeting new people. Other aspects are learning new ideas and finding out about what other people do."

"It is such an excellent way to keep your mind and body working."

"Volunteering keeps my days organized. It keeps me from being bored."

"I get to share what I love with others and to learn from them." ■



MICROCAT continued from page 1

they can pick you up. I usually don't have to wait more than 10 minutes."

In addition to the MicroCAT app, which is available on both Apple and Android devices, community members can call 434.442.2466 to request a ride. The service is fare-free Mondays–Saturdays from 6:30 am–9:00 pm and covers both Pantops and a large section of Route 29 North, including the Belvedere neighborhood where The Center is located. Vehicles are all accessible to those in wheelchairs.

"It's pretty reliable, pretty efficient," Todd says. And while as a rideshare service, you may sometimes join other passengers, he notes that "sometimes it's like having your own personal chauffeur!"

As a pilot program, this new way of reaching The Center and other locations around Albemarle County will be available until October 2024 when county officials evaluate its effectiveness.

"My hope is that people use [MicroCAT] so [the county] will keep it and expand it," Todd says. "I don't always want to stay home and watch football. It's nice to be up and around." ■

Volunteer Opportunities

At The Center

The Center is operated in generous part by our volunteers, but sometimes a volunteer is unable to come in for their scheduled shift. If you've held back from volunteering because of the time commitment, now is your time to shine! We need substitute volunteers with open and flexible schedules to help support the Welcome Desk, lobby ambassadors, fitness room, and other positions as needed.

You'll be trained on Center policies and procedures, as well as how to provide excellent customer service to our members and guests. Help us promote our mission in keeping seniors healthy, engaged, and independent in our community as a substitute volunteer!

In the Community

Volunteer at Sentara Martha Jefferson

You can make a difference in someone's life with just a few hours a week. All it takes is your warm smile and compassionate presence to bring comfort to worried patients and families. Sentara Martha Jefferson has a volunteer opportunity for you. For more information, email Renee Dinwiddie at rmwalker@sentara.com or call 434.654.7327.

DONATIONS MADE IN MEMORY OF (October 1–November 30, 2023)

James "Jim" Berry
by Anonymous

Muff & Russ Cummings
by Pat & Madison Cummings

Ed & Jo Davies
by Pat & Madison Cummings

Faye Davis
by Katy Brubaker
by Virginia Crenshaw
by Lynn Divers & Caren Francis
by Patty Glenn & The Dunning Family
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by Richard Self

George E. Linney, Jr., MD
by Barbara Linney

Randy Mays
by Eric Haas
by Darlene Keith Hayes
by Russ & Dolly Keith
by Ben Morgan
by Alice & Phil Stock
by Christopher Stock
by Doris Stock
by Susie Turner

Joan S. Peet
by Christopher Peet

Elizabeth Seabrook
by Mr. & Mrs. Michael Seabrook
by Tom Seabrook

Robert E. Whitworth
by Jane Whitworth

DEI Committee Notes

The Center's DEI Committee works to increase awareness of the errors of the past and improve our community's cooperation, tolerance, and mutual respect.

Honor Black History Month this year at a special screening of *The Lives Between the Lines* on February 8 (see program notes on page 3). Erik Duda's powerful documentary film covers the history of slavery at the University of Virginia and the construction of the Memorial to Enslaved Laborers. The Memorial acknowledges the work and lives of an estimated 4,000 forgotten men and women who built and maintained the university from the early 1800s. After the screening, Enid Krieger will moderate a panel discussion with DeTeasa Gathers, Jessica Harris, Allison Linney, and Cauline Yates.

Look for details soon about a new speaker series, "The Uncomfortable Truths of Systemic Racism." We aim to educate people on the realities of systemic racism and empower allies to speak out against its existence. The series will run every other month, beginning in March 2024, with sessions exploring topics such as economics, health, education, housing, and justice.

MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (October 1–November 30, 2023)

Elizabeth Allen Allan &
Thomas Allan
Melanie Benjamin &
Brian Geiger
Margaret Brennan
Wendy & Jack Brown
Mr. & Mrs. Harry Burn/
The Melville Foundation
Joseph and Robert Cornell
Memorial Foundation
Catherine & Bill Goodrum
Anne & Thad Jones

Anne & Mark Logan
Mary & Mark Brown
Dan & Diane McCallum
Larry J. & Kathryn B. McElwain
Bonnie & Charles Moorman
Judy & Dick Nunley/R & J
Nunley Fund at the CACF
Richard Self
Senior Resource Specialists
Peggy Slez
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Linda Abbey Loosens Up Students' Creativity in the Art Studio

January is International Creativity Month and many Center members get particularly excited about expressing their creativity with instructor Linda Abbey.

Linda began her popular Paint Loose series at The Center about a year ago after developing her teaching methods for 22 years in Syracuse, New York, both with inner city schools and private students. Prior to that, she spent many years teaching in Charlottesville City Schools while her husband taught at UVA. (Her own introduction to drawing and painting even took place in Charlottesville at McGuffey Art Center!)

"I've been a teacher most of my life," she says. "My students can't help but get it! ... [To] people who say 'I can't draw a straight line,' I say, 'That's what a ruler is for.'"

Over the course of eight weeks, Paint Loose students learn how to make self-portraits, how to draw their hands, and how to use watercolor, before showing off their works in a public showcase in The Center's Atrium.

Linda says, "Drawing the hand is the hardest thing. Watercolors is the hardest thing. I know putting your work in a show is hard. So I do the hardest things with my first class and after that everything is easier."

Linda's background in teaching English as a second language, remedial reading, and remedial math gave her fundamental skills for her work today teaching art to older adults.

"These kids were struggling because they were visual learners and most of school is auditory ... I learned how to break things down into small parts," she says. "[In art,] I only teach the important things I learned; I don't waste anybody's time."

Students rave about her approach. One Center member shares, "I am inspired to continue exploring and practicing ... [Linda] is an excellent instructor, artist, and the loveliest human being!"

After growing up as an army brat, joining the Peace Corps, and spending a long career teaching in Italy, Virginia, and New York, Linda retired to Charlottesville with her husband, who passed away in 2020.

"You have to get through grief," she says. "Eat right. Exercise. Do something creative. I love to do things that are creative—cook, paint, teach painting—and I don't know which I like best." She leaned heavily on her artistic work and when she was ready, she began looking for

somewhere to teach art classes. A friend recommended The Center and Paint Loose was born.

"I know how drawing and painting changed my life and I didn't learn until I was 36," Linda says. "It's a skill just like riding a bike—I believe anyone can do it!"

She has, however, discovered differences between teaching children and teaching adults.

Linda explains that all of her classes throughout her career have operated on three rules:

No put downs—no putting down yourself and no putting down other people.

One person speaks at a time.

If there's a fight, you're both out of here.

"When I teach kids, the rule they have trouble with is the second rule, but when I teach adults, the rule they have trouble with is the first rule: no putting yourself down," she says. "You are your own worst enemy. You criticize yourself, 'Oh this is no good.' Well, I'm sorry to tell you, there are parts that are good! And I can tell you what those parts are if you just ask."

Looking ahead to 2024, Linda is working on several paintings of Florence and Venice, Italy, that she plans to exhibit in the Charlottesville area, and she also has three series of Paint Loose planned for The Center.

No matter your level of experience or skill, you are welcome to join her in January/February, April/May, or October/November this year to loosen up and get creative! Registration will be open on thecentercville.org. ■



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Poor Neighborhood Cleanliness

We may not be able to clean your neighborhood, but The Center can provide a beautiful and clean environment for you to spend your days (and a few evenings). Even if you're not attending a program, you can come and enjoy a cup of Greenberry's coffee in the Atrium or take a walk through the rose and pollinator garden. The Center's facility team works hard on a premium HVAC system to ensure we have the highest air quality. Details like this contribute to an environment that has a positive effect on your mental and physical health.

Low Perceived Control Over Financial Situation

The Center has a wealth of financial wellness programs—pun intended! Jorgen Vik, Certified Financial Planner with the SKV Group, presents Money and You on the second Tuesday of each month at 10:00 am. Registered financial advisor John Flick shares information about annuities on the third Thursday of each month at 6:00 pm. Between these regularly occurring programs, there are often other opportunities to learn about retirement planning, investing, Medicare and social security, and other topics that put you in the driver's seat of your financial wellbeing.

Not Being Active with Children and Meeting with Your Living Children Less Than Yearly

How often do you do activities with grandchildren, nieces, nephews, or children in your neighborhood? How often do you see your children after they're adults? Both of these are factors on the Social Frailty Index.

When a Center program is "Open to all" we don't just mean it's open to non-members. "Open to all" programs are where we welcome community members of all ages. Events like our twice monthly Wednesday movie night or Thursdays Around 5 live concerts are ideal for inviting friends, kids, grandkids... anyone in your life can join you at an "Open to all" event.

Not Volunteering

The Center has an excellent volunteer program that can match your interests and skills with a position here or at another area nonprofit. We work with dozens of organizations to help older adults embrace their purpose and give back to their communities in a meaningful way. See page 13 for more information.

Being Treated with Less Courtesy or Respect

Sadly not everyone sees the value of older adults in our community, but we actively work to ensure The Center is a warm and welcoming environment for all. Beyond the general atmosphere, many newcomers to our fitness programs have shared that they felt intimidated by most gyms where they were surrounded by younger exercisers. In the Center's fitness classes, you're among your peers and encouraged to modify exercises as much as necessary. Whether it's for fitness or something else, when you come to The Center, you can be assured of a warm welcome.

Feeling Isolated

Social isolation has a tremendous impact on our health and wellbeing. The Surgeon General, in his Advisory, even goes so far as to say the effects of isolation are the equivalent of smoking a pack of cigarettes a day! Coming to the Center and using all your membership benefits puts an immediate dent in isolation. 94% of Center program participants report they made new friends here and 94% of Center members report feeling less isolated overall.

Hopefully, continued research will help scientists more confidently connect the dots between activities like what we offer at The Center and increasing individuals' years in good health. Until then, we know these things don't hurt! Brave the cold weather and join us for a program or two to combat "social frailty" this winter. You can see a full calendar of events at thecentercville.org. ■

The Center at Belvedere
540 Belvedere Boulevard
Charlottesville, VA 22901

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Greenberry's
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COFFEE CO.



at
The Center at Belvedere

NEW CAFÉ & KITCHEN HOURS

Monday through Friday
8:00 am–4:00 pm

Welcome Marquise Fordham!

Say hello to The Center's new Facility Coordinator! Marquise Fordham joined our team in November to help ensure an optimal environment for Center activities through day-to-day maintenance, repairs, and operation of building systems. A recent transplant from the Philadelphia area, Marquise has worked in the maintenance field for eight years and holds a degree in building maintenance. He enjoys working with his hands and meeting new people, so if you've not yet met him, make a point to introduce yourself!



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